

Study on Mental Health Problems of Students in Petroleum Universities

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Abstract

College students are valuable talent resources, and are an important reserve force for the great cause of building socialism with Chinese characteristics. University is the transitional stage of puberty to maturity; the college students are more sensitive to their body and mind, and their psychological state is not fully mature and stable. In the face of complex social environment and fierce competition for talent, some college students' mental status presents sub-health or unhealthy state, and even serious psychological problems. This paper aims to study and solve the problem of college students' mental health. The research of this thesis is a useful supplement to the research on the mental health of university students in petroleum universities, and it raises the concern of all circles in the society. It is of theoretical and practical significance to further strengthen the mental health education and promote the all-round development of college students.

Keywords

Mental Health Problems, College Students, Petroleum Universities

1. Introduction

The cases of college students like Majiajue and Linsenhao shocked the whole country, serious mental health problems of college students in the new era is reflected in these cases, should be the ideological education of workers in various colleges and universities need to pay attention (WHO, 2011a). There are many researches on mental health problems and mental health education for college students. However, there are few studies on the specific mental health problems of college students in petroleum academies (WHO, 2011a). Therefore, we should increase the research results of college students' mental health problems in

higher petroleum universities, so as to improve the current unfavorable situation of college students' psychological problems in petroleum universities. Today's great goal of building a moderately prosperous society is coming to an end and people's living standard is constantly improving (WHO, 2011b). However, the contradiction between backward social production and people's growing material and cultural needs is still the main contradiction. The gap between the rich and the poor still exists. During the new period of rapid economic development, talented people, the pressure of social competition is becoming increasingly fierce, Chinese ideology has changed from several thousand years of feudal tradition to the new trend of the times (Mental Health Commission of Canada, 2012). Contemporary college students as the future development of the emerging powers, as the construction of China characteristic socialism successors, their upbringing, physical and mental development, ideas attracted the attention of the whole society (WHO, 2011b), college students as a youth at the end of the transition to the main environment for the growth of the mature stage. Therefore, the development of mental health of contemporary college students, especially post-90 college students, has become the focus of ideological and political education work and mental health research center of colleges and universities (Royal College of Psychiatrists, 2010). This also puts forward the higher standard for the physical and mental health of college students (WHO, 2011b). College students from the high pressure, high intensity of the transition to the university campus in line with the social changes in learning style, complex interpersonal relations, various activities, and other changes, easy to lead to the impact of college students' mental health (Royal College of Psychiatrists, 2010). With the large number of college students in China, the education system is not perfect enough, and the national comprehensive quality level is not high, which ignores the development of college students' mental health and the improvement of college students' personality education (Mental Health Strategies, 2012).

Along with the constant changes in domestic and international forms, especially in the new period, China formed a new generation of Party Central Committee leaders under the leadership of General Secretary Xi Jinping, inherited and carried forward the theoretical system of socialism with China characteristics, held high the great banner of socialism with China characteristics, accompanied by the social and economic transformation of our country, the overall construction of a well-off society, from the former major development of agriculture to the development of high-tech industries of the important period. The growing environment of contemporary college students, especially those in oil colleges, is faced with complex and interlaced problems and various social pressures (Stuart, Alboreda-Florez, & Sartorius, 2012). In the petroleum colleges, the rural students and the impoverished students occupy a considerable number, the proportion is much higher than the non-oil college students. Therefore, in such a large social environment, which is both an opportunity and a challenge,

the college students are faced with learning difficulties, employment pressure, economic difficulties, emotional difficulties, complex interpersonal relationships, the cumulative psychological health problems caused by the cumulative more serious. The Ma Jiajue Event has should an alarm for the mental health education on undergraduates, and the ideological and political work in colleges is also facing the great challenge (New Zealand Ministry of Health, 2012).

2. Main Psychological Problems of College Students in Petroleum Universities

1) The problem of interpersonal relationship

Good interpersonal relationship is an important part of the process of students' growth and socialization, and is also a necessary condition for maintaining a good mental state. However, because of the interpersonal relationship, the complexity of the society and the simplicity of the students' psychology, college students are often frustrated in interpersonal communication (Mental Health Strategies, 2012). Quite a few students from school to school, the lack of interpersonal skills, lack in public to express themselves and communicate with others the ability and the courage to face all kinds of activities, is full of interest and the fear of failure, in the course of time, or even avoid obstructing participation, good interpersonal circle. Some students, because of their understanding of themselves and people, are very hard to be intimate with or lack of intimate friends. Others cause conflicts and conflicts in communication because of personality factors. By a survey in 2016 at southwest petroleum university, 36% of the freshmen thought no friends, 27% of them felt lonely, 45% of the students preferred to become the object of communication rather than the direct initiator of communication. At the same time, because the normal communication between individuals is not enough, it is easy to cause suspicion and jealousy, which is not conducive to the healthy growth of students.

2) Emotional ups and downs

Emotional ups and downs include: psychological conflict, self evaluation, low energy and weak self control.

College students are at puberty "storm", physical development is very rapid, has been basically mature, but because the experience is shallow, lack of social experience, understanding of life and social problems are often erratic, sometimes right deep and sometimes superficial mistake. In the face of the impact of various psychological conflicts in college life, it is "close to avoidance of conflict", (which is attracted and rejected by the same thing. There is both a love and a dislike side.) It is the most difficult type of conflict to be solved by the college students nowadays. College students lack the correct coping methods. Coupled with the unique ideal youth headstrong and confusion are intertwined, prone to psychological contradiction of every kind of, is vulnerable to outside interference and influence of various factors, will be pleased with oneself for a bit of victory, also easy for a quiz losing self control and unable to get up after a fall, self ad-

justment ability is low, resulting in the psychological deviation and eccentric. Some students appear anxiety and fear, emotion is too depressed, anxious; some students are easy to emotional, good mood when dealing with people subject to changing moods, fair and reasonable, the bad mood, a thousand liaway. The group's negative emotion is also the direct maker of the campus affairs. The student group mood once activated, it is difficult to reason and school discipline constraints, and once the emotional stability, and regret.

3) The main task of college students is learning. They are most concerned about academic achievement. The change and dislocation of environment and status bring many psychological burden to college students. A leader in high school, entered the university life, the environment has changed, a considerable part of the students found themselves in high school that advantage no longer exists, is facing a grim situation of re combination, especially for those in the middle school student contrast is more obvious. After university, it can be said that almost every student has a more or less sense of disgrace, part of the students in order to keep their advantage in the middle school, and, in addition to the study of their professional course, but also to learn some much-needed social courses, plus minor professional learning, computer, English test pressure they are in the overload operation, in a tense state of war, the long-term pressure, learning effect is poor, the long, nervous tension, insomnia, anxiety and other examination fright complications appeared. However, some students feel that they are "relieved" when they enter the University. They believe that the ship is near the wharf, so even if they feel the competitive crisis and the pressure of employment, they can not afford to really study hard.

4) The question of love and sex

College students have entered the middle period of youth, sexual physiology is basically mature, and sexual consciousness is enhanced. At this time, young people have sexual impulses and sexual demands, and they are eager to get the friendship of the opposite sex and even love. However, due to incomplete sexual psychology and lack of life experience, improper understanding of adolescent sexual impulses and sexual needs often causes unnecessary tension, fear, shame and even incorrect behavior. The problem of College Students' psychological barriers is very worrying, the data (Carpentier, Stevens, Wu, & Seely, 2017) show that the annual recipients accounted for 20% for sex offenders punished the punishment of students, the proportion of psychological disorder is increasing year by year: Sexual fear 4.8%, sexual depression 9.8%, sexual indulgence 4.1%, masturbation anxiety 4.8%, homosexuality 5.1%, voyeurism 4.3%. Still have because the ideal love view and the concrete problem of reality produces contradiction and conflict, then fall into pain, bewilderment, depression, can not extricate oneself, even appear the pressure of light life. College students committed suicide after the accident and became the second cause of death, of which the proportion of those suffering from emotional distress was as high as 53.2%.

3. Countermeasures for the Main Psychological Problems of College Students in Petroleum Universities

1) Strengthen the interpersonal communication education of college students and establish a good interpersonal relationship circle.

First of all, interpersonal education of college students should be aimed at the adverse psychological and emotional life in interpersonal communication, patience to guide and help them in a timely manner, with a good mental state to face the new interpersonal relationships and complex interpersonal environment, both subjective and objective understanding of their own, others know. Secondly, to cultivate interpersonal skills and methods of college students, strengthen the education of college students interpersonal moral education, they should learn to trust, respect, tolerance, honesty in interpersonal communication, with good faith to win the trust and respect of others, for the sincere friendship. Schools should regularly organize healthy, upward and colorful collective activities, so that students can develop positive interpersonal psychology and establish harmonious interpersonal relationships in the process of participating in these activities. For those who are particularly introverted personality, poor communication and social phobia of students, educators can carry out group counseling, through the establishment of interpersonal skills training courses and other forms, so this part of the students from training, the final out of the self, into the collective of this family.

2) Take various ways to hone the will of college students, improve the ability of emotional adjustment and psychological endurance.

In the reform and opening up, the era of competition for talent, if a man does not have a good psychological quality, frustration is the psychological tension, psychological disorder, depression, lethargy, such people itself is not a qualified personnel. The fundamental way to solve psychological diseases is to practice the will and improve the psychological quality of college students. Educators should actively guide college students to deepen their social practice, take exercise, hone their will, educate students to deal with setbacks correctly, and actively seek relief in the face of difficulties and draw up lessons. To guide students to grasp and adjust their own emotions, magnanimous, calm, often do self-correct comfort, can reasonably treat their various needs, training frustration tolerance. Of course learning and life is not easy, but should consciously turn negative factors into positive, to face the reality and to maintain the normal contact; have a clear understanding of the objective of the things around, in life problems, difficulties, conflicts can be handled very well, in order to achieve the ideal everywhere show the spirit of enterprise. If the students in these areas of exercise strengthened, then they will get a more excellent psychological quality. At the same time, their self-education ability will also grow, and their emotional stability and self-control will be strengthened. In many cases, they can get rid of their psychological burden and remove mental disorders.

3) To guide students to set up correct learning goals.

In our country, learning and reading has been given a very high value, most parents and students to improve their learning as a kind of strength, to change the status quo, to prepare for future occupation of the important means, and, in this group, students' academic achievements are closely related to their position and impressions among their classmates. In this sense, attention to study is closely related to self concern. Therefore, college educators should help students objectively evaluate themselves, find their own strengths, to adjust the individual needs and psychological expectations according to objective conditions, avoid because their expectations are too high or too low to cause psychological anxiety or relaxed mood.

4) Pay attention to the sex education of college students, cultivate mature love and scientific sex concept.

First of all, should carry out psychological education of college students' knowledge (which is actually fill the adolescent education in high school lesson), so they have a better understanding of the laws of nature, the physiological differences between the sexes of development; secondly, strengthen moral education, to inspire students to correctly handle the relationship between classmates, love friendship, education students oppose abstinence, more critical against lust, liberation and freedom and other misconceptions, establish a scientific concept of sex.

5) Educating students to set up a correct outlook on life and world outlook.

Contemporary college students' passion, ideals, the courage to pursue good things, eager to understand various phenomena in social life, and to find the answer, want to understand the meaning of life and how to live life, therefore, often in society and the country on their own, in a variety of wonderful design. But because their passion is not stable, strong and weak, lack of knowledge and experience, subjective, often have in the understanding of the one sidedness and superficiality; often get psychological satisfaction in the imagination or wrong and one-sided choice to treat the ideal and the reality. University workers should take advantage of the situation and help them achieve a balance between self concern and social development. Instead of being divorced from social reality and social responsibility, they must simply indulge in their future self design. At the same time, should pay attention to ease due to dissatisfaction with the reality caused by excessive anxiety, helplessness and other adverse emotional reactions, and the resulting bad behavior, avoid their hostility to the society, and even world weary and other bad attitude and behavior.

6) To strengthen the work of psychological assistance in Colleges and universities to solve psychological problems in time for students.

A school conducted a survey of college students in search of help objects and patterns, and found that consulting has become one of their preferred mode of help. The reason for this result may exist in the following two aspects, one is the professional consulting organization existing can help them solve the problem; second is the existing consultation institutions in the consulting people agree or

adopt the way of consulting the students may not be acceptable or ideal in the consulting way. As a service institution that takes student as the object of service, the University consulting institutions should take the initiative to find problems among students, instead of waiting for problems to arise. They should take the initiative to go to the middle of the students, provide services to students, and improve the convenience of consultation through various means.

On the other hand, under the current situation of the lack of available professional advisory bodies and consultants in Colleges and universities, the head teachers and counselors in Colleges and universities should take part in some consulting tasks. Although the general college head teachers and counselors have great defects in professional counseling knowledge compared with professional consultants, it is not enough for professional consultants to grasp the general problems of students and understand the characteristics of students in a dynamic way. If we can have certain consulting knowledge, the head teachers and counselors in Colleges and universities are competent for some consulting work. These consulting tasks mainly include providing guidance and suggestions for various problems that plaguing students. Now, some universities have already started training consulting for existing teachers and counselors, and professional consultants with a certain percentage of the appointment of teacher and counselor, which are undoubtedly the future university teacher and counselor appointment aspects of a trend.

4. Conclusion

In the new situation of economic globalization, college students as the country full of youthful spirit of the new generation of power, the psychological health problems of this group, especially the psychological health problems of college students in petroleum universities group, more ideological and political educators need attention and Research on the correct guidance and education has very important theoretical and practical significance for the students' psychological health. Studying the mental health of college students in petroleum universities can not only provide theoretical materials for ideological and political theory courses in universities, but also guide the direction of Ideological Education in universities and colleges, and keep the times and progressiveness of Ideological and political education.

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