Study on Mental Health and Intervention of College Students Under the Epidemic Situation of New Pneumonia

Wanghaoyu*

Associate Professor, Anqing Normal University, Anqing, China

*Corresponding Author: Wanghaoyu, Associate Professor, Anqing Normal University, Anqing, China.

Abstract

College students are in a special stage, and their mental intelligence is not yet fully mature. Under the epidemic situation of pneumonia, college students are under all aspects of psychological pressure and psychological crisis. This study analyzes the problems and causes of College Students' psychological crisis under the current epidemic situation and the principles and Strategies of psychological intervention under the epidemic situation of pneumonia, so as to solve the current dilemma, so as to reduce their psychological pressure and improve their mental health level, it is of great significance to facilitate the physical and mental health of college students to carry out study and life.

Keywords: New Pneumonia; College Student; Psychological Intervention; Mental Health; Psychological Crisis

Psychological crisis intervention has attracted more and more attention. Due to the huge psychological impact of public emergencies on college students, at the beginning of 2020, a new type of novel coronavirus pneumonia affecting hundreds of millions of people around the world was coming. In the face of the new type of pneumonia, different groups of people had different degrees of psychological crisis. China and other countries around the world responded positively. The outbreak of novel coronavirus is not only a major public health event, but also a major psychological crisis. We know that novel coronavirus pneumonia (NCP) is a new strain of coronavirus that has never been found in human body before. It is called COVID-19 for short, and its pathogen is novel coronavirus. Who has officially named the disease as 2019 coronavirus disease (covid-19). On January 20, 2020, the state announced that the pneumonia infected by novel coronavirus would be included in class B infectious diseases, and the prevention and control measures for class A infectious diseases would be taken. Based on Linderman's research, Caplan, an American psychologist, pioneered a systematic theoretical research on psychological crisis in 1954. He believes that psychological crisis is the phenomenon of psychological disorder that occurs when the current difficult situation exceeds the coping ability in the face of difficult situations in the way of previously handled problems, that is, psychological crisis. Lindeman proposed in his research on the sad crisis caused by the loss of relatives that he believes that sad behavior is normal, temporary, and can be treated through short-term crisis intervention. Belkin., *et al*. proposed three basic crisis intervention models, namely, balance model, cognitive model and psychosocial transformation model. Pan Fumin (2003) believes that crisis has two meanings. One refers to unexpected events, such as earthquake, flood, air crash, disease outbreak, terrorist attack, war, etc. Second, it refers to the state of emergency in which people are in. Shi zhanbiao., *et al*. (2003) believe that crisis refers to events and encounters that human individuals or groups cannot deal with with existing resources and customary response mechanisms. American professor Kristi believes that the essence of psychological crisis basically includes these aspects: (1) the performance of subjective pain parties; (2) The failure of coping style in the past will reduce the cognitive, psychological, behavioral and other functions of the parties; (3) The occurrence of crisis events; It can be seen from the above that there are many definitions of crisis, but no matter which definition has certain common characteristics. It can be said that crisis is a kind of recognition to a great extent. When an individual realizes that a situation or something exceeds all his

resources and coping ability, it constitutes a crisis. If it cannot be alleviated in time, the crisis will lead to cognitive, emotional and behavioral dysfunction. When faced with a sudden event, college students' original thinking mode of problem handling is often difficult to deal with it effectively. In such a situation, it is easy to produce psychological crisis, that is, the imbalance and temporary of psychological state. Personal behavior, cognition and emotion will lead to some functional disorders, and even psychological obstacles; It may produce different degrees of social panic psychology and behavior to social groups. It is necessary to actively carry out psychological crisis intervention to promote social stability and contribute to the prevention and control of new pneumonia.

Analysis on the psychological problems of college students during the epidemic period of COVID-19

Since the spread of "COVID-19", the number of deaths and severe cases worldwide has continued to increase, and the number of quarantine people has also increased day by day. The characteristics of "new coronavirus" such as its fast transmission speed, diverse transmission modes (including saliva, contact, aerosol, etc.) and long incubation time have greatly challenged people's ability to defend against the virus and psychological pressure. As a public health crisis, the novel coronavirus epidemic is hidden, Sudden, extensive, disastrous and uncertain. It is normal for college students to have psychological problems in such an extraordinary period, which is a normal emotional reaction. Excessive long-term anxiety, depression, fear and other adverse emotional reactions. First, isolation of excessive attention to physical symptoms, suspicion of illness, etc. resulting in anxiety. Negative events themselves are not enough to trigger negative emotions and consequences, while unreasonable beliefs (commonly known as paranoia) will turn negative events into negative energy. Second, the extension of the holiday, the increase of pressure, the long-time brushing of network information, the sense of maladjustment brought by the lifestyle, the severity of the epidemic and the gap in the expectation of the holiday have plagued the psychology of college students. Over time, it has caused emptiness, anxiety and sense of loss. In addition, it has produced pessimism and tension. Third, blind psychology. During the prevention and control of the epidemic, some media spread the quality comparison of masks at the initial stage of the prevention and control of "COVID-19", resulting in the out of stock of N95 masks and other masks, thus spreading the inhibitory effect of drugs. Some students with blind psychology are also among them. Among these students, some students buy drugs indiscriminately, some students exercise excessively, some students take traditional Chinese medicine indiscriminately, and some students even suffer from fatigue, dizziness, diarrhea and other conditions. Fourth, since the outbreak of the panic psychology "COVID-19", it has spread all over the world in a state of rapid spread, and the guidance of some media to public opinion has led to some college students being in a panic. College students are "self closed" every day. They receive news every day by relying on the Internet media, observe the confirmed cases, new cases and death cases every day, and add some bad information on the media. Therefore, everyone has a sense of fear and panic about this invisible and untouchable "God of plague".

Principles of crisis intervention for college students under the epidemic of pneumonia

As a stressor, crisis events have an impact on people's psychology. Their strong stimulation, shock and grief will be in an abnormal psychological state. Post disaster syndrome is easy to occur. The principles of crisis intervention should be clear. The first principle is pertinence and timeliness: it is best to open crisis intervention 24 hours a day. Due to the instability of patients, Butcher., *et al*. (1976) proposed the principle: "all crisis intervention units must be regarded as the last contact with patients." The inner pain and bad emotions of people in psychological crisis are buried in the bottom of their hearts. Crisis interveners must guide them to receive help in time. Therefore, it is emphasized to focus on the current problems, and quickly determine the problems of intervention and take corresponding measures immediately. The second principle, reality: we should treat the psychological crisis as a psychological problem, not as a disease. Because of the urgency of crisis intervention, crisis interveners should help patients analyze the nature of the event and its role in the event, and should focus on the current place; Point out the current unreasonable sexual life style, goals and ideas of patients; And the self-defense mechanism against event errors. The third principle, support: because at this time, people in crisis need more support and care than usual. Not only does the therapist need to provide direct and single support, but efforts should seek more support from family, friends and community. Let patients know and feel that they will provide necessary support whenever necessary. After ending the crisis intervention,

patients can further receive more specific psychotherapy. Therefore, their families or close people participate in crisis intervention. In addition, do not let the parties have a sense of dependence and encourage self-confidence. Finally, the principle of confidentiality: strictly protect the personal privacy of the parties and do not disclose the information of the parties to others.

Psychological intervention strategy under epidemic pneumonia

If college students' crisis is not intervened or alleviated in time and not solved properly, it will lead to cognitive, behavioral, emotional and other functional disorders, and even individual mental collapse or suicide. Using psychological technology to intervene and control the crisis is to provide effective help and support for individuals or groups in dealing with the crisis.

Psychological intervention hotline

1. Since the 21st century, the network has occupied more and more positions in real-time consultation. Telephone and network (wechat, QQ) and other "psychological intervention hotlines" have been set up. Telephone is an important part of crisis intervention (psychological counseling). We should strengthen the listening and consultation of mental health education. Understand viral pneumonia with a scientific attitude, recognize the significance of mental health, and resist viral pneumonia with scientific methods, so as to calmly and objectively face the crisis, and use the knowledge of psychology to publicize the correct psychological protection methods and knowledge through TV, radio, newspaper and other forms.

2. When the mood comes, the first thing is to accept it bravely. This is to make a plan in the face of the normal stress response to emergencies, reasonably arrange the life content of the day, the rules of diet and sleep, and carry out indoor aerobic exercise.

3. Strengthen the ability to judge information, do not believe or spread rumors, obtain information from authoritative channels, keep a clear mind, do not lose the ability to judge due to the influence of the objective environment, and pay attention to self scientific prevention and control behavior.

4. Try to maintain optimism and the original pace of life. We should be optimistic and enhance the ability of autoimmunity, so as to effectively avoid the invasion of the virus, actively communicate with people, seek countermeasures, and avoid random suspicion and self denial.

5. Personal hygiene protection should be strengthened. College students should improve their awareness and ability of self-protection, actively respond to policies, actively isolate, do not go to crowded areas, prevent cross infection, wear masks and disinfect frequently [1-8].

Summary

The psychological crisis among college students has a lot to do with their unstable psychological development. Under the crisis of the novel coronavirus, we should establish correct scientific prevention and control, do not believe rumors, enrich life, keep a balanced mind, divert attention, establish confidence, and maintain a normal, regular and healthy life. Relevant government departments and colleges and universities should strengthen monitoring and information management, timely take different mental health education measures according to the characteristics of college students, correctly understand the psychological response in the crisis, face up to and accept their own anxiety, and carry out psychological consultation on the anxiety and fear. The use of psychological technology intervention can well regulate the bad emotion, cognition and behavior of people in crisis. Help and solve the psychological problems of college students, get through home epidemic prevention and online learning smoothly, and cultivate the ability of college students to adapt to the environment, bear, respond and innovate.

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