

# A Brief Discussion on the Causes and Countermeasures of College Students' Psychological Confusion and Mental Health Problems

Huiting Guo\*

University of Illinois at Urbana-Champaign (UIUC), Illinois, USA

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## ABSTRACT

College period is one of the most critical periods of one person's life for it is an important period of establishing world concept, outlook on life and values. Various challenges and pressures have had a great impact on the mental health of college students. In that case, college students' psychological confusion and mental health problems occur frequently and the overall condition of college students' psychological problems is worrying. The mental health of college students has also attracted the attention of colleges and the society. Besides, the mental health education courses have been adopted to guide college students. This article aims to analyze the causes of college students' psychological confusion and mental health problems and also the obstacles or difficulties in solving them from the perspective of college students' cultivation of positive psychological quality and mental health education. And corresponding solutions from both the outside and personal perspectives.

## 1. Introduction

College students are the reserve force for China's socialist modernization construction and development and the great rejuvenation of the Chinese nation. Therefore, the stability of college students' mental health has an important impact on the sustainable development of society. At this stage, our country's college students are facing more severe challenges. Such as competition for survival and greater pressure for employment. Therefore, the situation of college students' psychological confusion and mental health problems is not optimistic. Improving college students' psychological adaptability, cultivating college students' positive psychological qualities, and shaping college students' healthy psychological qualities have been becoming the focus of college psychological

education.

## 2. The Causes of College Students' Psychological Confusion and Mental Health Problems

### 1) Reasons and performance

The university period, which is a key life stage, brings various challenges to college students. These challenges involve the changing environment, physical maturity, sense of independence and autonomy of the family, sense of personal identity, new interpersonal relationships, academics Stress, future career choices, romantic relationships, etc. In addition, with the development of the times, the country and society have put forward higher requirements for college students. College students are faced with the uncertainty of social development and the unknown of future development, which are all the possible reasons

\*Corresponding Author:

Huiting Guo,

University of Illinois at Urbana-Champaign (UIUC), Illinois, USA;

Email: 1106620571@qq.com

of psychological confusion and mental health problems. Psychological confusion and mental health problems can cause college students' life confusion, emotional tension, negativity, irritability, sensitivity, loss of confidence in future development, depression, and suicide, etc. <sup>[1]</sup>.

## 2) Existing obstacles

Although many college students are influenced by psychological confusion and mental health problems, there are only a small number of them to seek help for psychological problems actively <sup>[2]</sup>. There are many reasons why this phenomenon happened. First of all, the society's awareness of psychological problems is limited. "Psychological stigma" is the discrimination and prejudice against mental health problems and mental illnesses caused by the uncivilized social environment. And it is the negative attitude towards mental illnesses caused by the stereotypes related to mental illnesses. Society has limited awareness to psychological problems such as depression and even the society has prejudice against college students with psychological problems. Although some students know that they have mental health problems, they give up seeking for help for worrying about the "psychological stigma" of negative evaluations by others. Secondly, for the students themselves, when they find that they have psychological confusions or mental health problems in their minds, they just choose to avoid or despise the needs of psychological problems. Because they think psychological health problems are not important and have no necessities to be dealt with. Thirdly, the cost of psychological consultations is generally very high and most health insurance paid by college students does not include psychological consultations, which makes the cost of psychological consultations become heavy economic burdens to college students for they have to spend a lot of money if they have psychological problems. Fourthly, although mental health education has become as a general course in university, the goal of it is not clear enough. Universities often seek help from professionals after psychological problems have been formed. The lagging of psychological interventions in universities is a big problem <sup>[3]</sup>. Mental health education fails to take the needs of students for long-term development and sustained physical and mental health into account. It only focuses on the highlighted parts and solves one problem after another with exhaustion but ignores the importance of mental health education skills in daily life.

## 3. The Countermeasures of Psychological Confusion and Mental Health Problems of College Students

### 3.1 The Outside Perspective

#### A. Strengthen positive psychological guidance

Colleges and universities should focus on creating positive thinking and experience for college students. Promoting college students' positive thinking in terms of psychology, study, interpersonal relationships, and daily lives is a common measure to solve college students' mental health problems. The mental health education of college students should be based on the theoretical connotation of positive psychology, which setting up "cultivating positive experience and shaping positive personality" as its core education goal. It can start from a macro perspective to explain to students the mechanism of positive emotional experience in shaping positive personality. And it also can also ask students to recall the recent scenes of being immersed in positive emotions, and to reproduce the psychological activities at that time from a micro perspective. So as to guide students to pay attention to the physical and psychological changes that have occurred after the positive emotional experience <sup>[4]</sup>.

#### B. Promote health education for college students

In order to implement the education's policy of the Ministry by emphasizing mental health education, colleges and universities have opened mental health and behavioral suggestion courses based on social needs. The contents of these courses cover introduction to mental health, interpersonal psychology and adaptation, emotional interference and control, loving psychology and adaptation., and learning psychology and adaptation, etc. Specifically, in most colleges and universities in China, as general education courses, Mental health education for college students and Guidance on innovation and entrepreneurship for college students are required general education courses that help to answer college students' career or development problems and provide experience and guidance for solving college students' confusion. In addition, I believe that more in-depth and extensive psychology courses such as interpersonal psychology, emotional interference and control, love psychology and psychological adaptation, and learning psychology and adaptation can be added to help college students to prevent and solve mental health problems.

#### C. College counselors should play their roles

As helpers and leaders of college students' study and life, college counselors are the best groups that know college students well. College counselors should pay close attention to the psychological conditions of students, conduct regular psychological education and give appropriate guidance to college students, and can also invite professional psychological teachers on or out of campus to give lectures. For college students who are psychologically confused or have mental health problems, college counselors can take the forms of organizing individual conver-

sations or group discussion activities to provide targeted helps<sup>[5]</sup>.

D. Give full play to the role of clubs and campus activities

Based on the principles of “helping others and helping yourself”, “prevention first” and “early detection and early intervention”, most colleges and universities have established psychological clubs or mental health-related campus activities, which allows students to gather together to discuss their confusions and solve their psychological problems. Sometimes also provide psychological courses that are used to pay attention to students' psychological confusion or mental health problems through the intervention or guidance of professional teachers who can provide feasible solutions.

E. The society should pay more attention and provide more helps

The painful news about college students' mental health problems are often to be heard and seen every year, but the society's attention and understanding of this problem is very limited. When tragedies occur, most people in society to blame the college students themselves, which can even cause secondary harm and influence. I hold the view that the society should become more tolerant and understanding to provide necessary helps for college students' mental health problems. It is also a good measure to include college students' psychological confusion and mental health problems in the insurance coverage, or to provide college students with psychological insurance<sup>[6]</sup>.

### 3.2 The Individual Perspective

A. Know yourself

The ancient Greek philosopher Socrates used to say “know yourself”. Understanding your own inner thoughts is a process of self-discovery. Keep a calm mind for psychological confusion and mental health problems of college students are common. So do not care about the “mental stigma” or negative evaluations of others for those who need mental health helps. Keep a normal heart by constant self-discovery and communication with family members and friends who can help you to better understand your own inner thoughts, which can help you to deal with some psychological confusion. At the same time, your family members and friends can serve as mirrors to reflect what kind of person you are from an objective angle, which helps you to better understand yourself and also helps you determine your life goals and make life plans.

B. Make a personal plan

The situations of college students themselves vary from person to person. A practical life plan should be formulated according to like personal values and interest. Clear

life goal that suits themselves must include short-term learning goals, from semester goals to students Career goals, and long-term career planning, from career choice to realization of life value.

C. Take appropriate venting and mitigation methods

When college students have psychological confusion and mental health problems, they often feel emotional tension, negative irritability, sensitivity and depression. When problematic emotions arise, we must actively adopt appropriate methods to vent and relieve them, such as doing sports, travelling or listening to music. Do not suppress negative emotions too much which can lead to producing counterproductive consequences<sup>[7]</sup>.

D. Seek professional help

When college students find that they have psychological confusion or mental health problems, or have feelings of helplessness and pain, they must seek helps in time. Roommates, classmates, seniors, parents, counselors, career planning teachers, psychology teachers and psychological counseling teacher all can provide college students with comparative suitable and free services and can help college students to solve most of their psychological confusion and general mental health problems. If you encounter more complicated and serious psychological problems or even have a tendency to depression, you must seek more professional help and go to psychological counseling institution to find a professional psychological counselor for consultation without hesitation<sup>[8]</sup>.

### 4. Conclusions

Under multiple pressures such as academic work and future career, college students facing with mental health problems cannot be ignored. Coping with the psychological confusion and mental health problems of college students can start from both the outside helps and the college students themselves, to adopting self-regulation planning, seeking effective help, guiding active mental health, using college students' mental health education. In that case, the society, colleges and students themselves can form joint efforts to help college students to prevent and solve their psychological confusion and mental health problems.

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