

Analysis and Countermeasures of College Students' Mental Health based on the Novel Coronavirus Pneumonia Epidemic Background

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Abstract

The outbreak of novel coronavirus pneumonia is a public health emergency. The outbreak of the disease not only poses great threat to people's health, but also brings a strong impact on the public's psychology. College students, as a special group, are also affected in different degrees in terms of psychology. In this paper, the domestic college students' mental health problems under the background of the epidemic situation are taken as the research object, and the status analysis and countermeasures research are carried out in view of the adverse psychological conditions of college students caused by the epidemic situation, such as depression and anxiety, so as to help college students effectively adjust relevant psychological problems and promote their physical and mental health.

Keywords

Novel Coronavirus Pneumonia; College Students; Mental Health.

1. Introduction

As a special group in the society, college students are still facing many risks and challenges in psychology, although they are approaching maturity in physiology. College students, as the most dynamic and energetic group in this era, have a strong sensitivity and plasticity in psychological development. For individual students, the development of mental health will be greatly affected by learning, living and social environment.

In the face of some major social events and public safety problems, especially when we are facing the new epidemic situation, we should pay more attention to the mental health status of college students. Through a series of feasible methods and measures, we can carry out dynamic and effective prevention and elimination of some common and easily occurring mental health problems of college students, so as to achieve a stable solution to mental health and safety problems, promote physical and mental health.

2. Novel Coronavirus Pneumonia Brings about General Psychological Stress Reaction

At the end of 2019, Novel coronavirus pneumonia epidemic swept across China, bringing a huge impact on the production and life of the people of the whole country. With the increasing number of infected people, the first level response of major public health emergencies has been raised in all parts of the country. The outbreak of the epidemic almost disrupted the rhythm of life, study and work of all people. Social production and life almost stopped, and people's psychological conditions began to decline in varying degrees. Looking back on the past, thanks to the powerful national anti epidemic measures, the epidemic situation in a few months can be basically prevented and controlled, but the psychological impact of the epidemic on people can

not be ignored. In areas where the epidemic is serious, people once fell into endless anxiety and panic. In areas where the epidemic is not serious, many people also have different degrees of anxiety, depression and other psychological problems.

The epidemic has interrupted the normal teaching activities of all schools in the country. For college students, the unprecedented long holiday has become a long way off. The network is filled with the low mood of College Students' tension and anxiety. The psychological problems of college students are universal and diverse. With the spread and escalation of the epidemic, many people have psychological stress reaction. Generally speaking, COVID-19 has three stages of psychological stress reaction.[1]

2.1. The First Stage: Alert Period

At the beginning of the outbreak, people did not know about the virus. Most of the people were still in a relatively safe area, and they were still in a state of watching and waiting. The novel coronavirus pneumonia grow with each passing day. The medical community has not yet given an accurate explanation for the new crown pneumonia virus. People can only get more information about the epidemic through the Internet media. With the rapid spread of the epidemic, most people's vigilance is increasing. Because the source and transmission mechanism of the virus are still in the unknown stage, the speed of transmission, the long incubation period and the high mortality rate are shocking, many people will have panic and anxiety. Psychologically, there will be more misgivings, self-control of the official signs of infection, and fear that they and their families will be infected.

Adverse psychological reactions are not only manifested in psychology, but also, to a certain extent, manifested in people's bodies through various symptoms [2]. During the epidemic period, people were isolated at home for a long time, and their normal social activities were almost completely deprived in a short period of time. Human beings are gregarious animals. Just as they crave food when they are hungry, their social needs are also one of the instincts formed in human evolution over hundreds of millions of years [3]. Psychologist Eisenberger found that when social rejection occurs, those areas of our brain activated by physical pain are also activated [4]. The psychological pain caused by social rejection is not much different from that caused by broken leg or arm. People who experience social exclusion have poorer sleep quality and immune system, and perform worse in complex intellectual tasks [5]. Moreover, the removal of this restriction is still an unknown number. In this case, it is easy to feel tired, headache, stomachache, loss of appetite and listlessness. During the epidemic period, people are prone to feel pessimistic, disappointed, depressed, easy to cry, depressed, and unable to work with interest [6].

2.2. The Second Stage: Resistance Period

People's activity space is limited, and the virus is still unknown. People who want to know more about the development of the epidemic situation rely more on the news media and network news. In the reports on the epidemic, too much negative news further exacerbated people's panic.

With more researchers going to the front line of the epidemic for more in-depth and comprehensive research, at the same time, the government has taken positive measures and achieved remarkable results. People began to walk out of the low ebb of confusion and anxiety, regain their trust in the government, began to accept the reality and actively cooperate with the national arrangements. Gradually, people can face the development of the epidemic situation positively and positively, do not gather, wash hands frequently, try not to go out, wear masks when going out, do not believe rumors, do not spread rumors, take the initiative to isolate at home, within their own ability, cooperate with the national epidemic prevention and control work.

2.3. The Third Stage: Exhaustion Stage

Although the epidemic situation is coming fiercely, through unremitting efforts of various parties and the active cooperation of the people, the epidemic situation has reached an inflection point, and the epidemic prevention and control has achieved phased results. People can get some psychological relaxation and relaxation, think that they have passed the most dangerous stage, and the whole situation of epidemic prevention and control is developing well. However, people will not enter the real period of exhaustion psychologically. If the outbreak of the outbreak is back, people need to return to the life of isolation at home and accept a series of strict prevention and control measures. The recurrence of the epidemic situation will make people feel that it is far away to return to normal life in the future. In the period of exhaustion, people will fall into a deeper state of anxiety and depression, full of a large number of negative emotions, psychological problems such as depression, mania, fatigue, and even lead to physical diseases, bringing great hidden dangers to the health of the body.

3. The Influence of Epidemic Situation on College Students' Psychology

Based on the previous study, our understanding of the general psychological stress reaction caused by the outbreak can help us better understand and analyze the major changes in the psychological state of college students in the epidemic. Specifically, affected by the epidemic situation, the daily life of college students has changed from school life to home isolation in a short period of time, with great changes in living conditions and learning styles, and the normal social interaction activities are strictly restricted. At the same time, the most basic sports are also limited by space and time, a large number of accumulated negative emotions can not be effectively and reasonably vented, which causes a series of psychological problems.

3.1. Lack of Rational and Scientific Understanding of the Epidemic Situation and Poor Psychological Adaptation

Public health emergencies are full of uncertainty and complexity, and the public are prone to psychological stress reactions, such as hypochondriasis, anxiety, depression, compulsive psychology, etc. If the intervention is not carried out in time, it may cause excessive loss of psychological energy and reduce the body resistance, which will cause a series of problems such as disease susceptibility, psychological disorders and group psychogenic reactions.[7]

Students have been isolated at home for a long time, and their access to external information basically relies on mobile phones, television, Internet and other media. With the continuous escalation of the epidemic situation, the number of confirmed cases and the number of deaths continue to rise, people's inner worry gradually turns into anxiety and panic. Most people browse the news through mobile phones for a long time at home, and the news reports are sometimes filled with a large number of negative information about the development of the epidemic, which is easy to lead to periodic political depression, frustration of confidence and learning inertia.

This passive way of receiving information from the outside world will make people feel unable to control their own destiny. Everything in the future life is full of uncertainty, so they can only choose to wait passively. In the original anxiety, depression on the psychological increase of powerlessness, the existing belief system will collapse [8]. If it is serious, it will make people have negative emotions about life, study and work, and even have weariness of the world.

3.2. Information Overload

College students are very concerned about the changes of the epidemic situation during the epidemic period. They will obtain as much information as possible through various media and channels. They are surrounded by massive epidemic information for a long time. In these

information, positive information and negative information are intertwined with each other, which makes it difficult to distinguish for a time, resulting in information overload. As a result, students' mood and mental state are in high tension for a long time, which will seriously consume psychological energy and lead people into negative psychological state. It has a negative impact on the learning habits and life attitude of college students.

3.3. Physical and Mental Health is Adversely Affected

Due to the needs of epidemic prevention and control, college students can not go out at home for a long time, and most of the teaching methods have changed to online teaching. First of all, in terms of physiology, students sit in front of the computer for a long time, lack of sports, physical fitness will appear varying degrees of decline, especially the impact on vision is more obvious. Long time at home life, lack of conditions for changing places, leading to irregular life, the most obvious is irregular diet and sleep, easy to cause eating and sleep disorders. Secondly, in terms of psychology, sitting in front of the computer for a long time leads to psychological problems such as low mood and bad mood. At the same time, there will be low interest in learning, weariness and other psychological characteristics.

3.4. Other Foreseeable Problems

From a long-term perspective, students in the free time, long-term dependence on electronic products, through the Internet to play games, watching entertainment video and other ways of time allocation, personal time management consciousness is weak. At the same time, irregular diet and sleep, mental decline, lack of discrimination and organization in understanding and thinking problems, lack of independent thinking and screening ability for social events, easy to be guided by others, difficult to obtain insight, which is not conducive to the cultivation of independent personality and spiritual freedom.

4. Suggestions and Countermeasures

4.1. Rational and Scientific Understanding of the Epidemic Situation, Appropriate Information Decompression

It is necessary to pay attention to the development trend of the epidemic situation, but we should grasp the degree, otherwise we will be tired of it. While paying attention to the external information, we should reasonably screen the information sources. For the large amount of information received every day, we can follow the "10 second rule". Psychological research has proved that only 10 seconds of thinking time is needed, people will reduce the probability of making wrong judgments and decisions [9]. Priority should be given to the authoritative network media, such as "People's Daily", "DINGXIANGYUAN", "News Express" and other mainstream media. While we have a proper understanding of the epidemic situation, we should follow the official protective measures and carry out effective self-protection, such as washing hands frequently, opening windows and ventilation, not gathering, and wearing masks when going out. As college students, online learning of the latest protective measures and common health care skills to improve the ability of autoimmune, avoid excessive anxiety and panic.

4.2. Take Positive Measures to Deal with the Epidemic Situation

The new epidemic has spread all over the world, and it is impossible for all people to leave. In the face of a whole human disaster, we need to take positive and effective measures to deal with this challenge. Keeping an optimistic attitude and adopting positive and scientific prevention and control measures are the key measures for us to win the final victory. Wash hands frequently, do not gather, cut off transmission channels, try not to go out and wear masks.

After studying, we should keep proper exercise, reasonable diet, balanced nutrition, regular work and rest and good study habits, which will help us to maintain good physical quality and

positive mental outlook. It is still uncertain when the epidemic will end. Maybe the virus will coexist with human beings for a long time. Obviously, the normalization of epidemic prevention and control will be a protracted war. Healthy physique, strong immunity and positive and optimistic mental state will be our powerful weapons to defeat the virus.

4.3. Cultivate A Positive and Healthy Lifestyle and Learning Habits

Even if the home is isolated, we can also decorate some simple fitness equipment in our own room or bedroom, such as dumbbells, hula hoops, treadmills, etc. For example, in the limited exercise space of yoga. Choose to bask in the living room, balcony and other large space, open the window to embrace the sun, accept the baptism of the sun, and drive away the depression. Light can help us to adjust the law of day and night, which is conducive to adjusting the biological clock to the best state, so as to achieve physical and mental pleasure.

Consciously cultivate a positive and healthy lifestyle, arrange reasonable time to read professional books or paper books of interest, and let yourself leave the computer and mobile phone. A healthy reading style is conducive to cultivate the habit of deep thinking, help us to maintain the state of learning, and pave the way for returning to school for concentrated study in the future.

Although we can't go out to participate in social activities during the epidemic period, we can share some pleasant things with classmates and teachers through video chat, voice phone and other ways, so as to maintain moderate interpersonal communication. At ordinary times, we can do housework together with our family, which can not only alleviate the anxiety during the epidemic, but also enhance the feelings of family members. Through different forms of support and help to people around us, we can also get pleasure and peace in our hearts.

4.4. Maintain Independent Thinking and Carry Out Effective Self-management

From the perspective of positive psychology, we look at the impact of this major social event on us. In real life, we need psychology to help people pay more attention to the positive aspects of human nature, so as to help human beings obtain a healthier, positive and better life [10]. COVID-19 epidemic is a crisis of all mankind, in which there are both risks and opportunities. This crisis is not only a threat to human life and health, but also an opportunity to temper the ability of national and social systems to cope with major emergencies. It not only trains our government's ability to guide public opinion correctly, but also tests the ability of our social members to distinguish right from wrong and understand the truth. When encountering major events, different corners of the society will make different voices, especially in the new media era, everyone's voice may be infinitely amplified. In such a speech environment, we should keep a clear mind and critical thinking to understand and analyze the social events experienced. College students can use this period of time for effective self-management, read more classic books, and cultivate the ability of independent thinking and comprehensive analysis of things. Understand and grasp the law of social and historical development, and construct a rational, independent and critical thinking system.

4.5. Seek Help from Professionals or Institutions

If the phenomenon of psychological discomfort during the epidemic is serious, and the above-mentioned methods still can not be effectively alleviated, and it has seriously affected the normal life for a long time, we can call the social psychological rescue telephone for consultation and seek psychological assistance from professionals or institutions.

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