

Analyze the Psychological Adjustment Countermeasures of College Students During the Outbreak of COVID-19

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Abstract

At present, COVID -19 is spreading all over the world. And the whole society is facing a big challenge. College students are an important force for social development. They are young, energetic and have a strong ability to accept information. However, many problems have arisen in their physical and mental health with facing the COVID-19 which is a public health emergency. This paper will analyze the psychological status and put forward some psychological adjustment countermeasures of college students during the outbreak of COVID -19.

Keywords

COVID -19, college students, psychological adjustment.

1. INTRODUCTION

In the early 2020, the outbreak of COVID-19 broke the rules of social operation and disrupted people's mood for the Spring Festival. Due to the large number of infected people and the outbreaks in many countries, on the evening of January 30, the World Health Organization announced that the new corona-virus epidemic (COVID-19) would be listed as a Public Health Emergency of International Concern. It is the world health organization's highest level of infectious disease response. And then, 31 provinces in our country had launched a first-level response to major public health emergencies at the first time, and all parts of the country had entered a state of "epidemic" war. After the outbreak of COVID-19, President Xi chaired several meetings to analyze the epidemic situation, and made a series of major decision-making arrangements and important instructions for the national outbreak. The prevention and control work provided scientific and powerful guidance which greatly condensed and inspired the national people's confidence to fight the epidemic [1-3].

The COVID-19 was a major threat to the safety and health of the entire nation. And at the same time, it was a severe test for the whole world. President Xi sent a strong voice to public that we would win the people's war with effective prevention and control measures, and we should have the confidence and responsibility. At the same time, President Xi was very concerned about the physical and mental health of college students, he said that the ideological and political education of college students cannot be absent. This generation of college students had never experienced such a serious public health safety incident, which would surely have a profound impact on their growth. College students are an important force for social development. They are young, energetic and have a strong ability to accept information. The covid-19 occurred during the winter vacation, which had a great impact on the study and daily life of college students. It broke the original pattern of college life. The house isolation which was a physical epidemic prevention measures do have a great effect on epidemic prevention. However, college students were kept in a relatively closed environment for a long time and they were forced to receive a large amount of information every day. Those would make them show

depression, anxiety and fear during the epidemic. We should pay much attention to the psychological problems of college students during the epidemic.

2. PSYCHOLOGICAL ADAPTATION PROBLEMS OF COLLEGE STUDENTS DURING THE OUTBREAK OF COVID-19

Fighting against the epidemic, psychological prevention should not be neglected. College students showed a variety of psychological adaptation problems during the outbreak of COVID-19. That deserved our attention.

2.1. Anxiety and Insomnia Caused by Fear of Infection

The COVID-19 virus could be transmitted by droplets, and the transmission speed was very fast. Most of the incubation period was about 3-14 days, but the researchers found an incubation period of more than 28 days. There was no effective treatment for this sudden infectious disease. And there was so much we didn't know about this virus yet. As a result, most college students were afraid of being infected with the virus, and they were in a state of fear and anxiety all day long, which had seriously affected their normal sleep. According to the investigation [4], 15.2% of the college students felt severe fear or anxiety due to the high infectivity and wide coverage of the epidemic. Moderate anxiety could help college students relieve their nervous emotions, but excessive fear and anxiety would seriously affect their physical and mental health.

2.2. Fear and Sorrow Caused by Browsing Too Much Negative News about the COVID-19

Since the outbreak of COVID-19, a series of news about the epidemic had been broadcast on the news media such as Weibo, WeChat, and TV stations. College students were always paying attention to the latest progress of the epidemic. The survey [5] found that 95.8% of college students collected COVID-19 information through WeChat and weibo. But those sources of information were mixed both positive and negative information all over the world. They were passively instilled into college students' brain. Finally, it made them unable to digest and absorb information reasonably. So it caused college students to produce negative emotions such as fear and sadness.

2.3. Frustrated Due to Playing Games and Sleeping

The COVID-19 made this winter holiday constantly extended. Most college students did not make a reasonable plan for their isolated life at home. They spent most of their time playing games and sleeping for a long time everyday. They didn't take or only take a few online courses. Learning was inefficient. Playing games and sleeping did not bring them a sense of achievement. They always felt lost after wasting this precious time for study.

2.4. Excessive Worried About Graduation, Job and Further Education

The outbreak of COVID-19 had affected all fields severely including college students. For the graduating classes, many of them had not finished the graduation process, and some of them had failed to meet the requirements of graduation. They were very worried that the epidemic would affect their graduation. There were still many students had not found a job, they could not go to the relevant companies to accumulate experience in the workplace. In addition, there were some students to take the postgraduate entrance examination. Due to the epidemic situation, many universities had been unable to start the school term and finish the postgraduate reexamination. During this special period, the pressure of graduation, job and further education accumulated on college students, and they felt anxiety and boredom.

2.5. Unsatisfied Relationship with Family Due to Long Stay at Home

College students got together with their families in winter and summer vacations, and the length of the vacation was just right. However, the COVID-19 made the time particularly long with family members at home. The relationship between the college students and their families gradually became strained. College students generally lived lazily at home, but their parents could not stand it. They always had to educate and guide their children, and it made the relationship between the two generations less harmonious, so college students had rebellious psychology.

3. PSYCHOLOGICAL ADJUSTMENT COUNTERMEASURES OF COLLEGE STUDENTS DURING THE OUTBREAK OF COVID-19

If college students were under pressure for a long time, and then the negative emotional states such as loneliness, anxiety, depression and fear would appear. If they did not pay attention their mood, more problems and obstacles may be caused. While focusing on covid-19, we should also pay attention to the mental health of college students, so as to make preparations for returning to normal study and life.

3.1. Promoting the Scientific Knowledge About the Covid-19, and Enhancing the Self-Confidence

Fear and anxiety were largely due to lacking of sufficient knowledge and understanding. Therefore, the best way to dispel college students' fear was to improve their scientific cognition about the epidemic and enhance their confidence. Facing the negative emotions generated in the epidemic, college students need to take the initiative to acquire scientific knowledge about the COVID-19 from the authorities. In addition, they should also take the scientific precautions. If there were symptoms of the COVID-19 such as cough and fever, they need to get the medical treatment in time. If the health condition was good enough, they need to make full preparation for home isolation. Self-confidence was the key to physical and mental health.

3.2. Doing Appropriate Exercise to Distract Attention

College students should receive the information of the COVID-19 moderately and avoid paying too much attention to it. Moderate exercise was the best way to divert attention. There were many exercises they could do at home, like yoga, Tai Chi, aerobics. Exercise could produce a chemical called endorphin, which would make people feel good. The endorphin would let people release their negative emotions. It made college students to digest and absorb the information of the COVID-19 more reasonably.

3.3. Adjusting the Schedule and Making A Study Plan

Playing games and sleeping were not only a waste of time, but also made people feel empty. So college students should adjust their schedules and take advantage of the special period to make study plans so as not to waste the precious time. Nowadays, there were many kinds of online teaching classes. College students could learn something they were interested in such as a musical instrument, a dance. They could also study the computer skills like PS and video clips. Those would bring about a good learning experience, enrich the holidays and avoid negative emotions.

3.4. Learning Job-hunting Skills Actively and Increasing Knowledge About The Further Education

If college students wanted to graduate successfully, they should follow the arrangement of the thesis instructor and complete the graduation paper reasonably. Although college students could not participate in the company's internship during the epidemic period, they could learn

job-hunting skills by using the online resources and the guidance of career counselor. They could use the major recruitment websites of schools and governments to submit resumes and find jobs. As for the further education, they could make good use of the special time to prepare the subjects for the reexamination. Moreover, they could consult the senior student who had past the postgraduate exam for their experience. Those would make the college students to meet the challenges of graduation, job and further education when the COVID-19 disappeared.

3.5. Using Love and Patience to Get Along with Family Members.

It was inevitable that there would be friction between children and their parents. Each of them had their own living habits, and the contradiction would be exposed after staying for a long time. In fact, college students would spend less time with their parents after graduation. They should make good use of this long holiday to build an intimate relationship with their parents. They could do some small things with their parents, such as cleaning together, planting flowers together, exercising together, etc. More communication, more understanding and more respect may be the best way to strengthen the relationship.

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