Research on the Intervention Mechanism of College Students' Psychological Crisis in Emergencies

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Abstract

As an important place to implement a series of education and teaching for college students, colleges and universities are relatively densely staffed. The occurrence of emergencies is easy to have a greater psychological impact on students. Once an emergency occurs, if it is difficult to solve and deal with it in the first time, it will affect and hinder the smooth development of college teaching activities, and will have a serious negative impact on the sustainable development of colleges and universities. Due to the limitations of their own experiences, college students generally have weak psychological endurance, and it is usually difficult to effectively overcome the psychological crisis in the face of emergencies. Therefore, with the deepening reform of education and teaching, in the process of daily management of colleges and universities, it is necessary to build a psychological intervention mechanism for emergency crisis management, which plays a positive role in ensuring the physical and mental health of college students. Therefore, this study will mainly focus on the psychological crisis intervention mechanism of college students in emergencies, and give a detailed description and introduction of the existing prevention system, intervention system and follow-up system in combination with the actual situation, so as to provide feasible suggestions for relevant educators.

Keywords

Emergency; College student; Psychological intervention mechanism; Comprehensive research.

1. Introduction

In recent years, the number of emergencies in colleges and universities has been increasing, which has gradually attracted extensive attention from all walks of life. With the deepening of education and teaching reform, the implementation of education for college students requires not only paying attention to the mastery of college students' professional knowledge, but also paying attention to the psychological development of students, so that they can always maintain a positive and healthy attitude, and more calmly face all the setbacks and difficulties encountered in life. In addition, for the emergencies that have occurred, the relevant educators should take the initiative to assume responsibilities and fulfill obligations. Through a comprehensive analysis of the causes of the emergencies, they can help college students learn specific methods to deal with emergencies, maintain a good school teaching atmosphere, and lay a solid foundation for the future growth of college students.

2. Classification of Campus Emergencies

College emergencies have the characteristics of abruptness, complexity and harmfulness. According to the different causes, they can be divided into the following categories. First, natural disaster emergencies, such as earthquake and debris flow, are mainly affected by geographical location and geological conditions, showing regional development characteristics. The second is public health emergencies, such as food poisoning and infectious diseases, which

can be classified into this category. In the actual process of transmission, such events spread faster, have a wide range of spread and are more harmful. Because the college population is very concentrated, the contacts between students and teachers are relatively frequent, which leads to a high incidence rate of infectious diseases, The widespread spread of the virus will have a serious negative impact on the implementation of teaching activities in colleges and universities, and students' physical and mental health will also be harmed in this period. Therefore, in specific teaching activities, similar disasters should be avoided and mitigated as much as possible, and timely response plans should be made to ensure that emergencies can be effectively resolved. Safety emergencies are also a kind of many emergencies, mainly including traffic safety and property safety. Similarly, their emergence and appearance will affect normal teaching activities and order, and they account for a relatively large proportion in the whole emergency. Finally, there are psychological emergencies, which are mainly caused by college students' excessive psychological pressure or some unacceptable blow in their daily study and life. It usually happens to students who are introverted or withdrawn. In order to prevent such incidents from happening again, we need to strengthen psychological counseling for students, so that they can face all difficulties with a more leisurely attitude, So as to achieve sustainable development.

3. Current Situation of Campus Emergency Disposal

3.1. Low Efficiency in Handling Emergency Events

At present, with the progress and development of the times, China's education level and teaching quality have been further improved. College teaching has paid more attention to the comprehensive cultivation of students' comprehensive quality. However, from the overall situation of college development, although the infrastructure construction and the allocation of teachers' resources have been significantly enhanced and improved, the existing problems are also very prominent and obvious, Especially for some emergencies, there is no necessary emergency response mechanism, which can not be effectively handled at the first time. The efficiency of the whole incident has not yet reached the ideal level. For all kinds of emergencies on campus, university administrators need to actively assume their own responsibilities and obligations, and quickly take response measures within a relatively limited time in combination with the nature and scope of emergencies. However, from the perspective of the handling of university emergencies at this stage, different emergencies are lack of corresponding emergency drills, and the whole emergency management process should also be equipped with professional teams, However, the low quality of the team fundamentally limits and restricts the effectiveness of the whole emergency response. In addition, when conducting emergency drills for emergencies, there is no effective mobilization of all kinds of resources, and there is a lack of linkage and cooperation with relevant departments outside the school. It is affected by the above factors that lead to the fact that when dealing with emergencies, it is not possible to make relevant decisions in a timely manner to ensure the scientificity and correctness of the decisions, Thus, in the process of dealing with emergencies, the best time to deal with emergencies is missed due to failure to take correct measures [1].

3.2. Emergency Plan Lacks Simulation Drill and Evaluation

Before dealing with different types of emergencies, it is necessary to select and formulate corresponding emergency plans according to the characteristics of the emergencies to ensure the scientificity and effectiveness of the entire plan. At the same time, it is necessary to conduct simulation drills on the specific implementation effects of the entire plan in combination with the relevant requirements of the emergency plan. Only in this way can the quality of emergency handling be guaranteed to the greatest extent, In order to further improve the response to emergencies. By carrying out and implementing the emergency plan in the early stage, it can

not only improve the methods and skills of emergency managers to deal with relevant emergencies to a certain extent, but also directly test the effectiveness and operability of the emergency plan, so as to facilitate the re adjustment and modification of the plan in the later stage. However, from the perspective of the handling of emergencies in colleges and universities at this stage, the establishment of the emergency plan has a tendency of formalism. In the whole work activity, the emergency plan was not really rehearsed according to the actual situation, or some schools have carried out relevant drills, but the degree of standardization of the drills is not high, which directly limits the effect of the entire drill.

3.3. Lack of Psychological Intervention

The occurrence of an emergency usually brings serious mental and psychological damage to the party concerned. In the actual management practice of colleges and universities, in order to minimize and reduce the negative impact of the emergency, it is necessary to combine the characteristics of the emergency to conduct psychological intervention on college students at the first time to ensure the scientificity and effectiveness of the entire intervention. By timely understanding the physical and mental state of college students and strengthening communication and exchange with college students, we can understand the problems and difficulties existing in college students' study and life in a relatively short period of time, so as to relieve college students, so that they can relax to a certain extent, and face all difficulties in life with a more positive and optimistic attitude. With the further improvement of China's economic level, people's material life has been significantly improved. However, from the perspective of psychological development, the arrival of the information age and the impact of the Internet volume data have not only broadened people's vision, but also to some extent interfered with people's mental health. The charge of different views often has an impact on college students' three perspectives, making them feel anxious and confused. At the same time, the further increase of the whole learning pressure will also have a certain negative impact on the psychology of college students. On the one hand, they have grown up and are eager to have the ability to handle and analyze problems independently, and want to be their own masters. On the other hand, they have not really entered the society at this time, and have not yet obtained a stable income and source of funds. All activities need to rely on their parents and families, The contradiction between independence and independency is pervasive in all aspects of their lives. In this period, college students should not only learn professional knowledge, but also learn to deal with complex interpersonal relationships, so as to lay a solid foundation for themselves to find a better way out in the future. This means that college students usually face pressure from all sides, and different types of pressure will eventually focus on college students themselves, So as to have a negative impact on their mental health. Therefore, it is very important and necessary to strengthen the psychological intervention for college students in this period. In the process of implementing education and teaching activities, colleges and universities should also take mental health teaching as a basic course, and regularly investigate the physical and mental state of students, so as to find out the abnormal phenomenon of students in time, intervene at the first time, and ensure the life safety of students to the greatest extent [2].

4. Campus Emergency Disposal and The Construction of Psychological Crisis Intervention Mechanism

4.1. Establish An Early Psychological Warning System Before Emergencies

In the process of dealing with campus emergencies, it is necessary to establish and improve a three-level early warning system based on the characteristics of emergencies, fundamentally reduce the negative impact of emergencies on the entire teaching activities and the sustainable

development of students, and ensure that the effect of emergency plans can be optimized. The so-called three-level early warning system is to divide the entire early warning mechanism into three levels of different subjects, namely schools, departments and classes. In the construction of the entire early warning system, especially the management of classes, in the actual teaching activities, the psychological committee should be the first to understand the latest trends of students in their study and life, to ensure that the speed of information acquisition is constantly accelerating, Ensure the flow of information. In this way, according to the physical and mental development characteristics of students in the class, we can find and discover the deficiencies and problems in teaching management at the first time, so that they can be dealt with and solved in a short time. In the specific implementation and practical management of early crisis prevention and mild crisis intervention, colleges and departments need to be the key and focus of the implementation and smooth development of the whole work. Colleges should consciously assume relevant responsibilities and obligations, establish and improve the working mechanism of psychological crisis management. From the perspective of the actual physical and mental development of college students at this stage, many students often feel depressed and painful under the pressure of life and study, In the long run, these negative emotions will cause serious damage to the psychological and mental health of college students. Therefore, in combination with the particularity of college students, the college needs to go deep into the actual development of students, carry out and implement psychological crisis screening for college students one by one, ensure that the entire inspection mechanism can penetrate into every student, assume the responsibility of early discovery and early intervention, and strengthen communication and exchange with students based on students, The school needs to contact special psychological intervention personnel to make more accurate and scientific judgments on the development status of students. In addition, in the actual establishment process of the entire psychological early warning mechanism, we should also strengthen communication and exchange with parents, establish a home school cooperation mechanism, work together to solve all problems existing in students' study and life, help them answer questions and solve questions, so that they can achieve better and faster development, and play a positive role in promoting the healthy and lasting development of colleges and universities [3].

4.2.   Establishing A Psychological Intervention System In Emergencies

In the process of dealing with various emergencies in colleges and universities, we should also start from the system, establish and improve the corresponding emergency management system, determine the responsibilities of the staff of the relevant departments in combination with the severity and scope of the psychological impact of different emergencies on students, and maximize the economic losses and casualties caused by the entire emergency. When dealing with emergencies, it is required to make overall plans and improve the work enthusiasm and initiative of different personnel in an all-round way, so that they can be more consciously involved in the handling and resolution of emergencies, forming a rapid support pattern that leaders attach importance to and all staff participate in. In addition, the types and characteristics of emergencies should also be considered in the emergency plan and handling process. For emergencies such as earthquakes and other natural disasters, drills should be carried out in advance after the actual establishment of an early warning mechanism. Through earthquake drills, college students' awareness of safety protection should be improved, so that they can find the right escape way at the first time after the earthquake, and ensure their own life safety in an all-round way. In addition, for psychological emergencies, it is necessary to select a targeted treatment mechanism based on the psychological characteristics and status of students. For those students who have suicidal ideas, they should first be transferred to a safe place, and relevant personnel should be arranged to monitor them in real time to ensure the personal safety of students to the greatest extent. If the school can solve the problem, the

students can be transferred to the school's psychological counseling center so that the staff can carry out necessary psychological management and intervention on the students. However, when the mental health of students is very serious, it is necessary to transfer students to professional psychological intervention places at the first time and arrange them to help students. In this process, the school should inform the parents of the actual situation of the students as soon as possible, and both parties should work together to solve the problem.

4.3. Establish A Tracking System After Emergencies

In order to control the whole negative impact to the lowest level after the occurrence of an emergency, it is necessary to establish a corresponding post crisis tracking system. Once a crisis occurs, relevant personnel are required to take effective measures at the first time according to the actual characteristics of the crisis. At the same time, after formally handling and resolving the crisis, they should also conduct an all-round investigation and analysis of the type and causes of the crisis, make scientific judgments on the actual crisis handling results, and point out the defects and deficiencies in the process of handling the crisis in a timely manner, So as to establish a more perfect crisis management mechanism, accumulate experience in crisis management, and provide necessary reference for preventing and effectively responding to the next crisis. In addition, in the process of establishing and improving the whole crisis tracking system, students and school teachers involved in different emergencies should also be tracked more effectively to ensure that the tracking is dynamic, class leaders and counselors should be used to timely understand the psychological state and learning situation of students in class, strengthen daily communication and exchange with students in class, and counselors should take the initiative to take the responsibility of caring for students, In daily management activities, it is not only necessary to coordinate the class collective students to participate in all kinds of affairs, but also to regularly select students for in-depth communication based on the observation and understanding of different students. With this face-to-face communication, students can truly lay down their guard and be more active in being frank with the counselors about their confusion and doubts in life and study, It is also convenient for counselors to find out the difficulties and frustrations in the process of students' growth at the first time, so as to understand the latest emotional state of different students, and eliminate the psychological shadow caused by emergency crisis events as soon as possible [4].

5. Conclusion

It is very important and necessary to intervene in the psychological crisis of college students. When organizing and implementing this work, we need to proceed from reality, first implement it from the institutional level, establish and improve the management mechanism for psychological crisis prevention, and understand the psychological state of students at the first time by strengthening communication with students' parents. Starting from various aspects, school teachers, especially counselors, should also actively assume and fulfill their own responsibilities, Through the all-round efforts of all subjects, we can ensure that the crisis work can be effective and truly promote the all-round development and growth of students.

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