

Analysis and Research on the Health of Hebei Youth During the Epidemic Period Based on the Mid - and Long-term Youth Development Plan

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Abstract

In recent years, the Novel Coronavirus has been affecting people's lives. Since the outbreak, great changes have taken place in people's way of life, such as travel restrictions, offline courses changed to online courses, and everyone has to wear masks when going out. Especially for energetic teenagers, they can no longer travel freely and exercise, and their physical fitness has inevitably declined. This is extremely inconsistent with the Medium - and Long-term Youth Development Plan issued by The State Council in 2018. This research report takes Tangshan, Shijiazhuang, Xingtai, Langfang and other typical universities in Hebei province as the research location, collects data, analyzes and studies the health of hebei youth during the epidemic, and finally puts forward reasonable suggestions based on the research results.

Keywords

Novel coronavirus; Medium and long-term youth development plan.

1. Ask Questions

1.1. COVID-19 Situation in Hebei Province

The Novel Coronavirus outbreak began in Wuhan in December 2019 and spread globally, striking again in January 2021. The epidemic has a great impact on Hebei Province, especially shijiazhuang, Xingtai and Langfang. According to real-time tracking data, as many as 333 cases were confirmed in Shijiazhuang by January 12, 2021.

1.2. Home Isolation During the Epidemic in Hebei Has A Great Impact on the Health of Young People

Due to the highly contagious nature of the virus, we comply with the epidemic policy and choose to stay at home to reduce the rate of transmission of the virus. With the increase of time in isolation at home and not allowed to go out, people's way of life has also changed greatly. For example, offline teaching and working have been changed to online. At the same time, because young people are confined at home for a long time, the physical and mental health of vigorous young people will inevitably be damaged to a certain extent.

1.3. Emphasis on Youth Health in Medium - And Long-Term Youth Development Programmes

In 2018, the Mid - and Long-term Youth Development Plan issued by the CPC Central Committee and The State Council again put forward requirements for youth health. The plan requires to constantly improve the physical health quality level of China's youth, to ensure that China's

youth physical health pass rate is greater than 90% and to effectively control the probability of the occurrence of mental health problems of China's youth, correctly guide China's youth to actively participate in the construction of the motherland.

1.4. The Purpose of This Research Is to Establish

By investigating the health status of all kinds of young people in Hebei province, we can understand the physical and mental health level of young people, and further investigate how to further improve the health level of all kinds of young people and strengthen the development of youth health promotion on the premise of ensuring the continuous epidemic prevention work. It also put forward reasonable suggestions on how to improve the health level of various youth groups during the epidemic and how to strengthen the health promotion of youth.

2. Research Background

2.1. The Sudden Outbreak of the Epidemic in Hebei Province Affects the Teaching and Education Order of Relevant Colleges and Universities in Hebei Province

The epidemic broke out suddenly in Hebei Province. According to the current situation of COVID-19 prevention and control, relevant education departments in Hebei province have issued corresponding policies. According to the policies issued by the Education Department of Hebei Province, the qualification examination (interview) for primary and secondary school teachers in Hebei Province in the second half of 2020 will be postponed, and the specific time will be further informed. Shijiazhuang education Bureau issued a notice, all primary and secondary schools to stop school classes, centralized offline teaching mode. In other regions, some universities cancelled the final exam and closed early. These regulations have changed the learning status and learning mode of young students in Hebei, and the learning education of young students in Hebei is facing challenges.

2.2. Measures to Promote Healthy Physical and Mental Development of Young People Are Urgently Needed During the Pandemic

The outbreak of the epidemic in Hebei province will greatly affect the physical and mental health of young people in Hebei province. First of all, during the epidemic period, some universities have closed early or cancelled exams, and certificates such as important teacher certificates have been postponed, which will aggravate the anxiety and depression of young students. Outbreak last second, if the hebei region, online teaching may become the main way of students, teachers and students communication, bringing forth a new form of knowledge dissemination, online teaching and the digital transformation of school teaching, the shift from teaching environment, the difference of education fairness, social mood pass three sides facing the effect on physical and mental health of teenagers, This needs the school and the community to care and guidance. Finally, due to the closure of roads and villages in some areas, young people have fewer opportunities for outdoor activities and spend more time looking at various electronic devices, leading to an increase in the incidence of myopia, which is not conducive to the healthy growth of young people.

3. Research Significance

3.1. Help to Promote the Healthy Development of Young Students in Hebei

Through to the youth, enhance physical fitness, health, disease control and prevention with the eye treatment of a serious illness of investigation and study, formulate the corresponding solutions, such as indoor sports, propaganda and epidemic prevention knowledge, promote

health eye increase young healthy body, so as to realize continuously improve the level of the health quality of Chinese youth, leading the youth devoted construction health goals in China.

3.2. It Is Helpful to Promote the Mental Health Development of Young Students in Hebei

Through the investigation and research on the psychological quality and emotional fluctuations of the youth in Hebei, the corresponding programs are formulated, such as online psychological micro class, offline expressive art therapy and group therapy activities, improving the utilization of psychological assistance hotline and other ways to improve the physical and mental health of the youth. So as to effectively control the incidence of youth mental health problems and improve the level of youth mental health counseling and service.

3.3. Help to Promote the Ideological Health of Young Students, Improve the Ideological Level of Young People, Political Consciousness, Moral Quality, Cultural Literacy

Through the investigation and research on the knowledge of young people in Hebei province about the epidemic, the ideological and moral construction level of young students during the epidemic was deeply understood, and corresponding programs were formulated to publicize the spirit of fighting against the epidemic and enhance the knowledge and love of the country of young students.

4. Survey Plan and Scheme

4.1. Selection and Description of Survey Site

4.1.1. Survey Site

Tangshan, Shijiazhuang, Xingtai, Langfang and other typical universities were selected as the research sites.

4.1.2. Description

The epidemic outbreak in 2021 had a great impact on Hebei Province, among which Shijiazhuang, Xingtai and Langfang were more serious. During the epidemic period, all the students in colleges and universities were isolated at home. Understanding their physical and mental health status during this period is a good representative for analyzing the impact of the epidemic on the health of young people in Hebei Province.

4.2. Research Methods and Description

4.2.1. Literature Sorting Method

In the academic literature database such as CNKI, I looked up the relevant literature information about the influencing factors of youth health and epidemic situation, and summarized them.

4.2.2. Questionnaire Survey

The questionnaire was made and printed under the guidance of teachers. A certain number of questionnaires were randomly distributed to colleges and universities in Tangshan, Shijiazhuang, Xingtai and other cities to investigate the changes of physical and mental health of college students during home isolation.

4.2.3. Field Investigation Method

Team members went to North China University of Science and Technology, Hebei University of Science and Technology, Xingtai University, North China Institute of Aerospace Industry and other universities for field trips, and made comprehensive and multi-angle observations and reflections. At the same time, some students were interviewed and communicated, and lectures

and question-and-answer activities were held to understand their physical and mental health status during the epidemic.

4.2.4. Normative Analysis Method

According to the survey data obtained by the group, including online data or on-the-spot visits, the right and wrong value judgment is made on the youth physique data in the data, and the essential reason that affects the youth physique change is found out, and the objective analysis is made to explain the objective state.

4.3. Research Advantages and Description

(1) The team members are all local people in Hebei Province, and the selected universities in the survey area are all close to North China University of Science and Technology, which is very convenient for our research activities and improves the efficiency of the research activities.

(2) At the moment of the epidemic, every member of the team is very concerned about the epidemic in Hebei and wants to make his own contribution to the epidemic prevention and control work.

(3) The survey has the advantages of convenient transportation and survey.

(4) The team members have certain professional knowledge and relevant writing learning experience, so it is easy to communicate and learn.

(5) The research team and the instructor have the corresponding level of education, strong professional, able to carry out the corresponding investigation and research.

(6) The members of our investigation team are full of confidence in our practice activities, and we are all the backbone of each association, student union and class. With sufficient experience and ability, we are sure to make the best investigation activities and achieve the best results.

5. Time and Schedule of Research Activities

5.1. Preliminary Preparations

(1) Define the purpose of activities, organize team members and assign specific division of labor.

(2) Read literature and related materials, sort out and collect relevant information.

(3) Pay attention to the epidemic situation and young people's health, and monitor the epidemic news in real time.

(4) Preliminary preparation of relevant site investigation and whether agree to field investigation.

(5) Fill in and supplement the project application form.

5.2. Field Research

(1) Go to Shijiazhuang and Tangshan for field investigation and ask whether conditions permit the investigation.

(2) Interview local medical staff to understand the physical and mental health level of various local youth.

(3) Visit students from North China University of Science and Technology, Tangshan College, Hebei University of Science and Technology, Shijiazhuang University, North China Institute of Aerospace Technology and other colleges and universities to understand their self-cognition and understanding of their physical and mental health and their correct cognition of the importance of physical and mental health.

(4) Visit colleges and universities around the country to fill out questionnaires and carry out field visits, asking them about their cognitive level of self-health, and knowing whether the health level of young students is affected by the epidemic and to what extent.

5.3. Complete the Research Report

Team members integrated the survey results, conducted research and discussion, and completed the research report under the guidance of teachers.

- (1) Collect the data of the questionnaire and sort out the interview content and diary.
- (2) Systematically analyze and discuss the survey results and compare them to find similarities and differences as well as existing problems.
- (3) Write research reports and experiences.
- (4) Communicate with students about the survey and collect their opinions on the survey results to enrich the survey results.
- (5) Publicize the conclusion of this survey on the Internet to make it truly meaningful.

5.4. Final Closure Work

- (1) Summarize the experience and lessons in this survey and conduct group communication.
- (2) Form a complete investigation content system based on the content of the investigation report, and write a report on the physical health of young people in Hebei Province during the epidemic.
- (3) Communicate with the instructor, further summarize experience on the basis of group communication, and communicate the shortcomings in the research process.
- (4) Organize and submit the final research report.

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