

Mechanism of Psychological Crisis Prevention and Quick Response of Higher Vocational College-students -- A Case Study of Yunnan College of Foreign Affairs and Foreign Language

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Scientific research foundation project of Yunnan Education Department, Project category: teacher program, No: 2020J1192

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Keywords: Higher Vocational Colleges; Psychological-crisis Prevention; Quick Response; Yunnan College of Foreign Affairs and Foreign Language

Abstract: The psychological growth of students in higher vocational colleges(HVC) has entered an important stage. As the psychology of college-students in HVC is generally immature at present, once facing the problems of life and study, it is easy to produce psychological-crisis. Therefore, higher vocational college-students' psychological problems have been concerned. The purpose of this paper is to establish an effective psychological-crisis prevention and rapid response mechanism for college-students in HVC and to reduce the occurrence probability of extreme behavioral events caused by psychological-crisis through specific examples of Foreign Affairs and Foreign Language (FAFL) students in Yunnan province. Taking Yunnan College of FAFLas an example, the first is the carrier of higher vocational college-students psychological-crisis prevention and object, and then the uniqueness of the analysis of the current higher vocational college-students' psychological-crisis, and then with the help of a questionnaire analysis of the current higher vocational college-students' psychological health in colleges and universities the status quo, finally put forward the construction of higher vocational college-students psychological-crisis prevention and rapid response mechanism of specific strategies. The experimental results of this paper show that most of the Yunnan College of FAFLhave some psychological problems, which are of different levels.

1. Introduction

Social progress and development make higher vocational college-students face great pressure, such as employment pressure, economic pressure and emotional pressure, etc. Based on this higher vocational college-students are also increasing the probability of psychological problems. As a special group related to social development, higher vocational college-students' physical and mental development has a profound impact on society. Since 2001, all HVC have been making great efforts to carry out the education and guidance of students' mental health, and the ministry of education has also attached great importance to the psychological development of students in HVC. However, according to the current situation, due to the late start of mental health education in China, the mechanism of psychological-crisis prevention and rapid response among college-students in HVC is not yet perfect. Foreign language occupation has its own particularity, and students in this major face more complicated pressures. Therefore, this paper takes Yunnan College of FAFLas an example to conduct relevant research.

Due to the frequent occurrence of extreme behaviors of college-students, In [1], the author analyzes and points out a series of problems in mental health education in independent colleges and universities, taking college-students from independent colleges and universities as research objects, and puts forward relevant improvement Suggestions accordingly. In [2], the author draws lessons

from the mental health education work of American college-students and combines it with the actual situation in China to make an in-depth analysis of the characteristics and puts forward specific strategies to solve the psychological-crisis from the perspective of the college. In [3], the author made an in-depth analysis of the main factors affecting college-students' psychology, analyzed the current situation of college-students' psychological-crisis by using the questionnaire of college-students' mental health and symptom self-rating scale, and finally put forward Suggestions for improvement based on the measurement results. In [4], after an in-depth analysis of the psychological characteristics of vocational college-students, the author reflects on the current defense mechanism of psychological-crisis, and proposes the construction strategy of college-students' psychological-crisis prevention and rapid response mechanism from three perspectives.

In general, there are many psychological crises related to college-students, but few studies have been conducted on vocational colleges, and even fewer studies have been conducted on specific colleges [5]. In order to promote the development of the mental health of college-students in China, to establish comparatively perfect psychological-crisis prevention and rapid response mechanism, this paper takes Yunnan College of FAFLas an example, the first is the carrier of higher vocational college-students psychological-crisis prevention and object, and then the uniqueness of the psychological-crisis of college-students are analyzed, and then with the help of a questionnaire analysis of the current higher vocational college-students' psychological health in colleges and universities the status quo, finally put forward the construction of higher vocational college-students psychological-crisis prevention and rapid response mechanism of concrete policies [6-7].

2. Method

2.1 Carriers and Objects of Psychological-Crisis Prevention

At present, the carriers of psychological-crisis prevention for students in HVC mainly include the following aspects: telephone network consultation, group training and individual psychological counseling. Telephone network counseling refers to psychological counseling for students in the form of Internet phone, which can solve some basic problems and effectively protect students' self-esteem and privacy. Group training means that the school regularly carries out mental health training to help students build good psychological cognition. Individual counseling refers to private tutoring for a student, which can effectively guide students' psychological problems [8-9]. The objects of psychological-crisis prevention in HVC mainly include the following: first, the students who have psychological-crisis after admission and have not solved the psychological problems through simple communication; Second, students with psychological problems due to school life; Third, students with psychological problems due to family factors; Fourth, students with psychological-crisis due to interpersonal factors [10-11]. When HVC, represented by Yunnan College of Foreign Affairs and Foreign Language, conduct students' mental health education, they should first make clear the specific types of objects to be prevented, and then conduct targeted counseling on this basis.

2.2 Characteristics of Students' Psychological-Crisis in Vocational Colleges

Vocational college-students are facing psychological pressure in life, study, employment and other aspects. From the perspective of their environment and age characteristics, their psychological-crisis is mainly manifested in the following aspects: first, it is difficult to control; The psychological-crisis of students in HVC is usually sudden and easy to change with the psychological change. Therefore, it is difficult to control the psychological-crisis. Second, there are obvious differences between different students [12-13]. As mentioned above, the influencing factors of college-students' psychological-crisis are complex, and different college-students experience different psychological crises, which also show great differences in psychological activities. Third, unpredictability; From the perspective of the consequences caused by the current psychological-crisis of college-students, the severity is quite different. However, once the

psychological-crisis appears, its evolution to the direction of the river depends entirely on the psychological state of college-students. Therefore, to some extent, the psychological-crisis of vocational college-students is unpredictable. Thirdly, there are various ways to eliminate psychological-crisis. Because different students have different psychological crises, schools can find appropriate solutions according to their individual characteristics. Therefore, the elimination of psychological-crisis is a variety of ways. Fifth, imperceptibly; The psychological-crisis of college-students in HVC will not only affect their physical and mental development, but also subtly affect the people around them, prompting others to produce different degrees of psychological-crisis.

3. Psychological Analysis Experiment of Vocational college-students

The research on the overall psychological status of students in HVC needs to be supported and proved. Therefore, the experiment of this paper mainly collects relevant data by means of questionnaire survey and interview. The subjects of this paper are the students of Yunnan College of FAFL. A total of 5000 students, 2500 male and 2500 female, were surveyed. In order to ensure the comprehensive survey content, this paper designs four modules: psychological-crisis intervention status, psychological-crisis cause analysis, self-psychological-crisis degree prediction and specific manifestation of psychological-crisis. The interviewees of this paper mainly include mental health researchers and teachers in HVC. The purpose of the interview is to obtain professional opinions on constructing the mechanism of preventing and responding to psychological-crisis of college-students in HVC. After the end of the questionnaire survey and interview, the survey data need to be analyzed and sorted out. In this paper, SPSS statistical software is used for data analysis.

4. Discuss

4.1 Analysis of Experimental Results

Through the above psychological analysis experiment of students in HVC, we can obtain the following experimental data. The specific experimental data are shown in table 1 and figure 1 below.

Table 1. Questionnaire data on college-students' mental health

Serial number	Degree of psychological-crisis	Proportion	Proportion of psychological intervention
1	None	39.14%	1.27%
2	Mild	41.29%	17.17%
3	Moderate	14.17%	32.62%
4	Severe	5.40%	43.17%

*Data were collected from questionnaires and documents

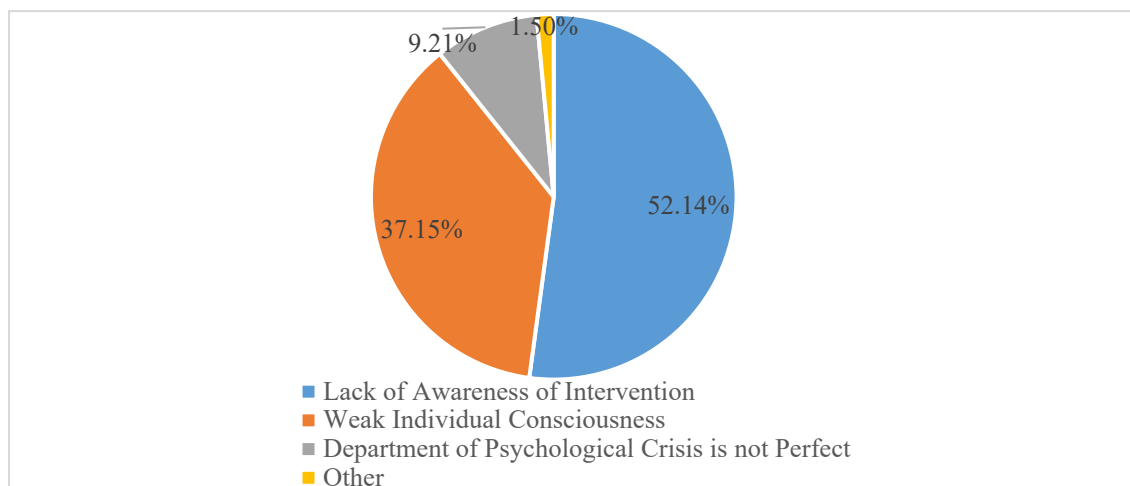


Figure 1. Problem analysis of existing psychological intervention

From the data in table 1, we can see that in Yunnan College of FAFL, most students have psychological-crisis, while only about 40% of students have no psychological-crisis. According to the degree of crisis, students with mild, moderate and severe psychological-crisis account for 41.29%, 14.17% and 5.40%, respectively. However, only a few of the students who wrote about the psychological-crisis had psychological intervention. As can be seen from the data in figure 2, the problems existing in the current psychological intervention mechanism are mainly manifested in three aspects, namely, the lack of awareness of psychological intervention, the lack of self-psychological-crisis awareness and the imperfect department of psychological-crisis.

4.2 Mechanism of Psychological-Crisis Prevention and Quick Response of College-Students in HVC

(1) Attach importance to the establishment of relevant concepts and give consideration to practice

The key to prevent psychological-crisis lies in prevention, so we should establish the concept of avoiding psychological-crisis, maintain an optimistic and positive attitude towards life, and fundamentally reduce the probability of psychological-crisis. Not only that, vocational colleges should take the overall management as a foothold, the psychological-crisis prevention and rapid response mechanism into the daily management of vocational colleges. On the one hand, HVC, represented by Yunnan College of FAFL, must organize relevant personnel to carry out psychological health counseling for college-students on a regular basis so as to dig out and reflect students' psychological-crisis. In particular, class counselors should give full play to their advantages of close contact with students, carefully observe students' status in their daily work, and timely conduct psychological counseling once they find that students have psychological-crisis, so as to help students eliminate or reduce psychological-crisis. On the other hand, the HVC represented by Yunnan College of FAFL should try to promote the reform of the existing system and integrate the method of psychological-crisis and the mechanism of rapid response into the school system, which is conducive to the institutionalization of this construction and the effectiveness of intervention measures.

(2) Establish a formal sexual crisis prevention center

In this paper, the author looked up the research materials in foreign countries and found that there is no formal psychological-crisis prevention center in vocational colleges in China. The psychological-crisis prevention center can provide professional psychological counseling for students in HVC and help them quickly eliminate the psychological-crisis. Generally speaking, the psychological-crisis prevention center generally includes the following three departments, which are the students' psychological-crisis intervention department, the psychological-crisis prevention department and the psychological-crisis quick response department. psychological-crisis intervention department is composed of counselors, student representatives and psychological

experts. The task of this department is to help students alleviate or even eliminate psychological-crisis with the help of professional psychological counseling services. The main task of the psychological-crisis prevention department is to prevent the occurrence of psychological-crisis of students in HVC, to integrate the knowledge of psychological-crisis prevention into daily activities, so as to carry out in-depth prevention work and reduce the probability of the occurrence of psychological-crisis of students. The department's main personnel include student cadres and psychological intervention experts; Department of rapid response to psychological-crisis events. The department is composed of student counselors, student cadres, psychological experts and leaders of HVC, which can respond quickly to students' psychological-crisis and effectively reduce the negative impact of psychological-crisis on students.

5. Conclusion

With the development of The Times and the acceleration of the social rhythm, the psychological-crisis of students in HVC has caused many adverse effects and adverse events. Therefore, HVC must pay more attention to the psychological health education of college-students, pay more attention to psychological guidance, help higher vocational college-students to establish a positive attitude in the face of difficulties and setbacks, and promote the healthy development of higher vocational college-students.

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