Investigation on the Integrated Mechanism of Undergraduates' Psychological Crisis Prevention and Rapid Response

BoYan\textsuperscript{1,a,*} and Fei Li\textsuperscript{2,b}

\textsuperscript{1} Yunnan College of Foreign Affairs and Foreign Language, Kunming, Yunnan, China
\textsuperscript{2} Yunnan College of Foreign Affairs and Foreign Language, Kunming, Yunnan, China
\textsuperscript{a,*} 461092216@qq.com; \textsuperscript{b} 1249673482@qq.com

\textbf{Keywords:} Psychological Crisis; Quick Response; Preventive Intervention; Integration Mechanism

\textbf{Abstract:} With the continuous development of the society, people not only quickly into the "fast life" era, a variety of external information on people's values have also had a profound impact. Undergraduate are faced with various information inducements, so their values will also undergo profound changes. In recent years, misled by the wrong values, undergraduate have many psychological problems, more and more undergraduate have made extreme behavior. In order to reduce the negative impact of false values on undergraduate' psychology, it is necessary to construct an integrated mechanism of undergraduate' psychological crisis prevention and rapid response, so as to form an all-round protection for undergraduate' psychology. The purpose of this paper is to form an effective protection of undergraduate' psychology through the research on the integrated mechanism of undergraduate' psychological crisis prevention and rapid response. In this paper, first of all, the concept of psychological crisis of undergraduate, and to illustrate the characteristics of performance, and then illustrates the characteristics of psychological crisis of undergraduate, and then through analyzes undergraduate' mental health questionnaire experiment, finally integration of undergraduate' psychological crisis prevention and rapid response mechanism of concrete building were described in detail. The experiment shows that the psychological crisis of undergraduate is caused by a variety of factors, and the number of undergraduate with psychological crisis is increasing.

\section*{1. Introduction}

Undergraduate are the decisive force for the future development of a country. In recent years, due to the influence of complex social factors, undergraduate' extreme behavior events occur frequently, such as undergraduate jumping off buildings, undergraduate killing, etc., undergraduate' mental health problems are increasingly prominent. Therefore, the mental health of undergraduate has gradually become the focus of attention from all walks of life. In order to ensure the mental health of undergraduate, the national education department has issued a series of educational documents, and schools have also taken relevant measures to help solve the psychological crisis of undergraduate. However, according to the current situation, there are still some problems in the management of undergraduate' psychological crisis in China. Therefore, it is particularly important to study the integrated mechanism of undergraduate' psychological crisis prevention and rapid response.

At present, scholars at home and abroad have made a series of studies on undergraduate' psychological crisis, and many research results have been obtained. In [1], the author believes that the identification of psychological crisis is the core of undergraduate' psychological crisis prevention, and divides the identification of psychological crisis into three categories, namely severe psychological crisis, neurological psychological crisis and mental illness. In [2], the author made an in-depth analysis of the uniqueness of undergraduate' psychological crisis, analyzed the survey data of undergraduate' mental health in China with the help of big data technology, and established an evaluation model of undergraduate' mental health. In [3], the author analyzes the current prevention work of undergraduate' psychological crisis in China, and on this basis explains...
the problems that must be paid attention to when conducting undergraduate' psychological prevention. Finally, the author proposes solutions from four aspects.

In order to further eliminate the psychological crisis of undergraduate, Chinese scholars have also studied the establishment of the integrated mechanism of preventing and responding to the psychological crisis of undergraduate. In [4], with the help of modern information technology and combined with the advanced experience of foreign countries, the author established a management plan for undergraduate' psychological problems in line with China's national conditions. In [5], the author puts forward a variety of ways to prevent undergraduate' psychological problems from the perspective of schools, including campus environment, school education, teacher guidance and other aspects. In general, these studies lack a comprehensive plan for the integration mechanism, so the integrated mechanism of undergraduate' psychological crisis prevention and rapid response needs to be further improved.

For perfecting the integration mechanism, this paper firstly the concept and characteristics of psychological crisis of undergraduate is illustrated, and then illustrates the characteristics of psychological crisis of undergraduate, and then through analyzes undergraduate' mental health questionnaire experiment, finally, integration of undergraduate' psychological crisis prevention and rapid response mechanism of concrete building [6] is discussed in detail. The research in this paper not only promotes the continuous improvement of the integration mechanism of this aspect in China, but also lays a theoretical foundation for the related research in the future [8].

2. Method

2.1 Overview of Psychological Crisis

Psychological crisis refers to the psychological reaction that occurs when an individual is confronted with a huge setback or an emergency and cannot get rid of it or solve it. Psychological crisis covers a wide range of different groups and has rich characteristics. Generally speaking, the characteristics of psychological crisis are mainly manifested in the following aspects: first, cognitive emotion [9-10]. Once psychological crisis occurs in undergraduate, they will not only have disordered thinking and wrong judgment, but also have cognitive biases or errors. And can produce different degrees of emotional problems, such as low mood, self-confidence decline and so on. Second, speech act. The psychological crisis of undergraduate appears in speech ACTS, which are more obvious. Once the psychological crisis occurs, undergraduate will take a series of abnormal actions, such as speech chaos, extreme speech and temper [11]. Third, somatic symptoms. The generation of psychological crisis will have an impact on the body center of undergraduate, will make the different systems of people appear imbalance phenomenon, disease is also generated; And when the psychological crisis is serious, people's physical health will be seriously affected, such as endocrine system and digestive system. In general, psychological crisis has a negative impact on the external behaviors and internal functions of undergraduate, so eliminating psychological crisis of undergraduate is of great significance to the healthy growth and development of undergraduate [12-13].

2.2 Characteristics of Undergraduate' Psychological Crisis

Psychological crisis is not a sudden occurrence, with its own unique characteristics, psychological crisis can not only be reflected through emotions but also be generated from a certain event. The psychological crisis of undergraduate often shows the following characteristics: first, the psychological crisis of undergraduate is extensive. It is widely believed that the emergence of psychological crisis is synchronous with the emergence of individual mental illness, which is wrong. As mentioned above, psychological crisis is a state in which the short-term psychological adjustment mechanism is out of balance when people suffer from sudden events, or it is a negative emotion generated by individuals who cannot quickly find solutions to unexpected events. Therefore, psychological crisis is a normal psychological phenomenon. Second, the psychological crisis of undergraduate is repetitive. Removing the psychological crisis doesn't mean it's gone
forever. For example, when the psychological crisis of an individual is relatively serious, if similar situation is encountered again after the first elimination, the psychological crisis will appear again. The elimination of psychological crisis is temporary. Thirdly, the psychological crisis of undergraduate is an opportunity. It is inevitable that undergraduate will encounter setbacks in the process of growth, and different degrees of psychological crisis will inevitably occur after setbacks. When the psychological crisis of undergraduate has an impact on their own, they should take the initiative to use the help of the outside world to improve their ability to fight against difficulties and deal with the crisis.

3. Psychological Health Analysis Experiment of Undergraduate

In order to establish the integrated mechanism of undergraduate' psychological crisis prevention and rapid response, it is necessary to grasp the real mental health status of undergraduate. The accurate analysis of undergraduate' mental health needs a large amount of data support. Therefore, this paper adopts the method of questionnaire survey to investigate undergraduate' mental health. The research objects of this paper are undergraduate and teachers from 16 universities in region A, as well as experts in mental health education. In this study, a total of 6000 questionnaires were issued and 5987 valid questionnaires were collected. Questionnaire on psychological problems of various aspects, such as performance, causes, degree, in order to keep the content of the comprehensive investigation, this article also through the Shanghai company developed the online evaluation system of undergraduate' mental health questionnaire and symptom self-assessment scale for the further investigation of undergraduate' mental health problem. After the questionnaire survey, the survey data were collected and analyzed. In this paper, SPSS19.0 was used for statistical analysis of the survey results. At the same time, in order to ensure the accuracy and scientific nature of the experimental results, after the completion of the experiment, this paper combined with the existing research data and interviewed experts in psychological research of college students to verify the data conclusions.

4. Discuss

4.1 Experimental Results and Analysis

Through the above psychological health analysis experiment of undergraduate, we can obtain the following experimental data. The specific experimental data are shown in table 1 and figure 1. The data in the chart is the result of the author's experimental arrangement.

<table>
<thead>
<tr>
<th>Serial number</th>
<th>Degree of psychological crisis</th>
<th>Proportion</th>
<th>Proportion of psychological intervention</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>None</td>
<td>37.14%</td>
<td>1.27%</td>
</tr>
<tr>
<td>2</td>
<td>Mild</td>
<td>39.29%</td>
<td>10.17%</td>
</tr>
<tr>
<td>3</td>
<td>Moderate</td>
<td>17.17%</td>
<td>15.62%</td>
</tr>
<tr>
<td>4</td>
<td>Severe</td>
<td>6.40%</td>
<td>23.17%</td>
</tr>
</tbody>
</table>

*Data were collected from questionnaires and documents*
Caused by figure 1 data can see, there are many causes of psychological crisis of undergraduate in China, one of the most primary factor is the academic factors, economic factors, interpersonal factors, and employment factors, these factors comprehensive comes from individual, family and school, etc., these four reasons accounted for 42.3%, 23.7%, 15.9%, 12.8%, other factors accounted for 4.4%; It can be seen from the data in table 1 that undergraduate with psychological crisis account for the majority, while those without psychological crisis only account for 37.14%. Among the undergraduate with psychological crisis, those with mild, moderate and moderate psychological crisis account for 39.29%, 17.17% and 6.40% respectively. Therefore, it is urgent to attach importance to the psychological crisis of undergraduate and build the integrated mechanism of preventing and responding to the psychological crisis of undergraduate.

4.2 Construction Strategy of Integration Mechanism

The integrated mechanism of undergraduate's psychological crisis prevention and rapid response can not only rely on the efforts of one party, but also need coordination and support from various aspects to form a complete integrated mechanism. Therefore, this paper constructs the integration mechanism from three levels: school, individual and family. First of all, from the individual level of undergraduate, undergraduate's psychological fluctuations are large, easy to produce psychological crisis, so undergraduate themselves must have a certain sense of handling. In the face of difficulties, undergraduate should not only maintain a positive and optimistic attitude towards life, but also strive to establish a correct outlook on life, values and world view. Secondly, from the school level, schools should not only actively play the role of mental health education, regular mental health education and guidance for students. The most critical thing is that the school should construct the intervention system composed of different personnel, and construct the management system of students -- counselors -- psychological teachers -- administrators, which is linked together, so as to realize the rapid response to students' psychological problems, so as to be able to carry out the rapid intervention of psychological crisis. Finally, from the perspective of the family, it plays a key role in the psychological growth of undergraduate, giving full play to the psychological counseling and education of the family can effectively avoid the emergence of psychological crisis. Therefore, parents must cooperate with school teachers, communicate with teachers in time, and establish home-school communication and development platform. This can quickly respond to the psychological crisis of undergraduate and build an integrated mechanism to prevent and respond to the psychological crisis of undergraduate.

5. Conclusion
To sum up, undergraduate's psychological problems will gradually increase due to their academic, interpersonal, economic, employment and other aspects in college life. If these problems cannot be solved in time, psychological crises of different degrees will eventually occur. The establishment of an integrated mechanism of preventing and responding to undergraduate's psychological crisis at the three levels of individual, school and family can effectively eliminate undergraduate's psychological crisis and achieve their physical and mental health development.

Acknowledgements

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

References