

Effects of COVID-19 on Mental Health of College Students -- a Case Study of Xijing University

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Abstract: At present, COVID-19 epidemic has caused a great impact on the study and life of Chinese college students. In the face of a major epidemic, college students should not only pay attention to physical health, but also pay attention to emotional and mental health. Based on the perspective of self-care, this study conducted questionnaire and interview on college students of Xijing University. It is found that there are four main characteristics of college students' negative emotions, among which self-care has a significant positive correlation with positive emotions and a significant negative correlation with negative emotions, indicating that self-care is an effective means of emotional regulation. Combined with the research conclusion, the author puts forward the action strategy of college students' emotion adjustment.

1. Introduction

Since the first group of novel coronavirus (COVID - 19) infection was found in Wuhan in December 2019, the virus has spread rapidly in Hubei province and other provinces in the country in a short time, and the epidemic prevention situation is very severe. In order to stop the spread of the epidemic to schools, the ministry of education issued a notice, requiring the spring semester in 2020 to be postponed. For COVID - 19 outbreak normal school and the effects of classroom teaching in colleges and universities, the ministry of education has issued "about common colleges and universities during the epidemic prevention and control of online teaching organization and management guidance", calls for the government, universities and social common implementation and guarantee during the epidemic prevention and control of online teaching, to achieve "suspended classes taught, not suspended".

Epidemic crises not only affect people's physical health, but also inevitably affect their emotions. On the one hand, when college students browse traditional news media and "we media" such as sina weibo, they will be confronted with the explosive flow of information related to various epidemics, which will have an impact on their psychology. On the other hand, college students need to adapt to the overall online teaching status and complete various learning tasks arranged by the school. In such a situation, college students will be under pressure for a long time, and negative emotional states such as loneliness, anxiety, depression and fear will appear. If they do not pay attention to and adjust in time, more problems and obstacles may be caused. Therefore, both college students and colleges should pay close attention to the emotional health of college students while paying attention to the epidemic situation and their studies, so as to make preparations for returning to normal study and life.

2. Characteristics of College Students' Emotional State under Major Epidemic Conditions

In order to accurately grasp the emotional state of college students under the current covid-19 epidemic, the research group conducted a survey of college students in Xijing University through questionnaire and interview on the basis of literature research. The questionnaire survey was distributed on the questionnaire software and completed independently by the respondents on the

website. A total of 1102 valid questionnaires were collected. The contents of the survey mainly included the current situation of college students' emotions and self-care in the COVID 19 epidemic, involving eight aspects: positive emotions, negative emotions, self-friendliness, self-criticism, universal human sexuality, self-isolation, mindfulness and overindulgence. Affected by the epidemic, the interview took the form of online interview. A total of 50 college students were interviewed through QQ, WeChat and other software. The main contents of the interview included the current life status, emotional perception and emotional adjustment measures of college students.

2.1 Fear, Fear Caused by Fear of Health

Under the epidemic situation, some college students developed hypochondriac psychology. A slight rise in body temperature, the occasional cough, and the slightest discomfort can lead to suspicion of infection. The anxiety caused by hypochondria will make the individual uneasy and uneasy, forming a vicious circle of "hypochondria - anxiety - anxiety - anxiety increased again". In this study, the interviewee, college student B, who was taken away and quarantined because of the suspected symptoms, and this lead to the closure of his village. When B needs to go out to buy daily necessities, he will put himself fully armed, after returning home to the clothing for repeated disinfection, to avoid carrying the virus to infect his family. Even when he did not go out, he would take his temperature every day and disinfect himself for many times. His body was slightly uncomfortable and he was very afraid. He kept comparing his physical condition with the symptoms of covid-19 on the Internet for fear that he would be infected. The stress, fear and even insomnia caused him.

2.2 Following all Kinds of News Leads to Sadness and Anger

After the outbreak, in the face of overwhelming news about COVID - 19, some students have such a feeling: their side for weakness and numbness of all kinds of reports of the epidemic, think too much under the outbreak of all kinds of unfortunate events, and is just a college student, can only lament the misfortune of others, but not give substantial help, than to watch the outbreak related news; At the same time, he would feel self-reproach for his indifference, thinking that he should not be so callous to his compatriots in suffering. This kind of cold feeling is the psychological fatigue after too many sympathies, and compared with male college students, female college students are more likely to produce such negative emotions. On the one hand, the physiological structure and hormone levels of men and women are already quite different, resulting in the physiological endurance of women is lower than that of men; On the other hand, compared with men, women's emotions are more abundant and intense, their emotions are sensitive and changeable, they are more susceptible to the influence of external factors, and their psychological endurance is weaker than men's. All kinds of news and news related to the epidemic have an explosive circulation through media and social networks. Especially, the news spread in social networks is often with strong emotional remarks, which will bring a large psychological burden to the party receiving the news. However, due to physiological and psychological reasons, female college students are more likely to be affected by such information and share their feelings with the host in the information. In such an environment for a long time, it will affect the emotional state of female college students, resulting in the accumulation of negative emotions, and then have a negative impact on mental health.

2.3 Online Learning at Home Leads to Burnout and Anxiety

Affected by the epidemic, the spring semester has been delayed, and colleges and universities in China have adopted online teaching to allow students to continue their courses at home. The school arranges a weekly schedule according to the students' class selection, and the teacher selects an appropriate online platform for teaching and assignment according to the course requirements. Many college students are experiencing online teaching for the first time. In addition, influenced by the irregular work and rest in holidays and the failure to timely adjust their study status, they have a lot of inadaptability to online teaching, which has an impact on their emotional state.

3. Guiding Strategies of College Students' Psychological Fluctuation in Major Epidemic

Ideological and political education in colleges and universities should focus on strengthening epidemic prevention knowledge education and prevention and control efforts, improve the information identification ability and network media literacy of college students, actively carry out online psychological and humanistic care, strengthen the education of mainstream ideology and socialist core values, and alleviate the psychological fluctuations of college students in the epidemic.

3.1 Epidemic Prevention: Focus on Strengthening Epidemic Prevention Knowledge Education and Prevention and Control Efforts

To realize "epidemic prevention and control", it is necessary to strengthen the popularization and prevention and control of medical knowledge related to the epidemic situation among college students. On the one hand, it is necessary to strengthen college students' awareness of epidemic prevention and control. Especially for some college students who ignore the epidemic and do not care about it, it is necessary to enhance their awareness of epidemic prevention and control and strengthen the publicity among college students. It is necessary to give full play to the role as a "mouthpiece" and strengthen communication with college students so as to make them fully aware of the epidemic situation and take necessary protective measures. Through the online release of information, the epidemic knowledge can be popularized to college students. Through the online communication, the thoughts of college students can be tracked, so as to strengthen the management of college students and guide them to establish the correct awareness of epidemic prevention and control. On the other hand, the epidemic knowledge education of college students should be strengthened. In the face of the impact of major epidemic, it is necessary to respect the cognitive law and growth law of college students, answer their doubts in the epidemic, clarify their vague understanding of epidemic knowledge, and give them an injection of "sobering dose" by means of epidemic prevention knowledge education. For this outbreak of covid-19, online reading of covid-19 prevention and control manual, online lectures, online answers and other activities can be widely carried out, so as to enhance the knowledge of epidemic prevention and control of college students and alleviate the psychological fluctuations of college students from the cognitive perspective.

3.2 Psychological Adjustment: Positive Online Psychological and Humanistic Care

Ideological and political education in colleges and universities should pay attention to the psychological fluctuation and ideological dynamics of college students in time to help them make psychological adjustment. On the one hand, online psychological should be carried out extensively. Psychological is a good agent to ease the psychological fluctuation of college students in response to the epidemic situation. Ideological and political educators in colleges and universities should not only indoctrinate students with knowledge and theories, but also shape their world outlook, outlook on life and values, and that they can keep a calm and rational mind and make correct value judgment and choice in the face of major epidemic. It is necessary to understand college students ideologically, get close to them emotionally, comfort them spiritually, and close the psychological distance with them. Can also make full use of new media technology, virtual reality technology, such as modern science and technology, with convenience, vivid, vivid and diversity of modern education channels, and expand the space-time of the psychological, both can satisfy the demands of the epidemic prevention and control "isolation", also reflected the ideological and political education of contemporary and affinity. On the other hand, we should actively give humanistic care to college students. We should communicate with college students online and interact with them dynamically, find out their ideological confusion and psychological problems, and carry out humanistic care in a targeted way, so that ideological and political education can penetrate into their daily life, touch their hearts, and alleviate their psychological fluctuations in major epidemics. At the same time, it should be noted that the methods and timing of humanistic care should be different for college students in different situations. For example, college students who have received treatment or medical isolation should do a good job in psychological construction, choose the right time for psychological and humanistic care, and college students who are isolated at home should

do a good job in psychological debugging, scientific response to the psychological fluctuations of different college students.

4. To Realize the Great Anti-epidemic Spirit and Strengthen the Value Guidance for College Students

The COVID 19 outbreak was a major public health event and a major life lesson. Countless "soldiers" in the most urgent need of the people and the country, courageously and head-on into the fight against the "epidemic" battlefield, write a tenacious struggle against the epidemic magnificent poem, formed the "patriotic, unity, struggle, dedication" anti-" epidemic "spirit. Ideological and political education should guide college students to deeply understand this great spirits and strengthen their value guidance.

4.1 To Train College Students to Care about the Motherland, the Spirit of Patriotism

COVID - 19 outbreak happens, whether it be a retrograde rescue of Hubei medical staff, is day and night in a silver screen unattended staff at the grass-roots level, or in the quiet of the city's streets delivery Courier, or millions of isolated himself in the home "suppress dead" the ordinary people of the virus, as well as in exotic still worry about the Chinese motherland, actively raise epidemic prevention materials, they are in their own way to protect the country and countrymen, underline the patriotism spirit of heart is the motherland, the people. College students are of the outbreak, colleges should seize opportunity, using the Internet, new media, such as ideological large class actively, carried out in-depth and lasting and vivid patriotism education, the understanding, empathy, practice, guide the students to patriotic and love the party, the socialist highly unified, the organic combination of patriotism and patriotic action, be bear responsibility, the era of the couple.

4.2 To Cultivate the Spirit of Unity among College Students

Since the outbreak of COVID 19, under the strong leadership of the CPC central committee with comrade Jinping Xi at the core, all localities have made coordinated deployment, joint prevention and control, and made solid efforts to safeguard people's lives, thus demonstrating the advantages of the socialist system with Chinese characteristics. At the speed of light, two hospitals, 16 square cabin hospitals continue to increase the number of beds, at all costs to save lives. The people of the whole country made every effort to fortify the city at every level, and built a solid line against the epidemic, demonstrating the spirit of unity and solidarity. This spirit should be used to strengthen college students' sense of identity and sense of belonging to the socialist motherland, to deeply feel the "ruthless love of the virus", and to enhance their awareness of the community of the Chinese nation and the community of Shared future of mankind.

4.3 To Train College Students to Overcome Difficulties and Persevere in the Spirit of Struggle

In the face of COVID-19 epidemic, a batch of medical staff to support, heroic retrograde; Countless people's liberation army soldiers bravely bear heavy burdens and overcome difficulties; Community workers, public security officers, grassroots cadres stick to the front line, the word of action; The enthusiastic participation and perseverance of the broad masses of the Chinese people all demonstrate the indomitable fighting spirit of the Chinese people. These spirits help to mould the "stiffness" and "toughness" in the spirit of college students, and provide an inexhaustible source of strength for college students in this major epidemic challenge that breaks through the physical and mental limits of human beings. We should actively guide college students to internalize this fighting spirit into their own spiritual characteristics, develop the noble and righteous spirit, constantly enhance their will and endurance, and actively participate in the current and future great struggles of socialist modernization.

4.4 Cultivate the Dedication Spirit of College Students without Any Rewards or Regrets

Since the outbreak of covid-19, tens of thousands of "angels in white" have abandoned their homes for everyone, with ordinary flesh and blood to resist the forefront of the fight against the

epidemic; The countless workers who built the hospitals is racing against the clock without any reward. Countless compatriots donate money and goods, siblings against; Countless community volunteers braved the epidemic to help each other...With their great love, they have demonstrated their dedication without any return or regret. This spirit should be used to enrich the minds of college students, guide them to continuously improve their own spiritual realm, and enhance their sense of responsibility to contribute to the society and serve the society.

Summary

As an important part of the ideological and political education system in the new era, psychological education in colleges and universities is of great social value. At the present stage, it is of great significance for the prevention and control of epidemic diseases in colleges and universities to grasp the appearance of social mentality of college students, and give play to the guiding value of positive social mentality, guiding value of negative social mentality and psychological crisis intervention value of psychological education in colleges and universities. By timely adjusting the psychological education work content, building the social mentality platform, constructing the operating mechanism of social mentality, and applying systematic thinking, it is necessary to form a synergy in psychological education, so as to promote the realization of the value of psychological in colleges and universities.

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