

Literature Review of The Mental Health Status of Private Colleges and Universities

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Abstract

With the popularization and diversification of higher education in my country, as an important part of private universities as an important part of the higher education system, the mental health problems of their students have also received increasing attention. While private college students enjoying excellent higher education resources, they will also face unique psychological pressure and challenges. Therefore, the system reviews and analyzes relevant documents, understands the mental health of students of private colleges as much as possible, and explore effective prevention intervention measures, which is of great significance to promote the comprehensive and efficient development of all students and improve the quality of education. This article aims to systematically sort out and analyze some research documents of the mental health of students in private universities in recent years, to reveal the psychological health status, influencing factors and effective intervention measures of this group. By learning and analyzing related research at home and abroad, the combination of quantitative and qualitative methods is used to explore multiple psychological challenges such as academic pressure, interpersonal relationships, career planning, and employment prospects. There are significant differences in students in public universities.

Keywords

Private universities; Students; Mental health; Intervention measures.

1. Research Background and Status Quo

Western countries have a long history of research on psychological health. In ancient Greece, many educators and thinkers paid attention to this aspect. After the ancient Greece, there were also a large number of scholars studying the field of mental health in different periods in history. But mental health education has been really valued and some people have systematically studied it from this century. At the beginning of the 20th century, Americans advocated mental health -related campaigns. In 1908, he established the world's first psychological and health organization in his hometown-the Kangzhou Psychological Health Association. In 1909, the United States established the National Psychological Health Commission. After that, countries around the world have successively implemented this doctrine and movement. In 1930, the United States held the first international psychological and health conference and officially established the International Psychological Health Commission. From 1959 to 1960, the World Health Organization and UNESCO jointly held an international psychological health year, calling on all mankind to pay attention to mental health.

After more than a century of development, the development of western mental health research is quite considerable. In the American Psychological Society with more than 40 branches, clinical psychology, which is closely related to psychological health is the largest number of branches.

The study of psychological health education in primary and secondary schools in the United States, Japan, the United Kingdom, France and other regions is relatively early. In some primary

and secondary schools, there will be targeted institutions. Participate with teachers' research on the mental health of students. Foreign mental health education has shown the following characteristics: each school has a psychological worker specializing in mental health education; health education has developed from school to society and family; government departments attach great importance to psychological health education; In health education, various modern technical means are widely used; from the perspective of passive aspects, that is, psychological counseling and psychotherapy, to the positive aspects, that is, the healthy development and growth of students. Psychologists have also designed various lesson plans, mainly involving students' personal and social adaptation issues, and use various forms of activities to conduct psychological health education for students. In 2004, the survey of the psychological health of more than a dozen universities of universities found that students with depression psychological problems accounted for 50% of them, of which 15% were diagnosed; The results of the survey showed that in 2003-2004, about 24.5 % of students seeking psychological counseling and counseling students needed systematic psychological intervention, compared with 17 % in 2000 and 9 % in 1994. Essence Dr. Sherry A. Benton proposed that in the past thirteen years, the number of students with serious psychological problems have increased year by year, and their increased speed is amazing. According to the test data for Canadian college students, the depression level of college students is greater than the elevation of ordinary people. In many, the number of students who suffer from depression, suicide, sexual harassment and sexual attacks every year are doubled.

There are still some gaps in our country's research on psychological health. In the early 1980s, my country's mental health education was gradually in line with international standards. In the mid -1980s, some theories and practices of psychological counseling technology and consulting began to enter my country's education system. In the past 30 years, my country's research in psychological health education has achieved many results.

On the China Zhizhi Internet, "Student Health and Countermeasure Research" as keywords was searched on China Zhizhi.com. There were 33 results in total. The latest time was March 29, 2024, and the earliest time was August 25, 2005. Among them, there are 5 cores of Peking University. With "college student mental health" as keywords, a total of 2027 results were found on China Zhi Zhi.com. The most recent time was August 28, 2024. The earliest time was June 13, 1988, of which 238 were Peking University's core. Read through the literature retrieved above and find out:

(1) The research content and research on the psychological health of college students are different. Some focus on the mental health status, some focus on their psychological characteristics, and some focus on their psychological characteristics and correlations. It is based on its research plan to carry out education implementation plans, and the fields and contents discussed are continuously enriched.

(2) Many studies are carried out through the scale, such as: symptom self -evaluation table, Beck depression self -assessment questionnaire (BDI), self -assessment depression schedule (SDS), etc., as well as homemade questionnaire surveys to carry out work. It is found that private college students' scores in anxiety, depression, and obsessive symptoms are significantly higher than those of national public universities. The level of mental health is generally lower than that of public college students. The psychological health issues of private colleges and universities are mainly manifested in academic pressure, intense interpersonal relationships, confusion of self -identification, and employment prospects. The academic pressure is relatively large, because the cultural courses of private colleges and universities are not high and the foundation is weak. In terms of self -identity, some students have not reached the score line of public colleges because of their college entrance examination results, and passively choose private colleges and universities, psychologically inferiority. In terms of

employment options, private college students are confused and anxious about future occupations, and it is difficult to occupy an advantage in the employment market.

(3) In order to carry out research work, most researchers mainly choose the students as samples. There are not many empirical research on across schools and regions. For students with a little mental health problem, there are few in -depth research in the future; for Study data retention and inheritance are incomplete.

2. Factors Affecting The Mental Health of Students of Private Universities

Individual factors mainly include personal learning ability, ability to adapt to the new environment, and self -efficacy. Studies have shown that students with neurotic tendencies, negative coping methods, and low self -efficacy are more likely to have mental health problems. In addition, personal living habits, hobbies, and methods of communication with others have affected mental health.

Factors such as family environment, parent education, whether they are the only children, and how the family economic situation has an important impact on the mental health of students. Family atmosphere is not very friendly, parents' high expectations for their children, and high tuition fees for private universities may reduce the happiness of students, which affects their health index.

Private universities do not have national financial subsidies. Soft and hardware conditions are limited, and the physical and mental development of teachers and students is not enough. The channels for obtaining mental health knowledge are limited, or there are some mental health problems that cannot be dealt with in a timely manner.

Society still has cognitive prejudice against private colleges and universities, and students of private colleges and universities are at a disadvantage in the employment market. The social media environment and other students in private colleges also invest in private colleges. Campus may be affected by social factors, which affects their physical and mental health.

3. Mental Health Intervention Measures for Students of Private Colleges and Universities

Pay attention to the psychological health of college students, and the slogan and specific measures should be combined. Although private universities are private bosses themselves, they are also social, state, and people's enterprises. The most important thing in the school is not the classrooms, playgrounds, and laboratories, but students and teachers who have developed physical and mental health. Private college owners should strengthen their awareness and increase investment in psychological health education: lead all leaders, teachers, and logistics support staff of the school to carefully study the importance of college students' physical and mental health, and set up special funds to recruit excellent and full -time psychological health teachers and Counselor, offer psychological health courses, start class psychological counselors, and form system follow -up measures, promote the importance of physical and mental health through various channels, and improve students' awareness and participation. Create a good learning and growth atmosphere, and provide students with psychological support and help in a timely manner.

4. Research Outlook

The change is eternal, especially in the face of college students in the new era. Their physical and mental health also presents some characteristics of the new era. Later researchers should pay more attention to the dynamic changes in the mental health of students of private colleges and universities. Vertical research, experimental research, etc., in -depth discussing the

mechanism and development trajectory of mental health issues. In addition, the study of the case practice of psychological health education in private universities must continuously reflect, review, and promote effective intervention measures. In addition, we must also pay attention to some special needs of students of private colleges, such as vocational planning, entrepreneurial guidance, etc. to provide them with more comprehensive psychological support and services.

In summary, the mental health status of students of private colleges and universities cannot be ignored. The level of mental health is generally lower than that of public university students, and facing multiple psychological challenges. Individuals, families, schools and society factors have jointly influenced students' mental health. Therefore, private universities should strengthen the construction of mental health education and service systems, optimize the education environment, strengthen the cooperation of schools and families, and guide the society to correctly understand private universities in order to comprehensively improve the level of students' mental health.

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