A Study on Common Psychological Health Problems and Crisis Prevention of College Students in the Internet Era

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Abstract: With the rapid development of internet information technology, the connection between college students and the Internet is becoming closer. However, some college students lack certain social experience, which makes them highly susceptible to the influence of negative thoughts in the internet and lead to corresponding psychological health problems. As the forefront of cultivating high-quality talents in China, universities have attracted widespread attention from all sectors of society to prevent psychological health issues among college students. Therefore, based on the background of the Internet era, this paper analyzes the common mental health problems of college students and explores strategies for strengthening student mental health prevention education in the internet era. This aims to promote the physical and mental health of college students and enable them to become high-quality talents required for national development as soon as possible.

Keywords: Internet Era; College Students; Psychological Health Issues; Crisis Prevention

1. Introduction

The characteristics of the Internet, such as openness, real-time, hyper spatiotemporal, and virtuality, make information on the Internet more "complex"; The uneven and difficult to distinguish between good and bad online information has caused many changes in the way college students think about problems, and even led to certain psychological health problems, seriously affecting the physical and mental health and comprehensive development of college students. In this context, how universities can effectively carry out mental health prevention education for college students

has become an important issue that urgently needs to be addressed.

2. The Current Situation of Psychological Health of College Students in the Internet Era

2.1 Positive Aspect

Firstly, as the broadest and fastest medium of communication, the Internet enables college students to obtain a variety of information and meet their information needs through the Internet. Secondly, utilizing the internet to engage in social activities not only helps enrich students' emotional experiences, but also helps them regulate their body and mind, relieve stress in life, and provide them with more opportunities to communicate and interact with others. In addition, with the normalization of the "Internet plus Education" model, the integration of online teaching resources and teaching behavior has accelerated. Using the Internet for learning can also help enhance students' comprehensive abilities, thereby enhancing their confidence and enabling them to actively engage in social development. [1]

2.2 Negative Aspect

Of course, the development of the Internet will also bring more negative impacts to college students. For example, with the prevalence of the "money worship culture" on the Internet, some students are unable to correctly judge right from wrong when faced with the behavior of some "Internet celebrity influencers" seeking money. Some students may even engage in a series of imitative behaviors under the temptation of money, leading to a rampant trend of flaunting wealth on campus, and even forming a value system of "money first". However, another group of students may also develop a certain degree of inferiority complex due to differences in middle class and living

standards, which affects their own learning and life. [2]

3. Common Mental Health Issues Among College Students in the Internet Era

3.1 Psychological Anxiety

Currently, the Internet has fully integrated into the lives of college students, requiring them to spend a lot of time online every day. This has led to some students gradually developing a dependence on the Internet, and once they leave the Internet, they will feel anxious and uncomfortable. Especially when students encounter setbacks in their studies, life, and emotions, they become more addicted to the internet in order to escape reality. However, long-term addiction to the Internet not only affects students' physical health, but also makes it difficult for them to concentrate academically and affects their interpersonal communication with classmates and teachers, making it difficult for them to engage in social activities with an optimistic and positive attitude.

3.2 Social Phobia

The Internet has the characteristics of virtuality and openness. Although interpersonal communication through the Internet can alleviate the psychological pressure and burden of college students to a certain extent, the false, low-level, and vulgar content on the Internet can also affect their social communication abilities. This often makes students feel uncomfortable in face-to-face communication with teachers and classmates. For example, some college students are addicted to "online dating" and unwilling to actively interact with classmates and friends, resulting in solitary behavior; Or due to reasons such as heartbreak or being deceived online, one may become too addicted to pain, gradually losing their willpower and unable to fully engage in social life. [3]

3.3 Cognitive Confusion

The Internet has opened up channels for college students to connect with the world. However, the complexity of the Internet also poses corresponding requirements for the judgment and cognitive abilities of college students. Due to insufficient cognitive judgment ability, some college students experience confusion and cognitive confusion after receiving a large amount of information, and their ideological

concepts are "detached from reality", which affects the establishment of their own worldview and values. For example, some college students who have been addicted to the internet for a long time, neglect self accumulation, and have insufficient understanding of future career planning, their own strengths and advantages, resulting in the idea that they are "inferior to others" and "useless" in all aspects.

3.4 Personal Emotions

In a sense, emotional release on the Internet is different from emotional communication in real life. After entering university, some college students develop the idea of "breaking away from parental control and wanting to be independent", unwilling to actively communicate with their parents, and believing that "the online world is more free".It has caused tension in family relationships; Furthermore, after entering university, the friendships between students and classmates become more complex and diverse. Some students may face problems such as friendship alienation and betrayal due to poor mastery of the scale of communication with classmates, which exacerbates their loneliness and helplessness.

4. Preventive Strategies for Psychological Health Problems of College Students in the Internet Era

In the era of the Internet, universities should carry out psychological health education activities for college students, create a healthy campus network environment, and guide students to engage in self-restraint, self-management, and self-supervision in the network environment, to promote its own development by using the Internet.

4.1 To Strengthen Online Mental Health Education and Promotion

In the Internet era, colleges and universities should actively use the form of "Internet plus mental health education". Firstly, universities can actively use Internet channels to investigate and analyze the psychological health issues of college students, and classify the results to provide necessary reference for universities to carry out corresponding online health education activities. Secondly, universities will analyze the survey results to understand the causes of psychological problems among college students, and actively provide targeted psychological

education courses for college students through online teaching platforms to meet their diverse psychological health education needs. Finally, universities should actively play the role of students as the main body, broaden the channels and platforms for communication and exchange between universities and students, guide students to actively communicate and provide feedback to mental health educators in universities through online channels, and help them solve their confusion and problems in learning, life, and emotions. Finally, universities should actively promote mainstream ideology and culture through multiple channels such as campus official websites, WeChat public platforms, school newspapers, and magazines, further reducing the impact of negative online thinking on students.

4.2 To Strengthen Network Supervision and Improve the Efficiency of Archive Management

In the internet era, when universities carry out mental health education, they should actively strengthen the supervision and management mechanism of campus student psychological crisis, create electronic student files, and regularly conduct psychological problem surveys. Firstly, universities should actively play the role of counselors and class cadres, and timely pay attention to the online behavior dynamics of students in the class; Once a student experiences abnormal behavior, it is necessary to promptly report to the school's mental health education center and take necessary intervention measures to help the student overcome their psychological difficulties as soon as possible. Secondly, university student mental health education centers should proactively establish a student psychological problem survey system and regularly conduct surveys and educational campaigns on potential psychological problems among students; For students with psychological problems, it is necessary to create electronic files, analyze the causes of their mental health problems in a timely manner, and provide long-term intervention and guidance. Finally, for some students who have experienced psychological problems before, university psychological educators should conduct regular follow-up visits to grasp the latest psychological status of students through face-to-face or online communication, in order to avoid repeated mental health problems among college students.

[4]

4.3 To Strengthen the Faculty of Mental Health Education in Universities

To ensure the efficiency of mental health education for college students, higher education institutions should promptly strengthen the faculty of campus mental health education. On the one hand, universities should provide training on the professional abilities and qualities of mental health teachers, regularly organize teaching seminars for teachers to address potential mental health issues among college students, grasp the current trends in psychological changes among college students, and facilitate their better education and counseling work. Moreover, universities can actively cooperate with other universities and hospitals, build online teaching resource mutual assistance platforms, share cases of psychological education for college students, and thus enhance the targeted implementation of psychological counseling education in universities; On the other hand, universities should actively strengthen the training of counselors on mental health education, enhance communication between counselors and students, and encourage them to take the initiative to undertake the teaching task of psychological education for students. It can help universities better grasp the mental health status of students.

4.4 To Build a Trinity Mental Health Education System

Universities should establish a college student mental health education system led by the school, supplemented by family and social education, in order to cope with potential psychological crises that may arise among college students. On the one hand, universities should play an important role as counselors, actively maintaining good communication with parents of students through mobile SMS, WeChat groups, and other means, and analyzing possible psychological problems that students may encounter during their growth process. Then, universities gradually form resource sharing, and achieve a dual intervention effect of families and universities; On the other hand, universities should actively cooperate with local communities, psychological counseling institutions, or regularly invite professional mental health education teams to conduct mental health lectures and counseling activities on campus;universities also should carry out

various cultural and entertainment activities, create a good campus environment, and promote the comprehensive and healthy development of college students. [5]

5. Conclusion

In summary, the popularization of the Internet has brought new challenges to the development of mental health education in universities. In this context, universities should actively utilize the new education platform of the Internet to continuously explore new content and methods of mental health education in universities in the Internet era. By doing so, we can reduce the impact of negative factors in the Internet on the mental health of college students and promote their comprehensive and healthy development.

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