



# **The Study and Prevention of Individual Psychological Factors of College Students' Suicide Behavior**

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**Abstract:** In recent years, with the rapid development of China's economy and science and technology, the fast-paced social life has caused a great impact on college students who have not yet fully matured, leading to frequent suicides in colleges and universities, which has aroused widespread attention from the society. By consulting the relevant comprehensive materials, this paper analyzes the individual factors of individual students and puts forward the corresponding methods of prevention and intervention-n from four aspects: individual spirit, personality, ruminant thinking and cognitive incongruity.

**Keyword:** Suicide of College Students; Individual Psychological Factors; Personal Prevention and Intervention.

## **1. Defintion of suicide and suicide among Chinese college students.**

China's diagnostic criteria for mental illness state that suicide has the following characteristics: "First, intentionality, to have a full basis for the intentional self-harm or self-harm behavior, the reason may be due to pessimistic despair, fear of self-blame and religious superstition." Second, the results of suicide behavior are death, disability and healing through treatment, so suicide is divided into suicide success and suicide attempt. Third, it is necessary to have suicidal self-harm in order to be diagnosed as suicide, because of the misuse of drugs injured or fatal behavior is not suicide. Fourth, suicide is not inconsistent with mental disorders, and people with mental disorders are more likely to commit suicide.<sup>[1]</sup>

Some scholars in the country define suicide as "deliberate or voluntary act of ending one's life by various means".<sup>[2]</sup>

Based on the individual psychological factors of suicide of Chinese college students, this paper is divided into four aspects, from the mental disorder, personality deviation, temperament characteristics, cognitive incongruity, respectively, four main individual psychological factors, and for four factors to put forward the corresponding prevention and intervention methods.

## **2. Analysis of individual psychological factors of suicide among Chinese college students.**

### **2.1 Individual mental disorders**

The relevant statistics published in China show that mental health diseases have become a major public health problem and serious problem in our country. At present, the prevalence of various types of mental illness has reached 1.3%, of which college students also belong to the high incidence of mental illness. According to many statistics on the mental causes of suicide among college students, depression and schizophrenia are the main causes of suicide among college students.

Depression, also known as depression, in college students suicide, about 60% of people suffering from depression,

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depression can be said to be the first mental cause of college students suicide. Depression can affect the whole body characteristics of the sick individual, the general symptoms of patients are: low mood, long-term decline, inefficient learning work, lack of interest in daily activities, often produce light thoughts or show related abnormal behavior. The performance of depression in daily life is generally easy to be regarded as emotional problems or physical discomfort without corresponding attention, resulting in serious consequences.

Schizophrenia is also one of the main mental causes of college students' suicide, schizophrenia is mainly manifested in thinking disorders, sensory disorders, emotional prosaicism, tension disorders, self-knowledge disorders five aspects. Schizophrenia has positive and negative points, positive symptoms are more obviously intense, easy to cause concern, and negative symptoms are more obscure and plain, often difficult to find in the first time. People who are sick often do not know the result of death when they have fatal sex, and are therefore prone to dangerous behavior under the influence of the disease, including self-inflicted injuries, suicide, injury, etc.

## **2.2 Individual personality disorder**

At present, the investigation and study of many personality disorders of college students shows that a variety of personality disorders are concentrated and distinctly reflected. In the body of college students, and the trend of increasing year by year, seriously affecting the study life of college students and even life and health. In college students' suicide, there are three common personality disorders: split personality, depressed personality and compulsive personality.

Split personality is a kind of thinking speech, body expression and daily behavior is seriously strange, and communication with people is often cold. The personality disorder of heat and emotion with instability as the main characteristic. Sick college students often show a serious lack of trust in the people around them, blind arrogance, sensitivity and suspicion and other characteristics. This state often makes sick college students afraid to participate in various group activities in the school, and interpersonal relations are worse.

Depressive personality, also known as emotional depression personality, is a kind of emotional personality disorder which dominates the whole life cycle of an individual with strong emotional state that does not take the environment as the transfer. Sick college students showed the characteristics of low mood, silence, lack of fighting spirit, poor self-control. And because of frequent complaints, the distribution of a large number of negative energy, easy to cause the surrounding students of antipathy, poor interpersonal relations.

Compulsive personality, also known as compulsive stubborn personality, sick college students are often typical perfectionism, always over-demanding themselves, extremely concerned about other people's own evaluation, the performance of lack of security. They are mostly worried, panic, regret-based, cold,, often too demanding to treat those around them, so the interpersonal relationship is poor.<sup>[3]</sup>

## **2.3 Individual reflexive thinking**

The development of individuals is the result of the interaction of various factors, just as the stress of suicide-vulnerability model view, all kinds of responses. The combination of the excitation factors and the individual susceptibility factors leads to the individual suicide behavior.<sup>[4]</sup> The influence of individual's own negative characteristics, the individual under the pressure of negative sexual events is prone to suicide-related thoughts. As an important cognitive risk factor of suicidal thought, ruminant thinking not only has an impact on current suicidal thoughts, but also can predict future suicidal thoughts to a certain extent.

Reflection refers to the repeated thinking of negative events under the pressure state, constantly reducing the threshold of suicidal thoughts, increasing the accessibility of suicidal thoughts, and aggravating the cognitive process of suicidal thoughts. This poor cognitive process increases the individual's level of despair, which in turn leads to suicidal thoughts and suicidal behavior.<sup>[5]</sup>

## **2.4 Individual cognition in not incongruous**

Cognitive theory holds that cognition is the intermediary of stimulation and reaction, and it is through this intermediary that external stimulation is caused by the effect of this intermediary. People have such psychological behavior. Cognition is the direct cause of emotion and behavior and plays a decisive role in the human response to

stimuli. The cognition of college students refers to the cognition and understanding of various social life phenomena through the perception of their external characteristics in the contact with teachers, school workers and other school roles and social roles. Cognitive bias refers to the perception of distorted form, which is paranoid to other things and phenomena at a certain end, and does not conform to the understanding of objective reality.<sup>[4]</sup>

Because of cognitive bias, college students often appear “absolute” and “generalized” tendency, for anything it must be so or easy to partial unreasonable thinking mode. In real life, the light-born people usually cannot correctly understand themselves, to their own extremely positive attitude or extreme negative attitude, so that they are in a blind state of arrogance or inferiority. They are unable to form a correct perception of society, to understand the people and environment associated with it, to sustain extreme perceptions, and to promote their internal perception of their own circumstances to develop into an increasingly negative state.<sup>[6]</sup>

### **3. Personal prevention and intervention of suicide among Chinese college student**

#### **3.1 Psychological and drug therapy for mental disorder college students**

After strict and scientific observation, college students with mental disorders are determined. Colleges and universities should hire professional psychotherapy institutions or psychological experts to consult their mental health status to determine the severity of the disease. For the students whose symptoms are mild and basically do not affect their study and life, information should be put on file and put into storage. Parents should be informed to discuss whether to stay in school for observation, and professionals should be arranged for psychological treatment. For the patients with severe symptoms, because of the lack of understanding of their own disease, often deny the disease, cannot take medicine on time and in accordance with the amount, and accompanied by serious suicidal tendency. For this kind of sick college students, it is necessary for the school to listen to the experts’ opinions, combined with the actual situation, to communicate with the parents of the students whether to take leave of school to go home for treatment, so as to avoid delaying the disease and prevent the occurrence of suicide and other dangerous behaviors.

#### **3.2 Strengthen the construction of early warning mechanism of personality disorder of college students**

The mental health survey of college students should be carried out regularly, and the psychological files should be established, ask the psychological experts of professional psychological institutions to evaluate the mental health of these students together with the school psychological teachers, counselors of each department and the head teacher. If the situation is true, the psychological teachers or experts inside and outside the school should be immediately organized to make professional psychological interview treatment plan according to the psychological status of relevant students.

At present, the psychological questionnaire launched by professional psychological teachers is widely carried out in Colleges and universities in China Problem students are investigated and counselors are arranged to carry out psychological construction. Class leaders, class leaders, psychological committee members and other class leaders carry out daily supervision and psychological counseling on relevant students in the class. Such a three-level or four-level crisis intervention and early-warning system has been proved to be an effective working mechanism.<sup>[7]</sup>

#### **3.3 The adjustment of temperament optimism**

As an important positive psychological trait, temperament optimism is a protective factor for individuals facing risk factors. Temperament music Outlook is a stable personality trait, which refers to the individual’s overall expectation for the occurrence of positive events in the future. Temperament optimism can effectively predict the individual’s mental health status, and can significantly affect the relationship between life events and mental health.<sup>[8]</sup>

Once the individual suicidal ideation of college students is predicted by rumination thinking, temperament optimism can be applied as an individual protective factor. Temperament optimism can play a moderating and relaxing role in the mediating process of suicide ideation. Therefore, in the stage of university personality development with strong plasticity, schools should strengthen the personality education of students, cultivate optimistic and positive attitude towards life of college students through group counseling and psychological counseling, so as to improve the individual temperament and optimistic level of college students.

### 3.4 Recommendation and application of cognitive therapy

The theoretical basis of cognitive therapy is the cognitive theory of emotional disorder, that is, human emotion and behavior are mainly determined by their cognitive process. Yes. Dr. Luther, the current president of the American Association for the prevention of suicide, holds that the main path to suicide is cognition, that is, the meaning given by the individual himself: the suicide ideation system held by the suicides interacts and depends on other psychological and biological systems; each person's suicide idea system is not the same; Individuals have suicidal tendency due to cognitive defects and imperfect cognitive structure.<sup>[9]</sup> Based on Dr. Luther's point of view, we can use cognitive therapy to identify and treat college students with suicidal ideation and behavior.

Cognitive therapy can be divided into Becker cognitive therapy and Ellis rational emotion therapy (RET). The theoretical basis of Becker's cognitive therapy comes from the theoretical model of information processing, which holds that people's emotion and behavior are caused and determined by their cognition of things. Its main purpose is to help the party to overcome the blind spot of cognition, fuzzy perception, self deception, incorrect judgment, and change the direct distortion of cognition to reality or unreasonable cognitive thinking mode. RET, based on irrational wrong ideas and beliefs, is an important factor in the generation of emotional disorders or abnormal behaviors, and proposes ABCDE (activating events, beliefs, consequences, disputing, effective) theory. Its main goal is to cultivate a more practical philosophy of life and reduce the emotional distress and self frustration of the parties.

We can use Becker cognitive therapy and Ellis rational emotional therapy for cognitive therapy. We can diagnose and treat the irrational cognition of college students, so as to change the emotion and behavior of the parties accordingly, and achieve the harmony of cognition emotion behavior.

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