

Original Research Article

Psychological Problems of Chinese College Students under the Covid-19 Epidemic and the Countermeasures

Wei Guo*

Jilin Business and Technology College, Changchun City 130000, Jilin Province, China. E-mail: 3119446569@qq.com

Abstract: With the outbreak of the Covid-19 epidemic, people's physical and mental health have suffered to varying degrees, especially for college students who are about to get out into the real world. Some students experienced various psychological and physical discomfort, including emotional fluctuations such as panic, doubts and anxiety and physical symptoms like fever. In response to this condition, it is necessary to take effective measures to maintain the normal social order, establish and perfect the psychological health education system for college students, release their psychological fluctuation, and promote their healthy development.

Keywords: Infection of Covid-19; Outbreak of Epidemic; Psychological Problems of College Students; Causes and Countermeasures

In 2020, Chinese people spent Spring Festival quite differently to how they normally do. Families did not leave their homes and cared for every piece of news about the epidemic. In the process of anti-epidemic, while precise treatment and scientific prevention are the first priority, psychological health can not be ignored, especially for college students, who can not go to school and need to improve their learning autonomy. Some of them may suffer various psychological problems. In order to cooperate with the epidemic prevention work and ensure the physical and psychological health of college students, psychological health education must be strengthened.

1. Psychological problems of Chinese college students under the Covid-19 epidemic

1.1 Panic

During the outbreak of the Covid-19 epidemic, some college students have suffered certain psychological fluctuations and even psychological problems, with stable psychology gradually changing to panic. The first is the panic of sudden outbreak of epidemic. In the face of the sudden outbreak of Covid-19, the original stable psychology of college students was severely impacted. This could lead to worry about the prevention and control of the epidemic and their own health, and even panic attacks in severe cases^[1]. Although the outbreak of Covid-19 epidemic has the characteristics of suddenness, strong infectivity, the impact is not all negative. However, as psychology of college students is not mature, they will inevitably be impacted in mood, feelings, psychology, attitude, spirit and thought. The

About the author: Wei Guo (1988-), female, Han nationality, born in Changchun City, Jilin Province. She is a lecturer with a master degree in law in Jilin Business and Technology College, major in ideological and political education. Her main research interest is the integration of positive psychology and theory of ideological and political education.

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second is the panic of the whole society. In the past months of fighting against the epidemic, from the outbreak of Covid-19 epidemic at the end of 2019, to the implementation of the measures to lock down the cities in Hubei Province including Wuhan City before the end of the year, to the spread of the epidemic to the whole country, and to the gradual decline in the following months and disappearance at present, the changes of the whole society's macro environment have brought great negative experience and impact to college students. People do not exist independently of the society. College students are easily affected by group emotion in their social circle, followed by sensibility prevailing over rationality, moral value chain gradually declining, and the occurrence of group panic.

1.2 Doubt

The psychological doubt of college students is mainly reflected in the following two aspects: on the one hand, they doubt their own health status^[2]. Due to the lack of a rational understanding of the relevant knowledge about the severe epidemic, some college students will be at a loss when they experience some suspected symptoms during the outbreak, believing that they may have caught the disease, thus having doubts about their physical health and even seeking medical treatment urgently and disorderly. Some concrete manifestations of panic include strong request to seek medical treatment, excessive protection, negative psychological cognition, listening to internet rumors, and various compulsion and paranoia, such as excessive disinfection after going out, treating everyone on the street as a pathogen, and being afraid to go out. On the other hand, they doubt the national epidemic prevention and control ability. Although there have been continuous improvement in China's management system, rule of law system, scientific research and emergency response mechanism in recent years, the cognitive ability and values of college students will still be greatly impacted in the face of serious epidemic, which may easily lead to doubts about the national epidemic prevention ability. Taking the outbreak of Covid-19 as an example, during its incubation period and outbreak period, as the information transparency is not high, the general public does not pay enough attention to protecting health security, and the prevention and control of the epidemic is difficult, which is likely to cause college students' doubt.

1.3 Anxiety

During the Covid-19 epidemic, the anxiety of Chinese college students is mainly manifested in the following two aspects: one is anxiety about the spread of the epidemic. The outbreak of the Covid-19 epidemic had a negative impact on the health of people throughout the country and the normal operation of society. China's major policies have focused on combating the epidemic, while the mass media have reported the situation in real time. The dual role of macro- and micro-environment of the whole society may lead to anxiety of some college students about the trend of epidemic prevention and control and the national control ability. The second is anxiety about their academic progress^[3]. Instead of returning to school, college students are forced to stay at home. The worry about academic progress, insufficiency to adapt to the online classes, and poor effect of online classes have become academic obstacles for college students, resulting in various negative psychological emotions and reactions, which gradually turned into anxiety. The types of anxiety among college students vary along with the stages of college. For example, for students who are about to take important examinations, the news about the delay of the examinations caused by the epidemic may have a decisive impact on their lives; for those who are about to graduate, they have to face the problems of delayed internship or passive cancellation, and negative effects of low job availability and unemployment are also sources of anxiety.

2. Countermeasures

2.1 Strengthening knowledge education and reinforcing epidemic prevention

In order to achieve the goal of understanding and preventing the epidemic, it is necessary to increase the popularization and publicity of college students' medical understanding of how to prevent and control the epidemic^[4]. On the one hand, focus should be paid on promoting the popularization of the knowledge about epidemic prevention among college students, especially for those who know little about the epidemic and pay less attention to it. Communication with students should ensure that every college student has a full understanding of how to prevent the

epidemic and can take effective measures to protect themselves. Teachers can regularly share knowledge about epidemic prevention through the Internet and communicate with students through QQ and WeChat, so as to strengthen the ideological and psychological education, guide them to establish a correct awareness of epidemic prevention and control. On the other hand, the knowledge education of the epidemic situation for college students should be promoted. In the context of this serious public security crisis, it is necessary to have a clear and correct understanding of college students' cognitive and growth rules, actively answer questions for them, and prevent them from having an incorrect understanding of the epidemic. Aiming at strengthening epidemic prevention education, schools can enhance students' understanding of the epidemic and solve their psychological problems by means of knowledge through holding lectures and answering questions online or sending epidemic prevention manuals to them.

2.2 Improving college students' ability of information identification and promoting network media literacy

In modern society, with rapid development of information technology, the subjects of information publishing are diversified, and the interaction mode and information receiving mode of the whole society have changed greatly. During this era, the political and ideological education in colleges and universities must pay attention to cultivating college students' ability to identify information and network media literacy, so as to guide them to accurately identify online information and solve their psychological problems. On the one hand, strengthening the training of students' information identification ability^[5] to achieve "recognizing rumors". During the outbreak of the epidemic, rumors spread on the internet, some of which even have distorted or obscured the truth, for example, "a Chinese herb known as Radix Isatidis can effectively cure the Covid-19", "face masks can be used repeatedly after heating with microwave oven", "garlic can relieve symptoms of Covid-19". On the other hand, strengthening network media literacy and setting up the correct outlook of right and wrong to "refute rumors". In the face of online rumors, in addition to identify rumors, college students also need to learn to refute rumors in the complex online environment and strengthen their self-discipline, trying not to start, believe or spread rumors.

2.3 Strengthening online psychological counseling and humanistic care

The sudden outbreak of Covid-19 epidemic attracted the attention of the whole society, with everyone fighting it in their own way. In this context, the ideological education work in colleges and universities shouldn't be relaxed. Instead, they should pay attention to the psychological changes and ideological dynamics of college students in time, and strive to help them overcome psychological problems^[6]. On the one hand, actively carrying out various online psychological counseling. Psychological counseling is a way to help alleviate the psychological problems of college students during the epidemic. College ideological educators should not only impart relevant knowledge and theory to college students, but also carry out education on three outlooks, namely, world outlook, outlook on life and outlook on value, so as to ensure that they maintain a good mental state during the epidemic, and make decisions rationally. Educators should understand college students ideologically, support them in action, and be close to them emotionally. New media technology and VR technology can be adopted to make the education process convenient and vivid. On the other hand, strengthening humanistic care for college students in an active attitude. During the epidemic, the psychological fluctuations may easily occur to college students. The role played by the school is not only to educate and solve doubts, but also to cultivate all-round talents for society. So the school's ideological educators should carry out more online communication and interactions with college students, answering questions, dealing with various psychological problems, and providing targeted humanistic care, so that ideological education runs throughout the life of students and help them out of psychological distress. What should be noted is that different care methods should be adopted according to the actual situation of different students: for those students with less psychological problems, simple communicate is required; for those being segregated, the timing and manner of care should be properly chosen^[7].

3. Conclusion

To sum up, during the outbreak of the Covid-19 epidemic, the psychological health of Chinese college students must be paid great attention. Students themselves should maintain a positive attitude, and spend sufficient time on study. In addition, schools and families should pay more attention to the psychological changes of students during this period. Once there are psychological problems, timely counseling should be carried out to meet the psychological needs of students, thus helping them overcome psychological problems and promoting their overall development.

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