

A Preliminary Network Survey of Positive Mental Health and Pressure-Bearing Ability of Contemporary College Students

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Abstract: Positive mental health is a benign interactive state that promotes personality traits or sustainable development of personality and social environment. To provide data support for the study of college students' mental health and positive mental health education, this paper tries to use the Internet to investigate the mental health and bearing stress of contemporary college students. The results showed that: (1) Although 37.68% and 31.88% of college students showed the optimistic and open-minded attitude towards life, 7.25% and 9.42% of them were still not optimistic about life, reflecting their poor stress tolerance; (2) Contemporary college students have a strong sense of dependence. 7% of them can hardly deal with problems independently; (3) About 7% of the students completely couldn't maintain a relaxed and happy mood, reflecting that this part of the students can't deal with various pressures well; (4) There exists a significant positive correlation between "I am a steady-going and balanced person" and "I am confident in general"; (5) Contemporary college students have a strong sense of self-identity.

Keywords: positive mental health, bearing pressure, college students, network survey.

I. INTRODUCTION

College students are a particular group. They are in the transition from youth to adults and from school to society. On the one hand, they are imprisoned in the "ivory tower", on the other hand, they are confronted with the reality they will soon enter the society and live independently. Therefore, college students have more psychological changes owing to the differences between the present situation and the future. Simultaneously, the increasingly fast-paced and intensive social changes make him face many psychological problems in the face of academic and employment, such as anxiety, depression, inferiority, paranoid ideation and so on. Thus, it is imperative to attach importance to college students' mental health, provide them with positive spiritual support, and promote their optimism [1, 2].

American psychologist Seligman put forward positive psychology, whose purpose is to help people in adversity to know how to survive and develop well, and help the ordinary people in normal environmental conditions learn how to establish high-quality personal and social life [2, 3]. Marie Jahoda first proposed the concept of positive mental health in his book "Contemporary Positive Mental Health View" and regarded it as a benign interactive state to promote personality traits or to sustain the development of personality and social environment [4]. In China, Meng Wanjin presented positive mental health education on the basis of integrating and drawing lessons from positive mental health, positive psychotherapy, positive psychology and positive education [5].

The positive mental health education system oriented towards positive and development emphasizes that people should be purposeful and planned to promote their mental health. It takes both theoretical and practical systems into consideration. For contemporary college students, they are in the golden age of life. Although they have great pressure, they should maintain an attitude of positive and optimistic, sunshine, innovation, and the pursuit of happiness. College students should bring into full play to their potential in a positive way and the best state of life, and enrich their lives. Hence, colleges and universities should also vigorously strengthen the education of positive psychology for young college students.

At present, many scholars in China have studied the positive mental health education of college students. Bai Lu believes that the highly-developed network technology has a great impact on college students today, and the school should strengthen the cultivation of students' positive psychological quality because of its enormous role [6]. Yang Jingjing et al. pointed out that colleges and universities should strengthen the promotion of positive mental health education, and play a part in leverage and effectiveness of university quality education [7]. Based on the cause analysis of psychological problems of contemporary college students, Li Ruiling notes that the positive mental health education for college students should be systematic [8]. Based on the Dual-Factor Model, Yuyulan et al. studied the mental health education model of college students and discussed the concept, content, methods, and ways of mental health education [9]. This paper seeks to use the internet to investigate the mental health and bearing stress of contemporary college students to provide data support for the study of college students' mental health and positive mental health education.

II. DATA SOURCES

Based on the questionnaire of Cai Jie's positive and healthy scale [10], the open-ended survey was conducted by using the "Wenjuanxing" survey platform. Participants are free to fill in without geographical or temporal restrictions. 140 questionnaires were collected, of which 138 were valid, and the effective rate was 98.57%.

III. ANALYSIS AND DISCUSSION

A. Attitude Towards Life

The individual mental health of college students is not only an important cornerstone of their own happiness, but also a fundamental foundation for social services. However, Zhu Xianying's survey of 2,600 students from the Hubei Institute of Education, which was randomly selected, showed that the overall mental health level of the undergraduates surveyed was not high, and the mental health education needed to be strengthened [11]. A high quality of life, a high level of human health, and harmonious interpersonal relationships all need a good psychological atmosphere. Nevertheless, college students with great expectations from parents and society are faced with great pressure, which leads to such malignant events as running away, temporary absence from school, dropping out of school, and suicide, and their psychological condition should be concerned [12, 13].

The attitude of college students to life is one of the vital signs of their mental health. A person who can know how to enjoy life and satisfy his/her life will often have a healthy and positive mental state. From this network survey, the trends of the answer for "I enjoy my life" and "in a word, I am satisfied with my life" are basically consistent. Those who answered "Inconformity" accounted for 7.25% and 9.42%, respectively. These people's attitudes towards life are not optimistic, which also shows their poor ability to cope with stress. However, most of the people are ambiguous. The gratifying is that 37.68% and 31.88% of people showed a strong optimistic attitude towards life (Figure 1).

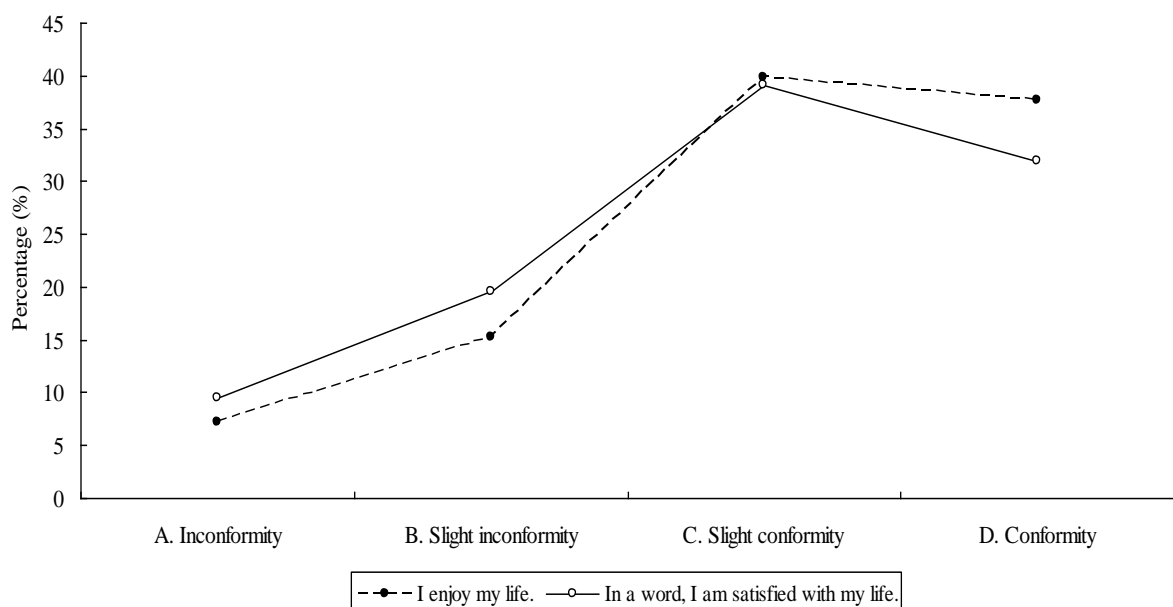


Figure 1: Students' attitude towards life

B. Attitude towards the difficulty

College students will face many realistic problems after graduation, and solve these problems are not simply to copy the knowledge they learned from the "Ivory tower". Owing to the great differences between traditional education of book knowledge and the ability to solve the actual problems, students need flexibility and adaptability [14]. This requires college students to develop and exercise their ability to handle daily problems in school. Meanwhile, cultivating the ability of contemporary college students to solve daily problems can promote quality education, students' practical ability, and their living adaptability [15].

In the survey, when asked "I feel I can handle my life and the difficulties in life.", 23% of college students showed complete affirmation, but still, 7% of the students said not enough to deal with, others think not fully processed (Figure 2). Obviously, still many students are dependent, and 7% of them can hardly handle the problem independently. This is precisely the performance of their poor stress-bearing. Yu Yunshan thinks that most of the "Post-90s" College Students' psychological quality is too poor, not strong enough ability to resist setbacks. The reason is the growth of these college students often has a good social and family environment, often smooth sailing, once they encounter setbacks in life, they will have a strong dependence psychology [16].

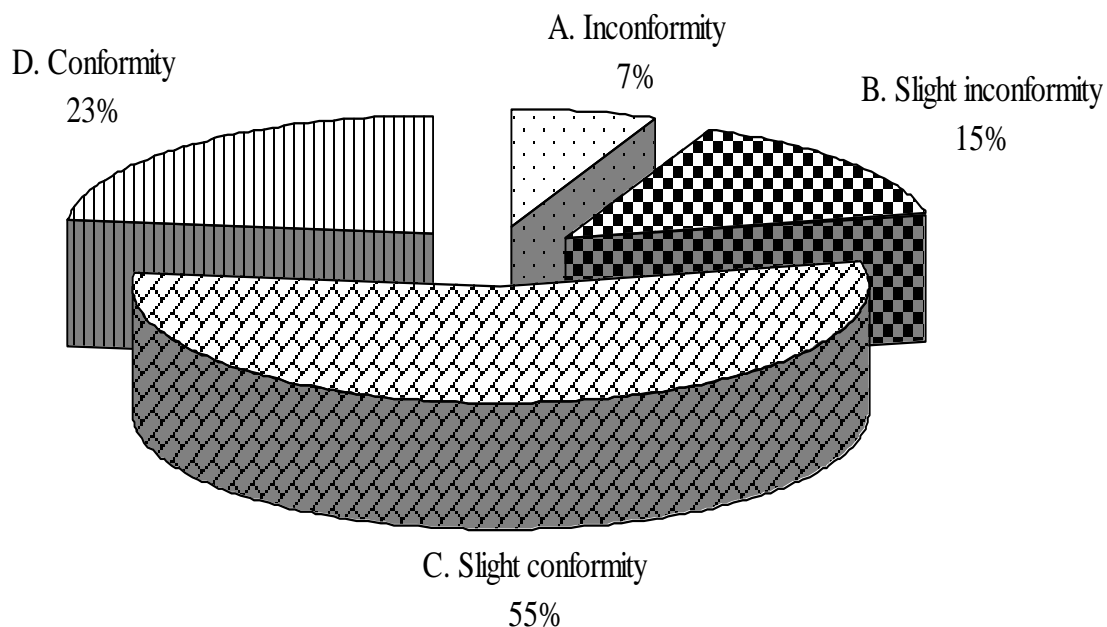


Figure 2: Students' attitude towards the difficulty

C. Mental and physical state

"Spirit is the source of strength, the foundation of life". As people's material life continues to improve, people's lives are becoming more comfortable. However, the spirit of the people's morale is thus gradually paralyzed and slack. Coupled with the many abuses of school and family education, the mental state of college students is very "fragile" in some aspects [17]. In the human health problem, except the psychological (/spiritual), another important content is the physical condition and quality. College students only have a strong physique, it can really say to develop quality education and realize the deepening development of education. However, the overall evaluation of the physical health of university students in Zhengzhou and Luoyang shows that the outstanding proportion is too low [18, 19]. Although the majority students of general colleges and universities in Hebei province have a good physique, the number of failed students is large [20]. The survey also shows that about 7% of students are unable to remain relaxed and happy, and their physical and mental status is poor. Such a conclusion is very similar to that of other scholars. This also reflects that some students can't cope well with various pressures.

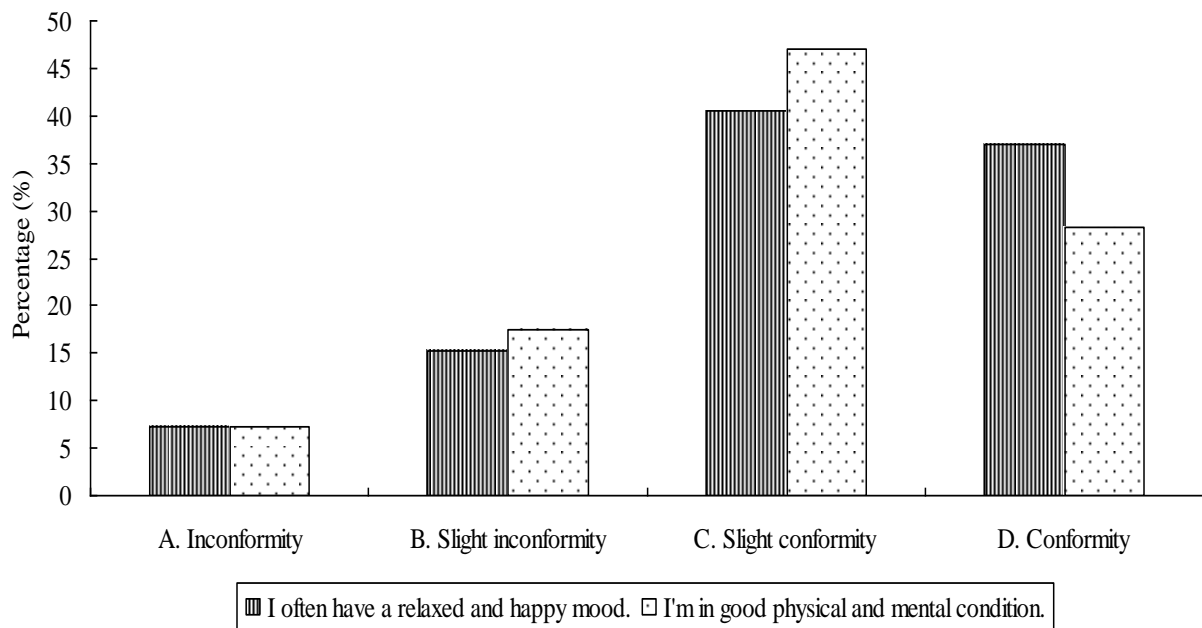


Figure 3: Students' mental and physical state

D. Characters and quality

Self-confidence is an important component of personal non-intellectual factors. The role of self-confidence is it can inspire people's willpower, give full play to intellectual factors. It is also an important factor in achieving success in life. Therefore, trying to explore the relationship between self-confidence and mental health level of college students can provide a theoretical basis and practical guidance for carrying out quality education and effective mental health education in colleges and universities [21]. Tao Xin et al. believe college students' self-confidence is the key to mental health education [22]. Zuo Congxian et al. found that the quality and difference of students' physique were directly related to their personality traits [23]. Here, we try to analyze the relationship between confidence and character. The results show that the Pearson Correlation Coefficient value between "I am a steady, balanced person." and "In general, I'm confident." is 0.607, and it shows 0.01 levels of significance, which indicates a significant positive correlation between them.

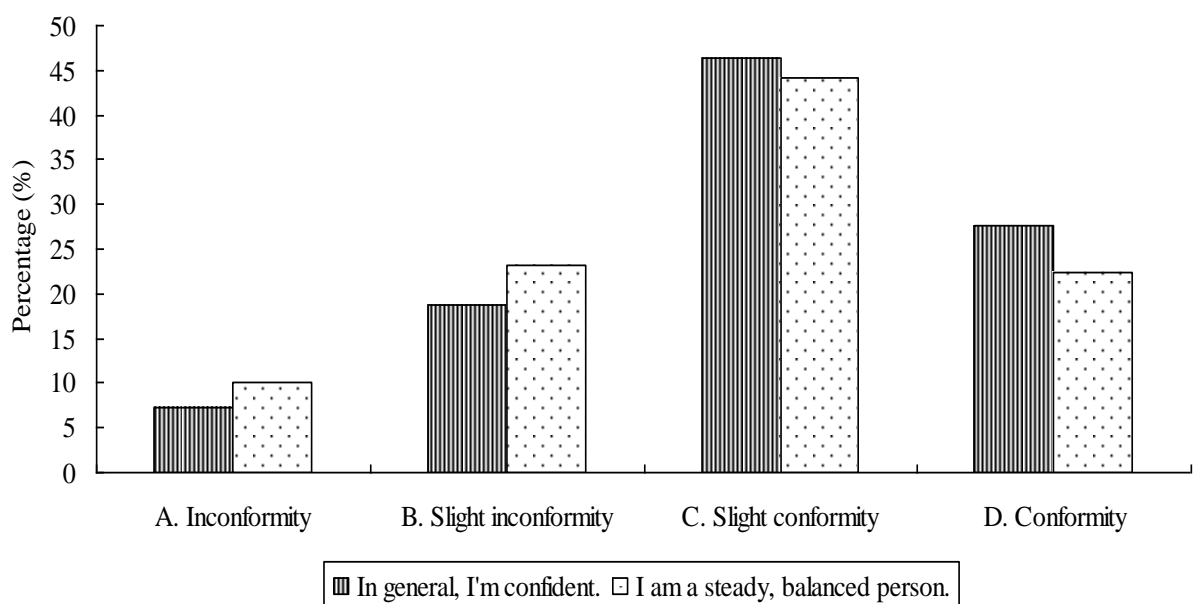


Figure 4: Students' character and quality

E. Sense of self-identity

In humanism, college students' sense of self-identity is very important. Self-identity is an affirmation to oneself. To form a healthy personality, it is necessary to promote the self-identity of college students, which also helps them to form positive psychology, and will be a great help to them to be able to stand in the ahead community [24]. From Figure 5, for the answers to two questions, the sum of the C and D is 70.29% and 77.54%, respectively. This shows that the contemporary college students' self-identity is relatively good.

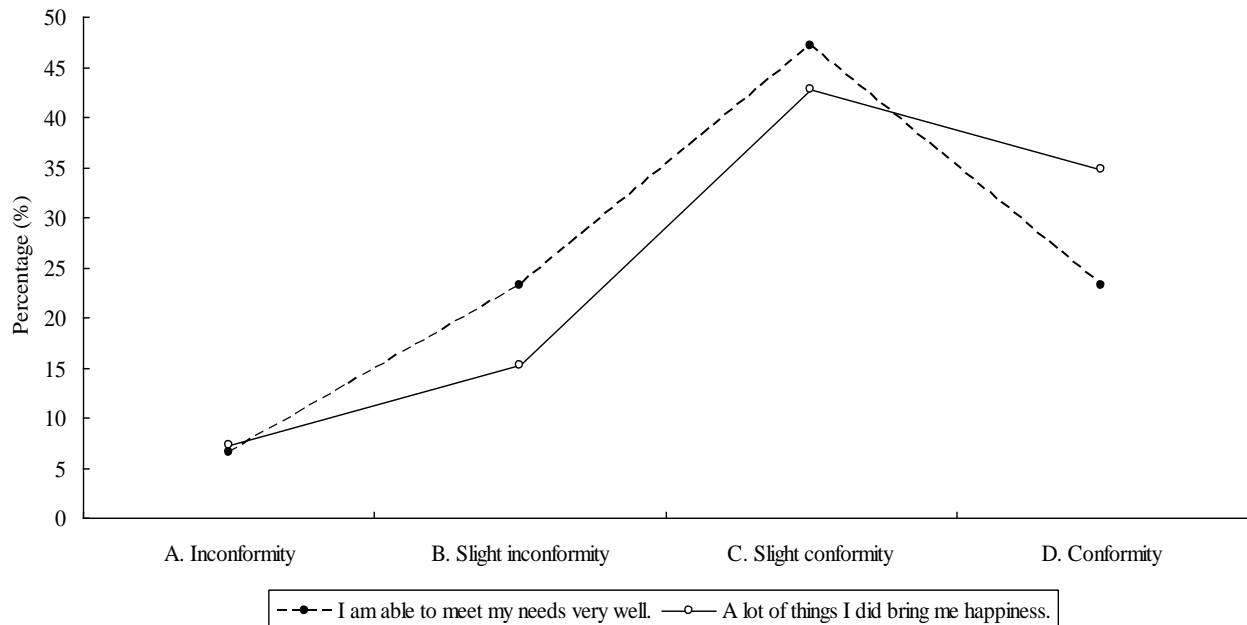


Figure 5: Senses of self-identity

IV. CONCLUSION

Through the preliminary network investigation and analysis of contemporary college students' positive mental health, the following features can be found:

- (1) More than One-third of the university students show a strong optimistic and open-minded attitude to life. They know how to enjoy life and satisfy with their lives, and maintain a healthy and positive mental state. Still, 7.25% and 9.42% of them aren't optimistic about their attitudes towards life, which reflects their poor ability to withstand stress.
- (2) In the face of difficulties, 23% of the students think they can handle it well, but 7% of the people think they can hardly deal with the problem independently, showing a poor ability to withstand stress.
- (3) The physical health of college students is declining further. This survey also shows about 7% of students have poor physical and mental state, and this part of the students can't cope well with the pressure.
- (4) There is a significant positive correlation between "I am a steady, balanced person." and "In general, I'm confident." On the 0.01 significance level, the Pearson Correlation Coefficient between them reached 0.607.
- (5) Contemporary college students with strong self-identity accounted for 70.29% and 77.54%, respectively.

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