

Research on the Coping Methods of College Students to 2019-nCov

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Abstract—The Ministry of Education of the Republic of China has asked universities, middle schools and kindergartens across the country to postpone the start of the upcoming spring semester in the wake of the intensifying 2019-nCov epidemic nationwide to protect the lives and health of teachers and students. Universities have answered to the call by extending holidays, announcing postponement, and even carrying out online teaching activities. In this special period, this paper puts forward four feasible suggestions for college students that can help them face up to their psychological changes and emotional reactions, and utilize their advantages to contribute to the anti-epidemic fight.

Keywords: college students, 2019-nCov (novel coronavirus), pneumonia, epidemic prevention

I. INTRODUCTION

In early 2020, a novel coronavirus caused widespread infectious pneumonia in Wuhan, China. The real-time epidemic data in China as of February 4 is as follows: 20,524 confirmed cases, 23,214 suspected cases, 426 deaths, and 731 were discharged from hospital [1]. China's 31 provincial-level regions (including autonomous regions and municipalities) directly under the central government have initiated a first-level public health emergency response to search, discover and strictly control the source of infection at the first time, block the potential transmission routes, and resolutely curb the spread of the epidemic [2]. The city of Wuhan, where the novel coronavirus is more prevalent, has imposed an unprecedented lockdown. The local government of Wuhan announced that all public transportation in the city — local buses, long-distanced buses, subway and ferry — will be temporarily closed starting at 10 am on January 23. Residents in Wuhan were suggested not to leave the city if there is no particular reason. All flights and trains scheduled to depart from Wuhan also will be temporarily canceled to reduce the risk of spreading the new virus with the date of openings undecided [3]. All 17 prefectures and cities in Hubei have since issued the suspension notices, and other regions have also started public transport control to varying degrees. The three principles of prevention and control of

infectious diseases are to control the source of infection, block the transmission route and protect the vulnerable population [4]. In order to better block the transmission route and curb the its spread, it is necessary to refuse to have dinner parties, stay indoors, wear masks when going out, and take the initiative to self-quarantine and confess after contacting with people from other provinces to prevent the spread of the virus from person to person.

The Ministry of Education of the Republic of China has requested that the opening of universities, middle and primary schools and kindergartens in the spring of 2020 be delayed to guarantee the safety and health of teachers and students, prevent the cross-infection of the novel coronavirus, and resolutely block the spread of the epidemic to schools. University of Electronic Science and Technology of China located in Chengdu, China, where the author studies, stipulates that students are not allowed to return to school in advance with the date of school opening been notified later according to the situation of epidemic prevention and control. The security office employs enclosure management system on campus, under which students and teachers staying at school during vacation are required to display their student IDs and work permits for entry and leave, and foreign personnel and vehicles are prohibited from entering the school without permission. All personnel entering and leaving the campus shall have their body temperature taken; whose body temperature exceeds 37.3°C will be dissuaded from entering and leaving the campus and be guided to seek medical treatment in a timely manner. At the same time, classrooms, laboratories, sports venues, libraries and other public places on campus are closed. The whole school is required to actively cooperate with school's epidemic prevention and control work, enhance prevention awareness and self-protection, wash hands frequently, stay indoors, avoid parties, and keep away from hosting or participating in group activities.

The outbreak of the novel coronavirus has affected the study and life of every college student to varying degrees. What should college students do to better protect themselves and their families in the special nationwide anti-epidemic

period? This paper puts forward specific suggestions for college students' holiday life from four aspects: psychological protection, physical epidemic prevention, network information discrimination and regular work and rest. As the youth in the new era of China, contemporary college students should pool the strength of China with their own efforts, and firmly resolve to win the battle against novel coronavirus.

II. FACING EMOTIONS AND NEVER PANICKING

Chinese Center for Disease Control and Prevention advised people not to go out, gather, wash their hands frequently and wear masks. The Spring Festival is supposed to be a time for family and friend reunion, but college students are forced to stay at home because of 2019-nCov, disrupting their original travel, friends-making or study plans. As the outbreak worsens, there emerge some negative emotions. Some students feel lonely and helpless, and they sometimes are anxious, constantly looking at the mobile phone for updates. Sometimes angry to denounce citizens who do not wear masks to enter and leave public places on the Internet. Sometimes panic to worry about their future.

When faced with the threat of uncertainty, it is normal for human beings to be drowned in such emotions as tension, anxiety, anger and fear. These emotions are not all bad and unhelpful. On the contrary, their emergence can prompt human beings to take actions to relieve the danger and pain they undergo. Thus, people's nervousness, anxiety and fear about the development of the outbreak chime with their concern for the safety of themselves and their loved ones. In the uncertain situation where the epidemic is not controlled and when people do not know what's next, negative emotions are widely normal. Instead of rejecting negative emotions, learn to accept them as normal emotions. Calm breathing, mindfulness meditation, butterfly patting, etc. are good for relieving tense emotions. Tension and anxiety will prompt people to continuously obtain information about the new coronavirus from TV, Internet and other media, and soon learn about the transmission, quarantine, protection and other epidemic prevention knowledge of the virus.

Negative emotions can be bad, but they can also be positive. In this special period, college students should learn to think more positively and give positive meaning to negative events. For example, not being able to visit relatives and friends increases the chance for college students to get along with their families. Without social activities, college students can just use this time to calm down and peruse their favorite books. A calm, rational and optimistic attitude will keep them alert and energetic, which is conducive to correct understanding, analysis and problem solving. Research has shown that a positive attitude not only makes people feel better, but also boosts their immune system, which helps ward off viruses and bacteria. College students should do a good job of self-psychological care, not only pour out all kinds of complicated emotions they feel, but also listen to others carefully and critically, which is an important psychological assistance that college students can provide to others. Only by dealing with these emotions rationally can

people build up psychological defense line and win the final victory of the epidemic prevention war.

III. DISTINGUISHING THE AUTHENTICITY OF NETWORK INFORMATION

The spread of Internet rumors is more frightening than that of epidemic. Television, newspapers, the Internet and mobile phone terminals issue a large number of mixed information about the epidemic every day. In order to attract attention, the headlines of these articles are mostly cry wolf, among which every word provoke people's sensitive and fragile nerves. In the great era of rapid development of Internet, new media and new technology, everyone has a "news agency" and everyone is a "microphone". On the third day of the city's lockdown, Weibo, Tik Tok and WeChat were filled with scare-mongering videos that drove people out of their wits and led them to stock up on food, drugs, masks and alcohol. Given the empty supermarket shelves, a citywide shortage of medicines and masks, and overcrowding in fever clinics in hospitals, a sudden spate of rumors has led to the demonization of the new coronavirus and the emergence of conspiracy theories. CCTV News, Xinhua Daily and many other authoritative media in the first time to clarify and refute the rumor. As the saying goes, "It is easy to make rumors, but it's all-consuming to deny them". Rumors have disrupted the fight against the epidemic, and its negative impact is beyond imagination.

College students, users and disseminators of new media, should always keep rational thinking and distinguish the truth and falsity of information in the face of overwhelming network information. Such rumors as 2019-nCov is sensitive to heat, thus it's needed to keep home air conditioners at 56°C, or bathing in hot water at 56°C can kill the novel coronavirus in the room and on the skin, are often under the title "suggested by Zhong Nanshan and other epidemic experts". Studies have shown that the novel coronavirus is thermally sensitive and can be effectively killed by sustained high temperatures (above 56°C for 30min). But the air conditioners and hot showers that people use in their daily lives fall far short of that. For example, taking a bath in hot water at 56°C for half an hour may lead to heat stroke or even death. Human body temperature is relatively constant, and the high temperature of the environment or a hot bath can neither improve the internal temperature, nor prevent and destroy the virus. Accordingly, the "heating to prevent pneumonic" that spreads widely on the net is absolutely undesirable. In the Internet era, rumors spread quickly and widely, and the casual thumb up, comments and retweets may spread untrue information throughout the Internet.

College students should use the scientific and cultural knowledge they have learned to distinguish right from wrong and not believe in rumors. Therefore, college students should be communicators of sciences and disintegrators of rumors. They should call on everyone to watch CCTV news, value mainstream media, and timely interpret relevant policies and measures of epidemic prevention for their families. In China, many Internet platforms such as DXY.com, the paper, Tencent News, etc., have set up columns to refute rumors,

and international social networking platforms such as Facebook, Tik Tok, and Twitter have also made great efforts to deal with rumors. [5] In the face of network information, college students should keep independent thinking, and avoid the creation, trust, and spread of rumors, which is not only the right choice, but also the due obligation of every citizen.

IV. SELF-EPIDEMIC PREVENTION

The current epidemic is still spreading, and prevention and control is at a critical stage. The author suggests that college students carefully read the Protection Manual of Novel Coronavirus Infection issued by the Chinese Center for Disease Control and Prevention to protect themselves and their families from the virus. At the same time, they should timely and accurately explain the scientific and effective knowledge of epidemic prevention in detail to each of their relatives and friends. The main clinical manifestations of pneumonia caused by the novel coronavirus are fever, dry cough, fatigue, diarrhea, etc. The incubation period of the virus can reach up to 14 days [4]. Once contact with people with symptoms as fever, cough and other respiratory symptoms from Wuhan (or Hubei Province), it is necessary to continue to observe their body temperature and other health conditions for 14 days, with the last day of contact as first day. If fever, fatigue, dry cough and other symptoms occur during the observation period, special attention should be paid to wear a mask and go to the designated hospital as soon as possible. 2019-nCov is mainly transmitted by respiratory droplets, contact, and also by non-mainstream means such as faecal-oral [4]. The masses should avoid crowded or closed places (such as shopping malls, auditoriums, cinemas, etc.) and try to stay at home. Be sure to wear a mask when going out. Both N95 and surgical masks are effective in preventing the spread of droplets. It's necessary to value personal hygiene at home, wash hands frequently, and ventilate. Be sure to cough or sneeze with paper towel or bend elbow to cover the mouth and nose. Physical protection should be accompanied by health monitoring for each family member.

The scientific epidemic prevention knowledge should start from oneself, build a healthy defense line for oneself and family. Every college student represents a family, and every young person has a mission. College students should consciously be guardians of health, caretakers of families and fighters of the country [6].

V. WORKING AND RESTING REGULARLY TO REFRESHING ONESELF

College students should actively respond to the national call. During the Spring Festival, when they cannot go out for party and stay at home, they often slouch, curl up on the sofa or bed watching TV, using the computer, and playing mobile phones, which will bring a lot of harm. Regular work and rest including moderate exercise, healthy diet, early hours, enough sleep and so on should be advocated. It is suggested that college students keep a certain amount of exercise every day, they can choose indoor substantial swing arm jogging, aerobics, simple yoga, limb pulling and other exercises.

They should also heed diet, refuse overeating, keep three meals of regular ration, balance nutrition of roughage, vegetables, and fruit, and prefer light food. Without academic pressure, many young students stay up for binge-marathon, all-night games, and binge-reading, which will not only disrupt the human body's normal circadian rhythm, but also induce adverse physical reactions as liver metabolism disorders, endocrine disorders, and mental malaise and so on. It is recommended that college students make holiday plans, arrange study and entertainment reasonably, and refresh themselves in time in this long winter vacation. The Ministry of Education is integrating high-quality national, local and school teaching resources to provide students with diverse and high-quality online teaching resources covering all regions. College students can independently conduct professional learning on the MOOC. Teachers and students can exchange ideas and learn from each other online, so as to truly realize "no suspension and no postponements of learning".

College students should be proactive in self-management and self-restraint, take in sports, reading, and motherland to foster a healthy and regular lifestyle. At the same time, they should fully utilize free time, constantly self-renew and eventually achieve self-upgrade.

VI. CONCLUSION

In this epidemic prevention war, the author witnessed the rapid decision-making and deployment of the CPC central committee, the selfless dedication of countless medical workers and donations from all walks of life. College students are a generation moving forward with the new era. The author believes that college students will shoulder the mission and responsibility entrusted by the times, share the future with the motherland and the hardships with the people in the face of the epidemic prevention and control, so as to make their due contributions in the "anti-epidemic" war [6]. All people should be firm in determination to win, be united as one to achieve the ultimate victory in the fight against the epidemic.

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