



Analysis' Mental Health Problems and Their Attribution Under the Epidemic

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Abstract. In recent years, the mental health problems of college students have become increasingly serious. Based on the perspective of Eriksson's self-identity, this paper analyzes the causes of the mental health problems of college students under the epidemic. Research found that affected by the outbreak, college students in significant changes have taken place in the social life environment, exacerbated the mental health problems, at the same time, college students are in a special stage of personality development, self consciousness is not mature, facing the risk of self identity crisis, more likely to produce all kinds of psychological problems.

Keywords: epidemic situation · mental health of college students · self-identity

1 Introduction

1.1 Research Background

Since the COVID-19 outbreak in 2020, college students have experienced delayed return to school, home online classes, online exams, vaccination, and closed management. The originally quiet campus life has changed due to the epidemic. China has adopted active prevention and control strategies to effectively contain the epidemic pandemic, but the repeated local epidemic situations cause many universities to still adopt closed management. Many college students under the epidemic are shrouded in the psychological haze of tension, anxiety and confusion, and the mental health problems of college students are becoming more and more serious. College students are a special group, according to Erickson's self identity theory, in adolescent college students are trying to obtain self identity, avoid role chaos stage, the influence of the outbreak to a certain extent changed the life trajectory of college students, thus may cause college students identity crisis, if college students lack of understanding of their consistency and continuity, lack of self integration ability, can cause identity confusion, adverse effects on college students' mental health. This paper investigates college students from different universities and different grades, analyzes the causes of the mental health problems of college students from the perspective of Eriksson's self-identity, and discusses feasible countermeasures and suggestions.

1.2 Research Significance

From a practical point of view, in today's repeated epidemic, the mental health problem of college students deserves attention and discussion. First, it helps college students to strengthen their self-cognition, adapt to the campus life in the post-epidemic era, and lay a solid psychological foundation for entering the society in the future. Second, it is helpful for college workers to optimize the campus management under the epidemic situation, pay attention to the mental health problems of students, and provide reference for effectively solving the mental health problems of college students. From a theoretical point of view, since the new crown outbreak, academic research for college students 'mental health problems research results, from the perspective of Erickson self identity analysis of college students' mental health problems as an effective way, help to more comprehensive understanding of the causes of college students 'psychological problems, to discuss how to solve the problem of college students' mental health.

2 Literature Review

Since the epidemic, the research on the mental health problems of college students has presented new content. At the beginning of the COVID-19 outbreak, scholars Zhang Bin and Wang Ruili believe that college students who are studying on campus face huge physical and psychological tests, and they will have emotional fluctuations such as panic, fear, confusion and anxiety. In the outbreak of college students' anxiety rose significantly, the crisis effect of the outbreak caused the internal stress of college students, Wuhan and other epidemic areas of some college students began to appear anxiety, insomnia, weakness, mental burnout, loss of appetite, and even appeared similar to will be coronavirus pneumonia symptoms such as fatigue, low fever [1]. In the early days of the COVID-19 outbreak, psychological problems caused by the stress response to the epidemic predominated. College students are in the key stage of physical and mental development, such as new outbreak social life stress events often have a profound impact on their body and mind, domestic and foreign related research shows that social life stress events, major setbacks and ineffective response is often the main cause of college students 'psychological problems [2], in the face of sudden outbreak of college students' psychological fluctuations show panic, fear, loose, anxiety [3].As China into the outbreak era, epidemic prevention and control into the normalized, college students 'understanding of COVID-19 more comprehensive, our country has been taking positive prevention and control strategy, college students have basically completed new crown vaccination, COVID-19 seems no longer terrible, but the outbreak has deeply changed the college students' campus life and subtly shape everyone, outbreak not only changed the way of learning, also increased the anxiety, depression and other mental health problems risk [4]. Many scholars have realized the importance of college students 'psychological problems, scholars Wu Jingyu think outbreak normalized psychological crisis intervention is necessary [5], in view of college students' mental health problems research has sprung up, research shows that the outbreak of college students' psychological problems as depression, depression, anxiety, form before little change, but also appeared some psychological problems, such as network addiction, negative emotions, lie flat, social fear, etc. Scholar Gao Bingqian believes that college students waste most

of their time in online games, online dating, and short video app [6]. A survey of college students in Changsha shows that a considerable number of college students have significant risks of sleep disorders, depression and anxiety in the post-epidemic era [7]. College students are in a special life stage, and they are prone to psychological problems. Major social life events such as COVID-19 have intensified the psychological problems of college students. The epidemic has deeply changed the living environment of college students and had a profound impact on their physical and mental health. Most of the current studies have focused on the survey and description of college students' mental health problems, and lack the attribution analysis. Eriksson expounds the problems of the personality development of teenagers in the process of psychological identity, preventing identity confusion and overcoming the crisis of identity. This theory provides a new way of thinking for explaining the psychological problems of college students.

3 Situation Analysis

Although China has been taking active prevention and control strategies to effectively contain the large-scale spread of the epidemic, the epidemic has been repeated in some areas. Colleges and universities have great responsibility and heavy task for epidemic prevention and control. Therefore, stricter prevention and control measures have been taken to change the campus life of college students under the epidemic situation, which has affected their mental health [8]. This paper basically discusses the current situation of colleges and universities, and believes that college students have psychological problems such as anxiety, anxiety, depression, doubt, anxiety, loneliness and irritability. The following takes the college students in Jinan as an example to analyze the mental health problems of college students under the epidemic.

Since the COVID-19 outbreak in Jinan in April 2022, students in colleges and universities in Jinan have taken strict measures to prohibit students from going out, prohibit food delivery, and suspend offline teaching, affecting students' daily study and life, and thus affecting the mental health of college students. Affected by the epidemic, colleges and universities in Jinan quickly took strict control measures, banning students from going out, and suspended food delivery. Some universities set up isolation tents and closed fences to completely eliminate all contact with the outside world. This tension has intensified the students' panic and anxiety. Under the high-intensity prevention and control measures, some colleges and universities prohibit teachers from returning to school and adopt online teaching methods. Some students do not adapt to online teaching methods, thus causing irritability and anxiety. In line with the principle of not gathering under the epidemic, many campus activities are cancelled or postponed, some college students feel lonely because of peers, some students' learning plan is interrupted, English test, teaching examination and practice arrangement are affected by the epidemic, and some students are negative, irritable and depressed due to academic setbacks.

4 Attribution Analysis of College Students' Mental Health Problems Under the Epidemic Situation

College students are a special group. Scholar Zheng Ning believes that university is an important period for a person to transition from adolescence to adulthood, and also an

important leap period for the formation and development of people's self-consciousness and perfection [9]. In the process of self-development, college students are faced with various contradictions, which affect the establishment of their self-identity [10]. Once trapped in the crisis of self-identity, it may cause various mental health problems. Various contradictions faced by college students' "self" are mainly manifested in the following aspects.

4.1 The Contradiction Between the Subjective Self and the Objective Self

Subjective self is different from the objective environment. I have active behavior, and the objective self is I as the object of perception and observation. In the early stage of personality development, individuals cannot distinguish their body from the external world. With the development of self-consciousness, the subjective self and objective self are gradually separated. After entering the university, college students separate themselves in their self-consciousness as subjective experience participants and objective observers. In this process, some college students cannot accept themselves, or even self-doubt, thus causing psychological problems.

4.2 The Contradiction Between the Ideal Self and the Realistic Self

Just entered the university of college students are full of vision for the future, this vision is imaginary, with the deep understanding of reality, they realize the imaginary ideal is unrealistic, this contradiction will make college students have anxiety, worry, some college students sink, with a negative attitude towards their college life.

4.3 The Contradiction Between the Individual Expected Self and the Self Expected by Others

The individual expectations of college students often conflict with the expectations of the society and others. Some students want college life to be easy and interesting, but teachers urge them to try to find a stable, high-income job after graduation, but society needs college students to go to some difficult and low-paid jobs.

4.4 The Contradiction Between Self-openness and Self-closure

College students' consciousness of independence is gradually obvious, and they urgently need friendship, hope for the acceptance and care of others. However, in this period, college students are in the stage of consciousness formation, and there is an excessive psychological defense mechanism, which lies in the communication of friends with a strong defensive psychology, and do not want to take the initiative to open their hearts. This kind of ambivalence, which is eager to be accepted and cared for by others, leads to the dilemma of interpersonal communication among college students, which makes many college students feel lonely and depressed, and endangers the mental health of college students.

In general, the epidemic has changed the social environment of college students, and the changes in the external environment affect college students' judgment of reality and

planning for the future, and then fall into the identity crisis, and various psychological problems also follow. Despite the impact of the epidemic, college students themselves are in a special growth stage, and their personality development is faced with various contradictions, which is also an important reason for the self-identity crisis of college students [11]. Once they are in the self-identity crisis, it is easy to produce various psychological problems.

5 Conclusions

Based on the perspective of Eriksson's self-identity, combined with relevant research and interview materials, this paper analyzes the causes of the mental health problems of college students under the epidemic. This paper believes that there are serious mental health problems among college students, which have two main reasons [12]. On the one hand, affected by the epidemic, the social living environment of college students has changed significantly, aggravating the mental health problems; on the other hand, college students are in a special stage of personality development, immature self-awareness, facing the risk of self-identity crisis, which comes from the "self", which is the root of their problems. In the post-epidemic era, university administrators should pay attention to the mental health problems of college students, and provide them with a good learning environment and necessary psychological counseling. College students themselves should also be fully aware of the shortcomings of their own personality development, adhere to the guidance of the core values of the society, firm ideals and beliefs, and face the difficulties and setbacks in life with an optimistic and fearless attitude.

The mental health problem of college students is worth further research. The existing research points out that the current college students have psychological problems such as anxiety, depression, panic, tension and interpersonal disorders, and the lack of in-depth discussion of the serious psychological problems of individual college students [13]. Although the epidemic has had a considerable negative impact on the mental health problems of college students, it also has its positive functions. In the face of the epidemic, many college student volunteers went to the front line of fighting the epidemic, bearing hardships and making selfless dedication. Their heroic performance also plays a positive role in encouraging the psychology of college students.

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