



Visual Analysis of Research Status of College Students' Mental Health

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Abstract. This paper sorts out the present situation of college students' mental health research through visual presentation. This paper analyzes 1724 papers on mental health research collected of China National Knowledge Infrastructure in recent ten years, sorts out the literature characteristics of mental health research of college students in China, and systematically analyzes the present situation of mental health research of college students in China from a visual perspective. The research shows that the research results on college students' mental health have shown a downward trend in recent years, and the project approval rate of related research is not high.

Keywords: College Students; Mental Health; Visual Analysis

1 Introduction

In modern society, college students' mental health problems need to be widely concerned. As a key stage of development, college students are facing various challenges and pressures, and at the same time, mental health problems are high. Understanding the current situation and causes of college students' mental health problems is very important for formulating corresponding prevention and intervention measures.

The mental health problems of college students need to be highly valued [1]. Relevant research shows that college students generally face mental health problems such as anxiety, depression, stress and suicide. It is found that the incidence of college students' mental health problems is increasing year by year, among which anxiety and depression are the most common problems. The mental health problems faced by college students may be related to academic pressure, employment prospects, interpersonal relationships and other factors [2,3]. Mental health problems will have a negative impact on college students' academic performance, interpersonal relationship and physical and mental health [4]. Mental health problems may lead to learning difficulties, absence, dropping out of school and other consequences, which will have a lasting impact on personal career development and social adaptability. In addition, mental health problems may also lead to various self-harm behaviors, resulting in more serious consequences and even life-threatening.

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There are many reasons for college students' mental health problems [5,6]. On the one hand, academic stress is one of the main mental health risk factors. The university has a heavy academic burden and great learning pressure. Students are also facing the pressure of employment and the confusion of finding their own goals in life. On the other hand, the lack of social support is also one of the reasons for mental health problems. Social support is an important factor to relieve psychological pressure. However, the pressure of university study and the competitive environment often lead to the reduction of social opportunities for college students and lack of support and understanding. The research on college students' mental health problems has gradually shown a diversified trend [7]. On the one hand, many studies tend to explore the relationship between individual characteristics and mental health problems, such as gender, personality traits, social support and other factors [8]. On the other hand, some studies have explored the influence of these factors on college students' mental health from a broader perspective such as family and social environment. In addition, some studies have begun to pay attention to intervention strategies for mental health problems, including psychological counseling, psychological education and mental health promotion activities.

In a word, the mental health problem of college students has become a serious social problem, which has brought negative effects on college students themselves and the whole society. It is very important to understand the current situation and causes of college students' mental health problems for formulating corresponding intervention and support measures [9,10]. Future research should continue to strengthen the in-depth study of college students' mental health problems, provide scientific basis and methods, and strive to protect the mental health of universities and promote their all-round development. Therefore, this paper makes a systematic analysis of 1724 documents related to college students' mental health of China National Knowledge Infrastructure (CNKI) in recent ten years, and sorts out the research status of college students' mental health. Through the analysis of the annual publishing trend, main themes, subject distribution, periodical distribution and fund distribution, this paper sorts out the present situation of college students' mental health research and provides reference for college students' mental health research.

2 Statistical Analysis of College Students' Mental Health Research

2.1 Posting Trend

This paper makes a visual analysis of the annual publishing trend of related papers retrieved by CNKI. The retrieval conditions are ((keyword =' college students') and (keyword =' mental health') and (publication time between ('2013-09-03',' 2023-09-03')) and (main topic = Search scope: periodicals. Figure 1 shows that from 2013 to 2015, the number of papers on college students' mental health research increased year by year, but since 2015, the number of papers has decreased, indicating that there are

few studies on college students' mental health in recent years, and the degree of attention has dropped significantly.

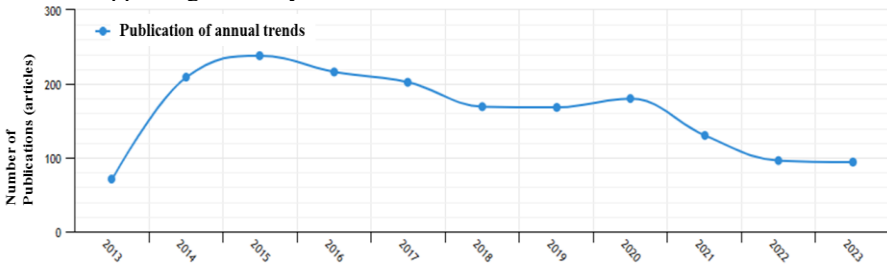


Fig. 1. Annual Trend Chart of Publication Volume

2.2 Research on Main Topics

Figure 2 shows the distribution of the main topics of mental health research from 2013 to 2023, which shows that the number of papers on mental health research accounts for nearly 50%. Figure 3 shows the annual distribution trend of the main research topics. It can be seen from the figure that the main themes: "mental health", "students' mental health" and "college students' mental health education" have basically the same annual publishing trends. It shows that the attention paid to mental health research has obviously decreased in recent years.

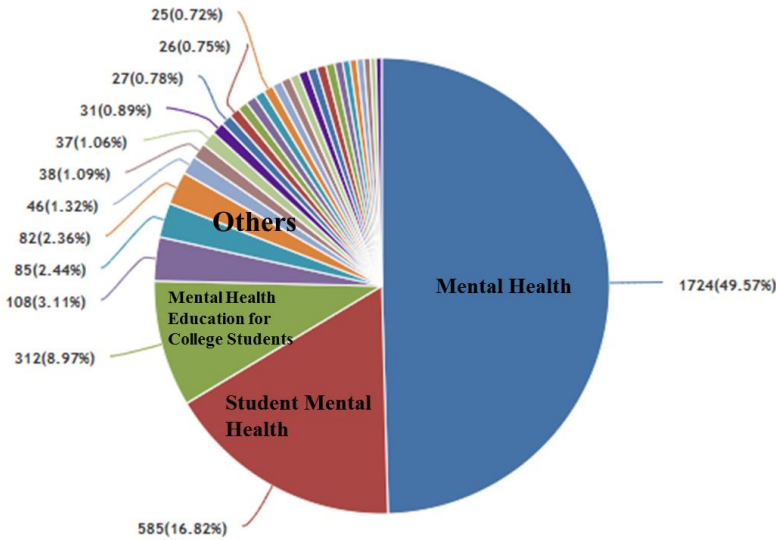


Fig. 2. Mainly Studies Pie Chart of Theme Distribution

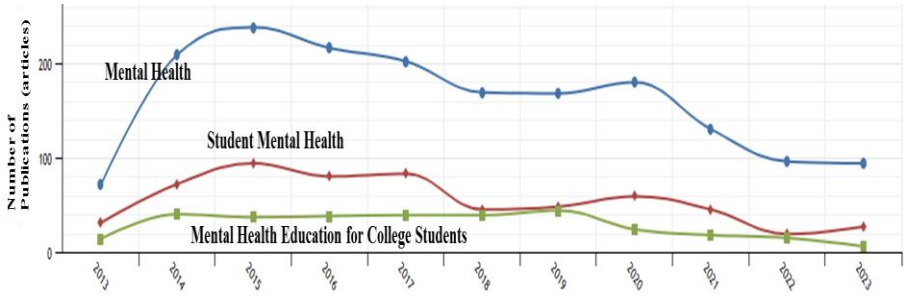


Fig. 3. Annual Trend Chart of Major Research Topics

2.3 Distribution of Disciplines

Figure 4 shows the number of papers published by different disciplines from 2013 to 2023. It can be seen from the figure that "Educational Theory and Educational Management" has the largest number of articles, accounting for 66.84%, but the annual trend chart of disciplines shows that the number of articles has gradually decreased, while "Sports" and "Psychology" have little changes, as shown in Figure 5.

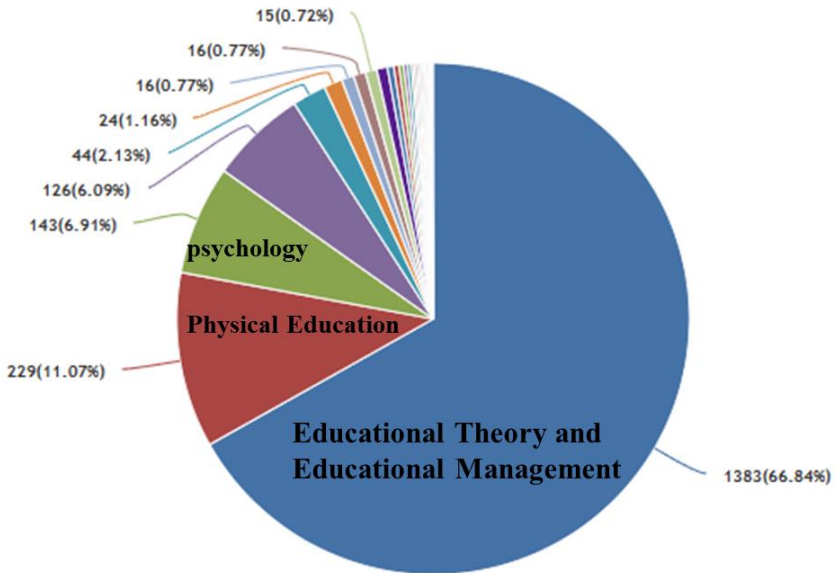


Fig. 4. Pie Chart of Discipline Distribution

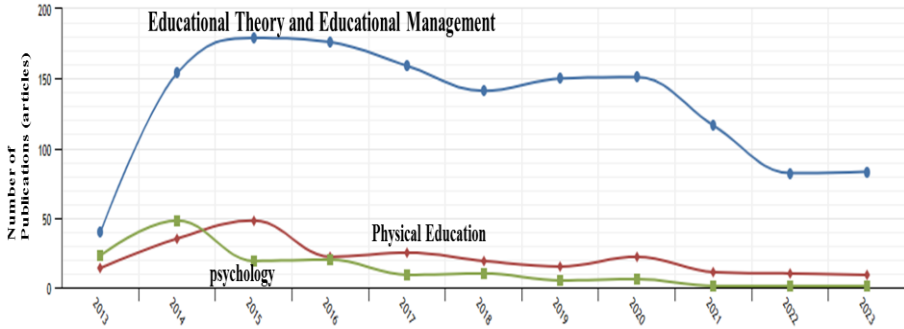


Fig. 5. Trend Chart of Discipline Annual Publication

2.4 Project Establishment

As can be seen from Figure 6, there is little support for the research fund project on college students' mental health, and the total number of articles published accounts for about 7.77%, and the support for the fund project is unstable, as shown in Figure 7.

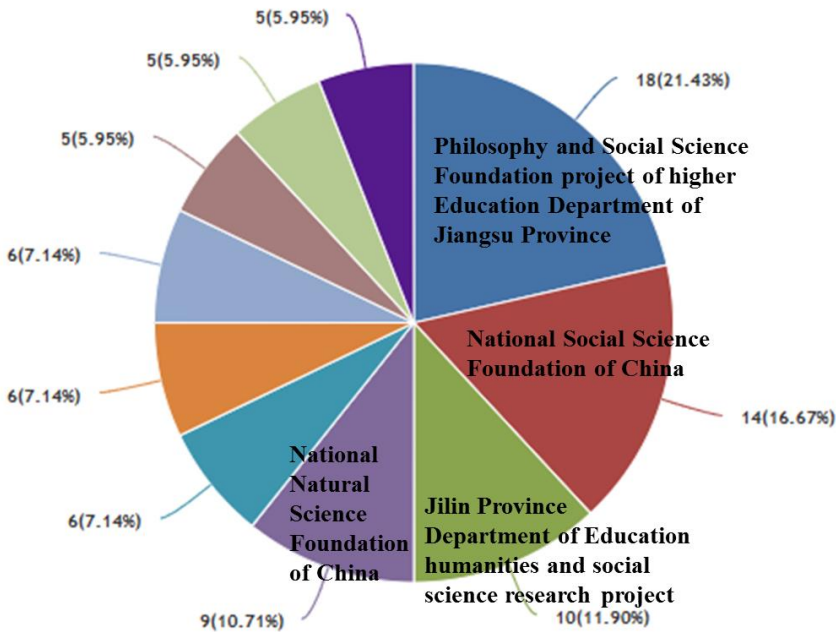


Fig. 6. Pie Chart of Project Establishment Distribution

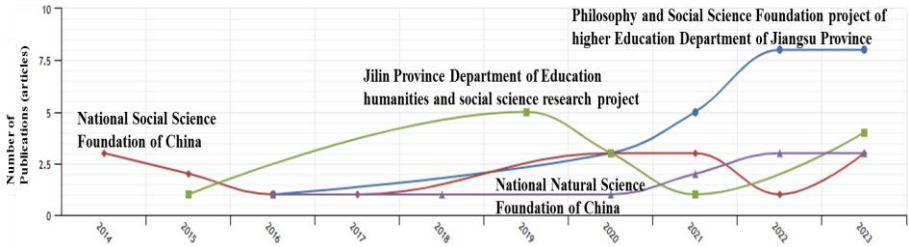


Fig. 7. Project Support Annual Posting Trend Chart

2.5 Other Circumstances

Figure 8 shows the distribution of published periodicals from 2013 to 2023. It can be seen that high-level journals account for about 8.18%. However, from the perspective of the issuing institutions in Figure 9, the proportion of issuing documents in colleges and universities is not high.

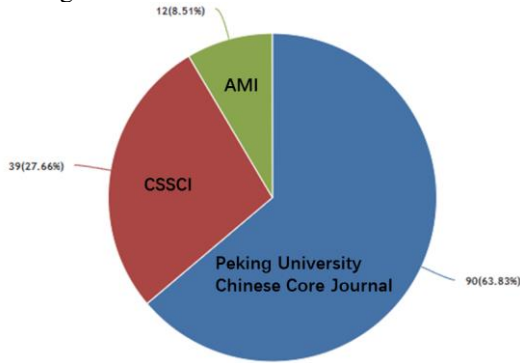


Fig. 8. Pie Chart of Source Category Distribution

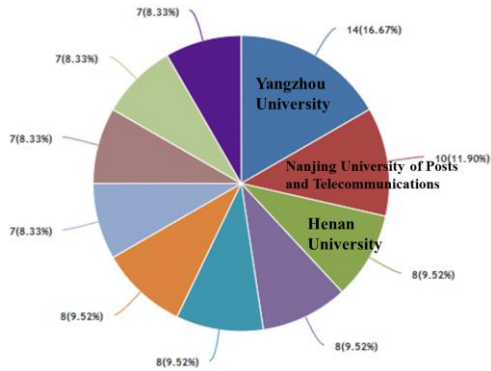


Fig. 9. Pie Chart of Distribution of Issuing Agencies

3 Conclusion

In this paper, the visual analysis method is used to systematically review the research on mental health of domestic college students. This paper makes an analysis of 1724 literatures in the field of mental health from 2013 to 2023 in terms of the annual publishing trend, main themes, subject distribution and fund project support. The main conclusions of this paper are as follows:

First, in recent years, the research on college students' mental health has obviously decreased, and the degree of attention has declined. In modern society, college students' mental health problems are becoming more and more serious, so it is necessary to continue to invest in the research of college students' mental health problems.

Secondly, there is little support for the research fund for college students' mental health, and in recent years, the support for the fund projects is unstable. Therefore, in order to ensure the research strength, it is necessary to increase the support of fund projects.

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