

An Empirical Study of College Students' Psychological Intervention from Counselors under Occupation Ability Standard

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Abstract. In 2014 the Ministry of Education issued "Occupation Ability Standard of Counselors of Higher Schools (Provisional)". It is regulated that college counselors should have relevant knowledge and skills of professional psychology of ideological education and psychological health education. Psychological crisis intervention of students has become a daily work of counselors. In the face of the complex factors influencing college students' psychological crisis events, instructors should explore ways of psychological crisis intervention according to different causes, and help with the continued healthy growth of the students.

Related Concepts

Students Psychological Crisis refers to a psychological reaction. When individual students who use usual coping method are inadequate to deal with internal and external stressors encountered, this psychological reaction generated. It is a state of crisis psychological imbalance[1]. It produced when the psychological self-management skills of college students are not sufficient to face the status quo.

Psychological crisis intervention refers to some purposeful, planned, all-around psychological guidance or psychological counseling using psychology, Counseling Psychology, Psychological health pedagogy theory and technique for those individuals or groups who are in a state of psychological crisis. The object is to help these human balance the seriously unbalanced mental state; regulate its conflicting behavior; reduce, mitigate or eliminate possible harm to themselves, others and society [2].

Factors Affecting College Students' Psychological Crisis

In recent years, as the world economic downturn, the economic development of our country was down, the various contradictions were highlighting, social employment and business environment needed further optimization. In addition, the employment ability of college students was not strong; the employment quality was not high; the job was insecurity and other competitive pressures and various family environment pressures. All these things made the student population subject to various tests. Some students overwhelmed. It made them harm themselves or others due to psychological disorders. These cases were not uncommon. According to the domestic professional research statistics, there has existed for over 10 percent of college students with varying degrees of psychological problems in China. They need for psychological counseling and intervention. Frustration caused by the aspects of interpersonal relationships, emotional problems, economic differences have become the incentives of sharp fluctuations and even distorted in youth psychology. It resulted in a significant impact to the family, universities and society. It has caused widespread concern and profound reflection of the community. As a counselor with 15 years experiences, the writer counseled, intervened over hundreds of students with psychological problems. Through empirical research, classification comparison, active intervention, the writer has been to explore a variety of factors that affect students' psychological crisis.

Family Environment Factor. Individual student who lack a happy element because of their family environment, will result in their individual psychological disorder. Students who have psychological crisis because of family environmental factors are mainly divided into four categories:

(1) Family's expectation is too high. It makes the students feel the pressure too large. (2) Because their parents are not happy in married life, students' growing happiness elements are missing. It does not make the students develop optimistic character. (3) Home emergencies, such as Family seizures, family economic bankruptcy or other accident, they lead to students' mental and personality changes. (4) Because of family financial difficulties, parents in remote mountainous and rural work in cities. More and more children are left behind. There are no fatherly love and motherly love accompanied. It is not conducive for them to grow healthily.

College Life Factors. College life could be easily mistaken for the "hard work brings" after "Black July" college entrance examination. "Easy, fun, enjoy" and "Long live the university 60" became a "ideal" of freshman. While the fact is opposite. The employment development ability and employment core competence of college students should be to go through the "painstaking practice." Because of the beautiful "misunderstanding", some of the students fell by the way. The reason is that the quite difference between real-life in university and whimsical "beautiful ideal". It can come into being psychological discomfort for a student. This kind of discomfort can be divided into the following three categories: (1) Not suited to learning approach. Ideal college life is at odds with reality. In addition, university teaching methods and learning methods are different from high school. So the freshman is not used to college learning life. (2) Especially students from rural and ordinary household, they are neither dancing nor singing. They neither have the gorgeous appearance nor have any skills. These children with strong self-esteem are easy to have stress and be not confident. (3) Not suited to collective life, poor ability to live independently, not getting along with other people. Nowadays one-child families are more and more. The parents tend to focus only on demanding high scores, but neglect the train of self-care and self-reliance capacity. They do not wash the clothes worn. They express the dirty clothes to their parents. it is so called express "clothing" family.

Social Factors. It can be classified into the following two categories: (1) Severe competition for jobs. The great employment pressure increases the psychological pressure of some college students. Every year, there are many graduates fail in their job search, which is the most important social causes which makes the graduates into a psychological crisis. (2) With the country's reform being into the deep water area, China's economic development is slowdown. The various contradictions of society are highlighting so that the complexity between people have become higher and higher. In addition, natural disasters, environmental damage, human-made disasters and other violent terrorist incidents happened frequently. These things may make a psychological impact on the part of college students.

Spontaneous Individual Factors. The student's years of personality habits develop this factor which can be grouped into three types: (1) Students demand themselves too high, namely the contradictory between "ideal fullness and reality skinny" can result in frustration. It can produce self boredom, self-denial, self-doubt psychological, and even personality distortions. (2) The contradiction between different religious beliefs and Marxist faith advocated by universities. According to relevant regulations, minority students in colleges and universities are not allowed to wear national dress in school period. They also may not engage in religious activity. They may not affect the normal teaching order. In teaching activity, it should be to cultivate and practice the socialist core values. It is fundamental to ensure socialist orientation. This makes some students with religious belief are prone to coming into being psychological discomfort. (3) The adaptive ability of only child themselves is very poor. They can not adapt, also do not want to integrate into the collective life. They always want to keep their own "personality", "arbitrary" and "different" image. And they are easy to have conflict with collective and others. When freshman enrolls, their psychological problems screened mostly belong to this.

Others Factors. There are two main types: (1) The influences from teachers and students.

Professional teachers who were the leader on the professional learning think students should be as good as them in the professional learning. They focus only on instilling knowledge and don't pay attention to students' mental changes and subtle changes in mental status. The sarcastic language and harsh attitude are easy to stimulate those students with fragile mental. (2) Psychological stress resulting from handling relationship improperly. Students think they are mature both in physical and in mental. They are looking for "other half" and the "Lightning Love". They can go to live off campus three days after getting to know. When the conversation gets disagreeable, they immediately disband. Their attitudes are reckless. So, they are easy to be hurt. Recently there have been reports: the students in Ningbo have been infected with HIV more than 30 cases. Wherein the most are college students, and more than 80% is spread by gay men. These are the pathological manifestations of mental illness in the student population.

Other effects, such as the seasons, weather changes, personal health status can all affect the emotional and psychological changes.

The Role of Counselors in Students' Psychological Crisis Intervention

"Institutions of Occupation Ability Standard of Counselors in Colleges (Provisional)" has made clear that psychological health and mental health are two important indexes of the healthy growth of college students. Mental health education and students' psychological crisis intervention has become a routine work of counselors.

Counselors know the student's actual situation and thus can solve practical problems and psychological problems. Students have the most contact with counselors in colleges. Counselors can accompany the students the whole college life and can affect growth and maturity of the students. Through employment guidance, career planning, and the cultivation of three values, they have great influence on students. They know very well about students' learning, lifestyle, personality, hobbies, family situation, actual difficulties and actual needs, which is helpful to the discovery of the crisis and intervention.

Counselors can finish psychological crisis intervention through solving students' practical difficulties. Based on the actual needs, real life difficult situation, and ideological confusion of the students, the counselors can solve the problem such as help students find part-time jobs and thus to make them achieve self-reliance and restore confidence.

Counselors do timely intervention through cultivation and practice of socialist core values. College students' mental problems include interpersonal communication, emotional entanglements, and competitive pressure. That is due to lack of broad ideal ambition, distorted values and the lack of faith. In fact, whether the stimulation can be transformed into psychological crisis depends on how the parties view stress events. The correct values, view and attitude to the problem play a crucial role at this time. Therefore, it is an essential choice for counselors to prevent psychological crisis through exerting a subtle influence on students' ideal faith education and socialist core values guidance in learning and daily life[3]. It is a fundamental guarantee for running colleges and universities with China's socialism characteristics.

Counselors do the psychological crisis intervention through daily education and management. In daily life, the counselors influence the students in word and deed from classroom attendance, dorm checking, and activities of campus culture organization to qualified builders and reliable successors of socialism ideology education. All of them are related to students' psychological health education and psychological disease prevention knowledge, which improve the college students' mental health and mental health at the same time and help them grow up.

Counselors can alleviate the status of psychological crisis intervention understaffed. There is no generation gap between counselors and students. In addition, they have strong affinity and thus to win easily the trust of the students. Besides, they have knowledge of mental health and certain organization ability. Many counselors are also psychological consultants and career coaches doing psychological survey and consulting work, which greatly alleviate the shortage of psychological intervention staff.

Weakness in Psychological Crisis Intervention of the College Students for Counselors

They lack professionalism. Counselors should know well that they are not professional psychological consultants after all. Therefore, it is difficult to make accurate judgment on the degree of students' psychological crisis. It is not easy to determine it is the psychological problem or ideological and moral problems. At this point, counselors must learn to listen as a loyal audience. Even in violation of the ethical and moral bottom line, they should understand the students, because it is a psychological problem, not ideological work. They should learn to turn to the professionals.

There exists blind spot. They tend to ignore the actual psychological demand of college students. One reason is that counselors need to deal with daily transactional work and therefore they don't have the energy to do thorough exchange with each student, which is not conducive to timely find high-risk object. Second, when some students meet psychological confusion, they rarely seek help from a counselor, worrying about their privacy and their future development and personal interests [4]. Thirdly, each counselor will produce "seven year itch" job burnout after working for a long time, which makes it easy to ignore the psychological change and psychological needs of college students.

Psychological intervention methods are very simple. Most counselors do not know how to deal with psychological problems of students. Some even can not identify whether it is the psychological problem. They tend to tell them "what you should do" and other simple imperative ideological education; some directly communicate with their parents, which make students' psychological problem worse.

Counselors have much pressure from work and are incapable of doing the psychological crisis intervention of the students. In 2009, the author did a special investigation and the result is not optimistic. According to the study, college counselors generally have pressure, heavy work load, little personal growth space, lack of humanities from school and low status in school. If the counselors have no good psychological quality, they will not be able to develop physical and mental health of qualified socialist builders and reliable successors. As a result, when the colleges focus on the healthy growth of students, they should pay more attention to the healthy growth of the counselor team and strengthen their professional confidence, a sense of belonging and happiness [5].

Strategy of Psychological Crisis Intervention of Counselors

Build Crisis Prevention Consciousness and Strengthen Psychological Crisis Prevention Education

At the school level. The college should carry out the tasks according to "Institutions of Occupation Ability Standard of Counselors in Colleges (Provisional)". In the first place, college should create a good working environment and promote their professional identity and psychological sense of belonging; in the second place, it should make clear the job responsibilities of the counselors to reduce the work load, make them free from multifarious things, and thus can be absorbed in the educational work; in the third place, it should establish incentive mechanism, optimize the environment of the growth of counselors and thus to make its work motivated, have goals and have a way out; in the fourth place, it should strengthen training of counselors, popularize knowledge of psychology and enhance the professional ability of psychological crisis intervention; in the fifth place, it should give priority in the title to the counselor engaged in psychological counseling and intervention evaluation quota allocation to give appropriate policy tilt and thus gradually optimize the counselor title structure to raise the level of counselors work professionalization and specialization.

At counselor's level. In the first place, counselors should consciously learn psychological professional knowledge and enhance the psychological line. They should learn to alleviate bad mood caused by dealing with students' psychological crisis. They should strengthen the consciousness of self crisis prevention education and ability to work under pressure. In the second place, they should enhance students' ability to withstand crisis. On the one hand, they should

improve college students' frustration resistance, establish the harmonious interpersonal relationship and enhance the ability to adapt to society through the daily ideological education. On the other hand, they should make the students exercise ability in the campus cultural activities and release pressure including "5.25" psychological drama, the sunshine angel campaign, psychological film appreciation, transposition experience training, unleashing chat salon, etc., and thus to strengthen the students ability to resist psychological crisis.

Establish and improve the psychological intervention mechanism and find psychological crisis susceptible people as soon as possible

Screen for students with psychological crisis and establish and perfect the students' psychological archives. Through psychological survey of the freshman, together with further observation, counselors establish archives. Screen and pay a return visit to students with psychological crisis on a regular basis. In the late management and visit, add and update files in a timely manner. Give special attention to the students with learning difficulties, physical defects, with single parent or orphan students, especially for those whose personality is too introverted or rarely communicate with people and are marginalized by the class and whose mood changes suddenly. Counselors should carry out targeted tutoring and trace back to visit to discover the psychological crisis symptom to prevent as early as possible.

Pay attention to two dimensions and improve the mechanism of psychological crisis prevention. In transverse dimensions, counselors must strengthen communication with parents, teacher, the teacher in charge, college students' psychological counseling center. Give full play to the education function of teaching, management, logistics services, and other departments. Psychological crisis early warning mechanism should be established. In longitudinal dimension, "school, college, department, class, dormitory, dormitory, students" seven psychological crisis prevention system should be set up, monitoring students' psychological changes accurately.

Lengthen working arm and raise the informants. Counselors should have a pair of eyes to discover problems. Use effectively qq friends, qq space, wechat, circle of friends and other social media and network platform to make new media technologies another main land for discovery, protection of psychological crisis prevention and intervention.

Get involved in the processing and summary actively of the crisis. After the crisis, counselors should actively face and don't panic. In the first place, do ideological work on the classmate, in the class, dormitories and circle of friends to create a good and "loose" mental healing environment. In the second place, do a good job of "prevention" and "isolation", lest "infect" "vulnerable groups" by way of hints. Make corresponding prevention summary and sum up the experience of the crisis event.

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