

# **Analysis and Recommendations of Freshmen Mental Health Situation -The Case Study of an Engineering College in Wuhan**

Qiangwei Yan<sup>1, a</sup> Qiuwei Jiang<sup>2, b</sup>

<sup>1</sup> Wuhan Textile University, Wuhan, Hubei, China, 430200

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**Abstract.** This paper uses the SCL-90 symptom checklist to study nearly 7,000 engineering colleges freshman mental health in Wuhan, to identify the main problems that exist in mental health, adopted a series of positive and effective interventions and have achieved some results, but also put forward the next focus of mental health education.

## **Introduction**

World Health Organization (WHO) suggested that "health is a physical, psychological and social adaptation are reaching perfect state and not merely the absence of disease and get rid of the weakness of the state." With the national and social importance of the Mental Health of College Students, China has also promulgated a series of measures to strengthen the mental health education work. Most of the country's universities have started going to school freshmen when psychological census work, the purpose is to investigate the overall mental health status of this group of freshmen. Screening and psychological problems of students, which has targeted to carry out mental health education work. In this study, Wuhan, a College of Engineering, for example, a comprehensive survey and analysis of the mental health of freshmen and propose priorities and suggestions for the future work of the University Students' Mental Health for the findings.

## **Research Tools and Methods**

Using domestic and wider application of SCL-90 symptom checklist to measure freshman, found 7,000 people, including 10 this scale factor, 90 projects, the implementation of five scoring system. We use the SPSS statistical software to analyze the survey results.

## **Results**

**Freshmen Overall Screening Results.** Found in 7000 people, 1357 students have psychological distress, accounting for 19.40% of the total attend student evaluation; moderate to severe distress includes 262 students, accounting for 3.74 percent participated in the evaluation of the student. In students with psychological distress, the presence of in Mechanical Engineering and Automation, Electronics and Electrical Engineering high proportion of boys outside the College of Business, School of Economics, International College girls share higher than the column. This data and the ratio of male and female students and colleges processing center daily institute sex differences in psychological crisis law basically. In the school of the college student psychological distress exists freshman found in the comparison, the overall proportion of the top three is foreign trade Institute, the International School of Mechanical Engineering, College of the result on the one hand due to the large base of students, on the other hand College and professional characteristics, is closely related to student characteristics. The total detection rate of 39.33%, but 34.27% of mild symptoms of moderate to severe symptoms of 5.06%, which appears more common symptom factor of obsessive-compulsive symptoms, interpersonal sensitivity, paranoid. SCL-90 symptom checklist overall screening results are shown in Table 1.

Table 1 Summary overall screening result

N=7000	3 > Factor score ≥ 2		4 > Factor score ≥ 3		Factor score ≥ 4		Total detection rate	
	Number of people	percentage	Number of people	percentage	Number of people	percentage	Number of people	percentage
overall	2399	34.27%	328	4.69%	26	0.37%	2753	39.33%
Somatization	275	3.93%	16	0.23%	17	0.24%	308	4.40%
Obsessive-compulsive symptoms	1652	23.60%	185	2.64%	191	2.73%	2028	28.97%
Interpersonal sensitivity	1243	17.76%	136	1.94%	144	2.06%	1523	21.76%
Depression	630	9.00%	52	0.74%	53	0.76%	735	10.50%
anxiety	663	9.47%	48	0.69%	52	0.74%	763	10.90%
hostility	581	8.30%	53	0.76%	62	0.89%	696	9.94%
terror	683	9.76%	57	0.81%	63	0.90%	803	11.47%
Paranoid	768	10.97%	62	0.89%	67	0.96%	897	12.81%
Psychotic	529	7.56%	46	0.66%	47	0.67%	622	8.89%
others	612	8.74%	57	0.81%	60	0.86%	729	10.41%

Note: 3> factor score of  $\geq 2$  mild symptoms; 4> factor score of  $\geq 3$  moderate symptoms; factor score  $\geq 4$  severe symptoms.

**Gender Differences Compare of Mental Health for Freshmen.** In gender comparison between SCL-90 scale specific factor scores in girls only in the paranoid factor is significantly less than men in the somatization, depression, anxiety, phobia, psychosis and other factors were significantly higher than boys, no significant differences in interpersonal sensitivity and hostility boys and girls. Specific results are shown in Table 2.

Table 2 Gender Differences Comparison of SCL-90 factor scores

factor	Boys samples	Boys Average ± SD	Girls samples	Girls Average ± SD	T	P
Somatization	3093	1.200000±0.32	3906	1.220000±0.33	2.55	P<0.01
Obsessive-compulsive symptoms	3093	1.660000±0.55	3906	1.690000±0.52	2.34	P<0.01
Interpersonal sensitivity	3093	1.540000±0.54	3906	1.530000±0.52	0.79	P>0.05
Depression	3093	1.330000±0.43	3906	1.390000±0.44	5.72	P<0.001
anxiety	3093	1.340000±0.41	3906	1.400000±0.44	5.84	P<0.001
hostility	3093	1.330000±0.43	3906	1.320000±0.41	0.99	P>0.05
terror	3093	1.260000±0.39	3906	1.390000±0.47	12.37	P<0.001
Paranoid	3093	1.400000±0.45	3906	1.370000±0.43	2.84	P<0.01
Psychotic	3093	1.340000±0.41	3906	1.360000±0.38	2.11	P<0.05
others	3093	1.330000±0.42	3906	1.360000±0.42	2.97	P<0.01

**Ten Psychological Problems Freshman.** Selected freshman prone to psychological problems in ten SCL-90, the sample is selected in the "Symptoms middle and above" that scores more than 3 Ten symptoms. Specific results are shown in Table 3.

Table 3 The common symptoms more than 3 points

No.	Question No.	topic	Number of people	percentage
1	10	They worry about their clothing neat and correct department	673	9.61%
2	86	He was to get things done	629	8.99%
3	46	Difficult decision	523	7.47%
4	9	Easy to forgot	486	6.94%
5	61	Uncomfortable when others look at you or when you are talking about	452	6.46%

6	85	I think it should be because of their own fault and be punished	449	6.41%
7	21	I feel shy uncomfortable when dealing with the opposite sex	437	6.24%
8	45	Check the work must be repeated	420	6.00%
9	38	Work must be done slowly to ensure it right	349	4.99%
10	50	Because fear and avoid certain things, situations or events	343	4.90%

From the above analysis of the results of scale, preliminary identification to false, the scale of which we reflect the situation more serious 159 students focused interviews, interviews with the results as follows:

The situations of 22 people are more serious, we need to focus on. Wherein the primary and secondary schools have had suicidal behavior 2 people, 2 people had self-injurious behavior, suicidal thoughts had six people; there are obvious depressive tendencies of eight people, manic depression, bipolar disorder three people, forcing tendencies 1 person. A focus on recommendations for college, psychological center do the daily tracking interviews; communication and coordination with their counterparts in the hospital, on the part of students for timely and effective referral for treatment.

51 people with mental confusion or mild to moderate psychological problems. The main problem is the maladjusted, life stress events, family problems, interpersonal difficulties, blurred goal orientation, lack of motivation, lack of confidence, economic difficulties. It advised the College usually concern, once found students' mental health fluctuations, timely referrals to mental center.

86 people no obvious symptoms of the reaction. Such students as part of a broader grasp of the answer options, there is a tendency in select heavy clickers symptoms, but it has actual knowledge of the symptoms specific performance and found their symptoms were not serious; the other part is the stage when the quiz with mental problems, but with the situation changes or self-adjustment, the psychological distress has been grooming. Students have no need of such attention, but once it has been informed of psychological discomfort, seek professional psychological intervention center in a timely manner.

### Recommendations for Freshmen Mental Health Work Practices

**Individual Consulting.** By individual visitors in subjective assessment, consultants and visitors to observe social function to improve the situation assessment, psychological problems of the student's personal growth, motivation and depth of both can be improved. Most students visiting 1-8 times after the end of a short consulting relationship advice, emotional status were improved and improved social function and psychological counseling to improve the situation of visiting students have a demonstrable effect. A small part of the visiting students 'psychological problems are more serious, need and are willing to accept a long-range consultation, through counseling, visiting students, life can be maintained within the normal level range, indicating psychological counseling for maintaining the focus of the students' basic social function it has obvious improvement .

**Group Counseling.** Take the college instructor led, psychological assistance in the form of members, all grades in the school to promote the type of group counseling class meeting. We can carry therapeutic group counseling, group counseling such as sand table, painting group counseling, interpersonal barriers to treatment group counseling, relaxation training group counseling. Group counseling can increase self-awareness and community members the extent of self-acceptance, self confidence group members, community members to improve the situation of pressure, improve interpersonal skills group members. Group counseling form the majority of students have been generally recognized and accepted, group counseling gradually penetrated the minds of students, became effective psychological intervention.

**Crisis Intervention on Focused Students.** Students with Mental Health Month is an opportunity to strengthen the mental health literacy efforts and activities to promote its depth investigation and psychological symptoms of the disease have varying degrees of students by giving timely psychological intervention and help. Deputy secretary of the Organization Faculties, psychology

teacher liaison, psychological and mental health education center committee of teachers, students go to school Psychological Association professional psychological clinic and hospital visit and study. Through field visits, exchange of learning, mental health education to increase investment in software and hardware construction, school mental health education, "the daily management and coordination of professional development, institution-building and institution building both" crisis intervention five early warning mechanism linkage management system and operation mechanism more scientific, standardized, more detailed in-depth investigation and crisis.

## **Conclusion**

Mental health of students with dynamic instability and freshman into the school when the measured data only represents the state of the stage, and the psychological scale measurement process may be due to some students is extremely difficult to measure and concealing the true situation, and more than the actual situation, it needs psychological center, college counselor, teacher, classroom teachers in actual classrooms, dormitories to take a full range of activities to understand and timely intervention.

## **References**

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