

# Analysis on the Choice of College Students' Psychological Intervention Ways From the Perspective of International Comparison

Yuyu Zhang

School of Transportation and Civil Engineering, Shandong Jiaotong University, Jinan, 250357, China

**Abstract:** With the continuous development and progress of higher education, the psychological health education of college students should be taken seriously. Therefore, in this paper, the analysis of the choice of psychological intervention methods for college students from the perspective of international comparison is proposed. After the students study psychology seriously, they have certain understanding of psychology. When encountering psychological problems, first of all, they can adjust their psychological state, not be impatient, and let their negative concepts dissipate as soon as possible. Taking part in psychological counseling as much as possible is also one of the effective methods of psychological intervention for college students, which can make students contact the society. Schools should set up a team of high-quality psychological intervention teachers to regularly conduct psychological census for students in view of their psychological problems. They can also conduct psychological intervention for students through invisible new media. Through analysis, it is known that psychological intervention can lead college students to establish a correct outlook on life and values.

**Keywords:** College students; Psychological problems; Psychological intervention; Psychological health

## 1. Introduction

Psychology is the science that studies the laws of psychological development and the characteristics of psychological changes. In international comparison, psychology has great influence, and it also bears tremendous social responsibilities in the world. Especially the psychological problems of college students are very easy to be concerned. College students are more likely to have some negative psychology such as autism and loss. Therefore, it is very important to do a good job in psychological intervention. Only by stabilizing college students' impatience and resolving the contradictions among them can we the growth of college students. This paper analyzes the choice of psychological intervention methods for college students from the perspective of international comparison, and trains excellent successors and builders for the future development of China.

## 2. Study Psychological Knowledge Seriously

In international higher education, the course of psychological health education for college students is a compulsory course. For teachers, a good psychological health education course can be used to understand the psychological state and problems of the college students; for students, a good psychological health education course can help them learn psychological health knowledge and know their own psychological change regularity at any

time. The psychological health education course for college students can solve and prevent the psychological problems of college students. It is also the main channel and key to effectively improve the behavior and psychological quality of college students. The way for college students to learn the course of psychological health education more systematically is to master basic psychological knowledge and learn to control their own psychology [1].

The International Education Department stipulates that the course of psychological health education for college students should run through the whole higher education. From the first grade to the fourth grade, the course of psychological health must be arranged. It can be used as a compulsory course or as an optional course to ensure that every student receiving higher education can systematically acquire psychological knowledge. The opening of psychological courses provides a very favorable condition for further understanding of students.

There are differences between the psychological health course and other subjects. Psychological health course can help students communicate with each other, experience different emotions, and adjust their emotions in a timely manner through inspiring, interactive, and real-life experiences. According to the actual psychological situation of students, students are organized to participate in discussion, experience and training. As a result, college students will become more and more interested in the

psychological health course. Students can actively participate in classroom interaction. Students generally believe that this course can change themselves, inspire their souls and benefit them for the rest of their lives. They can realize the importance of the course, and they cherish the opportunity to learn psychological knowledge. They can open, relax, and express themselves in all kinds of occasions and activities. They can also understand themselves in an all-round way and promote the development and growth of their own mind.

### **3. Learn to Adjust the Psychological State**

Each of us bears different social responsibilities in life and study, and we have different psychological problems when we assume social responsibilities. With the increase of learning pressure, students' emotions, thoughts, and interpersonal relationships are changing, which also causes many college students to have psychological problems. International surveys show that the number of contemporary college students who have dropped out of school due to psychological problems has reached about 50% of the total number of students who have dropped out of school, and suicide ranks first. Therefore, we must learn to adjust psychological state.

Learning to adjust the psychological state is the fundamental way to prevent and solve psychological problems. Self-regulation is the main way to maintain psychological health and improve psychological quality. It is also the most effective and commonly used method of psychological health care. Tension of interpersonal relationships, inadaptability of new environment, pressure brought about by study and life, emotional problems, family factors and external environment will cause students to have negative emotions. These negative emotions will not vanish into thin air, so students can only adjust themselves, otherwise negative emotions accumulated to a certain extent will cause psychological crisis, resulting in unimaginable harm.

When self-adjusting, you should set a real and effective goal for yourself, let yourself have the motivation to solve problems, and transfer the psychological pressure brought by negative emotions. When you find yourself depressed, you should first learn to vent, such as outdoor activities, singing, chatting with friends, etc., to reduce the harm of negative emotions to yourself. Some students are more emotional and easily impulsive when they encounter things. At this time, they should stabilize their emotions, do more things they like, enrich their spare time, relax themselves physically and psychologically, and always maintain a happy and optimistic smile and a stable and positive attitude.

### **4. Participate in Social Practice Activities Actively**

Social practice activities play an important role in the psychological development of college students. In participating in social practice activities, college students can contact groups with different interests, hobbies and temperaments, make friends with like-minded people, find partners with the same interests, and communicate emotions together, so that college students can open their minds and speak freely [2]. Such exchanges can make college students have a sense of psychological security, and they will soon establish trust and relax their minds.

College students' participation in social practice activities can enhance students' understanding of the society, help students' physical and psychological growth, and improve students' ability to solve problems. Participating in social practice in psychology, such as volunteers in psychological health forums, psychological health test, psychological salon, etc., students can show their talents in the activities, give play to their own advantages, and let them improve their social skills, enhance self-confidence and strengthen communication skills in the intense school life.

In school, students should listen to as many academic reports as possible; outside school, they should take part in more social practice activities, let theory unlock the shackles of happy souls, broaden their horizons, open the doors and windows of their hearts with smart minds and friendly hearts, and experience the happiness brought by growth. Good growth space and pleasant learning atmosphere can enable college students to exercise their abilities, temper their will and promote personality development. Positive attitude and determination to become talented can make college students' personality highly improved.

In a word, college students should fully expand their comprehensive quality, increase social experience, supplement their own shortcomings, cultivate their practical ability, grasp their psychological emotions, enhance their external charm and social ability, face up to their psychological problems and learn to solve their own problems.

### **5. Initiative to Participate in Psychological Guidance and Counseling**

Colleges should often arrange professional psychological counseling teachers to help students carry out psychological health education, so that students can correctly recognize their own psychology and eliminate negative emotional psychology. Psychological guidance and counseling are the top priorities of higher education. The diversity of social development and the complexity of college students' psychology can solve the special psychological problems of students. Group guidance is efficient, diverse and interesting, and can effectively mobilize students' enthusiasm. Group counseling has a wide influence and relatively strong appeal. In group counseling, students can understand each other, communicate with

each other, support each other, brainstorm and speed up problem solving.

Some students who have not solved their psychological problems by psychological guidance should receive psychological counseling in time. Psychological counseling includes individual counseling, group counseling and other different counseling methods. Psychological counselors ask college students about their psychological problems, help them solve their psychological problems, restore psychological pressure and balance, eliminate negative psychological shadow, and let them always maintain a healthy and positive psychological state.

In the process of group training, psychological counselors should not simply teach students the training content, but design training courses carefully before training, fully mobilize the enthusiasm of students to answer, take students as the main body, let students experience different emotional atmosphere, and remove the psychological shadow of students. Group training pays more attention to the mutual sensing effect among students. In an open, relaxed and free atmosphere, college students can feel the process of interaction and mutual assistance, so that they can integrate into the group [3], feel the charm of the group, improve their psychological quality, and participate in psychological guidance and counseling, which will make students more adapt to the society and understand the society.

## 6. Perform Regular Psychological Census

Psychological guidance and counseling can help college students solve their psychological problems. At the same time, college students should regularly conduct psychological census to establish students' psychological health records in schools, which can help students adapt to the learning environment of international higher education. The psychological census can timely understand the psychological state of each college student, and through psychological counselors to teach students basic psychological professional knowledge, college students can be cultivated to develop healthy psychological life habits.

It is necessary to expand the scale of the psychological census, establish a complete census system for screening, intervention, and tracking, and set the census objects to be freshmen and seniors, because the students of these two grades are in the transition period of identity role, freshmen are faced with the changes in the environment and the changes in education level; senior students are faced with the changes of identity and the test of employment problems [5]. Therefore, college students in these two grades are very prone to psychological problems. Therefore, it is indispensable to establish a psychological intervention system, avoid emergencies, and assign responsibility systems in a timely manner.

## 7. Establish a High-quality Team of Psychological Intervention Teachers

First of all, it is necessary to set up full-time positions to manage student psychological intervention and student ideological education. At present, various higher education schools have basically set up specialized departments and full-time positions, such as psychological counseling centers, psychological census centers, and psychological intervention centers. However, not only should colleges set up full-time departments, but also full-time positions should be set up in every secondary college. The general manager of this position should be the Party committee secretary of each secondary college. Specific work should be allocated to full-time personnel. If there is tension in personnel allocation, full-time personnel can also let counselors or professional teachers who have received professional training act as [5], because the counselors and teachers who often come into contact with students can have a deeper understanding of students, they can have a better understanding of students' personality characteristics and family background, and can quickly and accurately analyze the causes of psychological crisis, which can effectively speed up work efficiency and help students solve psychological problems in a practical way.

Secondly, teachers must attach great importance to the ideological education of college students, and strengthen the awareness of students' psychological intervention through positive communication with students. Not only does the psychological counseling department manage the psychological intervention work of college students, but also the counselors, class teachers and professional teachers have to take responsibility, because most of the students' life in school is spent in the classroom. While teachers and assistants teach students knowledge, they also convey positive energy and valuable ideas to students through their years of experience, timely discover the emotional changes and cognitive misunderstandings of students, and make reasonable psychological interventions appropriately.

## 8. Use new Media for Psychological Intervention

New media has been fully integrated into all corners of society, but in psychological intervention, we can interact through chat tools such as micro-blog, Momo, post bar and so on. This kind of psychological intervention can be brought into the virtual network, thus stimulating students' initiative to express themselves, and playing a positive role in shortening the distance between teachers and students [6].

At the same time, new media has become the main means of psychological counseling among friends. People with similar age can help each other to provide

psychological counseling, persuasion, comfort, support and help by talking together. At present, the orientations of college students' psychological problems lie in employment, emotions, dealing with things, interpersonal communication and learning. When they find themselves in trouble, they often seek help and talk with friends or vent with friends. When introverted students encounter psychological problems, they can use new media to communicate with others, which can achieve twice the result with half the effort.

## 9. Conclusion

The academic research of international colleges is updated increasingly, and the psychological problems of college students are also increasing gradually. It is difficult for international colleges to make breakthroughs in the construction of psychological theory in a short period of time. Therefore, it is necessary to strengthen the training of psychological teachers, theoretical study, professional ability training, and the improvement of psychological intervention system. In order to effectively reduce the incidence of college students' psychological problems, it is necessary to lead college students to establish a correct outlook on life and values. It is hoped that this

paper can provide a favorable basis for the analysis of the choice of psychological intervention methods for college students from the perspective of international comparison.

## References

- [1] Song Yinglu. Discussion on the Intervention Ways of College Students' Psychological Crisis Events. *Knowledge Economy*. 2014, (24), 132-132.
- [2] Wang Bin. Effect of Different Exercises on Intervention of College Students Anxiety. *Chinese Rural Health Service Administration*. 2016, (12), 1593-1595.
- [3] Duan Shuilian, Pi Huaying. Research on College Students' Psychological Health Education from the Perspective of Positive Psychology - From the Intervention of Social Anxiety. *Heilongjiang Education (Higher Education Research & Appraisal)*. 2014, (9), 86-87.
- [4] Long Liqun. Research on the Intervention of College Students' Psychological Capital from the Perspective of Human Resources Development. *Human Resource Management*. 2012, (12), 164-168.
- [5] Liu Hongyu, Wei Dongmei. Case Analysis and Strategy of College Students' Psychological Crisis Intervention. *Journal of Hubei University of Science*. 2008, 28(1), 108-109.
- [6] Chen Miao. Analysis of Effective Ways of College Students' Psychological Crisis Intervention from the Perspective of New Media. *Science Exploration*. 2016, (6), 76-79.