

Analysis of Causes and Prevention of Depression among College Students

Chengyan JIANG, Jia LIANG
Chongqing Jiaotong University, Chongqing, CHINA

Abstract: At present, commit suicide events are not uncommon in college students. The problem of College Students' depression has aroused great concern of the society. In this paper, combined with the characteristics of college students, physical, psychological and environmental factors, we analyzed the causes of depression in College students deeply and put forward the control strategies that psychological health education of college students should be based on the school education, family education and self-education.

Keywords: College students; Depression; Factorial analysis; Control strategy

1. Introduction

"Whether we are willing or not, we are entering the era of mental illness, and facing serious challenges in mental health." He Linqiang, who is the academician of Chinese Academy of Sciences, said in the seventy-third session of the East Science Technology Forum. Currently, there are about three hundred and forty million depression patients around the world. There are about 10 to 20 million suicide attempts per year, and 45%--70% of them have obvious emotional depression. According to the World Health Organization recently released annual report on Mental Health revealed, depression will be ranked fourth of the world's ten largest disease to second, followed by cardiovascular disease around 2020. Depression is a leading cause of suicide which can't be ignored, and about 80% of all suicides with depression. College students are in a critical period of the preliminary formation of life, values and world outlook. They bear many learning, life and love troubles and confusion. At present, the society is not enough to pay attention to the problem of College Students' depression, only pay attention to their academic and physical health and neglect their mental health. Suicide, murder and other violent incidents which frequently happened in colleges and universities shocked people. The survey shows that a considerable number of college students have different degrees of mental disorders. Some students' psychological problems have reached a very serious degree. According to the survey: there are 30% of college students quit school or drop out due to emotional disorders or mental illness, and 30% of them have depression. It's important to help college students understand, face and solve the psychological problems related to depression, and care for college students' psychological health.

2. Symptom Expression

Depression, the main clinical manifestations of long-term depression, sadness, despair, irritable and so on, is a common mental illness. Patients with depression, anxiety, despair and heave great sighs all the day, and feel tired at the same time and lose interest in things. Intense depression patients are on tenterhooks all day and irritability which may be accompanied by hallucinations and delusions, or self-injury, self-mutilation and even suicide and murder. As a college student, in addition to the above symptoms, the most obvious behavior is to avoid social activities, self-closed, refuse to contact with people, attention is not concentrated, memory decline, etc. At the same time, depression can lead to insomnia, loss of appetite, weight loss, etc.

3. Cause Analysis

There are many reasons for the high incidence of depression among college students. This article, according to the characteristics of modern college students, analysis the reasons for the high incidence of depression from the physical, psychological, environmental and other aspects.

3.1. Physiological factor

Depression is a mental disease, but it also has the physiological influence factor. Physiological factors include genetic gene, central nervous system function and metabolism, endocrine, body disease and so on. When medical experts analysis patients' clinical detection data through modern science and technology, they found that more than 90% of depression patients have in the presence of brain dysfunction of nerve secretion.

A survey found that depression has a clear family concentration. Study data show that patients with depression have positive family history of up to 40%. Blood with depression, then oneself have of risk of depression will than the general population prevalence odds are 10 to 30 times higher, blood relationship between the nearer to the

probability of incidence of higher and higher. This fully indicates that depression has a family heritability.

3.2. Psychological factor

Psychological factors include personality factors, psychological quality and psychological reactions. Different individual psychological factors have different perception, thinking and stress response to different events. Psychological factors and physiological factors constitute the two important internal causes of depression.

1) Character

Each person has a unique character, a person has what kind of character in part by the innate genetic factors, and most of the decision by the family factors. The character of man is mostly set in childhood, and is closely related to the growth of the individual. Improper parental education and family environment are very easy to cause individual personality disorders and defects, which can't form a sound personality in the period of personality development in childhood.

2) Stress and self defense

Stress is a series of reaction mechanisms which are produced when the body is stimulated by the external environment and internal physiology or psychology. Self-defense is often accompanied with the emergence of the mechanism of stress which is the function of the body to counteract or alleviate the inner conflict and anxiety. When people are in a state of passion, through the self-psychological adjustment mechanism, the event with their own more acceptable way to explain or deal with, so as to reduce anxiety and restore psychological balance. As it is a double-edged sword, with good it can promote the healthy growth of self, in order to improve their own personality. If the long-term use of inappropriate self-defense style, it may lead to psychological problems or mental illness. Suddenly changes of life, such as their loved ones die, economic difficulties, suddenly suffering from major diseases, various unexpected incidents, may cause psychological barrier, lead to depression.

3.3. Environmental factor

Man is a social animal who can't be separated from the social environment, the environment and the individual growth phase. The relationship between college students, families, schools and social are inseparable, any one of the links if there is a problem, they may lead to cognitive, thinking and behavior and other aspects of deviation, resulting in depression.

1) Family

First of all, parents and children who were involved firstly constitute a family of the triangle in the family. Fei Xiaotong believes that the meaning of marriage is to establish the basic triangle of social structure, not only the combination of the two sexes, but also to establish a cooperative relationship between parents and children to be

responsible. A social person, first of all, is a family. The initial growth environment is family, and the impact on the individual is great. There are many factors may have certain influence on child, such as the parents of the impact of individual character, genetic, reproductive ages, the way of children education, family economic situation, lifestyle. Related research shows that more than 80% of the depression patients have a family relationship which is not harmonious and family life makes them feel pain. The quarrel between parents and even violence, to bring their children to the immediate side effects is uncomfortable, pain, lack of security sense, sensitive, suspicious, sense of inferiority and cowardice. As college students, but also not cause, the family is their haven, to provide them with the survival of life, they can't do without the family independence, the family is particularly important to them. Once the family problems, it will have a huge impact on their mental health.

2) School

The campus is the most important place for students to live and study. Students spend most of their time on campus. Most of the contemporary college students are the only child in the family, at home much loved and more spoiled, the lack of independent living skills. And students from all corners of the country, they have different living habit. There are many differences which will produce a lot of friction and cause the tension of interpersonal relationship. Many college students to the school life adaptation, school or professional don't like, and students get along well, coupled with the change of life style, the change of learning style, learning pressure, all the textual research of grading pressure, employment pressure, etc. may let students produce negative emotions. If you don't get timely and effective troubleshooting, it may lead to depression, anxiety, depression, and resulting depression finally.

3) Society

Social factor is a comprehensive factor which is more complex than the genetic or family reasons. Due to the lack of social experience, college students lack of judgment, it is easy to be affected by the impact of the outside world and have no positive health ideas. And now some of the media often report wantonly money worship, parents' privilege competition, their faces, violence and so on negative energy will have some adverse effects on College Students' mental health. At the same time, it is easy for college students to imitate some bad behavior, such as drinking, smoking and so on. The survey of Abiobun showed that college students with alcohol problems (alcohol dependence, alcohol abuse, and risky use) had significantly higher risk of depression than those who did not have an alcohol problem.

4) Intimate relationships

College students' love has become a common phenomenon, and even some people think that it is not normal to

fall in love during college. But according to the analysis of the survey of a university in Chongqing, 70% of College Students' love is because of lonely emptiness of life, through love this way, both sent extra time, and not because both sides have the common pursuit and value orientation, or because they recognized each other as their soul mates. This leads to the love of university that love behoove, rampant, which lack the careful manner. "Love becomes cheap and superficial, it is difficult for college students to grow up in love and learn to take their own responsibility." They hold the attitude of playing a game and will lose the proper growth and understanding in love, will have a negative impact on College Students' mental health. Even many people can't bear quarrel with the lovers, break up the pressure, which may make wounding or killing and suicide behavior and lead to consequences. And such reports are not uncommon.

4. Control Strategy

In this paper, we considering the above aspects and the following control strategies are given. Overall, the strategy should be based on College Students' self-prevention, social, school, family and other external prevention and treatment as a supplement.

4.1. Concern from school

1) *Early detection, timely intervention*

On the one hand, many college students lack basic understanding of depression who may have been suffering from depression and do not know. Without taking any treatment method and laissez faire make more serious development. On the other hand, students' self-blocking leads to the deterioration of the situation due to the fear of being discriminated against by others. Class leaders and counselors usually pay more attention to students' emotional changes, and communicate with students frequently. In communication to achieve respect for students, once found that there is a psychological problem, it should be timely psychological counseling.

2) *The promotion and popularization of mental health knowledge*

The mental health of college students is going from bad to worse, so it is urgent to strengthen the propaganda and popularization of psychological health knowledge. We should make college students have a basic understanding of the more common psychological aspects of the disease. And we should do early detection and prevention, enhance students' awareness of self-mental health to help them solve psychological problems, psychological adjustment and improve the ability of the psychological. The measure of open a psychological health class, hold lecture on mental health and distribute publicity and education materials should be taken to help college students out of the haze and have a healthy psychological.

3) *Improve the effectiveness of psychological consultation in Colleges and Universities*

At present, the work of psychological counseling in Colleges and universities is still to be strengthened. Many students may not know the school's psychological counseling room at where. And even in the heart of depression and mental illness, they also do not know where to go for help. At the same time, college counselors aren't professional enough to solve problems. They may not have the qualifications to conduct psychological counseling or even by ordinary teachers or counselors in the part-time. At present, there is an increasing demand for psychological counseling in the society, and there is an urgent need for colleges and universities. And the high cost of psychological counseling is often prohibitive for college students. Colleges should pay attention to this problem and employ full-time staff with relevant qualifications, create psychological counseling room, enhance the effectiveness of the work of psychological counseling in Colleges and universities.

4.2. Family education

1) *Educate their children properly*

As a child, parents should correctly educate him, guide him to use a positive attitude to face life and learning in the pressure and problems to forming a sound personality thereby. The parents should avoid fighting in front of children and violence against children, including the implementation of language violence against children. As much as possible to accompany, more care for children.

2) *Timely discovery*

Family members should pay more attention to each other's dynamic, mutual care. If it is found that children have depression signs, parents should take timely measures to take the children to the regular hospital to see a psychiatrist and perform psychological consultation. To parents, they shouldn't search for cure blindness and believe hearsay of certain books, theory and remedies. Specific issues need to be specific analysis of specific treatment. Do not give the child a negative stimulus, more care and encouragement to him. When children encounter problems in need of help, do his strong backing and guide him to actively solve the problem.

4.3. Self-prevention

1) *Build confidence*

As colleague students, you should establish a correct understanding of yourself and build up confidence and do not conceited or inferiority complex. Conceited people often can't afford to fight and become inferior. Inferiority people often feel that they have nothing to do and to be a obsequious. The only positive self-confidence can be neither humble nor pushy. Do the scope of your ability to work within the scope of your ability. If there are mis-

takes and failures, too much blame, lessons learned, believe in yourself, calmly, actively face.

2) Wide make friend

Depression patient like to escape reality, self-enclosed, feel no one cares and self-pity, vicious circle, and enhance mutual feelings of loneliness. And depression patients need to be treated with the help of the outside world. Patients need to force themselves to walk out of oneself in the world. And they need more contact with good things from outside, have more contact with friends, take part in more social activities went out for a walk, contact interesting people and things, cultivate some hobbies, be infected with positive emotions slowly to improve their situation.

3) Keep on taking exercises

Depression is often accompanied by anxiety, irritability, insomniac, and so on. Physiological discomfort reacted to the psychological discomfort and caused a negative impact to patient's condition. When these conditions occur, it is better to go out for some sports. Exercise needs to adjust the breathing, focus on thinking, pay attention to the coordination of the whole body up, and so as to temporarily ignore the depression and relax body. And the fatigue after exercise is also conducive to sleep.

5. Conclusion

The problem of College Students' depression has reached the point that can't be ignored. In addition to college students, themselves should pay attention to this problem, strengthen their self-cultivation, and actively face life. And parents should also be aware of the importance of psychological care for their children. The preventive measures of school and family should be combined, and the teachers and parents should have more communication. If the teacher found students psychological deviation, they should inform the parents to solve. We can make full use of the school and the family of the two

pairs of gentle hands to help children out of the depression. Only in this way, the effect of education can be maximized.

References

- [1] Li Shuying, Li Shuxia, The relationship between suicide and depression[M]. Chinese Community Doctors, 2006, (17): 5-5.
- [2] NigarG. Khawaja, KellyJ. Bryden. The development and psychomet ricinvestigation of the univesity student depression inventory[M]. Journal of Affective Disorders, 2006, 96:21-29.
- [3] Kong Fanyan, Emotional analysis and control strategies of college students with depression[M]. Journal of higher education, 2006(6): 62-64.
- [4] Kessler, R, McGonagle, K., Zhao, S., Nelson, C. B., Hughes, N., Eshleman, S., Wittchen, H. U., Kendler, K. S., Life-time and 12-month prevalence ofm DSM-III-R psychiatricdisorders in the Unit ed States[J]. Arch. Gen. Psychiatry 51, 1994: 8-19.
- [5] Song Fengning, Zhang Jing, Research on the early warning system of College Students' Psychological Crisis[M]. Journal of Guangxi Normal University: Philosophy and Social Science Edition, 2006(6): 110-113
- [6] Adbiodum O. Adewuya. Prevalence of major depressive disorder in Nigerian college students with alcohol-related problems[M]. General Hospital Psychiatry, 2005: 169-173.
- [7] Benton, S. A., Robertson, J.M., Tseng, W. C., Newton, F. B., Benton, S. L. Changes in counsel ing center client problems across 13 years[M]. Prof . Psychol. Res. Pract. 34. 2003: 66-72
- [8] MA Fu-quant. Research on the strategies of College Students' love and sexual mental health education[J]. Heilongjiang Researches on Higher Education, 2006 ninth: 2-9.
- [9] Wei Ying, Zhong Lifang. College Students Depression factorial and prevention of[M]. social psychological science, 2006 (6): 53-56
- [10] Liang Fengxiang, Traditional Chinese medicine prevention and treatment of senile depression[J]. Medical Information: a 2011 (9)
- [11] Wang Yunhao. Thinking about the problem of self[J]. Group of the world, 2012 (2): 121-122
- [12] Dong Jian. An analysis of College Students' psychological depression[J]. Journal of Chifeng University: science education, 2011 (12): 204-205