Study on the Causes of the Formation of College Students and the Mechanism of Crisis Assessment

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Abstract

The university students the reasons for the formation of the learning motivation, learning methods, learning ability, learning weak, learning strategies and other subjective factors, family reasons, school management, teaching methods, social environment and other objective factors. Is the high-risk groups of psychological crisis of students with learning difficulties, how to do the risk assessment mechanism is particularly important on the construction, students psychological crisis intervention evaluation mechanism is analyzed in detail in Colleges and universities.

Keywords: students with learning difficulties; psychological crisis; intervention; evaluation

The only child college students, poor students increased, academic, increase employment, and their emotional, emotional impulsiveness, strong sense of self, the characteristics of the value orientation of the complex, so that students in the students easily induced psychological crisis, even personality disorder, caused by extreme events. Campus prevention and intervention poor students psychological crisis, to progress to the individual talent, maintain the stable and harmonious development of the whole nation, to the country's future and destiny, are of great significance.
Analysis of the causes of psychological crisis in college students with learning difficulties

The causes of students with learning disabilities include learning motivation, learning methods, learning ability, learning weakness, learning strategies and other subjective factors, family reasons, school management, teaching methods, social environment and other objective factors.

1. The influence of self factors

1.1 Lack the ability of self-management, self lost. Contemporary college students are the only children, some students grew up in parents' care, have strong psychological dependence. Leave parents away from home, into a new living environment, there is a feeling of life can not be at a loss what to do. And since it is difficult to adapt to the collective life, completely don't know what I want. You should get what, finally, instead of studying.

1.2 Do not learn to adapt to college life, improper learning methods. Secondary education is education, in the process of learning is more passive learning, and university education is heuristic education. In the process of learning is more independent learning. Some students do not adapt to the campus life, does not have the correct learning methods the resulting grades plummeted, even termination of studies.

1.3 Learning objectives are not clear, learning attitude is not correct. Some of the students in the middle school during the college entrance examination as their motivation, after entering the university that has entered a "safe", the error that the university well mixed, relax to own request, a serious lack of long-term goals, slack, lead the grades plummeted.

1.4 Not satisfied with the professional, low degree of recognition. Some students completing the college entrance examination is ordered by parents, or to adjust the school, for their choice of professional school after he found himself absolutely ignorant of, is not interested in this profession, there are serious psychological rejection caused by the lack of learning motivation, achievement as other students, even some students will choose to drop out or to attend the university entrance exam to enter into society.
2. Influence of family factors

2.1 Family education improper way. Some parents spoil their children, no conditions to meet the material needs of children, causing children to pleasure, no learning. Some parents to their children too high expectations, forcing children to learn, only value scores, if the result is not ideal, he scolded even with the most outrageous behavior to educate their children, the child mental capacity is weak, will produce antagonistic psychological and emotional weariness.

2.2 The lack of care for special family. In the special families of divorced parents, life frustrated students, they can not enjoy the warmth of the family. The lack of care will lead them withdrawn and introverted, often because of family chores and affect learning. There are some from the remote mountainous areas, rural students from poor families, are not guaranteed in the economy on life and superior students great contrast, psychological burden, mental weariness will have low self-esteem.

3. The influence of school factors

3.1 The problems in student work. The development of college student work pays more attention to the development of activities, while ignoring the theoretical research and the correct guidance of students' ideological behavior, so that ideological and political education can not play its core function.

3.2 The problems in teaching work. The rules of academic titles evaluation in universities, which emphasize teaching and research and neglect teaching, make some teachers' teaching methods monotonous, classroom atmosphere dull, and theory divorced from reality. This phenomenon leads to a decrease in students' interest in learning and a truancy and truancy.

4. The influence of social factors

4.1 Employment competition, causing the students' psychological imbalance. With the rapid development of higher education, college graduates a year of rapid growth, in the face of the severe employment situation, many students think that reading useless, the relationship between the first, second is good, not marry well, deviation from this understanding and wrong ideas, leading to learning motivation fall, even give up their ideal.
4.2 Internet addiction, unable to extricate themselves. Internet addiction is currently one of the important causes of students by academic warning. Some students play QQ, brazenly in class game, even WeChat, all through the night to watch movies, video chat and other life. The negative impact of the network has gradually penetrated into their learning, social and other fields, so that the addiction fascinated, unable to extricate themselves, and then falling grades, physical and mental health have negative effects.

**Construction of psychological crisis intervention assessment mechanism for college students with learning difficulties**

Study of high-risk groups of poor students as the psychological crisis, how to do the risk assessment mechanism is particularly important. Because in crisis intervention, assessment activities is also very important, because it can help the crisis intervention workstation determined: (1) the severity of the crisis; (2) the crisis human's emotional state; (3) action plan), alternative coping mechanisms, other resources support system and the parties can use; (4) the possibility of Dutch act or wounding.

While the severity of crisis evaluation based on two aspects, namely the subjective feeling and objective judgment of the parties' intervention. Intervention based on an objective assessment of the parties in the following three aspects: emotion (affective) activity, behavior (behavioral) activity, cognitive function evaluation (cognitive) state of action, referred to as the evaluation of ABC, also known as three-dimensional evaluation model. And the 3D Assessment Scale (Triage Assessment Form, TAF) from a number of aspects of the severity of the crisis of rapid assessment.

From the outbreak of the psychological crisis to solve the psychological crisis, assessment activities (psychological and biological evaluation is essential) is a core, throughout the process of psychological crisis. According to the evaluation results can adjust the intervention process at any time, psychological intervention in the course of listening is one of the most basic techniques, including effective listening and communication attention, empathy, sincerity, acceptance. Intervention strategies include non guidance, cooperation, and flexible use of various referral resources. The main interpersonal skills include: attention, listen, communicate, express themselves to his empathy, the parties to understand and accept, make a sincere response. Paul party security. Only the parties in the initiative, balance, autonomy and other aspects fully recovered to pre crisis levels, crisis intervention worker came to an end, but it doesn't mean that they no longer need to develop sense or long term therapy or
medical treatment.

Finally, we must strengthen the university students mental health status of understanding and grasp, and truly find timely solutions to the problem, let all the psychological crisis has not been able to appear to solve, take precautions for psychological crisis intervention for students with learning difficulties, and promote the benign development of the mental health problems of College Students.

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