

Study on Factors Influencing College Students' Mental Health

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ABSTRACT

Taking the mental health of college students as the research object, this paper discusses the family factors, personal factors, school factors and social factors affecting the mental health of college students. It is concluded that family education and family atmosphere in family factors, personality characteristics and ability to cope with stress in individual factors, education mode and psychological counseling services in school factors, and social support and social environment in social factors all have an impact on college students' mental health. This study provides theoretical basis and practical guidance for college students' mental health education, which is of great significance for promoting college students' mental health.

KEYWORDS

College Students; Mental Health; Influencing Factors; Family Factors; Personal Factors; School Factors; Social Factors.

1. INTRODUCTION

With the increasingly fierce competition in the society, college students are facing great psychological pressure, and the problem of mental health has gradually attracted widespread attention. Mental health has an important impact on college students' academic, interpersonal relationship and future development. The purpose of this paper is to explore the influencing factors of college students' mental health, and the results of the study will provide useful insights for families, schools and society to carry out mental health education, which will help to improve the mental health of college students and promote their healthy growth.

2. ANALYSIS OF FACTORS INFLUENCING COLLEGE STUDENTS' MENTAL HEALTH

2.1. Family Factors

2.1.1. Family Education

Family education is one of the important influencing factors of college students' mental health. Family education includes parents' education style, family's education environment and the mutual relationship among family members, etc. First of all, parents' education style affects college students' mental health. First of all, parents' education style has an important influence on college students' mental health. Parents' overly strict or overly laissez-faire education will have a negative impact on college students' mental health. Too strict education will lead to anxiety, depression and other psychological problems, while too laissez-faire education will lead to a lack of self-confidence and a weak sense of responsibility. Secondly, the educational environment of the family also has an important impact on the mental health of college students. Harmonious family education environment

is conducive to the formation of healthy psychological state of college students, while a tense family education environment is likely to lead to psychological problems of college students. Finally, the relationship between family members also has an important impact on the mental health of college students. Mutual support, love and understanding among family members are conducive to the formation of positive psychological state of college students, while mutual blame, indifference and misunderstanding are likely to lead to psychological problems of college students. Therefore, family education is an important influence on college students' mental health, which needs to be emphasized and improved.

2.1.2. Family Atmosphere

Family atmosphere refers to the mutual relationship between family members, communication style, emotional expression, as well as the support and expectation for individuals. Family atmosphere has an important influence on the mental health of individuals, especially on the development of college students' mental health plays a crucial role.

First of all, the interrelationships and communication styles among family members have a direct impact on the mental health of college students. In a harmonious family environment where members respect, understand and care for each other, college students can feel the warmth and support of the family, which helps to form a positive mindset and healthy psychological quality. In contrast, in a family environment with strained relationships and insufficient communication, college students may feel pressure and loneliness, and are prone to psychological problems [1]. Secondly, emotional expression in the family atmosphere also has an important impact on the psychological health of college students. Family members express emotions through language, body language and facial expressions, which play a positive role in the emotional development and psychological adjustment of college students. Positive emotional expression can enhance college students' self-confidence and self-esteem, and help them cope better with frustration and stress. On the contrary, a family atmosphere that lacks emotional expression may lead to barriers to emotional communication and increased psychological distress among college students. In addition, family support and expectations for college students also have an impact on psychological health. Family members' support and encouragement for college students' academic, career, and personal development can enhance college students' motivation and confidence, and help them face challenges and stress positively. However, if families expect too much or give too much pressure to college students, it may lead to psychological problems such as anxiety and depression [2].

To summarize, family atmosphere has an important influence on the psychological health of college students. Harmonious family relationships, positive emotional expression and support and expectations are all important factors in promoting the psychological health of college students. Therefore, in order to maintain and promote the mental health of college students, it is necessary to pay attention to the construction of family atmosphere and create a warm, understanding and supportive family environment.

2.2. Personal Factors

2.2.1. Character Traits

Character traits have an important influence on college students' mental health. Personality is a trait of one's behavior, thoughts and feelings, which determines how an individual adapts to the environment, handles stress and interacts with others. Positive personality traits, such as optimism, self-confidence, resilience, and self-control, help individuals maintain a positive mindset in the face of challenges and difficulties, and cope with stress effectively, thus maintaining mental health. On the contrary, negative personality traits, such as pessimism, low self-esteem, sensitivity and anxiety, may cause individuals to fall into negative emotions and have difficulty in adjusting their mindset in the face of setbacks, which in turn affects psychological health [3].

The influence of personality traits on college students' mental health is mainly reflected in the following aspects: first, personality traits affect individuals' coping strategies. Optimistic and positive people are more inclined to adopt positive coping methods, such as seeking help and pouring out their emotions, which helps to relieve stress and negative emotions. Negative individuals, on the other hand, may adopt unhealthy coping styles such as avoidance and self-doubt, leading to the accumulation of psychological problems. Second, personality traits affect an individual's interpersonal interactions. Cheerful and friendly personality traits help build good interpersonal relationships, provide emotional support, and are conducive to mental health. Lonely and introverted personality traits may lead to individuals' lack of social interaction, increasing the risk of psychological isolation and depression. Finally, personality traits influence an individual's psychological quality. Confident and resilient personality traits enable individuals to better adapt to changes and challenges and maintain psychological balance. And the character traits of lack of confidence and easy anxiety make individuals prone to psychological fluctuations when facing difficulties, affecting psychological health.

In order to improve the mental health of college students, educators and mental health workers should emphasize the impact of personality traits on mental health and take effective measures to promote the development of positive personality traits in students. This includes carrying out mental health education to help students recognize and understand the impact of character traits on mental health, and cultivate positive character traits such as optimism, self-confidence, and resilience; providing personalized psychological counseling and tutoring to help students adjust their negative character traits and improve their ability to cope with stress; and creating a good campus atmosphere, encouraging students to actively participate in club activities, enhancing interpersonal interactions, and improving the level of social support. Through these measures, it helps to improve the mental health of college students and promote their overall development.

2.2.2. Ability to Cope with Stress

The ability to cope with pressure is another important factor affecting the mental health of college students. College students face pressures from various aspects such as academics, employment, interpersonal relationships, etc. How to effectively cope with these pressures has a direct impact on their mental health status [4].

First, individual differences make college students show different characteristics in coping with pressure. Some students have strong coping ability, they can positively face the pressure, adjust their mindset and take effective strategies to cope with it. This kind of positive coping helps to relieve stress and maintain mental health. While some students have weak coping ability, they may feel helpless and anxious when facing pressure, and are unable to take reasonable measures to alleviate pressure, thus negatively affecting their mental health. Secondly, social support is important for college students to cope with stress. Support from social relationships such as family, friends and teachers can help college students cope with stress better. Social support can provide emotional comfort, information help and behavioral encouragement, so that college students can feel care and warmth in the face of stress, thus reducing the negative impact of stress [5]. In addition, mental health education and psychological counseling services also have an important impact on college students' ability to cope with stress. Through mental health education, college students can learn effective methods and techniques to cope with stress and improve their psychological quality. The psychological counseling service, on the other hand, provides a professional and safe psychological support platform for college students, enabling them to talk about their troubles and get targeted advice and help.

To summarize, the ability to cope with stress is an important factor affecting the mental health of college students. In order to improve the mental health of college students, it is necessary to focus on and promote the enhancement of college students' ability to cope with stress from various aspects such as family, individual, school and society. This includes strengthening family education to

cultivate positive coping styles among college students; providing adequate social support to help college students cope with stress; and strengthening mental health education and psychological counseling services to improve the psychological quality of college students. Through these measures, it helps to maintain and promote the mental health of college students.

2.3. School Factors

2.3.1. Education Mode

First of all, China's higher education focuses on knowledge transfer and academic research, and students face greater academic pressure in the learning process. A single criterion of judgment, such as examination results, may lead students to pay too much attention to grades, resulting in anxiety and stress. In addition, excessive competition and unfair distribution of resources may also make students feel injustice and frustration, affecting their psychological health. Secondly, the education model has an obvious impact on the personality development and psychological quality cultivation of college students. An education model that emphasizes too much on scores and rankings may cause students to focus too much on gains and losses and have a lower psychological tolerance. On the other hand, an education model that emphasizes the cultivation of students' comprehensive qualities can help improve students' mental toughness and enable them to better face the challenges in life and study. In addition, the education model also has an impact on the interpersonal skills and social psychology of college students. An educational model that overemphasizes academic performance may cause students to neglect the cultivation of interpersonal skills, thus encountering difficulties in social interaction and developing a sense of loneliness and social fear. Finally, the education model has a profound impact on college students' values and outlook on life. An education model that emphasizes too much on utilitarianism and practicality may lead students to pursue material benefits too much and neglect spiritual pursuits. On the other hand, an education model that emphasizes on comprehensive development can help cultivate students' values and outlook on life, and make them maintain a positive mindset when they face difficulties in life.

To summarize, education mode has an important impact on the mental health of college students. In order to promote the mental health of college students, education departments and colleges should pay attention to the reform of the education model, focus on cultivating the comprehensive quality of students, reducing academic pressure, improving interpersonal skills, as well as cultivating correct values and outlook on life.

2.3.2. Psychological Counseling Services

First of all, psychological counseling provides a platform for college students to talk and solve problems. Troubles encountered in academics, interpersonal relationships and future planning can be professionally guided and helped in the counseling process. Through listening and understanding, counselors help students identify their inner problems and find ways to solve them, thus reducing psychological pressure. Secondly, psychological counseling can help college students establish correct self-knowledge. In the process of growth, college students face the exploration of self-identity and self-worth. Counselors assist students in understanding themselves deeply, recognizing their strengths and weaknesses, and forming a positive self-image. This helps to improve students' self-confidence and self-esteem, and enhance their ability to cope with life's challenges. In addition, counseling also focuses on the psychological growth and development of college students. Counselors guide students to reflect on their own behavior and thinking patterns, help them learn to think differently, empathize with others, and improve their interpersonal skills. At the same time, counselors also teach students psychological adjustment skills, such as emotion management and stress coping, so that they can maintain an optimistic and positive mindset in the face of adversity.

However, there are still certain problems in the psychological counseling services for college students in China. Firstly, psychological counseling resources are insufficiently equipped to meet the needs of the majority of college students. Secondly, some students have misunderstanding about psychological

counseling, thinking that seeking help means they have problems, which leads to the low utilization rate of psychological counseling. In addition, the professional quality and ability of counselors need to be improved.

In order to improve psychological counseling services for college students, schools and education departments should increase the investment in psychological counseling resources and improve the professional level of counselors. At the same time, through publicity and education, they should eliminate students' prejudice against psychological counseling and encourage them to take the initiative to seek help when they encounter psychological distress. In addition, mental health education courses can be carried out to teach students psychological adjustment skills and improve their psychological quality.

In conclusion, psychological counseling services play an important role in the mental health of college students. By optimizing psychological counseling resources and improving service quality, we can escort the psychological health of college students and promote their overall development.

2.4. Social Factors

2.4.1. Social Support

Social support refers to the emotional, material or informational support that an individual receives from the social network when facing difficulties or pressure. Social support has an important impact on college students' mental health.

First of all, good social support can provide college students with emotional comfort and help them cope with frustration and pressure in life. In the communication and interaction with others, college students can share their joys and sorrows and reduce their psychological burden. Secondly, social support can provide college students with practical information and resources to help them solve practical problems, thus reducing psychological pressure. In addition, social support can help college students establish good social relationships, improve their social adaptability and enhance self-confidence. However, the extent to which social support affects college students' mental health is influenced by a variety of factors. First, the source of social support affects its effect. Support from multiple sources, such as family, friends, and teachers, is more stable and powerful, and has a more significant effect on mental health. Second, the quality and manner of social support can also affect mental health. Positive, sincere and supportive support is more helpful in relieving psychological stress, while negative, false or inappropriate support may have negative effects. In addition, individual differences in college students also affect the role of social support on mental health. College students with different personality traits, values and psychological needs perceive and utilize social support differently.

In order to improve the mental health of college students, it is necessary to strengthen the construction of social support system. First, families, schools and society should emphasize the emotional needs of college students and provide timely and effective emotional support. Second, mental health education should be strengthened to improve college students' ability to recognize and utilize social support. In addition, a sound psychological counseling and service system should be established to provide college students with specialized psychological support. Through these measures, it helps to improve the mental health of college students and promote their overall development.

2.4.2. Social Environment

Social environment is one of the important factors affecting the mental health of college students. Social environment includes social culture, social relations and social events, which have direct or indirect influence on college students' mental health.

First of all, social culture has an important influence on college students' mental health. Social culture includes values, moral concepts, aesthetic concepts and so on, which have a profound influence on

college students' ideology and behavior. Different cultural backgrounds and values will lead to different psychological reactions when college students face life events. At the same time, social and cultural changes will also have an impact on the psychological health of college students, such as fierce social competition and increased employment pressure, all of which will bring psychological pressure to college students. Secondly, social relationships also have an impact on college students' mental health. As college students are in their growing stage, social relationships are crucial to their mental health. Good interpersonal relationships can provide emotional support and help college students cope with stress and difficulties. However, poor interpersonal relationships, bullying, social exclusion and other problems may trigger psychological problems in college students. In addition, social events can also have an impact on college students' mental health. Social events include natural disasters, political events, economic development, etc., which have a direct impact on college students' living environment and psychological state. For example, natural disasters may cause college students to lose their loved ones, property, etc., triggering psychological trauma; political events may trigger anxiety and worry among college students; unbalanced economic development may increase the employment pressure of college students, and so on.

To summarize, social environment is an important factor affecting college students' mental health. Aspects such as social culture, social relations and social events have direct or indirect effects on college students' mental health. In order to maintain the mental health of college students, we should pay attention to the changes in the social environment, provide good social support, strengthen mental health education, help college students establish correct values and the ability to cope with stress, and provide the necessary psychological counseling services in order to promote the development of college students' mental health.

3. CONCLUSION

Regarding family factors, the study found that family education style and family atmosphere have an important influence on college students' mental health. Democratic and cozy family education style and family atmosphere are conducive to the formation of healthy psychological state of college students, while authoritarian and indifferent family environment is likely to lead to psychological problems of college students. As for personal factors, college students' character traits and their ability to cope with stress have a significant impact on their psychological health. College students who are cheerful and positive are more likely to maintain psychological health, while those who are introverted and negative and depressed are more likely to have psychological problems. In addition, college students with good ability to cope with stress are better able to adapt to college life and maintain psychological health. As for school factors, the education model and psychological counseling services have an important impact on the psychological health of college students. A student-oriented education model is conducive to cultivating a positive mindset in college students, while an education model that ignores individual differences in students is likely to lead to psychological problems. In addition, the quality and effectiveness of school counseling services play an important role in the mental health of college students. As for social factors, social support and social environment have an important influence on college students' mental health. Good social support can help college students cope with stress and maintain mental health. While poor social environment will increase the psychological burden of college students and affect their mental health.

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