

Recognition of Common Mental Disorders of College Students

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Abstract

The psychological problems of college students are the problems that colleges and universities pay attention to. In the era of big data on the Internet, social media and information on the Internet are not only convenient for college students to study, live and work, but also easy to cause conflicts between College Students' ideals and reality. In addition, various problems such as learning pressure, emotional pressure, family relationship and employment pressure make College Students' psychological problems more and more serious. The mental disorders of college students lead to the emergence of psychological crisis, affect the physical and mental development of college students, and even more seriously endanger life. Accurate and rapid identification of mental disorders of college students can effectively prevent and reduce the harm and impact of mental disorders of college students, so as to build a harmonious and healthy campus.

Keywords

College student; Mental disorder; Distinguish.

1. Types of Common Mental Disorders of College Students

1.1. Anxiety Disorders

Anxiety disorder is characterized by extensive, persistent anxiety or recurrent panic disorder, often accompanied by autonomic nervous dysfunction, muscle tension and motor restlessness. The cause of anxiety disorder is not very clear now. It may be related to genetic factors, personality, adverse life events and physical diseases. In our country, the incidence is about 5%. Anxiety disorder is generally divided into chronic anxiety disorder and acute anxiety disorder.

1.2. Obsessive Compulsive Disorder

Obsessive-compulsive disorder is a kind of mental disorder which can't be controlled. It is a kind of neurological disease mainly manifested by compulsive thinking and behavior. In short, obsessive-compulsive disorder patients will have some mental manifestations of compulsive behavior and forced thinking. Another condition for OCD is that when this kind of forced thinking occurs, or when the forced behavior occurs, an anti compulsion must also occur. He believes that this kind of concept or this kind of behavior is not correct to prevent the occurrence of this psychological phenomenon. Obsessive-compulsive disorder may seriously affect college students' life, study, work and social functions.

1.3. Stress Disorder

Stress disorder is actually a kind of stress reaction when a person is suffering from a major psychological trauma. Stress disorder can be divided into acute emergency disorder, post-traumatic emergency disorder and adaptive disorder. Acute stress disorder refers to sharp and severe mental attack, which occurs in minutes or hours after stimulation, mainly manifested as consciousness disorder, narrow scope of consciousness, disorientation, lack of order in speech, slow perception of surrounding things, personality disintegration, strong fear, psychomotor excitement or psychomotor inhibition. Posttraumatic stress disorder is also called delayed psychogenic response. It refers to the mental disorder that occurs within months to half a year

after a severe or catastrophic mental injury event. Maladjustment refers to the occurrence of reactive emotional disorder, maladjustment disorder and impairment of social function after encountering stressful life events on the basis of susceptible personality.

1.4. Depression

Depression, also known as depressive disorder, is the main type of mood disorder, which is characterized by significant and lasting depression. Many people attribute depression to problems in personality or psychology, thinking that only introverted people will suffer from depression. In fact, depression is not a simple psychological problem, cheerful people will also get depression. It is related to the dysfunction of norepinephrine, dopamine and other neurotransmitters, leading to the brain always transmit some unpleasant information, and adverse events are just incentives. Depression is not the same as depression. Depression is a serious mental syndrome, which includes not only depression and sadness, but also loss of interest, fatigue, anxiety, anorexia or overeating, insomnia or drowsiness.

1.5. Bipolar Disorder

Bipolar disorder is a mental disease characterized by abnormal high or low emotion. It has manic state and depressive state. It can recur in the same patient intermittently or in one state. It has periodicity and remission. Epidemiological survey abroad shows that the prevalence rate is 1% - 3%, and the peak age of onset is 15-19 years old.

2. Basic Dimensions of Mental Disorders Assessment

On the surface, it seems very simple to understand mental disorders. However, it is not easy to accurately grasp and identify the standards of mental disorders. The basic dimensions of mental disorder assessment can be grasped from three aspects: cognition, mood and behavior. Cognition refers to perception, thinking, memory and attention. For example: a student's academic performance obviously declines, memory, attention cannot be focused or accompanied by auditory hallucinations. The so-called mood refers to depression, anxiety, emotional instability or excessive emotion, which lasts for a long time and has great intensity. For example: a student lost hundreds of yuan, resulting in lasting depression, the second week because of this depression. The so-called behavior refers to eccentric, different from ordinary people. For example: in the evening, everyone else in the dormitory goes to bed, but they are washing their socks. The reason is for fear of smelling other people.

3. How to Identify Common Mental Disorders of College Students

3.1. Anxiety Disorders

Anxiety disorder can be identified from three aspects. The first is that the emotional aspect is in a state of tension and fear. For example: nervous before the exam, frequent toilet. The second is that there will be many autonomic nerve manifestations on the body level. For example: palpitation, muscle tension, dyspnea, frequent urination, hand and foot twitch, insomnia, palpitation, shortness of breath, dry mouth, sweating, trembling, flushing, etc. The third is action. For example: fidgety, restless, walking back and forth in the room and other small movements.

3.2. Obsessive Compulsive Disorder

Compulsive disorder is manifested in two aspects: compulsive thinking and compulsive behavior. Forced thinking refers to forced doubt, forced Association, forced opposition, forced recall and forced intention. Reflected in the idea of thinking to pursue absolute perfection, thinking about something is to think repeatedly, always want to pursue the most perfect

solution. For example, when you do something or write a summary report, you always read it over and over again, and feel it is not perfect, think it over and over again, and revise it. The forced behaviors include forced inspection, forced cleaning, forced inquiry, forced counting and forced ritual actions. For example: in order to remove the stolen goods and bacteria from hands or body, wash hands, bathe or clean the house repeatedly.

3.3. Stress Disorder

Stress disorder is actually a kind of stress reaction when a person is suffering from a major psychological trauma. Stress disorder can be divided into acute emergency disorder, post-traumatic emergency disorder and adaptive disorder. For example, it's very strange to see one's own family members die in the fire, or the death of one's family members has a great impact on one's own, but one doesn't feel anything or even feel sadness after the trauma.

3.4. Depression

Depression is a group of diseases characterized by persistent depression or decreased interest. We can pay attention to and identify through two aspects: manifestation and high incidence factors. The main form of expression is to identify whether the students have attention loss, appetite change, long-term insomnia, worthless sense, feel that reading is meaningless, life is meaningless, life is meaningless, feel many body discomfort, and have the concept of self injury or suicide. The high incidence factors are mainly concerned about the following categories of students: students from left behind children's families; students with personal or family emergencies; students with long-term emotional instability; students from poor families; single parent families or orphans. Among them, we should pay attention to the high proportion of depression in good children, and there is no depression in those who cheat.

3.5. Bipolar Disorder

The depressive symptoms were three low. It is mainly manifested as low mood, slow thinking, reduced activity, with inattention, low self-evaluation, less food and sleep, self accusation and self guilt, decreased sexual desire or thoughts and behaviors with self injury and suicide. Its manic state is three high. It is mainly manifested in high emotion, bright thinking and increased activities, with inattention, high self-evaluation, meddlesome, reckless, snake headed, with less diet, sleep, high sexual desire and other behaviors. Special attention is paid to the conversion of depression and manic state. Students who pay attention to the treatment of depression tend to become manic. For example: after the treatment of depression, send the golden banner to thank the counselor or counselor.

4. The Significance of Identifying Mental Disorders of College Students

In the early stage of mental disorders, they all belong to mental problems. Mental diseases are gradually aggravating with the passage of time, so problems should be reported in a timely manner and not handled without authorization. Therefore, it is very important to master and recognize the mental disorders of college students. The early detection of mental disorders of college students can immediately avoid and reduce the incidence of extreme events. It can help college students to survive the psychological crisis, achieve the healthy development of body and mind, and successfully complete their studies, which is of great significance to the maintenance of campus safety.

References

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