

An Investigation on the Physical and Mental Effects of Major Public Health Emergencies on Contemporary Young College students

--Take the COVID-19 Outbreak in 2020

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Abstract

Novel Coronavirus disease 2019 (COVID-19) has been breaking out in Hubei province of China since December 2019. At present, from the perspective of the domestic epidemic situation, China has won an overwhelming victory in the fight against the epidemic. However, under the gloomy international situation of the epidemic situation, the fight against the epidemic has become the mainstay of the life of college students. Through questionnaires and online interview, this study from the cognitive ability, the respect such as ideological swings, changes of body and mind to understand young college students physical and mental health is influenced by COVID -19 epidemic situation, then a new outbreak of champions league group of the negative impact of the physical and mental health for college students and its future development trends put forward the corresponding Suggestions and management measures, for future long-term outbreak during college students' physical and mental health.

Keywords

COVID-19; College Student Population; Outbreak; Influence of Body and Mind.

1. Introduction

Based in the strategic development of the global perspective, the wheel of history is always in advance, in terms of COVID - 19 outbreak of major sudden public health incident, xi Jinping, general secretary of the whole party, army and the Chinese people of all ethnic groups to the "resolutely fight the epidemic prevention and control of the people's war, total war, war," the era of fortis, demonstrated the Chinese nation in the face of the world's big bear the responsibility of the unexpected public health events. For the majority of young university students, epidemic prevention and control is an unprecedented test, in the process of epidemic prevention and control must face physical and mental challenges and pressure. The COVID-19 outbreak is both an opportunity and a challenge for young university students. It is an important platform for their growth and development as well as physical and mental exercise. According to the predictions of authoritative experts, scholars and research institutions at home and abroad, a series of problems, such as imported cases from abroad caused by transportation and small-scale outbreaks in public places in some areas of China, still have a long-term trend.

Novel Coronavirus is considered by WHO to be one of the most intractable viruses in human history and in many ways beyond human recognition. In the ongoing fight against the virus, there are still many unknown factors, the risk of rebounding or even spreading of the epidemic in some regions at home and abroad is always present, and the pressure of preventing imported cases from abroad continues to increase. Therefore, the normalized prevention and control of the epidemic will become the overall trend of the development of the society in recent years. As an important reserve force for social development, young university students should do their best to prevent and control the epidemic from both physical and mental perspectives.

2. Further explore the physical and mental pathways of college students under the normal epidemic situation

2.1 The research methods

Epidemic prevention and control of the situation is still grim background at home and abroad, this study adopts the online questionnaires, remote video interview, field research combination of offline, make full use of the advantage of the rapid development of the modern information society, for the real timely access to relevant information provide a feasible path, also to a certain extent, reduce the risk in the research process. This project studies the physical and mental impact of the outbreak of major social public health events on contemporary young college students -- taking the COVID-19 outbreak in 2020 as an example, it is highly forward-looking and social. Through investigation and research, the anxiety, anxiety, depression, fear, and tension helpless, fear of negative emotions anorexia, bosom frowsty, headache, body weight increase, irregular life work and rest, and physical health decline body reaction, and symptoms of behavior change become a hot social concern, and as an opportunity and a springboard to carry out the related social research, the research to carry out the ability to resist disease psychological autonomy in the process of ascension, information security concept, role, responsibility consciousness, family harmony, life values, the concept of ecological civilization education ideas such as psychological themes, 11327 valid questionnaires, online At the same time, 58 person-times were interviewed online through WeChat, QQ and telephone, 63 person-times were interviewed through field research, and the data were accurately analyzed by using tools such as questionnaire star and gold data, so as to provide theoretical basis for schools and the society to care for physical and mental health and other relevant institutions.

2.2 The research content

Focus of concern: Coping with the physical and mental plight of young and middle-aged college students in the COVID-19 epidemic

The subjects of this survey on college students' physical and mental health during the COVID-19 epidemic are extensive and the survey contents are relatively detailed. The specific questions are as follows:

Whether through during COVID - 19 outbreak worried about the safety of themselves or family and friends this problem, although 29.28% of the questionnaire to fill out objects from risk-free area, 60.77% of the questionnaire to fill in objects from low risk area, but there are 27.07% of the interview objects often is in a state of fear and anxiety during outbreaks, by the proportion that outbreak to college students during the period of resistance to disease that occupy the home still has raised concerns about negative emotions such as tension, anxiety, fear to bring the corresponding conditions.

On whether that occupy the home for a long time lead to lose interest in the entertainment of the problem in the process of investigation, 18.23% of the questionnaire to fill out object lose interest in most of the recreational activities during outbreaks, 13.26% of the questionnaire to fill out objects appear even without any recreational activities, both are tended to be extreme bad healthy condition of body and mind, from the point of the problem of the overall findings, 66.3% of the questionnaire to fill out object during the outbreak of entertainment is not affected or minimal impact, only occasionally think nothing to do at home, show that college students' overall state of body and mind is healthy and manageable.

To investigate college students during the outbreak of the mind and body index, set in the questionnaire routine is normal during the outbreak of this topic, through this problem of the results of the survey shows that 9.39% of the questionnaire to fill in daily diet has highly irregular or nightmares than usual has soared, 4.97% of the questionnaire to fill in object or binge eating and eating less often insomnia has affected the healthy body, both for the most part affect college students' body posture and body quality, about 85% of the questionnaire to fill in the object routine less affected by the outbreak or not, But the occurrence of a small number of adverse conditions should also be taken seriously and solved.

Exercise during the period of the outbreak, the law of this problem depends on the rest of the outbreak of occasional exercise or never fill in the questionnaire object 39.78%, while the number of daily exercise only accounted for 14.36%, this ratio reflects the affected by the epidemic students groups for the outbreak of fear and anxiety, and indoor exercise during the course of the disease resistance not value that occupy the home, to a certain extent can lead to obesity and a series of complications, is not conducive to the development of young college students' physical health.

For college students' self arrangement and study the problem, only 22.1% of the questionnaire to fill in the object has a strong self-discipline, can finish the learning tasks, 54.7% of the questionnaire to fill out objects tend to self-discipline is poorer, occasionally implement down after task arrangement, appear even close to 20% of the questionnaire to fill in object poor or no self-discipline consciousness self-discipline, never arrange themselves and learn or no planning and fate, the emergence of this phenomenon shows that in COVID - 19 outbreak or deep extension to the social crisis there are still a small number of young college students are not able to from the Angle of the right to face, It also lacks the cultivation of self-discipline awareness and the improvement of restraint ability, and the problems exposed in this aspect need to be improved and solved.

To investigate COVID - 19 outbreak during college students' physical and mental pressure indicators, by setting the learning task in the process of questionnaire pressure, social crisis pressure, parent-child relationship, love psychological pressure, interpersonal pressure, employment pressure and so on many future evaluation index, the result is displayed in the top three learning task pressure, social crisis and the future employment pressure, it shows that during the outbreak of college students have young prospects on the development of their own lost, for health and safety problems of the social existence crisis, during the outbreak of the young college students for the health of body and mind development of the group is a bad phenomenon, It reflects that the social group needs to maintain and guarantee the physical and mental health of college students under the social crisis in an all-round and multi-level way.

The linear model analysis shows that the regression coefficient between the degree of infection and the attention to the epidemic is as high as 97.94%, which also reflects that the attention to the epidemic is much higher in high-risk areas than in low-risk and risk-free areas. By setting the research object in this questionnaire during outbreak of food intake weight, routine, study plan, family relationship and confidence in life satisfaction, found that subjects with the highest degree of confidence for the life, the second is the family relationships, the most dissatisfied with two indicators for the study plan and routine, it reflects the college students during the epidemic still lack self-discipline and self-control, self learning ability, the problem to be solved.

3. Conclusion

Collaborative efforts should be made to help young college students grow and lead in the COVID-19 epidemic

From the point of overall research on the information and data, represented by COVID - 19 cases of major public health emergencies both of body and mind of the young university students overall positive impact than the negative effect, but it is still in the questionnaire also reflects some outstanding problems, such as college students self-discipline that occupy the home is low, the ability to learn can't improve, the problem such as the lack of effective time management. The theme of this research is the impact of COVID-19 epidemic on college students' physical and mental state. In the process of online video and voice interview and offline field investigation, some negative and bad details were also found. These problems have become a "stumbling block" for college students' physical and mental health development during the COVID-19 epidemic, and they also need to be solved urgently. Part in college students in colleges and universities at home during the course of the disease resistance, physical and mental health of college students' physical and mental condition investigation distortion too level, lack of humanistic concern, in detail at the same time the interview

survey also found that many in the case of lack of teachers in colleges and universities, a variety of mental health of the activities through official or unofficial effect is difficult to forecast.

4. References

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