

Study on the Mechanism of Mental and Physical Resiliency of College Students in Major Public Health Emergencies

--A Case Study of COVID-19 Epidemic

Yuhe Wu

Institute of Economic Management, North China Electric Power University, Baoding 071000, China.

2545358184@qq.com

Abstract

Through the investigation and research on the psychological status of college students in major sudden public health events, the mechanism of the elasticity of college students' physical and mental status is studied in depth, so as to guide the growth and development of college students in the management of major epidemic situations. As a positive intrinsic quality, the elastic mechanism can mobilize internal and external resources and maintain the "mind and body balance" through the dynamic adjustment mechanism, so that individuals can adapt to and develop under pressure and setbacks. At the same time, it can set up fresh teaching materials to guide the growth and development of college students from the perspective of ideological and political education in colleges and universities. In the great practice of controlling major COVID-19, education on ideals and beliefs, model education, practical education and responsibility education should be carried out for college students in the new era, leading them to aim high, consolidating their original mission, guiding them to practice their skills and encouraging them to be good at responsibility, which can effectively promote the growth and development of college students.

Keywords

COVID-19; Elasticity of Body and Mind Internal Mechanism Ideological and Political Education.

1. Introduction

Deep grasp of the physical and mental state of elasticity inherent mechanism play value guidance.

As one of the focuses in the research field of positive psychology, mental and physical resilience has been the focus of continuous social concern since the outbreak of COVID-19. As an important stage connecting the past and the future in social development, college students have become the top priority in ideological and political education in colleges and universities to analyze and explore the physical and mental resources and growth paths obtained under the epidemic situation to facilitate their healthy development. To help the youth during the outbreak of the physical and mental health of university development, the state, society, university, family, individual is duty-bound, is to study the physical and mental condition of elastic mechanism as a carrier to carry out the comprehensive prevention and control of normalized healthy development important way, at the same time can make college students fully understand the complexity and difficulty of the current epidemic prevention and control work, the party and the country's deep concern and selfless devotion, improve university students' patriotism and responsibility to bear.

2. Value-oriented: Young college students hone and grow in response to COVID-19

2.1 At the national level:

2.1.1 The state through a series of protective measures to reduce different epidemic areas of young college students to the overall social sense of crisis and anxiety. The white paper on China's action

against COVID -19 outbreak, points out that the implementation of free treatment for patients with China, these are the countries to fight disease COVID - 19 major outbreaks efforts, should go through the news media channels of publicity to enhance the resistance to disease confidence, for the physical and mental health of college students during the epidemic development to build a good social environment and social atmosphere. Through the national and relevant health sectors, as well as local communities and communities, the high attention given to COVID-19 since the outbreak has to some extent alleviated and alleviated anxiety and depression among the direct victims of COVID-19, as well as the fear of COVID-19 among college students.

2.1.2 Actively propagandize the deeds of zhong Nanshan and other anti-epidemic pioneers, and use positive social energy to kill the negative emotions of college students and even the whole society. During the epidemic, medical workers from all over the country rushed to the front line like soldiers, leaving us touching scenes. Novel Coronavirus prevention and control is like a "war without bullets". The novel coronavirus prevention and control is like a "rebel", a courageous "whistle-blower" and many ordinary people have sacrificed their precious lives for the virus epidemic. These are examples of contemporary learning and publicity.

2.2 The society level:

2.2.1 We should grasp public opinion, cooperate with the country to reduce the negative impact of the epidemic, enhance the positive energy during the epidemic, and ease people's anxiety. Many network media, magazines and periodicals in the society need to pay close attention to the public opinion on the Internet and in reality. Since the outbreak of COVID-19, China has acted in an open, transparent and responsible manner by timely informing the WHO and relevant countries and regions including the United States about the COVID-19 epidemic, sharing the genetic sequence of the virus, actively responding to the concerns of all parties and strengthening cooperation with them. In the face of the epidemic, all countries should work together to overcome the difficulties. Denigrating others and shifting responsibility at this moment will not help their own prevention and control efforts, nor will it help the international community's anti-epidemic cooperation.

2.2.2 According to the survey and interviews, one of the main reasons for the physical and mental problems of college students in the graduation season is employment due to the COVID-19 epidemic this year. So social related businesses can increase job appropriately, joint school policies, broaden the market capacity, attract high quality talent, relax appropriately recruitment standards, reduce the employment pressure in the graduation season for the employment of graduates to provide more choice, thus reducing the social contradictions, ease college students' physical and mental anxiety problems, promote the harmonious development of society. At the same time, for the government to coordinate all aspects of work, the government should fully consider the flow of graduates, do a good job of macro-control, increase the capacity of jobs, provide subsidized loans for students whose families are in difficulty, and help their families to tide over the difficulties.

2.3 School level::

2.3.1 The school should establish the three-level psychological system of school, department and class, actively communicate with students, make the vast majority of students understand the relevant content of mental health, improve the mental health level of college students, help students set up the correct values, outlook on life, world view. Schools should carry out health education in a variety of ways, popularize the basic knowledge of physical and mental health, and teach students how to find and timely find their own problems. Counselors and head teachers should take the initiative to communicate with students, and provide some learning guidance to students under great learning pressure when necessary, so as to help students relieve learning pressure timely. And to care about the mental health of students, timely psychological counseling students.

2.3.2 The school provides some courses beyond specialized courses, conducts exploratory teaching, ADAPTS to local conditions as much as possible, and designs flexible and interesting teaching programs, so that students who are always under learning pressure can have a time to relax. This can be discussed with the teacher, increase the fun of the classroom, reduce homework, so that students

forget the pressure of learning, easy to learn. The psychological counseling department in the school should know about students' mental health regularly, provide psychological counseling to students with psychological problems timely, hold mental health activities regularly, provide mental health education to all classes, and solve students' psychological problems in a timely manner.

2.4 The individual level:

2.4.1 Individuals are prone to anxiety and confusion due to changes in the environment and lifestyle during the epidemic, so it is far from enough to rely on psychological guidance teachers in colleges and universities. Therefore, we should give full play to the strength of students, establish a peer psychological mutual assistance platform, encourage, comfort and support each other with classmates and friends, carry out psychological help with a positive attitude, and pour out their inner troubles and confusion to friends. Due to the similarities in learning lifestyle, hobbies, emotions and other aspects of peers, they can better understand the causes of problems and provide effective psychological help. When there are psychological distress, can use the right way and the way to vent emotions, such as singing, sport, relaxation training, or distracted by learning, engaged in daily life like the indoor activities, relax, maintain a healthy regular life, assure enough sleep, record their true inner thoughts, motivate yourself constantly.

2.4.2 Strengthen self-physical and mental regulation, improve health awareness, pay attention to the physical and mental problems of young university students, understand COVID-19, make timely prevention, understand epidemic arrangements, and get ready to fight the epidemic. The backbone of the Internet information age of college students and young people can use electronic technology products to learn about the transmission path, prevention measures and initial symptoms of novel Coronavirus on the Internet, so as to eliminate their fears about the COVID-19 epidemic, do a good job in prevention, pay attention to the epidemic situation, know about the epidemic situation and not be confused by rumors. As young people in the new era, college students have a strong ability to acquire news media and should have the ability to identify information. They should carefully filter the information they come into contact with, spread real information and positive energy, help people around them understand the epidemic and stop rumors from spreading.

3. Conclusion: We should give full play to the role of moral education under the normal epidemic situation of college students

For contemporary young college students, college students are the main force in major public health emergencies represented by COVID-19 epidemic or various social crises that they need to face in the future. Therefore, to ensure their physical and mental health, college students must give full cooperation and support and take real actions to improve their physical and mental health. Therefore, let students know what is the psychological problem, and then through the content of rich psychological activities to mobilize the enthusiasm of students, improve the level of mental health of college students. COVID -19 outbreak runs through the whole semester of university students, the future trend of the prevention and control of the normalized, and the learning pressure, health status and the future development, the social crisis to worry about multiple pressure, some college students it is difficult to resist the anxiety and depression, mood, and social forces should play their respective advantages, mutual cooperation, reduce or even eliminate COVID -19 outbreak of the negative influence of college students' mental health, and enhance the positive energy on college students' psychological health during the outbreak of actively guide role.

4. References

- [1] Lv Jinghui, YUAN Yuxin, Wang Dong, et al. Analysis of mental health status and influencing factors of college students under COVID-19 epidemic [J] journal of southern medical university. 2020, 40(2):171-176.

- [2] Zhang Xuehui, Ye Tiantian, Yao Lijuan, et al. Psychological Behavior survey of medical Students during COVID-19 (COVID-19) outbreak [J/OL]. Journal of Tropical Medicine: 1-10.
- [3] Yang Zengyuan causes problems. Enhance the right to speak and cultivate confidence in the prevention and control of major outbreak [J]. Party Building and Ideological Education in Schools, 2020, 3:8-11.