

# Investigation and analysis of Freshmen's admission psychology and coping strategies – Taking Yancheng Normal University as an example

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**Abstract:** Freshmen's mental health education is the basic work of teaching and ideological education in Colleges and universities, and it is an important part of the whole college students' learning career. It helps freshmen to complete the role transformation from middle school students to college students as soon as possible, face themselves squarely, position scientifically, and pass through the confused period of life smoothly, so as to adapt to the study and life of the University, It is an important issue faced by every university. This paper will specifically explore the freshmen's psychological investigation and analysis and coping strategies -- Taking Yancheng Normal University as an example, and put forward corresponding strategies to create a campus environment more conducive to college students' learning and growth, so as to improve college students' mental health level.

**Key words:** psychological investigation; Freshmen; strategy

From high school to university, College Freshmen's life, learning and psychology will change greatly. According to a large number of survey results, freshmen will have some maladjustment or even psychological diseases in a period of time, mainly manifested in different degrees of anxiety, indifference, inferiority complex and other psychological problems. The mental health of college students not only directly affects the successful completion of their studies, but also plays a potential role in their future growth and development. Therefore, it is an important task for colleges and universities to help freshmen complete the role transformation from middle school students to college students as soon as possible, face themselves squarely, position scientifically, and smoothly pass through the confused period of life, so as to adapt to the study and life of the University.

The enrollment of freshmen is full of challenges, from the unusual way of admission reception to the scientific and reasonable arrangement of admission education. On the one hand, we should meet the requirements of school management, on the other hand, we should take into account the psychological and practical needs of freshmen. To do a good job of Freshmen's entrance education in an all-round way, we first need to understand and master the real situation of freshmen, especially the real psychological situation, and do a good job of general education and guidance, as well as consultation and interview for special individuals. The student work experience tells us that finding out the psychological status of students and taking targeted assistance and counseling measures are the important basis for the subsequent smooth implementation of various student education and management work.

Therefore, at the end of the freshman enrollment work, we immediately started to carry out a survey of the psychological status of all freshmen, carefully studied and analyzed a large number of materials and situations obtained from the survey, and made a psychological "portrait" of the 2020 freshmen from the outside to the inside; Fully researched and relatively mature research results will be timely upgraded to decision-making and deployment, translated into specific measures, timely implemented and tracked for evaluation, and then supplemented by the psychological general test results after one month of enrollment, so as to carry out student education and management work more effectively than before. Let the investigation and research lay the foundation for the work strategy, and use the psychological "portrait" to help the freshmen's education.

The specific methods of psychological "portrait" for 2020 freshmen are reported as follows:

## 1. Introduction to the survey

The survey was conducted in the form of network evaluation with 2020 freshmen in our university as the sample. The specific operation is to integrate the screened psychological survey questions to form a two-dimensional code, which is distributed to the freshman client with the help of the "I am on campus" platform. The questionnaire contains 16 questions, involving adaptability, psychological status, experience of psychological trauma events, psychological problems, mental history of oneself and close relatives, University expectations, etc., to scientifically evaluate the mental health status of freshmen. A total of 4859 real name questionnaires were collected, and the freshmen actively cooperated with the survey. The collected data were authentic and effective, with analytical value.

## 2. Survey results and analysis

According to the analysis of the questionnaire collected from 4859 students in 2020, 1267 students need to be followed up by the college students' mental health education center and the secondary colleges of the University for a long time. Specific analysis is as follows:

### 1. Freshmen's personality statistics

The socialization difference of personality is mainly reflected in the dimension of personality. Good personality is closely related to individual mental health. In this survey, 75.36% of the students' personality is both dynamic and static; 17.14% of the students are outgoing and outgoing. These students attach importance to the objective world, have a certain interest in the people or things around them, and are willing to actively explore the world, so they have good social interaction and environmental adaptability; However, 7.5% of the students

are introverted and shy. They pay more attention to their subjective world and are only interested in themselves, so they need more care, help and patient guidance.

2. statistics of Freshmen’s adaptability

According to the survey data, 31.43% of the students believed that they had strong adaptability in both the new learning environment and the living environment; Most of the students’ adaptability was average, accounting for 65.42% of the total; While 3.15% of the students thought that their adaptability was weak or weak. This shows that most of the students are confused or lack the ability to solve problems in the face of the new college life, learning and interpersonal communication, and a small number of students still need to focus on. They are not ready for the upcoming college life, or are still in a state of confusion, and do not know how to deal with the new life, They need our encouragement and help more.

3. self report statistics of Freshmen’s psychological status

Correct self-awareness of psychological status is an important prerequisite for mental health. According to the survey data, 89.48% of the students think their psychological status is relatively healthy or very healthy and optimistic; 10.10% of the students thought their mental state was average, sometimes very negative; It is worth noting that the remaining 0.42% of the students found that their psychological state was not very good and often felt depressed through their self-report. These students need to focus on.

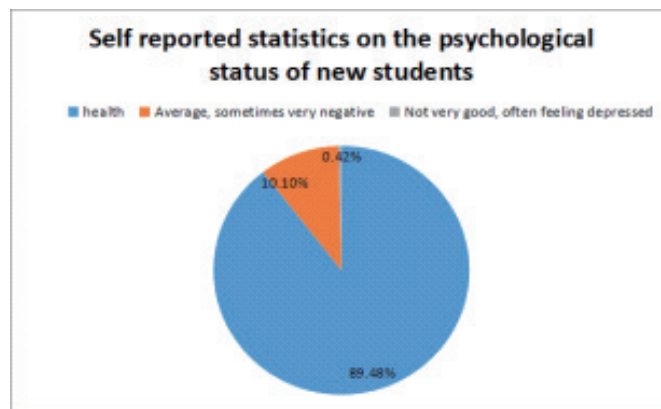


Figure 1 Self reported statistics of Freshmen’s psychological status

4. statistics of Freshmen’s psychological endurance

A certain psychological endurance is the basis of good psychological quality. According to the collected data, 40.03% of the freshmen have strong psychological endurance, and the prominent feature is strong resistance to frustration; 58.37% of the students had average psychological endurance; 1.6% of the students’ psychological endurance is weak, which will not only bring them various psychological problems, but also bury hidden dangers for their future social development. Therefore, cultivating college students’ psychological endurance, especially the ability to resist setbacks, is one of the problems that must be paid attention to in college students’ Education.

5. Freshmen’s interpersonal skills statistics

Interpersonal competence mainly refers to the ability to get along with others. Freshmen are eager to have warm and safe interpersonal relationships when they enter a strange university campus, but the results always vary from person to person. According to the survey, 39.47% of the students are confident in their ability to get along with others, think that their interpersonal skills are very good, make a wide range of friends, and there are not a few intimate friends; 11.34% of the students thought that although they had many friends, they had few close friends; Most of the students thought that they didn’t need many friends, and that having a few close friends was enough, accounting for 46.7%; The number of students who think they are not good at communication and have few friends reached 121, accounting for 2.49% of the total number. These students’ interpersonal relationships are poor, their mood in daily life is mostly melancholy, and they lack the corresponding social support, which will affect their study and life, so they need to pay more attention.

6. statistics of Freshmen’s courage to pursue dreams

Dream is a person’s longing for the future and the internal driving force of individual development. According to the survey data, 53.08% of the students believed that they were college students who had the courage to pursue their dreams and had the mental state of hard work; 44.66% of the students’ ideals and beliefs were vague and wavering, and they believed that they sometimes had the courage to pursue their dreams, and sometimes withdrew in distress; Even 2.26% of the students did not have the courage to pursue their dreams, or did not have dreams. We cannot ignore the problems of College Students’ ideals and beliefs.

7. statistics of Freshmen’s psychological problems

65 reported that their close relatives had mental illness; 45 cases reported that they had suffered from mental illness; Twenty students reported that they often felt depressed; 12.76% of the students reported eating, sleeping and emotional distress. These students are the focus of future work.

8. statistics of Freshmen’s help seeking objects

According to the data, when students encounter difficulties or doubts in college, counselors take the initiative to seek help, and their

daily work is inseparable from students; The second is friends and classmates, accounting for 32.35% and 15.79% respectively. College students are more willing to talk with their friends or classmates for help. Peer counseling plays an important role in college students' education. It should be noted that only 1.29% of students seek help from the psychological center, and the rate of seeking help from professional psychological counseling teachers is very low. From the negative side, it can be seen that college students' mental health awareness is relatively weak at present. Without proper counseling and professional counseling for psychological problems, over time, it will even lead to the emergence of crisis psychology. In the future work, it is necessary to strengthen the publicity of the mental health center and the popularization of professional knowledge in the field of mental health.

### 3. Psychological “portrait”

According to the collected questionnaire and data analysis, we can summarize the current psychological status of Freshmen in our school, and make a psychological “portrait” of 2020 freshmen

#### 1. psychological quality

There are not a few close relatives or classmates who have suffered from mental illness; More students have experienced major psychological trauma events; Depression, characterized by depression, is the first psychological problem of college students, often accompanied by eating problems such as loss of appetite and sleep problems such as difficulty falling asleep; Low psychological endurance and lack of the ability to withstand setbacks; Weak awareness of ideals and beliefs.

#### 2. interpersonal communication

Some students can't communicate well with the students around them because of introverted, shy and other problems; He is not good at handling interpersonal relationships and lacks correct interpersonal skills.

#### 3. adaptation

The adaptability is generally weak, and lack of positive adjustment strategies; When problems or doubts arise, they are less likely to ask professional teachers for help and are more willing to accept help from peers.

### 4. Corresponding measures and suggestions

1. for students who claim to be close relatives or suffer from mental illness; Students who have experienced major psychological trauma events; Students who often feel depressed, have trouble with diet, sleep and mood, and are not sociable, and students who have few friends need to focus on in their daily work.

2. the mental health center and secondary colleges can relieve the tension, anxiety and other emotional problems of freshmen by carrying out class meeting activities with the theme of adaptability or group psychological counseling activities with the corresponding theme.

3. all secondary colleges need to pay attention to infiltrating frustration education into daily education management, so as to improve students' frustration tolerance and enhance their psychological tolerance.

4. it is suggested that in daily education, the ideal and belief education of freshmen can be strengthened through lectures or theme class meetings and other activities to encourage freshmen to set their own goals and strive for them.

5. we need to attach great importance to the mental health level of contemporary college students and strengthen the publicity of mental health knowledge. Students' awareness of help seeking can be improved through corresponding workshop activities or lectures. We will continue to carry out positive and healthy psychological activities to provide a platform for college students to seek help for mental health, so that students can find somewhere.

6. the mental health center should pay attention to the training of psychological counselors and psychological committee members of secondary colleges, improve their psychological professional level, go deep into the students, meet the actual needs of students, and truly think of what students want and use for students. Strengthen the ability of psychological counselors in secondary colleges to deal with psychological crisis, and be aware of the seriousness and importance of mental health problems on campus.

7. all secondary colleges should give full play to the role of psychological committee members and class cadres in class management, make good use of peer psychological counseling, timely discover students' psychological problems and carry out early intervention.

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