

Approaches to Regulating College Students' Psychological Health

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Abstract: In today's society, college students face multiple pressures from academics, interpersonal relationships, and employment, and mental health issues cannot be ignored. Therefore, exploring effective approaches to regulating psychological health is crucial. This paper emphasizes the significance of psychological health regulation for the comprehensive development of college students and proposes a series of practical strategies and methods. By employing these approaches, college students can better cope with challenges and stress in life, maintain a positive and healthy mindset, and promote personal comprehensive development. We should pay attention to the psychological health of college students and provide them with necessary support and assistance.

Keywords: college students; psychological health; regulation approaches

Introduction

This paper emphasizes the importance of approaches to regulating the psychological health of college students, which is not only the guardian of the soul but also closely related to the comprehensive development of college students. The article proposes various effective approaches to regulating psychological health, including self-awareness regulation, emotion regulation, time management, social interaction, exercise and fitness, seeking professional help, cultivating interests and hobbies, and maintaining good lifestyle habits. These approaches together constitute a guarantee system for the psychological health of college students, helping

them maintain a positive and healthy mindset when facing challenges and stress.

1. The Significance of Approaches to Regulating College Students' Psychological Health

For college students, approaches to regulating psychological health serve as guardians of the soul, providing effective relief and guidance when students encounter confusion, anxiety, and stress. In the complex and ever-changing college life, whether it's the heavy burden of academics, interpersonal conflicts, or the uncertainty of the future, they can all become shackles on the soul. Approaches to regulating psychological



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health act as a key, unlocking these emotional knots, allowing students to face life with a more positive and healthy mindset. Psychological health regulation not only concerns the inner harmony of individuals but is also closely linked to the comprehensive development of college students. A psychologically healthy college student is more likely to achieve excellent academic results, demonstrate charm in interpersonal communication, and find the right direction in career planning. Therefore, emphasizing approaches to regulating psychological health is tantamount to emphasizing the comprehensive development of college students and investing in their future.

2. Approaches to Regulating College Students' Psychological Health

2.1 Self-awareness Regulation

Self-awareness regulation is a crucial element of college students' psychological health, requiring them to have a clear and accurate understanding of their emotions, behaviors, and thoughts so they can better cope with life's challenges and pressures. In college life, students often face various sources of stress such as academic pressure, interpersonal relationship stress, and employment pressure. These stressors may lead to anxiety, depression, and other negative emotions, affecting students' psychological health. Through self-awareness regulation, college students can more keenly perceive their emotional changes, promptly identify negative emotions, and take effective measures to regulate them. To cultivate clear self-awareness, college students can engage in regular self-reflection, examining their emotions, behaviors, and thoughts. They can delve into their inner world through activities like journaling and meditation, discovering their strengths and weaknesses. Additionally, students can actively seek feedback from others to gain insights into their performance from different perspectives, enabling them to have a more comprehensive understanding of themselves. When college students have a clear understanding of their emotions, behaviors, and thoughts, they can face various life situations with confidence and composure. When encountering challenges and stress, they can accurately assess their abilities and resources, develop practical plans, and take effective actions to cope with pressure.

2.2 Emotion Regulation

Emotion regulation holds significant importance

for college students. During the transition from adolescence to adulthood, college students often experience significant emotional fluctuations and may undergo various complex emotional experiences. (1). College students need to learn to identify their emotions and understand their emotional responses in different situations. (2). They need to learn to express their emotions appropriately, avoiding excessive suppression or outbursts. Through activities such as communicating with others, journaling, or engaging in artistic creation, college students can release their emotions and alleviate inner pressure. (3). Understanding others' emotions is also an important aspect of emotion regulation. College students need to learn empathy, understanding others' feelings and needs to better communicate and interact with others. By cultivating empathy, college students can establish more harmonious interpersonal relationships, reducing conflicts and misunderstandings. (4). Regulating one's own emotions is the core of emotion regulation. College students need to learn to remain calm and rational when faced with negative emotions, avoiding being controlled by emotions. They can use techniques such as deep breathing and relaxation training to relieve tension and restore inner calm. When college students feel unable to cope with emotional issues alone, they can seek support and help through methods such as psychological counseling or confiding in friends or family. Through emotion regulation, college students can better manage their emotions, enhance their emotional expression abilities, and become more comfortable and confident in interpersonal interactions.

2.3 Time Management

Time management has a significant effect on alleviating the stress of college students. In the hectic schedules of study and life, college students often face situations where time is tight and tasks are heavy. Without effective time management strategies, they may feel anxious, frustrated, and helpless. (1). Setting clear schedules and goals can help college students better allocate their time and energy. They can schedule study tasks, social activities, and leisure entertainment in appropriate time slots to ensure that each task receives sufficient attention and handling. By setting clear goals and time limits, college students can focus more and be more efficient in completing tasks, reducing procrastination and distractions. (2). Properly planning

time also helps college students to carve out more time for relaxation and entertainment. Amidst the intense study, appropriate relaxation and entertainment are essential for relieving stress and replenishing energy. College students can relax and unwind by engaging in sports activities, watching movies, or gathering with friends, thus enhancing their sense of happiness and satisfaction.(3). Time management also contributes to improving college students' academic performance. Through proper time planning, college students can more fully prepare for exams, complete assignments, and participate in classroom discussions. This organized learning schedule not only helps improve learning efficiency and quality but also enhances college students' confidence and sense of achievement. Through time management, college students can better cope with the busy rhythm of study and life, reducing feelings of stress and enhancing their level of psychological health.

2.4 Social Interaction

Social interaction is an indispensable part of college life and has a significant impact on the psychological health and growth of college students. Actively participating in social activities and maintaining good communication with classmates, friends, and family members helps to establish supportive social networks, providing emotional support and problem-solving assistance for individuals. In the college campus, students can broaden their social circles by joining various clubs, academic competitions, volunteer activities, etc. These activities not only provide opportunities to make new friends but also help individuals find a sense of belonging and achievement in common interests and goals. Additionally, regular communication with family and friends is also crucial. Modern communication tools such as phones, video calls, or social media make communication across time and space more convenient. Establishing good social relationships provides college students with a platform for sharing and confiding, making them no longer feel lonely when facing difficulties and challenges. This supportive social network helps alleviate stress, enhance confidence, and promote the psychological health development of individuals.

2.5 Exercise and Fitness

Exercise and fitness play a significant role in promoting

the physical and mental health of college students. Engaging in moderate physical activities regularly not only helps to release stress and improve mood but also maintains physical health, laying a solid foundation for academic studies and future careers. College students can choose suitable forms of exercise based on their interests and physical conditions, whether it's running, yoga, or team sports. As long as they persist, positive changes can be brought about. Running enhances cardiovascular function and improves mood; yoga focuses on the harmony of body and mind, helping to relax and improve concentration; team sports cultivate teamwork and interpersonal communication skills. To maintain the continuity of exercise, college students can incorporate exercise plans into their daily lives and set clear goals. Additionally, exercising with classmates or friends is also a good choice, increasing the fun and motivation of exercise. By adhering to exercise and fitness, college students can have a healthier body and a more positive mindset.

2.6 Seeking Professional Help

When facing psychological health issues, college students may sometimes feel helpless and confused. In such situations, seeking help from professional psychologists is a very wise choice. Professional psychologists have rich knowledge and experience and can provide personalized advice and support to help college students solve psychological problems and overcome difficulties. Seeking professional help requires courage and determination, but it is a positive and proactive action. College students can find suitable psychologists through various channels such as the school's counseling center, online platforms, or private clinics. In their communication with psychologists, they can express their feelings and confusion, receive emotional support and understanding, and psychologists will develop suitable treatment plans based on individual situations, which may include cognitive-behavioral therapy, psychological education, relaxation training, and other methods. Through professional help, college students can better understand their inner world, learn effective strategies to cope with stress and challenges, and improve their level of psychological health. Therefore, when college students feel unable to cope with psychological health problems on their own, they should bravely seek professional help and take responsibility for their physical and mental health.

2.7 Cultivating Interests and Hobbies

Interests and hobbies are the seasoning of college life. They can add color to mundane daily routines and provide breathing space from busy academics. Reading is a hobby loved by many college students. In the world of books, they can traverse time and space, experiencing different lives. Whether it's literature, history, science, or art, books can open doors to knowledge for them. Reading not only helps broaden horizons and increase knowledge but also enhances personal thinking and expressive abilities subtly. More importantly, reading is a way to not feel lonely when alone. It allows college students to find inner peace amidst the hustle and bustle. Traveling is another hobby popular among college students. Stepping out of the campus and into nature, they can experience the grandeur and wonders of nature, as well as the customs of different regions. Traveling not only relaxes the body and mind but also stimulates curiosity and exploration. During travel, college students can learn to solve problems independently, enhance their adaptability and resilience. Music is also a beneficial hobby for psychological health. Whether singing, dancing, or playing musical instruments, music allows people to find emotional resonance and release in melodies. Music has a unique healing power. It helps college students relieve stress, regulate emotions, and temporarily forget worries, feeling inner peace and joy in the company of music.

2.8 Maintaining Good Lifestyle Habits

Good lifestyle habits are the foundation of maintaining physical and mental health. For college students, ensuring an adequate amount of sleep, a balanced diet, and a regular daily routine are crucial. (1). Sleep is a critical process for the body to recover physical strength and energy. Adequate sleep helps improve memory, attention, and learning abilities, as well as strengthen the immune system to prevent diseases. College students should develop regular sleeping habits, avoid staying up late, and ensure 7-8 hours of sleep every day to maintain physical and mental health and a good learning state. (2). Nutrition is another important aspect of maintaining physical health. College students should pay attention to the diversity of their diets, intake appropriate amounts of protein, carbohydrates, fats, as well as vitamins and minerals. A balanced diet helps provide the body with necessary nutrients to maintain normal physiological functions.

(3). In addition to sleep and diet, a regular daily routine is also an important part of maintaining good lifestyle habits. College students should establish reasonable study and life plans and try to adhere to them as much as possible. A regular daily routine helps adjust the biological clock, improve the body's adaptability, and resilience. (4). Avoiding excessive use of electronic devices is also crucial for maintaining good lifestyle habits. Prolonged use of electronic devices may lead to vision problems, neck pain, and can also affect sleep quality and psychological state. College students should use electronic devices reasonably and pay attention to protecting their eyes and physical health.

Conclusion

In conclusion, The approaches for regulating the psychological health of college students are crucial for promoting comprehensive development and preventing mental illnesses. Through the integrated application of various methods such as self-awareness regulation, emotional regulation, time management, social interaction, exercise and fitness, seeking professional help, cultivating interests and hobbies, and maintaining good lifestyle habits, college students can better cope with life's challenges and pressures while maintaining a positive and healthy mindset.

In the future, we should further focus on the psychological health issues of college students, strengthen psychological health education and counseling, and create a better environment for the healthy growth of college students.

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