A Study of Mental Health Crisis of Undergraduates and Construction of Intervention Model in the Context of New Media

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Abstract

With the continuous development of information technology, the new media have become an important part of undergraduates' lives and study, bringing convenience to lives and enriching leisure life. Undergraduates, as new forces in the new media market, have a strong dependence on the new media. However, due to the fact that China has not yet promulgated laws and regulations on the new media, the contents and opinions on the Internet are of varying quality and seriously affect the mental health of undergraduates. Therefore, institutions of higher learning should set up a team working on intervention of undergraduates' mental health crisis and take corresponding measures according to different levels of mental health crisis so as to ensure the safety of undergraduates and the smooth operation of themselves. In this paper, according to the characteristics and development trend of undergraduates' mental health crisis at present, the author probes into the model of undergraduates' mental health crisis prevention and intervention system.

Keywords: Perspective of New Media, Undergraduates, Mental Health, Intervention Model.

1. SUMMARY OF RESEARCH

1.1 Background

With the advent of the new media era, the application of new media technology has made it more convenient and abundant for people to access information resources. It has become an important channel for people's information acquisition and exchange, especially for undergraduates. The development of new media depends on many kinds of communication technologies to support the transmission of information in diversified ways. It promotes the process of economic globalization and quietly changes people's lifestyles (Li and Liu, 2015). According to the survey, the news media have become an important part of undergraduates' study and lives and has a subtle influence on universities and colleges. Because of lack of supervision and management of new media means, the contents on the Internet platform are of varying quality. Some vulgar contents and wrong values are also spread online, which seriously affects the mental health of undergraduates. At present, literatures of study on mental health crisis of undergraduates and construction of intervention model in the context of new media mainly focus on the construction of undergraduates' mental health crisis intervention model. Through the study of these literatures, the author of this paper provides the ideas for the later comers to explore the undergraduates' mental health crisis in the new media context.

1.2 Research Objectives

The object of this paper is undergraduates in the era of new media. By using the weighted fuzzy theory analysis, the author wants to know why undergraduates have mental health crisis, what the manifestation of mental health crisis is, whether the construction of mental health crisis intervention model in the context of new media can solve the mental health crisis of undergraduates to some extent, and how to construct such a model (Zhang et al., 2016).

2. ANALYSIS OF UNDERGRADUATES' MENTAL HEALTH CRISIS BASED ON WEIGHTED FUZZY THEORY

The fuzzy theory was first proposed by Professor L.A. Zadeh, a U.S. cybernetic expert, in his essay on fuzzy sets in 1965. Thereafter, scholars continue to explore and supplement, and the fuzzy theory eventually develops into an independent discipline, which mainly includes fuzzy set theory, fuzzy logic and fuzzy inference and is applied in many fields (Feng and Mao, 2015). Fuzzy inference is a process of reasoning based on logical reasoning rules...
according to the known facts and finally drawing a conclusion. In analyzing the mental health crisis of undergraduates, we can not treat assuming the assumption that conditions are not different in terms of the importance of the sub-premises. Therefore, we need to distinguish the different levels of importance of each sub-premise (Tian, 2015). In order to better solve this problem, we need to consider the use of weighted fuzzy logic inference, which is as follows:

Suppose that the formula of weighted proposition is represented by X, the truth value of X is represented by T(x), the weight of X is represented by W(x), and the degree of importance of X as a sub-condition to the relevant conclusion is represented by W(s).

Define 1

Let P be an atomic proposition, \( W_p \in [0,1] \) be the weight of P. \( \langle P, W_p \rangle \) be a weighted atomic proposition, if \( \langle P, W_p \rangle \) \( T(\langle P, W_p \rangle) = T(P) \) and \( W(\langle P, W_p \rangle) = W(P, W_p) = W_p = W(P) \), then the truth value of P is equal.

Definition 2

1. \( \langle P, W \rangle \) represents a weighted fuzzy proposition, \( T_p \in [0,1] \) and \( W(P) \) are the true and weighted values of the true proposition respectively. Let X be a weighted fuzzy proposition and \(-X\) also be a weighted fuzzy proposition, \(-X\) is negative of X, the truth value \( T(-x) = 1 - T(x) \) and the weight is \( W(-x) \) (He et al, 2014).

2. Let \( X_1, X_2, \ldots, X_n \) be n weighted fuzzy propositions, and the weighted decimation formula of the weighted fuzzy proposition X (1 \( \leq i \leq n \)) is \( X = X_1 \otimes X_2 \otimes \ldots \otimes X_n \), where \( \otimes \) is a weighted decimation operator, assuming that all weighted fuzzy propositions in \( \{X_1, X_2, \ldots, X_n\} \), then \( T(x) \geq i = 1, 2, \ldots, n \), that is, the truth value of the weighted proposition is greater than its threshold,

there are h smallest elements in \( \{T(X_i)|[W(X_i)| \sum_{i=1}^{n} W(X_i)]^a]\):

\[
\{T(X_{m_1})|[W(X_{m_1})| \sum_{i=1}^{n} W(X_i)]^a]\ | j = 1, 2, \ldots, h
\]

where the role of weight in the weighting and complementation is related to \( \alpha \), which is a constant variable, let \( T(X_{m_i}) = \min\{T(X_{m_i}) | j = 1, 2, \ldots, h\} \), then the truth value and weight of X are: \( T(X) = T(X_{m_i}) \), \( W(X) = W(X_{m_i}) \) respectively.

3. Let \( X_1, X_2, \ldots, X_n \) be n weighted fuzzy propositions, then \( S = X_{s_1} \Delta X_{s_2} \Delta \ldots \Delta X_{s_m} \), which is a weighted logic formula, where \( \Delta \) is the operator of the weighted logic, \( k \leq m \leq n \), \( k \) is generally greater than 1, assuming that \( \{X_{s_1} \Delta X_{s_2} \Delta \ldots \Delta X_{s_m}\} \) is an existing weighted fuzzy proposition, then the truth value and weight of the weighted fuzzy logic synthesis formula S are defined as:

\[
T_s = [\sum_{j=1}^{m} W(X_{s_1}) W(X_{s_2}) \ldots W(X_{s_m})] \sum_{i=1}^{n} W(X_i)
\]

\[
W(s) = \sum_{i=1}^{m} W(X_{s_1}) \sum_{j=1}^{n} W(X_j)
\]

4. Let X be a weighted proposition, then (X) is equivalent to X and is also a weighted fuzzy proposition, with the true and the weighted values of \( T(X) = T(X) \), \( W(X) = W(X) \).

5. All weighted logic formulas are deduced by using the above rules. In weighted fuzzy logic, all weighted propositional formulas satisfy \( T(X) \in [0,1] \) [21]. From this we can see that the truth value of the weighted propositional formula is related to the weights of its conditional subtypes. If we want to calculate the truth value of the conclusion, we need to consider factors as credibility and others (Feng and Mao, 2015).
3. STATUS OF UNDERGRADUATES' MENTAL HEALTH FROM THE PERSPECTIVE OF NEW MEDIA

3.1 Situation of new media being used by undergraduates

Due to the convenience of the new media and the diversity of contents, it appears to be sought after and loved by undergraduates, and the new media is currently an important part of undergraduates' lives. According to the 36th "Statistical Report on the State of Internet Development in China" published by China Internet Network Information Center (CNNIC) in 2016, as of the end of 2016, the number of Internet users in China was nearly 800 million. The Internet penetration rate is about 60%. Young Internet users aged 10-29 years old accounted for 66% of the total, and the survey found that the higher the educational background of Internet users, the higher their dependence on the new media. Nowadays, the new media have already become the main channels for people to learn about news. Undergraduates are of the earliest groups using the new media. The network terminal equipment has become a necessity for undergraduates. Searching through the Internet to solve problems has also become the best way for undergraduates to choose. The Internet terminal backstage data show that 64% of undergraduates choose to log in QQ or WeChat and other chat tools after turning on computer. According to the results of these surveys, we can see that currently undergraduates in China highly dependent on the new media, which have gradually become an important part of campus life (Zeng and Li, 2016). The proportion of undergraduates' access to news is shown in Figure 1:

![Figure 1. Ways People to Get News.](image)

In the current situation, the emergence of new media provides a broad and convenient platform for the expression of people's opinions and access to information resources. Micro-blog, blog, WeChat and QQ are the platforms for information exchange. Now there are live platforms for online interaction, for example, Douyu Live, Huajiao Live and so on. Compared with the traditional media, the new media have distinct characteristics. Changes in the mode of dissemination of online information bring convenience to people's life while bringing disadvantages. How to do well in mental health education for undergraduates in the complicated online environment is a new challenge for higher education in China.

3.2 Influence of new media on undergraduates' mental health

New media resources have an important change in the learning and life style of undergraduates, breaking the traditional teaching rely on teachers and books; students can learn by using the new media and communicate online with teachers, making learning no longer subject to time and space restrictions, and the learning contents are also more abundant and diversified. However, it is an important period during which undergraduates view their outlook on life and values. During this period, the undergraduates' social experience is not rich enough, and the judgment on things is not accurate enough. However, the content online is mixed and varied, which is likely to have a bad influence on undergraduates. The correct values have positive guidance for undergraduates, but some wrong values and vulgar contents will seriously affect the ideological and moral construction and mental health development of them. For example, the society is inundated with online sensation, the ambition of many
students is not to be a scientist, a doctor or a police officer, etc. to make contributions to the society. Instead, it is an inspiration to become a web star, and there are even online web star training schools in the society. The economic development mode derived from this kind of new media has seriously affected undergraduates’ value judgments and value choices (Wang and Zhang, 2012). What’s more, some live broadcasters, in order to attract attention, said something vulgar words or conducted vulgar and dirty behaviors during the live broadcast, thus to seek benefits. The dissemination of such contents is very unfavorable to the mental health of undergraduates, affecting the study and life of undergraduates, which in turn triggers mental health crisis of undergraduates.

4. AN OVERVIEW OF UNDERGRADUATES’ MENTAL HEALTH CRISIS AND INTERVENTION

4.1 Meaning of mental crisis

Mental crisis refers to a state in which an individual loses his balance when facing a serious disaster or adverse situation. C. Caplan, a famous modern psychologist, started a research on the general reaction and general characteristics of undergraduates' mental crisis in 1954. In his findings, he suggested that mental crisis is a series of human traumatic reaction, when an individual in the face of a certain danger or predicament, if his habitual coping style is insufficient to cope with the situation, there will be temporary psychological distress, and this transient psychological imbalance is mental crisis we refer to. According to the living conditions and psychological status of undergraduates, the mental health crisis of undergraduates refers to the traumatic reactions caused by strong external stimulation or influence in social communication, such as being lovelorn, frustration in study or setback in work. However, in the development of new media at this stage, some improper contents and remarks will also cause psychological harm to undergraduates and bring mental health crisis. The schematic diagram of mental health crisis generation is as shown in Figure 2:

![Figure 2. Schematic Diagram of Mental Health Crisis](image)

4.2 An overview of mental health crisis intervention

The research work of mental health crisis intervention originated from Linderman, and then it has been greatly developed by the supplement of Caplan. From a psychological point of view, mental health crisis intervention, also called psychological intervention, is a kind of behavior to mobilize self-potential to solve the crisis faced, or treatment technology and psychological counseling aiming to restore the state of mind before it is unbalanced. Mental crisis intervention is generally considered to be a means and way of treating mental illness and can help people whose mind and soul are being troubled to get out of their predicament so as to find their most normal and accurate state. This requires understanding the causes of mental disorders and their relationship with normal mental states before mental health crisis intervention so that ultimately effective scientific solutions can be found and timely psychological counseling can be given to get the sufferer out of psychological crisis (Song et al, 2013). Therefore, when a undergraduate face some dangers and difficulties in life and come to a psychological crisis, he or his parents or the university / college should quickly take effective countermeasures to help him restore mental balance.

5. CONSTRUCTION OF UNDERGRADUATES' MENTAL HEALTH CRISIS INTERVENTION MODEL IN THE CONTEXT OF NEW MEDIA

5.1 Level 1 mental health crisis

Level 1 mental health crisis of undergraduates can be solved by campus mental health crisis intervention leading group, which can help undergraduates find their psychological balance by providing psychological assistance to them. When the apartment manager or roommates found problems, they should promptly report to the counselor. The counselor reports to both the office of mental health crisis intervention leading group and the undergraduate
mental health record office. The leading group office arranges a professional psychological consultant to provide the undergraduate with psychological assistance, communicates with his parents and learn about the situation from his friends and classmates, so as to find the most effective solution (Song et al., 2014). The university / college should complete the undergraduate's mental health files, so as to know about his status in case of emergency. Psychological counseling room solutions provide the most professional psychological help for the undergraduate with mental health crisis and builds a positive behavioral and cognitive communication mode for him. When the psychological help of the university / college can not solve the crisis situation, it is necessary to promptly report to the leading group office and turn to a professional psychological institution to conduct the identification and further treatment. The undergraduates' mental health crisis intervention model is shown in Figure 3:

**Figure 3.** Interference Model of College Students Mental Health Crisis.

### 5.2 Level 2 mental health crisis

When an undergraduate has a Level 2 mental health crisis, it should be immediately reported to the leaders of psychological work in the university / college. The mental health crisis intervention leading group should supervise the process of resolutions given by the relevant organization (Wang, 2014).

1. Colleges and universities should attach importance to the situation of the undergraduates concerned, establish a monitoring team consisting of appointed person in charge and students, who should help manage the undergraduates concerned and at the same time promptly report to the leadership of the university / college. If necessary, they should call 110 in time to seek help from the police to impose compulsory custody and observation of the undergraduates concerned. Be sure to inform parents of the undergraduate concerned and consult with them about the solution before proceeding with such arrangements. If the parents are unable to attend in time, the university / college should ask them to arrange a facsimile to show their relationship and power of attorney so that it has the right to move the student to a professional mental health institution for treatment timely (Lu, 2015).
2. The rear service department of the university / college should promptly cooperate with the mental health crisis handling work and make accommodation for the undergraduate concerned. The academic affairs office should be humane and scientific in the curriculum management for the undergraduate in mental health crisis.
3. The psychological counseling center of the university / college should provide the undergraduate concerned with psychological assistance and assess the situation in a timely manner, transfer the undergraduate concerned to the professional psychiatric assessment and treatment institutions in serious cases, and later do well in psychological counseling and conciliation for students around.

### 5.3 Level 3 mental health crisis

When an undergraduate is in Level 3 mental health crisis, it should be reported to the university / college leadership and the police as soon as possible. The psychological intervention leading group of the university / college should make reasonable arrangements to make every effort to ensure the life safety of the undergraduate and take rational measures.

1. Response of the university / college. The head of the psychological intervention leading group of the university college should get to the place where the undergraduate concerned is located as soon as possible and make prompt arrangements for the deployment of security and medical work. After the things have settled down,
handle the public opinion dissemination timely so as not to cause too much negative social impact (Xue 2012). Later do well in psychological counseling and conciliation for students around.

(2) The medical department of the university / college should arrive at the scene as soon as possible to provide assistance to the undergraduate concerned so as to prevent the situation from deteriorating. The security department of the university / college also has to control the situation of the site, evacuate unrelated persons and prevent overcrowding and stampede.

(3) The rear service department of the university / college should make accommodation for the families of the undergraduate concerned and provide service assurance for the undergraduate' rescue work. The academic affairs office should be humane and scientific in the curriculum management for the undergraduate in mental health crisis (Yu and Dong, 2012).

(4) The psychological counseling center of the university / college should do well in psychological counseling and conciliation for students around and roommates, and strengthen monitoring on students' psychological changes in daily life and study so as to prevent the situation from deteriorating.

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