

CORRELATION OF COPING STRATEGIES AND NEUROPSYCHIC TENSION IN COLLEGE STUDENTS

*J.L. Potasheva, Zh.L. Danilova, Zhu Jiachun
Vitebsk, Vitebsk State University named after P.M. Masherov*

In recent years, with the continuous changes of the international situation, the continuous expansion of the opening-up policy, the in-depth development of the socialist market economy with Chinese characteristics, the actual needs of the great rejuvenation of the Chinese nation, the current social definition of college students, the impact of the social environment and campus environment on Chinese college students, especially the reforms involving the vital interests of college students. The introduction and implementation of various policies have made the problems faced by college students in the process of study and growth more complex and diversified. These problems always affect the mental health of college students. At present, the psychological problems of college students, which can not be ignored, have become the psychological factors restricting the growth of college students.

The purpose of the work is through the investigation of the university students from a university in Guizhou Province, China, to master and analyze their performance of the current nervous psychological tension, the causes of the nervous psychological tension of college students, and the influence of the neuropsychological tension on their physical and mental health. Put forward the countermeasures and prevention suggestions to deal with the nervous psychological tension of college students. In order to protect the mental health of college students, do not appear the psychological diseases caused by neuropsychological tension.

Material and methods. In research the following methods were used: literature research method, questionnaire survey method, interview method, descriptive-analytical, comparative, statistical, contextual analysis method. In a university campus in Guiyang City, Guizhou Province, China, 200 questionnaires were randomly distributed to students to conduct a questionnaire survey on neuropsychic tension, and 190 valid answers were recovered. In addition, the teachers in college mental health education (or counseling) also let us understand the neuropsychological tension of college students on campus.

Results and their discussion. According to the investigation, the manifestations of neuropsychic tension of college students include but are not limited to: cold sweat, stiff limbs, unclear speech, chest tightness, shortness of breath, emotional collapse, restlessness, unable to sleep and other discomfort. It can be seen that neuropsychic tension is first reflected in college students' physical feelings.

Causes of College Students' neuropsychic tension. In terms of human body science, one of them plays a role is the neocortex of human prefrontal lobe, which we call "adaptive system". This system can generate new responses to adapt to complex and new things. The particularity of this system is that it allows us to face complex situations from a certain height and vision, helps us solve various problems, and provides us with a way of action. It is not limited by a fixed model. The prefrontal neocortex is not innate and needs to be developed after tomorrow. Studies have found that the prefrontal neocortex (adaptive system) will not fully mature until the age of 20 to 30. Before that, the decisions made by the human brain were mainly affected by other brain systems, which made the behavior and thought more rigid.

We reiterate that neuropsychological tension not only brings harmful effects on the physical and mental health of college students, appropriate psychological tension can stimulate our nervous system and improve work efficiency, and excessive neuropsychological tension will bring harm. In this study, we mainly research the adverse effects of College Students' neuropsychological tension on College Students' physical and mental health. According to the data fed back from the survey, college students themselves believe that psychological stress will have adverse effects on their physical health, academic performance, interpersonal relationship, quality of life, love lovers, etc. There may even be symptoms of anxiety, restlessness in sleep, restlessness, fear, fear, irritability, etc. If the situation is serious, it may develop into a psychological disease that needs intervention and treatment.

In Chinese university campuses, if college students have neuropsychological tension, they will generally take the following methods to deal with it. Use deep breathing to adjust breathing rhythm and heart rate; Use the way of self persuasion and self relaxation to convey the tension to the brain; Use massage to relieve the tension of limbs; Use exercise to divert attention, secrete hormones and consume excess energy; Listen to music to relieve tension; By communicating with friends and fami-

ly, we can get comfort, encouragement or suggestions to solve problems, so as to relieve tension; Through communication with relevant teachers, get suggestions to deal with problems, get guidance to relieve tension, etc. In the group of college students, 57.37% chose to deal with neuropsychological tension by themselves, and 42.63% chose to communicate with others to deal with psychological tension. The students who chose to communicate with psychological counselors accounted for only 2.63% of the college students. We hope that the students who are nervous and nervous on campus can get useful harvest from the tension, or can improve the tension through their own coping strategies; We hope that only 2.63% of the students need to discuss the degree of psychological tension with the psychological counseling teacher. Based on the results obtained we propose the scheme of prevention college students' excessive neuropsychic tension and the supportive psychotherapy scheme to deal with colleges students' neuropsychic tension.

Conclusion. This study believes that it is necessary for college students' mental health education and mental health guidance, whether from the perspective of social development, college talent training, or college students' personal growth. According to the data of this study, college students generally take the initiative to deal with this reaction after they have neuropsychological tension. According to the data, after college students deal with this situation on their own, most of them can alleviate their neuropsychological tension. Some of them can also learn coping experience from it, and can alleviate their nervous response in the case of neuropsychological tension caused by similar incentives later. Among the students who have taken countermeasures, few will go to mental health counseling institutions for negotiation. The education and guidance of mental health should not only play a role in the group, but also pay more attention to individual counseling; We should not only prevent the emergence of psychological problems and treat psychological problems, but also guide college students to correctly understand the definition and importance of mental health.

INFLUENCE OF NEW MEDIA ON ADOLESCENT MENTAL HEALTH EDUCATION

*N.S. Semenova, S.A. Motorov, Qi Ke
Vitebsk, VSU named by P.M. Masherov*

As a media form supported by the new technology system, new media has the characteristics of rich communication content, convenient and efficient of communication, equal and interactive communication modes, it is favored by more and more people. Teenagers have the physiological and psychological characteristics of being willing to accept new things and daring to try, which makes them start to use new media earlier and become the active crowd of new media application. And become the key target customers of major network media developers. However, with the rise of the Internet, new media has two sides. On the one hand, it can provide teenagers with a good learning platform, social communication media and convenient working environment. On the other hand, it is prone to the flooding of false information and numerous illegal acts, which brings new challenges to the law and morality, and has a great impact on Teenagers' learning, thinking and behaviors. In this context, we should carefully analyze the impact of new media on Teenagers' psychology and its reasons and study how to make good use of the opportunities and challenges in the field of education brought by new media and new technology, so as to make new media play a positive role in teenagers' mental health education. It has important theoretical and practical significance for ensuring the healthy growth of young people and realizing the healthy and orderly development of new media order.

Material and methods. This paper uses questionnaire survey, literature research, individual interview and other methods to carry out the research work. In terms of ensuring the scientific and objective of the research, 605 of 7-35 year old people in Zhengzhou City, China, were selected as samples to investigate the relationship between the young people and the new media.

Results and its discussion. The term new media was originally born in the 1960s. Goldmark, director of CBS Technology Research Institute, called video "new media". Subsequently, in a report to President Nixon, the "new media" was mentioned on a number of occasions. There are many different views and opinions on what is new media. Some scholars believe that new media is a kind of media technology based on linear broadcasting, which is defined by the technology level; Some scholars also believe that new media is a new mode of communication, which can realize individuality and interac-