

Mini Research on College Students' Mental Adaptation

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The psychological adaptation ability of college students is an important research field, reflecting the ability of young people to cope with academic, social, and personal pressures. With social media becoming the main mode of interaction, face-to-face interaction has decreased, and students face unique challenges in maintaining mental health. In addition, factors such as gender and year of enrollment have a significant impact on students' psychological adaptation. However, by strengthening campus mental health services and raising awareness, we can alleviate some of the pressure on students.

Firstly, the widespread influence of social media makes student psychological adaptation more complex. Research has shown that excessive use of social media can lead to inadequacy and loneliness. A study conducted by Primack et al. found that people who spend more than two hours a day on social media are twice as likely to report poor mental health compared to those who spend less time online (Primack et al. 1-8). This highlights the negative impact of long-term use of social media on the mental health of students.

In addition, gender differences play an important role in how students adapt to academic life. Girls often exhibit better academic adaptability than boys. They showed higher motivation ($t(109,48)=3.07$, $p=.003$), greater applicability ($t(109,48)=4.01$, $p<.001$), and better adaptation to academic environments ($t(108,48)=1.97$, $p=.05$). In addition, female students had significantly higher SSI global scores (measuring stress response), indicating that they typically have better mechanisms to cope with stress (Clinciu 718).

The year of enrollment also affects students' mental adaptation. Freshmen often face more significant challenges as they transition to university life, encountering a new and demanding environment. A study by Conley et al. indicated that first-year students experience higher levels of stress and anxiety compared to their senior peers, who have already acclimated to the university setting and developed coping mechanisms (Conley et al. 271). This underscores the need for targeted support systems for first-year students to aid their adjustment process.

Teacher training and establishing a strong support network are also crucial for student adaptation. An effective support system enables students to fully participate in the social environment of the university, providing opportunities to discuss their challenges and share experiences. Dr. Sarah Ketchen Lipson, an expert in college student mental health, asserts, "Creating an environment where students feel

supported by peers, faculty, and staff is crucial to their mental health and overall success" (Lipson). In the early stages of university, this kind of support is particularly important because there are often many new and challenging situations in the early stages of university (Sahao et al. e224238). Exposure to these networks helps students feel welcomed and understood, thereby enhancing their overall psychological resilience.

In summary, the psychological adaptation of college students is influenced by a combination of academic pressure, social media influence, and reduced personal interaction. Addressing these issues requires multiple approaches, including improving mental health resources, educating students to use social media responsibly, and providing meaningful opportunities for social participation. By implementing these measures, educational institutions can better support students' mental health and adaptability, preparing them for academic success and personal achievement.

References

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Outline

Title: Mini Research on College Students' Mental Adaptation

I. Introduction

- A. Importance of psychological adaptation for college students
 1. Coping with academic, social, and personal pressures
- B. Influence of social media and reduced face-to-face interactions
- C. Impact of gender and year of enrollment on mental adaptation
- D. Thesis statement
 1. Enhancing campus mental health services can alleviate student pressures
 2. Raising awareness can alleviate student pressures

II. The Impact of Social Media on Psychological Adaptation

- A. Complexity of psychological adaptation due to social media
 - 1. Increased feelings of inadequacy and loneliness
- B. Supporting data
 - 1. Primack et al. study on social media usage and mental health
- C. Negative impacts of long-term social media use

III. Gender Differences in Academic Adaptability

- A. Female students' better academic adaptability compared to male students
 - 1. Higher motivation, applicability
 - 2. and academic environment adaptation
- B. Supporting data
 - 1. Clinciu study on gender differences in stress response
- C. Significance of higher SSI global scores for female students

IV. Influence of Year of Enrollment on Mental Adaptation

- A. Freshmen facing significant challenges transitioning to university life
- B. Higher stress and anxiety levels among first-year students
 - 1. Compared to senior peers
- C. Supporting data
 - 1. Conley et al. study on first-year students' stress and coping mechanisms
- D. Importance of targeted support systems for first-year students

V. The Role of Teacher Training and Support Networks

- A. Importance of teacher training in student adaptation
- B. Establishing strong support networks
 - 1. Enabling students to discuss challenges and share experiences
- C. Supporting data
 - 1. Sahao et al. review on student adaptation and mental health
- D. Enhancing psychological resilience through support networks

VI. Conclusion

- A. Recap of the key influences on psychological adaptation
 - 1. Academic pressure
 - 2. Social media influence
 - 3. Reduced personal interaction
- B. Multiple approaches to address these issues
 - 1. Improving mental health resources

2. Responsible social media use education
 3. Meaningful social participation opportunities
- C. Final thoughts on better supporting students' mental health and adaptability

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