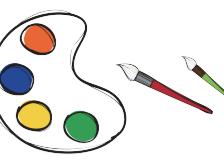




Exploring the connection between college students' behavioral performance and mental health



Introduction

The mental health of college students is a hot topic that has been widely concerned by the society. A positive mental health status is a key factor in maintaining the balance between students and healthy living, which includes academic performance; social life; physical health of the body; family safety and so on. Although the importance of mental health has been widely publicized and disseminated in various research and campuses, it is worth noting that many students still cannot face their mental health status and fear to ask for help from professionals. Even because of the lack of awareness of this topic, it leads to the deterioration of emotional problems, affecting learning and life. The purpose of this document is to explore the impact of students' mental health on their behavioral performance in terms of diversity. At the same time, try to use case studies to explore how applications can help users recognize their mental health problem through human-computer interaction. Around the theme of team project, I will select relevant literature from domain research, social and mobile, and conceptual design. For our project, how to promote users to recognize their behavior and improve the state of mental health through social and mobile is the aim of our project, that users can know their health status by regularly recording the data obtained from sleep time and emotional state. This is a method of adjuvant treatment. They can also join the chat community in the app to talk to professionals, volunteers, etc.

Contextual Bibliography

Trockel, M. T., Barnes, M. D., & Egget, D. L. (2000). Health-Related Variables and Academic Performance Among First-Year College Students: Implications for Sleep and Other Behaviors. *Journal of American College Health*, 49(3), 125–131. <https://doi.org/10.1080/07448480009596294>

This paper analyzes the differences in learning efficiency and academic performance of students on campus according to different variable data, such as eating habits; sleep quality; exercise habits, emotional state, stress management, spirit and religion. The author's research intention is to verify whether the student's mental health status and living habits will affect student development and campus life. In order to ensure the accuracy of the research results, the researchers randomly selected 200 students as subjects. It has been proven that sleep habits and emotional state are the biggest factors affecting students' performance in all variables. In fact, learning performance as a result will change with the emotional state of the student, and also affect the length of the student's sleep time. These information can be used as a reference to help students develop a plan for improving mental problem. Studies have shown that stress management procedures do not directly affect academic performance, but the state of mental health, such as anxiety, has a significant impact on student behavior. In addition, support and encouragement from outside, such as regular communication and linguistic guidance, can alleviate emotional problems caused by students' failure to studying and socialize. Researchers continue to track and document the subjects they are testing. They try to help students get further data to test whether they are academically performing, and their state of life is improved when they are under the good mood of being encouraged and supported. Therefore, behavioral habits (sleep time, eating patterns, mood status) are the cornerstones that help users recognize their emotional state and will be reflected in the behavior of students. In our application design, consider two features: How to help users realize the state of mental health, we need to design an auxiliary tool instead of a diagnostic method. Secondly, how to enable users to get help in a social method through a natural and comfortable way, to eliminate shame, because this is not a disease. This article tells us to track sleep time and record emotional state as a viable identification scheme.

Macan, T. H., Shahani, C., Dipboye, R. L., & Phillips, A. P. (1990). College students' time management: Correlations with academic performance and stress. *Journal of Educational Psychology*, 82(4), 760-768. <http://dx.doi.org/10.1037/0022-0663.82.4.760>

This article selects a very specific entry point to study the relationship between students' self-control behavior and their learning performance, social performance, and life behavior. This entry point is their pressure from the learning experience. In the face of this problem, the University Consulting Office often provides time management services for this problem, but many students reject the need for help. The author hopes to predict the performance of the 165 students on self-attitude, stress management and control to predict their performance on campus, including average grades, contributions and so on. This study reveals two arguments: First, the factors of time management consist of four factors, and the most influential behavioral predictions for students are perceived time control. Students who realize their time and habits can be controlled, they are satisfied with their learning performance, work and life. And they rarely feel nervous and anxious about the challenges of learning and the complexity of life. But this does not mean that time management is not required. The article cites an example where college students often feel overwhelmed before submitting assessments. The reason is that there is not enough time to complete all the tasks. Especially for part-time students, this poor time allocation becomes a source of stress and incorrect learning habits. Therefore, the author believes that the factors affecting student behavior are not only from time management. Because the factors that make them unable to manage time are very complicated: attitudes, economy, religion, family, etc. all have an impact on students. In addition, the authors believe that they did not find a management and help service system to construct a good time management structure.

Hunt, J., & Eisenberg, D. (2010). Mental health problems and help-seeking behavior among college students. *Journal of adolescent health*, 46(1), 3-10.

The paper points out that in a wide range of social public health problems, college students' cases such as attacking, self-harm, and destruction have become atypical concerns. The background of the research is that the mental health problem accounts for almost half of the obstacles to the development of young people. And this phenomenon is still getting worse. The author's point of view is that in universities, there are diverse channels that can improve a student's mental state, and the only channel involved in their social activities and support services. The author is very worried because the data also indicates that there are not many students who are actively seeking help. During the discussion, they found that only 19% of students received consulting services. Contrary to reality, the willingness of students to seek spiritual support is very strong. The behavior of the subject being studied is clearly negative, in which case the probability of mental illness will increase. In the course of the discussion, the researchers realized that the reason for interpreting this result was not only from personality factors, social factors, but also the stigma associated with mental illness, which greatly reduced the chances of seeking help. As we develop a system that helps students maintain their emotional state, in addition to helping users to feel and value their own changes in life and mood, they also need to provide a window for them to seek help without any scruples. Studies have shown that stigma is a very big challenge in our project, and anonymity may be a good solution. In a virtual social community, the design of community features determines the ability to guide users to express their needs. The form of interaction is not just a consultation, but also an article to describe your own experience, in the form of volunteers, the guidance of professionals, and so on.

MacInnes, D. L., & Lewis, M. (2008). The evaluation of a short group programme to reduce self-stigma in people with serious and enduring mental health problems. *Journal of Psychiatric and Mental Health Nursing*, 15(1), 59-65.

This paper shows dialogue will greatly reduce the user's stigma when consulting about mental health issues and increase their chances of showing true emotional state. Through a series of interviews and research, the researchers confirmed that when the user was asked, the data about themselves was far lower than the personal information they showed during the multi-person conversation. Human behavioral awareness is often constrained by self-protection, and when we want to analyze the state of mental health by obtaining the user's daily information, it is often rejected or retouched. The article pointed out that when respondents join a conversation, they do not think they are threatened, they will be more relaxed to express their emotions. We need to understand during the completion of the project that users are not necessarily willing to share their privacy with strangers, including the source of their negative emotions may not come from learning and the economy, but from the family and partners. Given this key factor, anonymity is a good way to dispel user concerns. It is also vital to the management of online communities. The article mentioned that, in order to maximize the status and information of respondents, they are placed in an interesting, active interview environment, and their emotions will change with the environment.

Overview Statement

In fact, from the literature we can find that students' learning performance, social performance and life behavior changes and abnormalities are largely determined by the state of mental health. At present, our team project focuses on helping students gain useful support through community communication, providing them with a comfortable online environment to help them with self-reliance and self-awareness for mental health status. In addition, the app will provide students with an anonymous professional consulting service to reduce the user's stigma and protect their privacy. Although both the campus and the community are aware of the importance of this issue, they often cannot be sure which part of the student needs this type of help. We hope to apply the record of living habits to the design of the project. Students can record their sleep time, exercise time, and dietary norms. It is a problem based on behavioral cognitive therapy and mindfulness therapy to alleviate mental health. In addition, new research shows that if users are determined to get out of the negative psychological state, they first need to set up the desired goals in advance, and actively guide them toward the goals in daily records, and move closer to the preset goals step by step. User experience is the first element of our project design, targeting students who feel negative about learning and life but are not aware of the importance of their mental health. These students may feel that learning is inefficient, and interpersonal relationships are difficult, but they need guidance rather than professional

Kitzrow, M. A. (2003). The mental health needs of today's college students: Challenges and recommendations. *NASPA journal*, 41(1), 167-181.

This article explores the causes and behaviors that lead to changes in college students' psychological needs, and why campus psychological counseling faces increasing demands. The authors chose to study the psychological reactions to the negative reactions caused by students as an entry point, such as: anxiety, panic, depression, headache. On the contrary, it can also cause positive reactions: courage, fighting spirit. Psychological coping will be a crucial factor in determining whether a student is facing a negative or positive impact. From a psychological point of view, users will take two coping styles: First, change the function, they can change the pressure and dangerous environment in time, and can also change their response to stress. The second is the processing function, which means that users will try to adjust their attitudes and feelings. Successful coping behavior can enable people to face psychological stress and help them to restore balance between physical and psychological. The author believes that this is a self-regulating ability that college students need and one of the capabilities they are currently missing. This is one of the reasons why the campus faces an increasingly serious student mental problem. The way students relieve their stress is usually self-adjusting first. When they realize that they can't solve the problem, they need professional counseling. Combining our team project is precisely to provide two solutions to improve the mental health of students: community and consulting. First, guide students to understand the causes and status of their emotional problems in the community through communication, inquiry and topic guidance. And combined with professional advice to provide a reasonable solution.

Roberts, R., Golding, J., Towell, T., Reid, S., Woodford, S., Vetere, A., & Weinreb, I. (2000). Mental and physical health in students: the role of economic circumstances. *British Journal of Health Psychology*, 5(3), 289-297.

The article points out that students are not only affected by their mental health status, but also affect their physical health. The report used a survey of 482 college students. The data showed that when students' emotions and spirits were in a negative state, they were more likely to smoke, drug use and compared with other students for a long time. Poor mental health status does not directly affect the academic performance of students, but this effect is indirect. For example, when a student's part-time time is beyond normal time, and when they face a large amount of bills they need to pay. Students in this category are prone to anxiety and tension. This leads them to an irreversible negative emotion. This is like a cycle. The economic situation leads to mental stress. The pressure leads to various ways of dispelling. In the end, the physical health of the students will be hurt.

Contextual Map

