A survey of campus violence in colleges and universities from the perspective of psychological education

Mu Ying

Chengdu Polytechnic. SiChuan, Chengdu, 610041, China

Abstract: With the frequent and generalized of campus violence in colleges and universities, the society begins to pay attention to this issue. This paper firstly summarizes the connotation and characteristics of school violence, and secondly it illustrates the current situation of campus violence in colleges and universities through specific cases. And then analyzes the causes of campus violence from the perspective of psychological education. Finally, the paper puts forward some effective ways to prevent campus violence from the perspective of psychological education, hoping to be helpful to mental health education of colleges and universities students.

1. Introduction

College and university students are the hope of China's future development and shoulder the heavy responsibility of building the motherland. With the frequent and generalized violence in colleges and universities, the society has begun to pay attention to the problem of campus violence in colleges and universities. Due to problems in the psychological development of some college students, they often show various abnormal psychological phenomena when implementing violent behaviors. By analyzing the psychological factors behind these problems, this paper examines the campus violence in colleges and universities from the perspective of mental health education, and explores the guiding measures and corrective strategies. It has important practical significance for improving the psychological education of colleges and universities and promoting the mental health development of students.

2. What is campus violence?

2.1. The connotation of campus violence

Campus violence, also known as campus bullying, usually refers to the physical injury, property loss or mental damage caused to the individual or group of the other party by means of physical, language and network, etc. Campus violence can be divided into single-person violence, minority violence, and multi-person violence. The implementation of campus violence is mostly around the campus or in secluded places, even blatantly bullying in public areas of the campus [1].

Some campus violence does not necessarily happen on campus, and those bullying among classmates outside the campus is also included. The main manifestation of campus violence is that physically strong or privileged students bully the weak or poor students, making them feel pain in mind and physical. Campus violence is usually repeated, not a single incident. Sometimes one person bullies another, sometimes the group bullies another. Usually the bully does not feel that he is wrong, and the victim afraid, silently bear and dare not resist and report the bully, so the vicious circle caused the victim's body and mind suffering.

2.2. Characteristics of campus violence

College campus violence is usually characterized by suddenness, solidarity, concealment, specificity and persistence. College students have low cognitive level, psychological development is not yet fully mature, and there is no strong ability to distinguish right from wrong. The feelings are easy to impulsive, so campus violence is often sudden. After all, college students have a

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psychological fear of crime when they commit campus violence, so they usually form a group to commit violence together. In the process of violence, it is accompanied by a psychological phenomenon of fear and hesitation. Therefore, it will choose to have poor light effects or forests, corridors, etc., so the violence on campus is invisible. In the process of violence accompanied by fear, hesitation psychological phenomenon, so will choose poor light effect or forest, corridor and other acts of violence, so campus violence has a hidden nature. Verbal conflict and personality injury are usually the inducements of school violence, which is reflected in the specific and specific targets of campus violence, therefore, campus violence is specific. The violent behavior will make the abuser's psychology abnormal, its influence to the victim is life long, and therefore the school violence has the persistence [2].

3. The current situation of campus violence in colleges and universities

3.1. The Yao Jiaxin incident

Yao Jiaxin is a junior student at the Xi'an Conservatory of Music, stabbed the injured man eight times to death after hitting the man by his car late at night. After that, he drove away to the intersection and hit pedestrians again and was captured by people nearby. After he was released by the public security organ, he voluntarily surrendered himself to the police accompanied by his parents. The Xi'an procuratorate initiated a public prosecution against Yao Jiaxin for the crime of intentional homicide. The Xi'an Intermediate People's Court declared that Yao Jiaxin was guilty of intentional homicide, was sentenced to death, deprived of political rights for life, and compensated the victim's family for economic losses. The Higher People's Court of Shaanxi province has upheld the death sentence in second trial of Yao Jiaxin case. Yao Jiaxin was executed at the age of 21.

3.2. Ma Jiajue incident

Ma Jiajue achieved excellent results when he was in high school. He was awarded the second prize of the National Olympic Physics Competition. He was awarded the provincial top three students, and then studied at the Yunnan University of Science and Technology College. After being ridiculed by roommates due to poor family, he killed four people and fled from Kunming Railway Station. Shortly after being listed as an A-level wanted criminal by the Ministry of Public Security, he was arrested in Hexi District, Sanya City, Hainan Province. The Kunming Intermediate People's Court sentenced the death to him according to law, and deprived his political rights for life, and implemented it [3].

4. Analysis of the causes of campus violence in colleges and universities from the perspective of psychological education

There are certain reasons and backgrounds for the emergence and aggravation of violence. According to the psychological and physiological particularity of the behavior subject, we analyze the violence in colleges and universities. The four main causes of campus violence include students themselves, their families, schools and the society.

4.1. Student's own reasons

4.1.1. Physiological factors

18-26 years old is the main age group of college students. Students in this period are over-enthusiastic, energetic, physically and mentally mature, lack of rational thinking, rash, and easy to go astray. If they are not guided, they may harm the society.

4.1.2. Psychological factors

There are three main reasons for the psychological factors of college students' campus violence. First, the acts of violence and crime are interpreted by some psychologists as the result of psychological defects. The participation of some college students in campus violence is related to

their psychological defects. Second, poor communication is also the direct cause of most campus violence. Third, the low ability to withstand setbacks is also the cause of campus violence in most college and university students.

4.2. Student's family reasons

4.2.1. Family education

Students ' behavior and psychology have long been influenced by the imperceptible influence from their families. Some parents expect their children to become talents too much, so the education ways and methods adopted by them are inevitably improper. They neglect to cultivate their children's healthy personality, only pay attention to the intellectual development of students, and seldom pay attention to their children's mental state and ideological changes.

4.2.2. Trouble family

Most trouble students come from trouble families. Single-parent families are proliferating as divorce rates rise. If a child is abandoned by a single parent or both parents in the process of growing up, he or she will suffer serious setbacks in emotion and psychology, and his or her ego and personality will be difficult to be perfect, which is easy to breed crimes and deviant behaviors [4]. In addition, some family violence, such as parents' quarrel and family war, if students witness emotional disharmony, violence and conflict between parents will also affect their psychological growth.

4.3. School reasons

As an important place for students to form their world, life and self-values outlook, colleges and universities also have some factors inducing campus violence.

4.3.1. Some problems in school education

Although it is no longer under the pressure of further education, colleges and universities still do not pay enough attention to students' legal and psychological education, but only pay attention to the education of students' courses. It is usually after the problem occurs that the university has begun to pay attention to it and all of them have solved the problem and lacked the corresponding prevention mechanism. At the same time, some teachers themselves are bad at interpersonal communication, so they cannot educate their students scientifically. Sometimes, they even treat students with personal preferences. They cannot treat each other equally, and it is easy for students to have the repressive mentality and the psychology of revenge [5].

4.3.2. Not suitable for campus life

Most of the college students are away from their parents and hometown, and the feeling of loneliness will inevitably come out with the fresh sense of the university. If they cannot adapt to the new environment, and the school fails to give good guidance, students will easily have psychological problems.

4.4. Social reasons

4.4.1. Social environment

With the development of the economy, the living conditions of the people are significantly different, the gap between the rich and the poor is widening, and there are moral disordered in some areas. Political corruption, hedonism, money worship, and utilitarianism are prevailing, and acts of violence and violence are often seen in society. To a certain extent, it has also caused adverse effects on students, and the values of students have been tilted.

4.4.2. Negative impact of the media

The media often publicize and report the campus violence, which also has a bad influence on college students. Some college students may blindly follow or imitate. At the same time, the

continuous development of the Internet and new media, in providing students with rich knowledge and culture at the same time will inevitably bring a lot of spiritual drugs and harmful information, easily lead college students astray [6].

5. How to prevent campus violence effectively from the Angle of psychological education

5.1. Strengthening mental health education for students

5.1.1. Offer courses related to psychology

In order to help freshmen adapt to the new environment smoothly, colleges and universities can offer necessary courses on mental health education at the beginning of the new semester. And equipped with excellent teachers for students to carry out systematic mental health education, cultivate students' ability of self-psychological adjustment and good interpersonal relationships, so that they have a comprehensive understanding of their own development, and gradually improve their personality.

5.1.2. Conduct extensive psychological surveys

In order to better understand and cultivate students' psychological quality, colleges and universities can conduct a wide psychological survey on students from the perspective of healthy growth. The overall psychological state of freshmen can be understood through psychological census, which can also provide a basis for the development of psychological education.

5.1.3. Organize colorful campus activities on a regular basis

Colleges and universities should organize colorful campus activities on a regular basis to properly guide students to vent their bad emotions and stress emotions. Campus activities can relieve students' stress and frustration in life, and at the same time can cultivate their good communication skills [7].

5.1.4. Conduct frustration education

In order to make students not to be discouraged or abandon themselves when they encounter setbacks, colleges and universities should carry out frustration education for students to improve their tolerance for setbacks, so that students can face difficulties with a positive and healthy attitude and have the courage to overcome difficulties.

5.2. Work with families

In colleges and universities, psychological education should be carried out from the time students enter the school, establish the students' psychological files, and keep in touch with the students' families according to the information of the psychological surveys at the time of enrollment, and strengthen the communication between the families and the school. For students with problems, in addition to individual psychological counseling, Internet interviews, telephone interviews, interviews in person and other forms of home visits are also essential.

5.3. Improve education and teaching methods

In addition to psychological counseling and mental health education in schools, teachers' teaching methods should also be constantly reformed and innovated. The school instructor should be predictable and sensitive to the possible psychological problems of students. Therefore, in order to enable them to help students to carry out correct counseling in a timely manner, it is necessary to train the school instructor in the corresponding psychological counseling courses so that they can better care for the growth of students[8].

5.4. Create a good environment

The external condition for the healthy growth of students is a good social environment. Therefore, in order to ensure the healthy development of students, colleges and universities should

purify the surrounding environment closest to students. At the same time, in response to the negative news of media reports, colleges and universities should also provide positive guidance so that students can fully understand the problems, thus promoting the healthier and richer development of the students' spiritual world.

6. Conclusion

In summary, colleges and universities improve the psychological education for students and effectively prevent campus violence from the perspective of psychological education, which is conducive to promoting the mental health development of students. Colleges and universities can build a harmonious college campus by strengthening psychological health education for students, cooperating with families, improving teaching methods and creating a good environment for students, so as to promote the healthy growth of students and make their college life smoothly.

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