

A Case Study of Psychological Counseling for College Students

—Primordial Pain

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Abstract: The psychological problems of college students are becoming increasingly serious, and most of these students have certain problems in their original families. Therefore, how to timely grasp the family background of college students, understand their learning, working, and living conditions in university, is the most important way to timely detect psychological problems, intervene in time, and resolve crises.

Keywords: College Students; Psychological Counseling; Crisis Intervention

1. Counseling background

Xiao Wang, female, from the provincial capital, white and well-behaved, before entering school, his father seriously injured his spine and lost his ability to work, his mother was frail and unemployed, and his younger brother was a vocational high school student, with a strange and rough personality. The relationship between the various family members is cold and detached. Grandparents lived with them. The student has suffered from diabetes since he was a child, his family is financially difficult, he owes foreign debts, and his current financial source is only a small amount of rental income. At the end of last year, his grandfather died. In January this year, the father's father beat him for trivial matters, his younger brother also pulled and violently pulled him, and his grandmother was accidentally pushed down during the persuasion fight, and the femur fracture has not healed so far, the family economy has worsened, and the family conflict has intensified. The whole family blamed her for causing conflicts, even affecting her grandmother, and her mother scolded her again for not dying (I often used this sentence to scold her for as long as I can remember). At that time, the student couldn't open the window and jumped off the building, but was grabbed by his family, and then tried to cut his wrists, but did not hurt the artery for fear of pain. At the end of March this year, after the psychology class, he confided in the teacher, Mr. Z, who then relayed it to the student's counselor. The counselor talked to the student and reported to the psychological center and the superior leaders to understand the details, the student was in a relatively stable mood at that time, and reported that he had thought a lot, and was persuaded by his cousin that it was difficult to change the family relationship and the personality of his parents and younger brother for a while, so he could only wait and improve slowly, and hoped to become independent and improve his economic situation as soon as possible. After the psychological center assessment and interview, it is determined that the patient is depressed and has serious psychological problems, and should be included in the focus of attention. The counselor informs the parents to come to the school for an interview to inform them of the relevant situation, asks the parents to cooperate, and arranges for their roommates and psychological committee members to pay close attention to them, and includes them in the pool of poor students in the next semester. The counselor interviews the student 1-2 times a week and keeps in touch with the student by phone and online. At present, the student is in stable condition in all aspects and is emotionally normal.

2. The counseling process

2.1 Counseling time and frequency

Since the date of attention, the "Five Ones" working mechanism has been launched for effective intervention, and after the student's condition is relatively stable, the counselor has interviewed Xiao Wang 1-2 times a week and maintained telephone and Internet contact, and interviewed with parents to maintain telephone contact. The student also makes regular appointments for interviews with the psychological center.

2.2 Analysis of the causes of the problem

Xiao Wang's psychological problems are mainly manifested in depression and excessive behavior, and the causes of the problems can be analyzed from the following aspects.

2.2.1 Physiological causes

The student has suffered from diabetes since childhood, resulting in low immunity, frailty and disease, relying on insulin injections to maintain a stable condition all year round, and his diet and behavior are mostly restricted, and he cannot play and snack without scruples like ordinary healthy children, and even affect his friends. The student's illness brought additional financial burden to the family, and the family inevitably showed a sense of sadness and burden, and Xiao Wang was often troubled by guilt and low self-esteem since he was a child.

2.2.2 Family reasons

Xiao Wang's family growth environment is special and complex, which is not conducive to Xiao Wang's growth.

Xiao Wang's family structure is a typical "backbone family", with three generations of family members, including grandparents, parents, Xiao Wang and younger brothers, and the relationship between members is more complex than that of the "nuclear family". Grandparents are not in good health, no source of income, no children, Xiao Wang's father is rich, the sisters and brothers follow their mother's surname, grandpa was paralyzed in bed for a year after a stroke, and was taken care of by Xiao Wang's parents until he died last year. The father has no regular job, has a violent personality, and often loses his temper for his father in the mode of family conflicts, the mother is kind and persuasive, and the father has been rude to his wife and children many times over the years. In September 2016, my father suffered a serious injury to his spine at work and lost his ability to work, after which his temper became even more irritable. The siblings have been exposed to their father's behavior since they were children, and they rarely take the initiative to communicate with their father, and they have a good relationship with their mother. The mother is a housewife, her health is not very good, she has been unemployed for many years, her personality is relatively weak, unprincipled, she likes to nag, loves to turn over old accounts, and often brings "negative energy", which makes the sisters and brothers feel quite stressed and helpless, has a habit of cleanliness, cleans several times a day, often blames the family for destroying the cleanliness of the family, and blames Xiao Wang for not being able to do things. The younger brother is now 17 years old, a vocational high school student, with a violent and eccentric personality, rarely talking to his father since he was young, and even rarely calling him "Dad", and his relationship with other family members is relatively cold and alienated, and he rarely calls "sister", calls him by his name or does not use his name when he speaks, rarely takes the initiative to contact his family when he lives in school, does not answer the phone, and does not reply to messages.

Xiao Wang's family is an urban poor family, a family of six basically relied on their father to work and live in construction and decoration sites, and the family house is self-built, with a small amount of rent income every year. After his father's injury, the family was left with only rent income. The two aunts rarely bear the pension of their grandparents, their grandfather's illness and funeral expenses are very large, their father and grandmother are injured one after another, Xiao Wang takes medicine and injections all the year round.

The family's financial constraints and poor physical condition have created Xiao Wang's well-behaved and sensible character, and also strengthened Xiao Wang's inner guilt and anxiety. Since junior high school, he has used his spare time to work in fast food restaurants and clothing stores to earn money and reduce the burden on his family. Xiao Wang often expects that he can graduate as soon as possible, be financially independent, and be able to improve his family's economic situation and family relations, but due to physical reasons, he cannot engage in labor-intensive part-time jobs and jobs, and he is a teacher major, and he can only barely protect himself and can not effectively improve his family situation. For this reason, Xiao Wang often feels distressed and hopeless.

3. Counseling effect

The effect of the student's counseling can be divided into three stages.

The first stage, the remission phase. From the end of March to the beginning of April, after crisis intervention, teacher-student attention and psychological counseling, the student's mood improved greatly. The parents also recognized the problem, changed it, and tried their best to create a good atmosphere, and the students got a better recovery environment and were much more cheerful.

The second stage is the peace period. From the beginning of April to the end of May, the student adhered to regular consultation and counseling, and the student's life and study status were relatively stable.

The third stage is the recurrence period. From the end of May to the beginning of June, because the student had to go home every week to pick up medicine, family conflicts have occurred from time to time recently, and the home has become a cage that has to go back every week. The student said that after doing some small things for her daughter, her mother would repeatedly complain and nag "I am so good to you, and you have to tell the counselor that I am not good to you", which made the student very devastated, she said that "there is no hope for improvement in the way family conflicts occur frequently and the way family gets along", and asked "the teacher not to look for my mother again", "maybe something will happen before they will know the consequences, and they will be touched and changed, and they feel that life is very weak and meaningless, and they often wander in class and walking, Several times I almost got hit by a car, and once I was even hit by an electric car." Based on the above performance, the counselor judged that the student was severely depressed and needed to immediately undergo a new round of crisis intervention.

At this point, when we were about to stop writing, due to the instability of the student's family's actual situation, we were in a difficult situation to guide the student's growth. The counselor knows that the next intervention will be difficult, in view of the student's current situation, communication with the parents will be like an adventure, even if it is not fully grasped after careful consideration, if it goes well, it will be a sunny day, if it does not go well, it will stimulate the student, and the consequences are not optimistic.

Conclusion

The growth counseling work of college students is long and difficult, and I hope to live up to my original intention and finally gain something.

References

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