Study on Cultural Values and Psychological Crisis Intervention of College Students

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ABSTRACT. *As the last stage of students' education, the importance of university education in this stage is self-evident. At the same time, university education is also a necessary bridge for students to connect from the school to the society. At this stage, we pay special attention to the guidance and skills improvement of students' ideological skills, so as to improve their social survival ability. Therefore, university education has been focusing on the guidance and skills improvement in recent years, people have paid more attention to it. This paper focuses on the university education, analyzes the causes of college students' psychological crisis and how to achieve the intervention of college students' psychological crisis through cultural values, so that students can better step into the society, participate in social production, and change students' negative attitude, hoping that through the research and discussion of this article, we can provide more help for relevant educators to better realize the psychological guidance for college students and solve the psychological crisis.*

KEYWORDS: *College Students; Psychological Crisis; Psychological Guidance; Cultural Values*

College career is an important turning point in the life of students. At this stage, students not only need to learn a lot of professional knowledge, but also need to prepare for entering the society. Students are in a long-term black and white learning environment, suddenly need to let students participate in the fierce social competition, learn to communicate with others, take responsibility, fulfill obligations, and gradually take responsibility access to personal means of living. In this case, many students have a great psychological pressure, and even some students have a psychological crisis, thus the psychological crisis of college students has gradually attracted people's attention, the university as an important part of the national high-end science and technology talents, students' psychology will have a serious impact on students' behavior, when the students enter the university after going to the society, it will also have a certain impact on the social stability and social science and technology promotion. It can be seen that psychological counseling for college students is very necessary and cannot be ignored.

1 Analysis of the Main Causes of College Students' Psychological Crisis

The main reasons for college students' psychological crisis can be analyzed from two aspects. First of all, from the perspective of students themselves, students have entered adulthood in the university era, and gradually need to take up social responsibility and participate in social production, which means that students need to gradually accept social competition. In the fierce social competition, students are difficult to adapt to nothing compliance occurs from time to time. All kinds of culture, spirit, rules and sophistication in the society have an impact on the values that students have accepted for a long time. It is difficult for students to accept, and then there is a psychological crisis caused by the contradictory psychology of doubting themselves.

Secondly, from the perspective of society, China's economy has developed rapidly in recent years, and the market competition has become increasingly fierce. In this case, people want to better adapt to the development of society, get enough means of living, protect the personal standard of living needs to continue to improve and develop, which means that when individuals step into the society, they need to bear heavy life pressure, whether it is work pressure or life pressure are constantly squeezing people's free time. The time of self-regulation will become less and less, which leads to multiple social pressures breaking through the personal psychological defense, there are a lot of more extreme psychology, and college students cannot bear these pressures when they first enter the society, resulting in the outbreak of psychological crisis.

2 How to Build an Intervention System with Cultural Values as The Main Line

2.1 Reexamine the Value of Education

The value of education is mobile. People's thinking about education has been deepening all the time, and the demands of education are constantly updated. In today's fierce social competition, the content and hope of university education have become more and more heavy. Therefore, at this stage, teachers also need to re-examine university education, and make it clear that university education is no longer only for the improvement of students' technology and professional ability. At the same time, it also needs to make students clear their personal life responsibility and personal existence value, so that students can gradually learn to identify with themselves and establish their own self-confidence. At the same time, it also needs to pass on the correct thinking through education Think about the concept and values, so that education can bring more guidance and help to students' knowledge and psychology.

Relevant teachers need to learn to use teaching materials. Through the development of teaching materials, students can learn professional knowledge and improve their professional ability. At the same time, students can be guided and inspired. Through learning, students can understand the value of human existence

and the law of human existence for a long time, that is, to constantly self-negate and surpass themselves to realize their continuous improvement and development Teachers can re-examine the value of education, choose a new direction of education, realize the value guidance and psychological intervention for students, let students learn to cherish life, care for others, and gradually establish the correct values.

2.2 Building a Harmonious Campus Cultural Atmosphere

The construction of atmosphere is of great help to students' ideological construction, and it will also influence students' concept and value judgment imperceptibly in the process of atmosphere construction. Therefore, university teachers need to change their education methods and create a harmonious campus cultural atmosphere to realize the intervention of students' psychological crisis.

As a talent intensive area, colleges and universities play important role in influencing and guiding social culture. At the same time, as a kind of social culture, their own values and value judgments also have social characteristics to a large extent. Through the construction of cultural atmosphere in colleges and universities, on the one hand, some social culture can be introduced imperceptibly, so that students can gradually accept the values in the society and learn the correct value judgment. At the same time, in view of the conflict between students' personal values and social values, the campus culture in colleges and universities can play a good buffer role, so that students can learn to understand the values accept social culture in a more peaceful way. Through the construction of cultural atmosphere, colleges and universities should guide and analyze in time, strengthen the psychological construction of students, realize the intervention of students' psychological crisis, reduce the occurrence of psychological crisis, use campus culture to build a bridge between students and society, promote students' understanding and acceptance, and let students gradually adapt to social competition.

In the process of campus culture construction, we can mainly start from two aspects of system culture and spiritual culture, build a harmonious campus cultural atmosphere, establish corresponding campus management system from system culture, guide students' ideas and thoughts from spiritual culture, let students slowly learn to structure psychological order, improve students' cognitive ability and acceptance ability. In this way, we can effectively prevent psychological crisis and realize the intervention of psychological crisis.

2.3 To Realize Value Guidance in the Process of Psychological Crisis Intervention

With the rapid improvement of the national economy and the increasingly fierce market competition, the pressure of social competition becomes more and more big, and students will face a heavy blow when they enter the society. In this case, many students are often difficult to support themselves and have psychological crisis, and

the intervention for psychological crisis is to have an impact on students' psychology through special means, gradually regain self-confidence, understand the meaning of survival, affirm their own value, avoid self-denial, and then produce extreme psychology such as depression and self-abandonment. It provides a new direction for the solution of students' psychological problems, make psychological crisis intervention more specific and more scientific, and has a more far-reaching impact on students, so that students can better get rid of psychological crisis.

In the process of psychological crisis intervention, the introduction of the relevant content of the socialist core values, so that students' values and thinking judgment are affected, and then in the face of problems to solve problems can be treated with a normal mind, make a correct judgment, at the same time, the guidance of values is to build a scientific order in the students' ideological world, and once the students' thinking is established correct way of looking at the problem, students in the process of solving problems in the future can also find the right angle to look at the problem, and further improve the ability of students to solve psychological crisis, has a long-term impact on students, students' self-regulation ability will be further improved.

3 Conclusion

College students play an important role in the stability and development of society. In the long-term process of education, people gradually find that the social competition is becoming increasingly fierce and the pressure of social survival is becoming greater. In this case, many college students will inevitably have a variety of negative emotions after entering the society, which leads to personal difficulties and psychological crisis, Therefore, we need to introduce the intervention mechanism of psychological crisis into university education, guide students' thinking and values, and let students face the social competitive pressure with a more objective, real and effective attitude. Improve students' social adaptability, so that students can better participate in social production after graduation, and realize their personal value.

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