

Influence of Psychosocial Environment on Students' Mental Health and Intervention Strategies



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Abstract: The psychosocial environment is closely related to students' mental health, and the complex and changing social environment has brought many psychological pressures and challenges to students. In order to effectively deal with these problems, this paper proposes a series of student mental health intervention strategies based on the impact of the psychosocial environment. These strategies include establishing a sound mental health education system, strengthening the psychological screening and early warning mechanism, creating a positive campus culture, and improving the level of mental health education teachers. Through the implementation of these strategies, colleges and universities are able to identify and solve students' psychological problems in a timely manner and provide students with more comprehensive and professional mental health services. These initiatives not only help to improve students' mental health, but also have far-reaching significance for their growth and success and future social development.

Keywords: psychosocial environment; mental health; psychological intervention; psychological screening; campus culture

Introduction

With the rapid development of society and the increasingly fierce competition, students in colleges and universities are in an era full of variables and challenges. They are not only carrying heavy academic pressure, but also facing fierce competition in the job market, complex entanglements in interpersonal relationships, and in-depth exploration of self-knowledge. In this diversified environment, every factor may become a potential source of influencing their mental health. The complexity and diversity of the psychosocial environment, as an important background for students' daily life and study, have a profound impact on students' mental health. The family atmosphere, campus culture, social customs and Internet public opinion all form part of students' psychosocial environment. These factors either positively or negatively affect students' inner world, influencing their emotional state, behavioural patterns and values. Therefore, it is particularly important to explore in depth the impact of the psychosocial environment on students' mental

health and to propose effective intervention strategies.

1. Importance of Students' Mental Health

1.1. Promoting academic development

Students' mental health plays a vital role in academic development. A psychologically healthy student is able to maintain a positive attitude towards learning and a high degree of enthusiasm for learning, and when they face learning difficulties, they do not escape or become frustrated, but have the courage to challenge and actively seek ways to solve problems. Such students are more active in their thinking, have a better memory and are naturally more efficient in their learning. Mentally healthy students are also able to manage their time and emotions better, avoiding their studies being affected by negative emotions such as anxiety and depression. They know how to reasonably arrange the study plan, to do a combination of work and leisure, so as to maintain a lasting learning momentum.

1.2. Maintaining good interpersonal relationships

Students' mental health plays an important role in maintaining good interpersonal relationships. A psychologically healthy student usually has a

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cheerful, optimistic personality, can actively communicate with others, understand and respect the views and feelings of others. Such students are more likely to win the trust and love of others in interpersonal interactions, thus establishing a wide and deep network of interpersonal relationships. At the same time, psychologically healthy students are able to remain calm and rational when dealing with conflicts and contradictions in interpersonal relationships, adopting a constructive approach to solve problems rather than avoiding or intensifying them. They know how to think differently and understand the difficulties of others, thus showing more empathy and tolerance in interpersonal interactions.

1.3. Enhancement of self-knowledge and self-confidence

Students' mental health plays a crucial role in enhancing self-knowledge and self-confidence. A psychologically healthy student is able to clearly understand his/her own strengths and weaknesses, and make accurate judgements about his/her own abilities, interests and values. This clarity of self-knowledge enables them to face challenges and difficulties in life with greater confidence. Mentally healthy students do not deny themselves because of momentary failures or setbacks; on the contrary, they learn from them and continue to adjust and improve themselves. They believe in their own potential and ability, dare to try new things and pursue their dreams. This kind of self-confidence not only makes them more active in learning, but also shows stronger competitiveness and adaptability in interpersonal communication and career development.

1.4. Promoting employment and career development

Students' mental health has far-reaching significance in promoting employment and career development. A psychologically healthy student is able to maintain a positive mindset and be more relaxed when facing the competition and challenges in the job market. They have good self-knowledge and career planning ability, and can clearly understand their career interests, strengths and

development direction, so as to enhance their career quality and skills in a targeted manner (Han & Guo, 2024). In the job-seeking process, psychologically healthy students are able to better demonstrate their talents and potentials, effectively cope with the interview pressure, and win the favour of employers. After entering the workplace, they are also able to quickly adapt to the new environment, handle interpersonal relationships well, and positively face difficulties and challenges at work.

2. The Connotation of the Psychosocial Environment

The connotation of psychosocial environment is very rich, which covers the sum of various psychosocial factors in which individuals live. This includes the family atmosphere, parent-child relationship, education and other family psychological environment, but also involves the school culture, teacher-student relationship, peer interaction and other school psychological environment, as well as social atmosphere, values, interpersonal relationships and other broader social psychological environment. These factors are intertwined with each other and jointly affect the psychological development and behavioural performance of individuals. The psychosocial environment not only provides psychological support and emotional support for individuals, but also shapes their character traits, values and behavioural patterns invisibly (He & Liang, 2024). Positive and healthy psychosocial environments can stimulate the potential of individuals and promote their healthy psychological development, while negative and undesirable psychosocial environments may bring psychological pressure and disturbances to individuals and affect their normal life and learning. Therefore, the construction and optimisation of the psychosocial environment should be highly valued to create a good environment conducive to the development of psychological health for individuals.

3. The Influence of Psychosocial Environment on Students' Mental Health

3.1. Family environment and students' psychological safety

As the primary environment for students to grow up, family atmosphere has a crucial influence on their psychological safety. A warm, harmonious and loving family atmosphere can provide students with solid psychological support and a sense of security. In such a family, parents give their children enough attention, understanding and support, and the children can feel respected and accepted, thus developing a healthy and confident psychological state. On the contrary, if the family atmosphere is tense, indifferent or full of conflicts, children may feel lonely, helpless and uneasy, and this unsafe psychological environment will seriously affect their mental health. Students who live in a poor family atmosphere for a long time may suffer from psychological problems such as anxiety and depression, which may even affect their studies and interpersonal relationships (Wu, 2024). Therefore, the creation of family atmosphere is crucial for maintaining students' psychological safety. Creating a warm and harmonious family environment for children can make their minds truly nourished and grown. In this way students can face the challenges and difficulties in life healthily on the basis of psychological safety.

3.2. Campus Culture and Students' Psychological Adaptation

Campus culture, as an important part of students' daily life, has a profound impact on their psychological adaptability. A positive, open and inclusive campus culture can provide students with a relaxed learning environment and a diversified development space, encourage them to explore themselves and try new things, so as to cultivate good psychological adaptability and innovative spirit (Zheng, 2024). In such a campus culture, students feel respected, encouraged and supported, and they can face the challenges in learning and life with more confidence. On the contrary, if the campus culture is too repressive, conservative or excludes differentiation, students may feel bound and suppressed, and it is difficult for them to show their

individuality and talent, and this cultural atmosphere will hinder their psychological adaptation and development. Living in such a campus culture for a long time, students may suffer from psychological problems such as anxiety and depression, which may even affect their studies and interpersonal relationships. Therefore, building a positive and healthy campus culture is crucial to the cultivation of students' psychological adaptability. Schools should pay attention to the construction of campus culture and create an open, inclusive and innovative atmosphere to provide strong support for the development of students' psychological health.

3.3. Social climate and students' values

As the invisible hand of the social environment, social atmosphere profoundly affects the formation of students' values. A social atmosphere of integrity, honesty and respect can set up a correct value orientation for students and guide them to form positive, healthy and upright values. In such a social environment, students pay more attention to personal moral cultivation, respect for others and the courage to take responsibility, which plays a positive role in promoting their psychological health development. On the contrary, if the social atmosphere is full of utilitarianism, hypocrisy and prejudice, students may lose their way in such an environment and their values will be distorted. They will excessively pursue material interests and neglect spiritual pursuits, and even form a selfish and indifferent character, which will have a great negative impact on their mental health (Ma, 2024). Therefore, the purification of social atmosphere is crucial to the cultivation of students' values and the maintenance of their mental health. All sectors of society should make joint efforts to create an upright and healthy social climate, provide a good environment for students to grow up, guide them to form correct values and promote the development of psychological health. In this way students can become responsible, responsible and caring people in their future lives.

3.4. Internet environment and students' psychological stress

As an indispensable part of modern life, the

network environment has an increasingly significant impact on students' psychological pressure. On the one hand, the Internet provides students with rich information resources and communication platforms, broadens their horizons and enhances social contacts. On the other hand, the complexity and virtual nature of the network environment also bring great psychological pressure to students. Due to the complexity of information on the Internet, it is difficult to distinguish the real from the fake, which easily makes students fall into the dilemma of information overload and feel anxious and confused. The culture of comparison and evaluation on social media also puts pressure on students, who are constantly worried about their image, evaluation and interpersonal relationships for fear of being left behind or rejected by their peers (Xu & Zhao, 2024). In addition, problems such as cyber violence and privacy leakage occur from time to time, bringing serious psychological trauma and lack of security to students. Long-term immersion in such an online environment, students may suffer from psychological problems such as anxiety and depression, which may even affect their academic and physical and mental health. Therefore, colleges and universities need to pay attention to students' online environment and guide them to use the Internet correctly and healthily to reduce psychological pressure. Families, schools and society should also work together to create a safe and healthy cyberspace for students.

4. Intervention Strategies for Students' Mental Health Based on Psychosocial Environment

4.1. Establishing a sound mental health education system

Colleges and universities have an important mission to establish a sound mental health education system. In order to improve the mental health of students, colleges and universities should incorporate mental health education into the overall teaching programme to ensure that every student receives comprehensive and systematic mental health education and skills training. This does not only mean that special compulsory courses on mental

health education should be offered, but also that the concepts and methods of mental health education should be infiltrated into the teaching of various disciplines, so as to form a mental health education network covering the whole university and running through all disciplines. In this process, colleges and universities can learn from the practical experience of Xi'an Jiaotong Engineering College. The university has not only set up a professional mental health education and consultation centre, but also equipped a professional psychological counseling team dedicated to providing individual and group counseling services for students. In order to further improve the mental health education system, colleges and universities should also pay attention to the construction of mental health education courses and teaching materials. A team of experts can be organised to develop mental health education teaching materials that are suitable for the characteristics of the students in the university, and the teaching content and teaching methods can be constantly updated to meet the needs of the students' psychological development (Zhang, 2024). A mental health education resource base can also be established, including teaching courseware, case collections, psychological assessment tools, etc., to provide strong support for psychological education. Through these initiatives, colleges and universities can build a perfect, scientific and effective mental health education system to protect students' mental health.

4.2. Strengthening the psychological screening and early warning mechanism

In maintaining students' mental health, strengthening the psychological screening and early warning mechanism is a crucial part of colleges and universities. In order to identify and intervene in students' psychological problems in a timely manner, colleges and universities should establish a comprehensive and systematic psychological screening system to ensure that every student can receive timely and professional assessment. Specifically, colleges and universities can conduct a comprehensive mapping survey of students'

psychological health status through psychological assessment scales, interview exchanges, and other methods when new students are enrolled. Taking Xi'an Jiaotong Engineering College as an example, in the opening season of 2024, the college launched a psychological assessment of newly enrolled students using a professional mental health education cloud platform to improve the accuracy and efficiency of the screening. In addition, colleges and universities should establish a sound psychological early warning mechanism. Once a student is found to have a possible psychological problem, the early warning procedure should be activated immediately and a professional psychological counsellor should be arranged to carry out further assessment and intervention. For students with abnormal psychological assessment results or serious psychological problems, colleges and universities should give special attention and care, provide personalised counselling services and support measures to ensure that they can get timely and effective help. Colleges and universities should also strengthen the dynamic monitoring and tracking of students' mental health, identify and deal with factors that may cause psychological problems in a timely manner, and build a solid defence for students' mental health. Through these initiatives, colleges and universities can more effectively prevent and solve students' psychological problems and provide a strong guarantee for students' healthy growth.

4.3. Create a positive campus cultural atmosphere

As a cradle for young students to grow up and become successful, creating a positive campus cultural atmosphere plays an important role in promoting students' mental health. In order to build a warm, harmonious and energetic campus environment, colleges and universities can start from many aspects. First of all, colleges and universities can actively organise colourful campus cultural activities, such as mental health month, psychological drama performances, psychological quality development, etc., to encourage students to actively participate in, show themselves, and enhance their self-confidence and teamwork ability. These

activities can not only enrich students' after-school life, but also transmit positive values in a subtle way. Secondly, colleges and universities can strengthen the construction of campus media, using platforms such as campus radio, school newspaper, and WeChat public number to widely publicise mental health knowledge, share mental health tips, guide students to pay attention to their own mental health, and cultivate a positive mindset and lifestyle. Again, colleges and universities should also advocate a campus culture of tolerance, respect and understanding, encourage mutual support and help among students, and form a warm and loving collective (Wang, 2023). It can provide a platform for students to pour out their hearts and share their experiences by setting up mental health corners and carrying out psychological support groups. Through these initiatives, colleges and universities can create a campus cultural atmosphere full of positive energy and conducive to the healthy growth of students' mental health, laying a solid foundation for the overall development of students.

4.4. Enhancing the level of mental health education teachers

In the psychosocial environment based on the students' mental health intervention strategy, to improve the level of mental health education teachers is to ensure the effectiveness of the intervention is a key link. Colleges and universities should fully recognise the importance of mental health education teachers and take a series of effective measures to improve their professionalism and teaching ability. In order to strengthen the cultivation of mental health education teachers, colleges and universities can set up special funds for teachers' further training and academic exchanges to continuously improve their theoretical level and practical ability. At the same time, experts and scholars in the field of mental health education can be regularly invited to the university to give lectures and guidance, providing teachers with cutting-edge academic information and teaching methods. In terms of teacher selection, colleges and universities should strictly check and give priority to introducing professionals with

psychology background and rich practical experience to enrich the mental health education teacher team; they can also join hands with other colleges and universities to set up a teacher pool for mental health education, so as to achieve resource sharing and optimise the allocation of teachers. Colleges and universities should also strengthen the assessment and incentives for mental health education teachers, establish a perfect evaluation system, and give commendations and rewards to teachers who have outstanding performance in teaching, scientific research, counselling, etc., so as to stimulate their enthusiasm and enthusiasm for work. Through these initiatives, colleges and universities can continuously improve the level of mental health education teachers, provide students with more professional and effective mental health services, and provide a strong guarantee for the cultivation of high-quality talents with physical and mental health and all-round development.

Conclusion

Students' mental health is an important part of education work that can not be ignored, and it is directly related to the growth and success of students and the future development of society. In today's complex and changing psychosocial environment, students face many challenges and pressures, and these factors have a far-reaching impact on students' mental health. Therefore, colleges and universities must attach great importance to students' mental health problems and take practical and effective measures to intervene and guide them. We call on the whole society to pay attention to students' mental health problems and work together to provide strong support for their healthy growth. Only in this way can we cultivate more high-quality talents who are physically and mentally healthy, with a sense of social responsibility and innovative spirit, and contribute to the progress and development of society.

Conflict of Interest

The author declares that she has no conflicts of

interest to this work.

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