

Problems and Suggestions of Mental Health Education for Postgraduates in Medical Universities in China

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Abstract: Objective: Health includes physical and mental health. However, the importance of mental health of postgraduates is often ignored in China's medical universities. The mental health education in most medical universities cannot adapt to the current situation of the growing scale of medical postgraduates. The main psychological problems of medical postgraduates are anxiety and depression. The main psychological stress is as follows: (1) academic work; (2) employment; (3) interpersonal relationship; (4) emotional distress. Conclusion: the postgraduate training programs of medical universities should pay more attention to the mental health status of postgraduates, and take reasonable measures to timely and effectively carry out early warning, intervention and treatment of postgraduates' psychological problems.

Key words: Medical postgraduates, mental health, suggestions, China.

1. Introduction

Mental health means that all aspects of the individual's psychology and the process of activities are in a good or normal state. The ideal state of mental health is to maintain a good personality, normal intelligence, correct cognition, and a positive attitude [1]. Mental health is no less important than physical health. Only by having a good mental health can you maintain a positive spirit and achieve greater success. Medical graduate students are an important part of college students and are high-level talents that benefit the society. They shoulder the important task of promoting the development of national medicine [2]. The society needs a large number of medical postgraduates with rich professional knowledge, excellent professional ability and physical and mental health. It is one of the core tasks of colleges and universities to cultivate medical graduate students with excellent academic and physical and mental health. However, in recent years, self-harm and suicide

incidents of postgraduates have occurred frequently, and the physical and mental health of medical postgraduates has attracted more and more attention. Therefore, medical universities should pay more attention to the mental health status of medical postgraduates. In order to adapt to the larger and larger group of postgraduate students, they should absorb useful experience and suggestions, improve the management methods of the university's work related to the mental health of postgraduates.

2. Mental Health Status of Medical Postgraduate Students

The current mental health status of medical postgraduate students is not good. A survey shows that 20.51% of medical graduate students have different degrees of mental health problems, including obsessive-compulsive disorder, depression, and interpersonal sensitivity [3]. In another survey, 14.56% of medical graduate students were considered to have mental health problems, including obsessive-compulsive disorder and interpersonal sensitivity [4]. Obviously, universities must pay more attention to the mental health of medical postgraduate students.

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3. The Causes of Psychological Problems of Medical Postgraduates

(1) Stress of Study

Medical postgraduates not only complete the study of theoretical knowledge, but also carry out academic research and clinical work. In order to graduate smoothly, they must publish high-quality papers. The learning method of medical postgraduates is different from that of undergraduate students. Postgraduates need to choose subjects and design experiments independently, which increases the stress of learning.

(2) Concerns about Employment

In recent years, various medical universities have continuously expanded the enrollment of postgraduate students, which has led to a continuous decrease in the value of graduate students and increasing competition for finding good jobs. Most graduate students expect to have a satisfactory job. Compared with undergraduates, graduate students have higher expectations for the working environment and salary.

(3) Stress of Interpersonal Relationship

Medical graduate students need to communicate frequently with classmates, supervisors and others, but the relationship between people is complicated. Everyone lives in a different environment and background, and everyone's ability to adapt to the environment is also very different. Some students with poor adaptability and introvert will fall into interpersonal panic. The relationship between supervisors and students is a special interpersonal relationship. The supervisor has a long-term influence on postgraduate students' study, life and thinking. When the behavior style of the tutor is different from that of the graduate students, the relationship between them will be strained.

(4) Stress of Love and Marriage

Universities provide a platform for freedom of love and emotional communication, but there are still some graduate students who have not found their boyfriend or girlfriend. These people are prone to psychological burdens as they get older [5]. Postgraduate students

who are in love should also think about whether they can continue the relationship after graduation.

4. Problems in Mental Health Education of Medical Postgraduates

(1) The Methods of Mental Health Education for Medical Postgraduates Are Out of Date

Compared with foreign countries, many medical universities in China have a single mental health education method, do not pay attention to the mental health education of students, and rarely consider the choice of mental health education methods based on the diversity and specificity of the psychological needs of postgraduate students. Leaders often only care about the academic achievements of graduate students, and the psychological problems of many medical graduate students cannot be discovered in time.

(2) Lack of Mental Health Professionals

For a long time, the leaders of medical universities believed that postgraduates were older and could deal with psychological problems on their own, so they did not pay much attention to the mental health education of postgraduates. However, more and more investigations show that this idea is wrong. More and more people are aware of the importance and urgency of postgraduate mental health, but only a few medical universities have established relevant work departments and recruited professional psychological teachers to be responsible for postgraduate mental health education. Compared with the large number of postgraduates, the number of professionals who engaged in postgraduate mental health education and consultation is still insufficient.

(3) Lack of Guidance of Mental Health Education Policy for Postgraduates

The state and government attach great importance to the mental health of medical postgraduates, but there is no specific document to guide the medical university how to do it. The policy documents issued by the state on the mental health of postgraduates are often vague, which leads to different understandings. New

characteristics have emerged in the mental health of graduate students, and previous policies have not been able to adapt to these characteristics.

(4) Lack of Courses on Mental Health

Many people confuse the concepts of psychological problems and mental diseases, and mistakenly believe that psychological problems are equal to mental illness. They believe that medical postgraduates have learned the knowledge of mental illness, so they do not need to set up mental health courses, which leads to students' inability to correctly understand and treat their mental health.

5. Suggestions

(1) Attention of the Medical Graduate Mental Health

In addition to academic performance, the person in charge of student management should regularly conduct mental health surveys to understand the characteristics and causes of postgraduates' psychological problems, so as to take more targeted solutions. A department for postgraduate mental health education should be established, and the college should provide them with sufficient financial support.

(2) Developing the Course of Mental Health Education

Different from traditional teaching methods, mental health education courses should pay attention to the interaction between teachers and students. Through case analysis, teachers lead students to correctly use mental health knowledge to deal with psychological problems.

(3) The Importance of Mental Health Consultation Rooms

In order to help postgraduates eliminate all kinds of harmful thoughts and mental confusions, medical universities should set up a psychological consultation room with professional psychologists.

(4) Encouraging Postgraduates to Take Part in Physical Training

Adequate physical exercise can effectively regulate people's emotions, enhance their self-confidence, and improve their interpersonal relations and mental health [6].

6. Conclusion

Medical postgraduates are important talents who can promote the development of medical and health services. Postgraduate education needs a lot of social costs, and only a medical graduate student with good physical and mental health can play its own value. Many medical universities pay too much attention to the academic performance of students and ignore their mental health. One of the core tasks of postgraduate education in medical universities is to establish an effective and long-term mental health investigation and intervention mechanism to improve the mental health level of medical postgraduates as much as possible.

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