

Original Research Article

Influencing Factors and Prevention of College Students' Suicidal Behavior

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Abstract: Taking family, society and school level as the starting point, to prevent college students' suicide behavior on campus. Contemporary college students are the darlings of this rapidly developing society. They have the most perfect education system and the most advanced science and technology. They also face many challenges. Studies show that an increasing number of college students suffer from mental illness and some even commit suicide. This paper firstly summarizes the personal factors and environmental factors that produce suicidal psychology, and also analyzes the relationship between the "Big Five Personality" of college students and suicidal behavior. This paper discusses how to prevent the "suicide death" of college students and puts forward corresponding measures. It is hoped that through these methods and measures, college students can have a stronger psychology and a better future, and create greater value for the society.

Keywords: Suicide; College Students; Personality Factor; Environmental Factors; The Prevention of

Social phenomenon: With the rapid development of society, people's life pressure is increasing, and the word "suicide" always appears in people's sight. According to foreign reports, the suicide rate of Japanese college students is 14.3 per 100,000 people, while the rate is much higher in the United States and Britain^[1]. According to a 2015 survey, 1.5 percent of students attempted suicide, and 9.8 percent seriously considered suicide at least once in the past year (American College Health Association, 2016)^[2]. College student suicide has become a serious problem in American universities and society. Statistics released by the Office for Statistics (ONS) show that "between 2001 and 2017, a total of 1,330 students took their own lives, 83% of whom were studying for an undergraduate degree at the time of their suicide. The suicide rate among British students has increased by 56% in the last decade". Although the suicide rate of Chinese

college students is lower than that of foreign college students, the situation is still grim and not optimistic. According to a survey released by the Ministry of Health, suicide is the fifth leading cause of death in China, and among young people between the ages of 15 and 35, suicide is the leading cause of death^[3]. In 2015, Yang Zhenbin and Li Yan reported that the suicide rate of college students was 2.37/100,000 based on the survey data of some colleges and universities, and the number of college students who died by suicide accounted for 47.2% of the total number of abnormal deaths every year, which was the first cause of death^[4]. Research shows that, as a group of college students who are about to enter the society, the pressure they face not only comes from the society, but also mainly comes from their families and themselves.

1. Personal factors that cause suicide

1.1 Personality factors

In recent years, researchers have formed a consensus on the model of personality description, proposed the “Big Five Model” of personality, Goldberg called it a revolution in personality psychology, researchers through the lexical method, found that there are about five traits that can cover all aspects of personality description. Here’s what the Big Five mean.

Conscientiousness: showing competence, fairness, orderliness, dutifulness, achievement, self-discipline, prudence, restraint, etc. Extraverted/Propensity: Shows enthusiasms, sociability, assertiveness, activity, risk-taking, optimism, etc. Agreeableness: with trust, altruism, frankness, compliance, modesty, empathy and other characteristics. Neuroticism: The quality of being unable to balance emotions such as anxiety, hostility, depression, self-awareness, impulsivity, and vulnerability; the inability to maintain emotional stability.

John studied the relationship between the “Big Five Personality” and the psychological development of adolescents, and found that teenagers with high openness and high sense of responsibility had excellent academic performance, while those with low sense of responsibility and low agreeability had more illegal behaviors. Teenagers with high tendency, low agreeableness and low sense of responsibility often have behavioral problems in conflict with the outside world. Teens with high neuroticism and low conscientiousness often show problems caused by internal conflict. Studies have shown that college students with low propensity, low agreeableness and high neuroticism tend to commit suicide. When a college student no longer trusted others, sealed himself in his own space, and found it difficult to balance his inner anxiety, obsessive about something, he had more than once had the idea of suicide in his mind.

1.2 One’s own mental endurance

College students are faced with more or less pressure in their study and life. Why are some people able to withstand these pressures while others avoid them? This is mainly due to one’s own mental endurance. The cultivation of this ability comes from the day after tomorrow’s training. The more hardships a man suffered as a

child, the stronger his spirit will be as an adult. “Poor children are early masters” is the truth. At the same time, the more pressure a college student bears, the sooner or later he will be overwhelmed, so spiritual self-release is also very important. If the contemporary college students can bear the pressure, but also learn to deal with themselves, the suicide rate of college students will never rise.

The self-factor is the direct factor that leads to the suicidal behavior of college students. We should start from ourselves, strive to become a college student with high openness and high responsibility, and learn how to bear the pressure from different levels, try our best to deal with it by ourselves, and snuff out the idea of suicide in the cradle.

2. Environmental factors that lead to suicide

2.1 Family of Origin

At birth, people will first receive family education, that is, the spiritual and intellectual guidance brought by the family of origin. In recent years, researchers have begun to pay attention to the predictive effect of early life factors such as negative childhood experiences on individual suicide^[5]. For college students, the death of a family member, divorce or separation of parents, living without parents for a long time, the suicide of a significant other, domestic violence and sexual assault, etc., are the main culprits of suicidal thoughts and behaviors of college students. Some studies have shown that the physical and emotional neglect of children in the family of origin is a risk factor for suicidal ideation of college students after controlling for other possible influencing factors. The negative psychology of childhood will not be forgotten in the process of growing up, but may become the cause of suicide in the future. If contemporary college students live in a state of being swayed by considerations of gain and loss every day, think that they are not needed, then it is very likely to embark on the road of suicide.

2.2 School Violence

From the social point of view, school violence is the child version of social bullying, which can see the shadow of social problems from one side. The worst period of school bullying in Japan was the period of social and cultural transformation, when divorce rates were

high and there were a large number of single-parent children in schools. It was only after that that Japan began to set up a department dedicated to the ideological and moral education of teenagers. There are not many cases of campus violence among college students in China, but there are also many college students who choose to end their lives by jumping from the roof of a building because they cannot stand the campus violence.

2.3 Internet violence

With the rapid development of science and technology, more and more people like to make comments on the Internet. Although China is a country with freedom of speech, it is normal to express one's views on the Internet. But there are a lot of people who don't care what others think when they say something, and use extremely rude words that hurt other people's self-esteem. This kind of violence only stays at the language level, and "naked loan" is the most deadly form of online violence against college students. "Naked loan" refers to female college students using nude photos to get loans. When a loan defaults, the lender will release nude photos and contact the borrower's parents as blackmail to force the borrower to repay the loan. On April 11, 2017, a female sophomore from Xiamen Huaxia University committed suicide in a hotel in Quanzhou after falling into a "naked loan". There are many other examples of this kind. College students should continue to sublimate themselves in school instead of losing themselves in Internet violence and finally committing suicide.

2.4 Life pressure

For most college students, life pressure comes from all aspects. The pressure from study and the pressure of the coming employment may make them feel overwhelmed. In life, college students are a group of teenagers who have just left their parents. They may not be able to face and solve the pressure of life alone. At this time, there will be a group of young people who are overwhelmed by the pressure of life. They do not know how to solve things and only know to escape blindly. When avoidance doesn't work, they can't face the social pressure and finally decide to end their lives by committing suicide.

3. How to prevent and save "suicide deaths"

Research shows that it is the combination of personal and environmental factors that lead to the suicidal behavior of college students. Below, I will propose some behaviors that can prevent college students from "suicide death" from the individual level, family level, school level and social level.

Personally speaking, college students should take the initiative to integrate into a group, have the ability to distinguish right from wrong, not be too sensitive, learn to solve themselves, and hold a positive attitude to face the pressure in life and take the initiative to solve their problems, so as to become a college student with high openness and high responsibility.

On the family level, parents should give their children more care and love, so that children have a sense of being needed. For college students, their self-esteem increases with age. Parents should not beat and scold blindly when educating their children as college students, but should find a set of methods suitable for their children. Parents should try to be their children's friends. They may not understand college students' hobbies, but they should learn to listen to their children's ideas and be their solid support.

On the school level, schools should actively open psychological education courses to teach college students how to face and solve difficulties by themselves. Open more extracurricular activities to enhance the friendship between students. The school should monitor and intervene the factors that affect the mental health and suicidal tendency of college students, strengthen the mental health education of college students, improve the cognition of college students to deal with the negative things in life, exercise the ability to solve the problems in life, and make them have the correct psychological cognition. At the same time, when college students are faced with difficulties and setbacks in life, relevant personnel should intervene in a timely and effective way to make college students overcome temporary difficulties, so as to reduce the probability of college students' suicide behavior^[6].

On the social level, the country should face up to the education system and punish those who perpetrate violence to ensure a safe campus for college students.

4. Conclusion

The results of this study show that the suicidal idea-

tion of college students comes from their own factors and environmental factors. And if you want to prevent this phenomenon, you should learn to start from yourself, family, school, society and other levels to intervene. In the family, parents should give their children more care and love; In school, teachers should take the initiative to communicate with students and consider more for students; In society, college students should be more inclusive. At the same time, college students, as pillars of the motherland, should also learn to adjust themselves and become successors in the new era of high openness and high responsibility.

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