

# ***The Research on the Mental Health Influencing Factors of Chinese College Students in the Context of the Short Videos about the Hu Xinyu Incident***

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**Abstract:** On October 14, 2022, high school student Hu Xinyu left school and disappeared. This incident is also known as the Hu Xinyu incident. After more than three months of searching by the police and the investigation team, Hu Xinyu's body was finally found. Based on the materials obtained, it was deduced that Hu Xinyu chose to commit suicide due to excessive pressure. Once this matter was reported, it immediately flooded the short video platform. Since it was a juvenile case, this incident caused many college students to express their views on the short video platform. In addition, the mental health of college students has once again received widespread attention from society. Affected by the Hu Xinyu incident, college students are also examining their current pressure, academic pressure, and the pressure to find a job in the future. Therefore, the Hu Xinyu incident greatly impacted the mental health of college students. Because the Hu Xinyu incident happened recently, and most college students also pay attention to the Hu Xinyu incident on the short video platform, and there is no relevant report on the impact of the incident on the mental health of college students, it is very important to explore its impact on the mental health of college students. important. The Hu Xinyu incident is related to the mental health of college students. College students can only face future challenges better if they maintain good mental health. This article adopts the form of a questionnaire survey for college students to explore the impact of the Hu Xinyu incident on college students, and through screening effective questionnaires, summarizing conclusions, and analyzing problems, the conclusions are discussed under the objective data. Finally, it is concluded that college students are generally under pressure, cannot resist pressure, cannot face pressure, and choose self-forgiveness in the face of pressure. At the same time, this paper also puts forward solutions such as schools should reduce the burden, parents should pay attention to students' mental health, and students should make plans for their future in advance so that college students can maintain good mental health and meet the future and new challenges.

**Keywords:** short video, mental health, pressure, Chinese college students

## 1. Introduction

The Hu Xinyu incident refers to that on the evening of October 14, 2022, Hu Xinyu, a 15-year-old student in Class One (5) of Zhiyuan Middle School in Qianshan County, Shangrao, Jiangxi Province, mysteriously lost contact with him from the campus. At 6:10 p.m. on October 14, 2022, the teacher discovered that Hu Xinyu had not come to the classroom. The school immediately organized a search, but no trace was found. According to the monitoring screen, at 5:42, Hu Xinyu left the dormitory, then turned back to the rooftop, and left the dormitory building at 5:49. However, he did not appear in the teaching building, and there was a monitoring blind spot of more than ten meters between the dormitory and the teaching building. On October 15, 2022, Hu Xinyu's class teacher and family members went to the police station to call the police. Hu Xinyu's mother said that the child's recording pen disappeared, and the rescue team rushed to the scene. On November 23, 2022, the Propaganda Department of the Qianshan County Party Committee issued a notice stating that a special joint working class has been established to investigate the incident with all its strength. On January 1, 2023, the police met with the family members. The police believed that Hu Xinyu might be tired of studying, so he left on his own, but it is still unclear how Hu Xinyu left the campus. On January 7, 2023, the Shangrao City Public Security Bureau issued a notice and found no trace of evidence of Hu Xinyu being killed, committing suicide, or having accidents in the school. Based on the existing information, it was pointed out that Hu Xinyu left the school on his own. On January 29, 2023, the police reported that a hanged corpse was found in the woods in the Jinji mountain area of Hekou Town on the 28th. On February 2, 2023, a press conference on the investigation of the Hu Xinyu incident was held, and it was determined that Hu Xinyu died by hanging himself. On October 14, 2022, at 17:40 and 23:08, Hu Xinyu recorded two audio clips clearly expressing his suicide intention. due to factors such as poor grades and social interaction with classmates, Hu Xinyu avoided the world with negative emotions for a long time, and it was difficult to vent his emotions. The Hu Xinyu incident came to an end.

As soon as the Hu Xinyu incident was reported, it flooded the major short video platforms. The majority of college students also learned about the whole process of the Hu Xinyu incident through short videos and expressed their views on the short video platform. In addition, the incident also had a wide-ranging impact on society. There are two reasons for Hu Xinyu's suicide. The first is the way of education. The traditional education model is stressful and does not allow students to develop the habit of independent thinking, leading students to think that learning is to cope with exams, like memorizing by rote, and neglecting the growth of students' personalities. Second, the psychological quality of students is poor. Because of the decline in academic performance, Hu Xinyu's pressure is increasing. At the same time, he did not communicate with his parents and teachers in time. In the end, he lost his life goals, lost confidence, and embarked on a road of no return.

In recent years, students have had many problems due to mental health reasons, such as personality defects, self-avoidance, and poor interpersonal skills. Therefore, the mental health of students has become a social focus. Through the Hu Xinyu incident this time, it can be seen that the mental health of a large number of students in China needs to be improved, especially college students. College students not only have to face the pressure of study but also face the pressure of future employment. In China's 2020 Mental Health Blue Book, a survey of 8,446 college students was conducted. The survey results show that, in terms of anxiety, 18.5% of college students are prone to depression, 4.2% are prone to high risk of depression, and 8.4% are prone to anxiety. In terms of mental health awareness, only 4% of college students have low mental health awareness and urgently need to improve, 39% have medium mental health awareness and need to be further improved, and 57% have strong mental health awareness. In terms of psychological counseling, even only 21.4% of college students use psychological counseling services. (China National Mental Health Development

Report (2019-2020)) Therefore, it is imminent to solve the mental health problems of college students.

## 2. Literature Review

In the modern living environment, the challenges faced by college students are often not single but present a variety of characteristics, which brings greater challenges to college students. For example, some students will face the dual pressure of academics and employers, and at the same time suffer from depression, irritability, and poor interpersonal relationships [1]. The psychological burden of college students not only comes from external factors but also from the interaction between their internal reasons and the external environment. For many students, changes in the growth environment and different psychological endurance will cause them to have various psychological cognitive obstacles, resulting in their lack of interpersonal communication, emotional regulation, and self-awareness [2].

The detection rates of anxiety, depression, sleep issues, somatization, suicidal ideation, self-harm, and suicide attempts among mainland Chinese college students over the previous ten years were examined in a meta-analysis. The prevalence of sleep issues, depression, and self-harm was higher among college students. In contrast to self-harm, anxiety, despair, sleep issues, and suicide attempts among college students dramatically increased between 2010 and 2020, whereas self-harm significantly declined. The main elements influencing college students' mental health are not their gender, area of origin, or status as an only child [3]. Boys have superior psychological flexibility and mental wellness than girls when it comes to college students' psychological adjustment. Sophomores have the best mental health, whereas freshmen have the poorest. Additionally, there are variations in mental health status, psychological resilience, psychological emotional regulation self-efficacy, and positive psychological capital. Compared to rural and college students, urban college students had higher psychological health [4].

It can be seen that the mental health of contemporary college students is disturbed by many factors. High-quality college students' mental health services can effectively alleviate college students' psychological problems and will play a positive role in improving the quality of college teaching and the long-term development of students in the future [5]. Universities and colleges should step up their innovative efforts to educate college students about mental health. The ultimate realization of college students' physical and mental health Comprehensive development is achieved by bolstering the goal of positive psychology, organizing and implementing home-school cooperative education methods, flexibly using the theoretical knowledge of individual differences, and creating rich and diverse campus cultural activities [6]. In addition, colleges and universities should focus on helping college students who are healthy to experience more positive emotions, stimulate positive potential, and take advantage of opportunities. This will help them better adapt to their environment, overcome obstacles, and increase their sense of self-efficacy and happiness [7]. Therefore, today's colleges and universities cannot ignore the mental health problems of college students because of scientific research or study. Only when college students are physically and mentally healthy at the same time can they create more achievements.

The internet age is of great help to the mental health of college students. College students' mental health educators have greatly benefited from the network's quick development. Colleges and universities must fully comprehend the good effects of network growth on mental health education in colleges and universities and collaborate with all spheres of society to further advance mental education work as work introduces more unpredictability [8]. The level of mental health education at colleges and universities can be considerably improved, the channels of mental health education can be enhanced, and teachers will have more options for teaching methods thanks to the integration of the internet, big data, and artificial intelligence technology [9]. So, social media is also crucial to

college students' efforts to educate themselves about mental health. Relevant instructors must prioritize the needs of their students, make the best use of new media, and give them greater mental health instruction. Only in doing so will be able to effectively increase educational activities' effectiveness and contribute to students' healthy development [10].

Although many scholars are studying the mental health of college students, the Hu Xinyu incident is new. Few scholars have linked the Hu Xinyu incident with the mental health of college students. In addition, college students are an important force to promote social progress. College students can only face future challenges better if they maintain a good attitude. Therefore, this research is very important. Because the incident is recognized by most college students through short videos, it is very convenient to conduct a questionnaire survey on this incident. Therefore, this study is based on a questionnaire survey of college students who have watched the short video of the Hu Xinyu incident and are affected by the incident. Put the discussion under objective data, explore the impact of the Hu Xinyu incident on the mental health of college students, and put forward relevant solutions.

### 3. Methodology

To explore the impact of the Hu Xinyu incident on the mental health of Chinese college students through a questionnaire survey. Questionnaire Star, the current authoritative questionnaire survey platform in China, conducts a questionnaire survey on college students. A total of 60 questionnaires were distributed on social platforms for college students, and the distribution cycle was 1 week. After a week of questionnaire distribution, a total of 52 questionnaires were collected, and the number of valid questionnaires was 45. There are the following criteria for judging whether the questionnaire is invalid. Fill-in-the-blank questionnaires with all none, multiple-choice questions with all yes or all no, questionnaires with completely different answers from the questions, questionnaires with more than 6 missing questions, questionnaires with the same option selected consecutively, before and after Questionnaires whose final answers to related questions are inconsistent with each other, questionnaires beyond the deadline, and questionnaires above will all be recorded as invalid test papers.

### 4. Results

Among the 45 valid questionnaires, freshmen accounted for 2.2%, sophomores accounted for 57.8%, juniors accounted for 33.3%, and seniors accounted for 6.7%. Among them, 73% grew up in cities and 27% grew up in rural areas. In terms of family background, 2.2% came from single-parent families, and the remaining 97.8% came from two-parent families. Among them, 93.3% watched the Hu Xinyu incident on the short video platform, and 84.4% knew the whole process of the Hu Xinyu incident. As for why Hu Xinyu went astray due to too much pressure, 44.4% thought it was his reasons, 17.8% thought it was social reasons, 17.8% thought it was family reasons, 11.1% thought it was school reasons, and 8.9% thought there was no reason of. After the Hu Xinyu incident, when the interviewees were asked whether mental health was important, only 60% thought it was very important, 37.8% thought it was average, and 2.2% thought it was not important. Affected by the Hu Xinyu incident, 40% of people think that stress greatly impacts mental health, 55.6% think that stress has little impact on mental health, and 4.4% think that it is not affected at all. After the interviewees learned about the Hu Xinyu incident, 64.4% of the respondents believed that their ability to withstand stress was good, 33.3% believed that their ability to resist pressure was average, and 2.2% believed that their ability to resist pressure was poor. However, according to the anti-stress survey, 71.1% of people choose self-forgiveness under pressure, and 28.9% of people choose to vent under pressure. Although most of the interviewees knew about the Hu Xinyu incident, 4.4% still felt a lot of pressure, 91.1% felt pressured, and only 4.4% felt no pressure. Affected by the Hu Xinyu incident, when the

respondents were stressed, 33.3% of the respondents released their stress by listening to music, 26.7% of the respondents released their stress by watching entertainment programs, and 22.2% of the interviewees released their stress by watching entertainment programs program to relieve stress. exercise. 11.1% of people release stress by traveling, and 4.4% of people choose not to know. When asked about the mental health of contemporary Chinese college students, only 11.1% think it is good, 73.3% think it is average, 11.1% think it is bad, and 4.4% choose not to know.

## 5. Discussion

According to the results, it can be found that most college students have seen the Hu Xinyu incident through short videos on average, and have little understanding of all other processes. In addition, three conclusions are drawn. The first is that although Chinese college students know the importance of mental health, they do not know the impact of stress on mental health. From childhood to adulthood, psychology is a course in almost all school courses, and psychology teachers will tell students how important mental health is in the first class. This has led to almost all students knowing that mental health is very important. However, they don't know what things will affect mental health, because psychological courses are not compulsory courses for students in elementary school to high school, but they go to college. psychology courses are treated as very casual courses by college students, so most students will not listen carefully in psychology courses, thus ignoring the important factor that affects psychological factors, which is pressure. Because they don't know the impact of stress on mental health, many students will not seek help from a psychological teacher when they are under pressure, and use their methods or even let it go to relieve their pressure. Especially college students, sometimes when faced with strong academic pressure, are very restless and unable to calm their hearts to study hard, which eventually leads to failing to get good grades in exams, which further makes them feel upset and worsens their mental health. However, during this process, he did not notice that it was the excessive study pressure that caused his mental health problems, and it was too late when he found out. The solution to this problem is very simple. First of all, don't put too much pressure on the students. In terms of students' academic work, teachers should guide students more, instead of blindly putting pressure on students, for example, warning them from time to time that they will fail exams. Students with good grades are often compared with those with poor grades, and the self-esteem of students with poor grades is hit. In addition, schools should also pay attention to the role of psychology courses, increase the number of courses in psychology courses, and improve the status of psychology courses, so that students can realize the importance of psychology courses and be able to take psychology courses well. Through these methods, students' further understanding of the relationship between stress and mental health can be strengthened, so that more students can maintain better mental health.

The second conclusion is that Chinese college students are generally not very good at resisting stress, but they choose to be self-tolerant when they are under pressure. Why are Chinese college students weak against stress? Because students are under too much study pressure since they were young. These pressures come from teachers, classmates, and parents. criticism. Under such circumstances, the student has been under strong pressure, making the student's ability to resist pressure has already exceeded his ability to resist pressure, so the ability to resist pressure has gradually declined. As for why students choose self-tolerance when they are under pressure, this is also determined by the personality of most students. Nowadays, most families in China are one-child families. Because parents are busy with work, it is difficult for them to accompany their children for a long time when the students are very young. Confidentially, at the same time, they were also worried that it would add a burden on their parents, so they chose to be self-sufficient. At school, students don't know that stress will affect their mental health, so they don't seek help from psychological teachers. At the same time, they feel shameful when they tell their classmates about the pressure, so



they hide the pressure in their minds. To sum up the above reasons, most college students choose self-tolerance when they are under pressure. Under the circumstances that college students are not good at resisting stress, if they still choose to be self-sufficient, it will greatly affect the study and life of college students. Once the pressure has accumulated to a certain level and has not been released, people will use extreme means to release the pressure, which will not only have a great impact on their studies but also affect the handling of interpersonal relationships with other students. In college, if they release their pressure on others at will, this will make them isolated from other students and further deteriorate their mental health. So, how to solve this problem? First of all, parents should not only focus on their work but neglect the care and care of their children. Parents should pay attention to the psychological changes of their children and solve their problems in time. In addition, college students should also be aware of their pressure, and find solutions in a time when the pressure is high, instead of choosing to endure the pressure by themselves. In addition, college students should often interact with their classmates, release their pressure during the interaction, look for classmates who are willing to listen to them and seek their help when they are in trouble. Through the above methods, college students can choose to talk out when they are under pressure, instead of just being patient. This can not only improve the ability of college students to resist stress, but also allow them to have better mental health to face future challenges.

The third is that Chinese college students are currently under pressure, but they don't know how to face it. The pressure that Chinese college students are currently facing is twofold. On the one hand, college students have to face the pressure brought by their studies. They not only have to study the required courses in school but also review the knowledge of the postgraduate entrance examination. Students who go abroad, also need to study IELTS, TOEFL, etc. On the other hand, college students will also face the pressure of finding a job in the future. As the number of college students continues to increase, the number of jobs in society has not changed, so college students will also have great pressure to find a job in the future. Under this double pressure, college students do not know how to face these pressures and are very worried about their future, not knowing where they will go in the future. Ultimately, it will lead to more and more psychological pressure on college students, and they cannot face the future and new challenges with a positive and confident attitude. In response to this situation, colleges and universities should first eliminate the confusion for students about the future, let students determine their future whereabouts as soon as possible, and let students prepare for their future whereabouts in advance, which can greatly relieve students' anxiety about the future, thereby enhancing own confidence. In addition, students should also clarify their goals, make plans for their future in advance, and implement them step by step according to their plans, so that college students can accurately know the source of their stress, and at the same time, they can better face them. pressure. Through these methods, college students will relieve their pressure to a certain extent, and at the same time know what they should do, which will make college students full of hope for their future and more confident in life.

## 6. Conclusion

The impact of the Hu Xinyu incident can be seen from the fact that most college students watched the Hu Xinyu incident on the short video platform. in addition, many college students like Hu Xinyu have gone astray due to excessive pressure. College students are an important force in social development. Only by maintaining good mental health can college students have more confidence and motivation to meet challenges. Therefore, the construction of college students' mental health education is particularly important. Through the method of questionnaire survey and objective data, this investigation has obtained three important conclusions. This paper believes that because students do not pay enough attention to psychology courses, and they are under a lot of pressure, college students know the importance of mental health, but they do not know the impact of stress on mental

health. This paper believes that this problem can be solved by reducing students' stress in school, increasing students' emphasis on psychology courses, and strengthening students' further understanding of the relationship between stress and mental health. Because Students are under great pressure from an early age, their ability to resist pressure has declined. In addition, due to teachers' prejudice, parents' lack of companionship and care for students, and the fact that students will be rejected by their classmates when they talk to their classmates about their stress, these factors lead to the problem that Chinese college students are generally not strong enough to resist stress, and they choose to endure the pressure. This paper suggests that parents should pay more attention to their children's psychological changes. Teachers should treat every student equally, and students should communicate with good friends and other means to solve this problem when they are under great pressure. Regarding the conclusion that Chinese college students are currently facing pressure but do not know how to deal with it, this paper believes that Chinese college students are currently facing dual pressures from both studies and employment. Some students did not make detailed plans for their future, resulting in increasing pressure and being unable to face the positive pressure of the future. To solve this situation, students should make plans as soon as possible and clarify their goals. At the same time, schools should try to eliminate students' confusion and provide help for students' future path choices.

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