Study on Psychological Influence and Countermeasures of COVID-2019 Pandemic on Medical College Students

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Abstract: In view of the problems that the epidemic situation of COVID - 19 may bring to students in medical colleges and universities, such as adverse emotional reaction, learning environment discomfort, future career concern, interpersonal sensitivity and so on. This paper analyzes the psychological impact of the epidemic situation on students in medical colleges and universities, in order to emphasize the responsibility and mission of doctors and nurses, highlight the responsibility of great powers of China in the epidemic situation, attach importance of infectious disease education in the prevention to control of the epidemic situation, and put forward some teaching strategies to eliminate the psychological impact of the epidemic situation on students, so as to enhance students’ correct understanding of medical undertakings, enhance students’ sense of responsibility and mission, and maintain students’ positive and optimistic attitude, adjust the purpose of students entering normal learning state as soon as possible.

Keywords: COVID-2019 pandemic; Psychological influence; Teaching strategy

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Since the outbreak of COVID - 19, according to statistics[1], as at 24 hours on 12 August, According to reports from 31 provinces (autonomous regions and municipalities directly under the Central Government) and Xinjiang Production and Construction Corps, 724 confirmed cases (41 severe cases). A total of 79398 cases were cured and discharged, total deaths,4634. A total of 84756 confirmed cases were reported. Compared with the sars virus (SARS) in 2003, the epidemic spread

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faster and the virus was harmful. During the epidemic, all parts of China actively carried out rescue operations, among which medicine played a great role in the rescue of the epidemic. The epidemic has had a wide impact, especially on the psychology of students in medical colleges. Therefore, carrying out positive public health event education will help to guide students to correctly understand medical undertakings, maintain students’ positive and optimistic attitude, and adjust their study life after adapting to the epidemic situation more quickly.

1. Psychological Effects of COVID-2019 Pandemic on Medical College Students

(1) Adverse emotional reactions
With the expansion of the epidemic and the acceleration of transmission, students may have anxiety, tension, panic and other adverse emotional reactions. Some students produce physiological stress because of stress mechanism, such as loss of appetite, high mental tension and other symptoms, and these symptoms are associated with virus infection, which exacerbates anxiety, tension and other adverse emotional reactions. Long periods of stress may also increase the risk of depression[2]. In addition, because medical students have special empathy for front-line medical workers and infected patients, in the face of the growing epidemic data, stress psychological disorders may be caused by excessive worry, leading to short-term or long-term psychological trauma.

(2) Learning environment
During the COVID-2019 pandemic, the broad masses of students maintained a state of isolation at home. In response to the call issued by the Ministry of Education to stop classes and not stop learning, all localities actively set up online classes and carry out online teaching. However, due to the change of learning environment and teaching methods, students may feel uncomfortable with the new learning environment. The limitation of network teaching may lead to the students’ learning efficiency is low, the learning effect is not ideal, and the adaptive stress disorder appears, which leads to negative psychology such as anxiety, depression, weariness and so on, which seriously affects the students’ learning progress.

(3) Future career concerns
For Medical college students, the thinking about future career selection brought about by this epidemic is complicated. There are not only the recognition and pride of the irreplaceable role of the doctor profession in the epidemic, but also
the consideration of the responsibility and obligation of being a medical worker. In this epidemic, medical workers fulfill their duties, stick to their posts, and make great contributions to the epidemic. At the same time, many doctors have home difficulties during the period of work, as well as the frequent occurrence of medical incidents, doctor-patient relations are still tense, the high infection rate in the front-line battlefield, and so on, which are also seen by middle school students in this epidemic situation. The high risk working environment of medical staff makes students worry about the future employment environment, which will have a certain impact on the students’ future career psychology.

(4) Interpersonal sensitivity
During the epidemic period, students have no social contact with the outside world because of their long-term isolation at home, which may lead to the decline of students’ ability to deal with interpersonal relationships. Moreover, because of the rapid spread of the epidemic, some students feel panic about going out, afraid of being infected and avoid contact with people, or even social withdrawal, that is, to feel uncomfortable and restrained in front of others, avoid the tendency to contact others[3].

2. Teaching Strategies to Reduce the Psychological Impact of Epidemic Situation on Students
Medical colleges and universities can combine various teaching methods to create epidemic related courses to guide students psychologically. After-class organization such as “War epidemic has me, doctor benevolence” a series of thematic activities, to recognize the school in the epidemic protection process to become volunteers, selfless pay students. In class, the epidemic cases are combined into the contents of professional courses, the relevant knowledge of epidemic prevention is popularized for students in teaching hospitals, and the experience of anti-epidemic of medical workers in our school is described, which can not only vividly speak the professional courses, but also do ideological and political education well. At the same time, there are the following principles in curriculum design.

(1) Emphasis on the responsibilities and mission of TCM nurses in the epidemic
The COVID-2019 pandemic makes the 2020 New year extremely restless, the virus rages, the medical staff fight in the front line of the anti-epidemic, they face danger, do not quit hardship, is the backbone of the anti-epidemic force, is affectionately called the most beautiful retrograde by the people. As future medical staff,
medical students should always bear in mind this mission, not forget their original ideals and aspirations, and be proud to be doctors and nurses.

(2) Highlighting China’s Major Powers in the Epidemic
The eventful autumn can reflect the important leading role of the Communist Party of China. By comparing the situation of the new crown epidemic with that of other countries in the world, and observing the two indicators of the speed of the government’s response and the degree of damage to the people, we conclude that because of the overwhelming determination and action of the effective Chinese government and people to prevent proliferation, China can use its national strength to control the COVID-2019 pandemic with the highest efficiency and speed. This part of the material is properly applied to education and teaching, so that students have a full sense of pride in a strong government and a united people.

(3) Importance of infectious disease education for prevention and control
Infectious disease is a kind of disease which is harmful to human. At present, infectious disease prevention and control is still the main medical and social problem in our country. The outbreak of the COVID-2019 is closely related to the lack of attention to infectious disease education and infectious disease prevention and control. Therefore, the education of medical students should not only pay attention to the students’ professional theoretical knowledge and practical skills, but also pay attention to the cultivation of students’ overall quality and great health consciousness. From disease-centered to health-centered medical model[4]. So that medical students should see public health problems from the whole population, the whole society and the whole world, set up the concept of health as the center, implement the strategy of prevention priority and health management, and strive to cultivate new compound medical people with comprehensive service ability of disease prevention, diagnosis and treatment, health care, rehabilitation, health education and health promotion.

3. Summary
In 2020, Australia’s forest fires attracted global attention, with mountain fires covering the sun and burning through the sky. The fire has been burning for five months since last September. But now the charred trees have grown green, which is the embodiment of nature’s ability to repair itself. Wounded kangaroos bandages have been able to jump in the fields, which is the embodiment of animal self-repair ability, and we humans can also improve our self-repair ability with mutual help and self-encouragement[5].
Looking back on history, the Chinese nation has experienced the test of countless plagues, each with the strong cohesion of the people and broad and profound medicine to overcome the epidemic. How difficult to prosper, God bless China, each tribulation will push the level of civilization and social development of the Chinese nation to a new level.

As students of medical colleges and universities, we should not only master solid professional knowledge, but also pass on the strong national belief of the Chinese nation, which is indomitable and indomitable, adjust our mentality in time after the great disaster, restore a positive and optimistic state of study, work and life, and devote ourselves to the medical career.

Works Cited


