

Research on Strategies for Preventing and Controlling Epidemic Situation of College Students

Jiarong Luo, Man Yang

School of Business, Nanjing Xiaozhuang University, Jiangsu Nanjing, China

Abstract

The outbreak of a major epidemic will affect the normal life order, and cause great damage to the property and life safety of the country and the people. The outbreak of the epidemic requires the active role of all sectors of society and their full response. In the process of dealing with the epidemic, it is necessary to seize the opportunity of educating people, promote the mature growth of college students, and earnestly promote the ideological and political education of schools and universities, and inject spiritual strength into the victory of the epidemic prevention and control battle.

Keywords

New crown epidemic, College students, Epidemic prevention and control.

1. Introduction

At the beginning of 2020, the novel coronavirus pneumonia epidemic has spread within and outside China. In the face of an unprecedented public health crisis, the people of the whole country are united to overcome the difficulties. The response and effective handling of the epidemic incident contains important moral education resources, and its education effect is very obvious. While working together to win the epidemic prevention and control war, colleges and universities should actively explore the value of education and guidance in the epidemic prevention war, insist on ideological guidance, strengthen the ideals and beliefs of students in the epidemic prevention war, and pay attention to strengthening the education of students when disseminating and popularizing epidemic protection knowledge. Life education, mental health education, patriotism education, public safety education, etc., give full play to the actual effects of ideological and political education, improve the self-education ability and resistance to pressure of college students, and promote the rapid and healthy growth of students.

2. Improve college students' self-education ability in the face of the epidemic

The self-education ability of college students refers to the ability of college students to deal with affairs in the face of a major epidemic, which is specifically manifested in college students' sense of identity with the country, a sense of participation in fighting the epidemic, a strong sense of mission and responsibility. Ideological and political educators in colleges and universities should help and guide students to consciously explore their own specific conditions, increase their sense of mission and responsibility through patriotism education, ideals and belief education, and safety education, and guide students to take self-education as the central link, self-motivation and self-adjustment, To serve the needs of epidemic prevention and control.

2.1. Improve college students' sense of identity with the country through patriotic education

The majority of young students are the future of the motherland and the hope of the nation. Strengthening the national and national consciousness of young students can improve their

sense of responsibility and mission. "The epidemic is the order, and prevention and control are the responsibility." In front of the enemy, the whole country worked together to breathe and share fate. As the Director-General of the World Health Organization Tan Desai said in Beijing on January 28, 2020: "The speed and scale of China's actions are rare in the world. It shows China's speed, China's scale, and China's efficiency. Expressed high appreciation." The country's response to the major epidemic has allowed people to see the cohesion of the Chinese nation and appreciate the strength of the motherland and the superiority of the socialist system[1]. Ideological and political educators in colleges and universities should be good at seizing this opportunity to let students learn the advanced deeds that have emerged in the prevention and control of the epidemic, dig deeper into the essence of the excellent traditional culture of the Chinese nation, interpret national policies, be a transmitter of students' confidence, and let the students show the Party Central Committee The prevention and control measures are full of confidence, so that we can strengthen our cultural self-confidence, be a staunch guardian and command executor of the country, continue to gather majestic patriotic forces, and contribute a strong spiritual force to the victory of the fight against the epidemic.

2.2. Improve the sense of participation and ownership of college students through safety education

Under a major epidemic, the Internet is flooded with various news, which are mixed with many false statements that confuse the public, which has brought many factors of instability to the society. In this regard, ideological and political workers in colleges and universities should make full use of online media to play the role of ideological and political education when scientifically propagating the epidemic and popularizing epidemic prevention knowledge, so as to improve students' ability to distinguish right from wrong and consciously maintain the awareness of information truth. Advise students to pay more attention to reports from official channels and authoritative media, not to believe in rumors or to spread rumors, to maintain rational thinking, and to actively learn epidemic prevention and protection measures. At the same time, if false information is discovered, it should be reported in time to be a rumor smasher, show the good quality and image of young students in the new era, and deliver effective information for the health and safety of every family, thereby enhancing college students' sense of participation and sense of ownership.

2.3. Increasing the sense of responsibility and mission of students through the education of ideals and beliefs

Since the 40th anniversary of reform and opening up, my country has achieved remarkable achievements and development in various fields, achieved world-renowned achievements, and strengthened the self-confidence and pride of the people of the country. Everyone is committed to contributing to the development of the country[2]. General Secretary Xi Jinping said during a discussion with teachers and students at Beijing Normal University that young students should "write a magnificent chapter worthy of the times in the process of inspiring youth, opening up lives, and contributing to society!" Currently at a critical stage of epidemic prevention and control, many medical and health professionals Professional teachers and students and their families have rushed to the frontline of the epidemic to treat patients. In the face of epidemic prevention and control, college ideological and political educators should adjust the form of ideological and political education, combine the characteristics of the times and the current situation, be close to reality, keep pace with the times, and actively guide students to establish lofty ideals and beliefs, and let students consciously Combine the future with the destiny of the country and the nation, shoulder the mission entrusted by the times, dare to bear and dedicate in the face of the epidemic, share the same destiny with the motherland, and be the guardian of health and the carer of the family.

3. Enrich the psychology of college students and enhance their ability to withstand stress and crisis response

The outbreak of a major epidemic has a huge impact on politics, economy, and culture. In order to isolate the epidemic and win the fight against the epidemic, the whole country responded to the country's call to isolate at home and not add chaos to the country[3]. Ideological and political education in colleges and universities needs to guide students to plan their daily schedules reasonably, promote students to develop a healthy lifestyle, and eliminate the uneasy emotions of college students through psychological counseling.

3.1. Guide students to plan their lives reasonably, and promote students to develop a healthy lifestyle

A healthy lifestyle and physical fitness are the foundation for students to achieve everything. When cultivating students, colleges and universities should also pay attention to the cultivation of students' healthy habits. For the health and safety of Guangda University students, the Ministry of Education has decided to postpone the start of school in the spring of 2020. Ideological and political educators in colleges and universities should guide students to deeply understand the importance of learning, develop a habit of healthy work and rest, and plan curriculum learning scientifically. At the same time, students are encouraged to use various network resource platforms to learn independently, improve themselves, persist in indoor exercise, keep in mind the responsibility of learning, and work together to overcome difficulties together.

3.2. Eliminate the uneasy emotions of college students through psychological counseling, so that they can enhance their ability to resist stress

The physical and mental health of college students affects the realization of college education. Facing the new crown epidemic, the majority of students have more or less psychological dilemmas that are difficult to debug. In order to alleviate psychological problems such as tension and anxiety caused by the inconvenience of study and medical treatment caused by the epidemic, college ideological and political educators should provide students with certain psychological counseling in a timely manner through various online platforms, and provide cloud services for psychological counseling. The inner anxiety of students promotes their mental health and improves their psychological quality. Help students forge mental resilience, cultivate optimism, make students believe in the country's ability to resist risks, be determined to win, and gather strong positive energy for defeating the epidemic.

4. Enrich the ways of ideological and political education and improve the effectiveness of educating people in response to major epidemics

4.1. Model demonstration

The epidemic is severe, and the doctors are retrograde. Many people charge on the front line, exert their selflessness and fearlessness, and put their selfless contribution in the first place.

One. Many people have engraved their original intentions in their hearts, turned them into concrete behaviors, and devoted themselves to the fight against the epidemic. "The vast number of medical staff, regardless of personal safety, vividly demonstrated the unremitting pursuit of respecting lives, saving the wounded, willing to make dedication, and boundless love, and showing the most noble spiritual qualities in the most dangerous places." Ideological and political educators in colleges and universities should organize students to learn. These advanced deeds give full play to the role of role models in demonstrating and motivating, guiding students to actively participate in epidemic prevention and control as a practical action

to implement their own mission, starting from themselves, guarding the safety of themselves and their families, and being responsible for themselves and the country.

4.2. Emotional education

"The emotional experience method means that students can coordinate cognition and emotion through the accumulation of emotional experience centered on experience in various practices and activities, transform and regain certain ideological, political and moral concepts, and internalize them as individuals. Stable beliefs will ultimately lead to the formation of corresponding behaviors and habits." In the face of the raging epidemic, all localities actively responded to prevention and control and quarantined themselves. The pandemic intensified, and the fear of the pandemic was equated with the fear of Wuhan people for a while. Ideological and political educators in colleges and universities should pay attention to the emotional education of students, arouse their sympathy for the suffering of others, arouse their sympathy, increase their love of the party, the country, the people, and the socialism, and cultivate their homeland. Awareness and feelings of the people, and hope that they will sublime this emotion into a powerful action force and integrate it into the nation's efforts to overcome difficulties and respond to disasters.

5. Conclusion

The new crown pneumonia epidemic has brought huge disasters to the country and people. The impact is deep and wide, but the process of effectively responding to the epidemic also contains important spiritual resources, which is an important opportunity to promote the rapid growth of college students. Enriching the psychology of college students, strengthening the self-education of college students, and improving the ideological and political education channels can effectively promote their rapid growth and talents, strengthen their ideals and beliefs, and cultivate their mission. The concrete practice of advancing from time to time and new in light of the situation is of great significance.

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