

An Investigation into the Ways in Which "Emos" Relieve Their Emotions

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Abstract

Mental health is very important for the development of society and economy, the individual psychological condition in the society is good, the development of the individual and society can show a positive state. With the rapid development of economy and society, people's demand for mental health is increasingly prominent. Through questionnaire survey and field interview, it is found that "Emos" have negative phenomena in the way to relieve their emotions. It is proposed to create a professional and targeted Wechat official account and app to meet the needs of "Emos" in an all-round way and guide them to relieve their negative emotions positively.

Keywords

Mental Health; The "Emo" Group; Emotional Relief Mode.

1. Introduction

With the accelerated pace of life and increasingly fierce social competition, mental health has a more and more significant impact on people's happy lives and social development. In recent years, mental health problems have received more and more attention from all walks of life, but people still have a "blind spot" for their own psychological and psychological problems around them. [1]

The State has promulgated a number of laws and regulations to popularize the national mental health and the importance of mental health, and hopes to bring into play the strength of various departments to improve the system of social psychological services. People also gradually begin to seek different ways to carry out psychological healing, expand self-cognition, relieve pressure, solve emotional problems, and obtain self-growth. But so far, there is still a big gap in the supply of psychological services, the supply of psychological services still has a lot of space. [2]

To better respond to national policy guidelines and address the emergence of mental health problems in people. Through online questionnaire distribution and offline field research, this topic understands the different ways that "Emos" relieve their emotions under the background of Internet +, so as to provide some ideas for improving the social psychological service system. [3]

2. Research Methods

2.1. Questionnaire Survey

This article mainly investigates the emotional issues related to "emo family", including basic personal information, frequency of emo, ways to relieve emo, understanding degree of special soothing apps, specific functions of special soothing apps, etc. A preliminary survey was conducted before the formal survey. After correcting the shortcomings of the questionnaire according to the results of the preliminary survey, a combination of online and offline

questionnaire was adopted to distribute the questionnaire, and the effective sample size of 629 was finally obtained.

2.2. On-the-Spot Interviews

During the project, I mainly visited three social psychological institutions, such as the Mental Health Service Center of Xiamen University Tan Kah Kee College, etc. Before the interview, I drafted the main questions of the interview, and collected relevant data in the form of notes and recordings. After the interview, I summarized and sorted out the notes and recordings to obtain the survey data.

2.3. Data Processing and Analysis

Statistical analysis software Excel was used to sort out and analyze the acquired data, mainly analyzing the ways of "emo" to relieve negative emotions and drawing corresponding conclusions.

3. Analysis of the Survey Results of "Emo"

3.1. Basic Information of the Respondents

A total of 629 questionnaires were collected, of which 629 were valid. Among them, 274 were male, accounting for 43.56%; there were 355 females, accounting for 56.44%, and the reliability and validity of the questionnaire were good. In terms of age, 24.96% of the respondents were born in the 2000s, 21.78% were born in the 1990s, 25.76% were born in the 1980s, and the rest were born in the 1970s and 1960s. In terms of educational background, those with a bachelor's degree or below account for 46.26%, those with a bachelor's degree account for 48.97%, and those with a master's degree or above account for 4.77%. In terms of occupation, 29.41% of respondents are students, 24.64% are office workers, and the rest are other occupations.

In the valid questionnaire, 506 people were dominated by negative emotions, accounting for 80.45%. Only 123 people, or 19.55%, were not dominated by negative emotions. Among them, 27.19% suffered from negative emotions once a month; those who suffered from negative emotions two to three times a month accounted for 21.94%.

3.2. Ways to Alleviate Emo

In the effective questionnaire, 43.55% of respondents would choose playing games to relieve negative emotions, 20.16% would choose eating and drinking to relieve negative emotions, while talking to friends and psychological counseling only accounted for 16.94% and 13.71%. This indicates that most respondents adopt a more negative way to relieve negative emotions when facing them.

4. Analysis of the Ways of "Emo" to Relieve Emotions

According to the survey data, nearly 60% of the respondents choose to use electronic devices to play games for a long time when they are dominated by negative emotions. Some people even spend the whole day indulging in the virtual world, abandoning their studies and careers, forming a long-term vicious circle. Others choose to binge on food and drink, which can lead to the accumulation of excess material and burden the stomach, resulting in indigestion, saturation and pressure on surrounding organs. For a long time, there will be cardiovascular disease, gastric ulcer, intestinal infarction and other problems, and then cause neurasthenia, greatly aggravating the original mental health problems. [3]

According to the survey data, only less than 25% of respondents take psychological counseling or seek friends to tell these correct and reasonable ways to relieve their negative emotions,

indicating that most respondents do not realize that the sources of psychological pressure are complicated, mental health problems are caused by a variety of reasons, need to be long-term and systematic targeted and professional treatment. Once the problem is not solved for a long time, the pressure is not properly released, it will cause serious consequences.

5. The "Emo Family" to Relieve the Emotional Countermeasures.

In view of the existing problems, the project team is committed to jointly creating a public account and APP of psychological services. By operating the "Warm-nest" wechat public account and developing the mental health APP -- "warm" APP, we introduce the APP through the public account, publicize the concept and popularize the knowledge about mental health, so that people can scientifically understand themselves and the mental health problems around them, and provide one-stop service through the APP. Solve these problems effectively. [4]

The "warm" APP has multiple functional categories such as emergency help, traditional Chinese medicine conditioning, psychological consultation and community companionship. On the basis of having the basic functions of previous mental health service apps, "warm" APP also organically combines with traditional Chinese medicine culture. Let the solution to mental health problems no longer only use a method of emotional relief, but from the internal conditioning of the five viscera and smart combination, play the effect of external call. In addition, "warm" APP also adds the emergency help function and the feature content of "temperature value", providing users with a variety of choices, hoping to meet the needs of "emo" in an all-round way and let "emo" people gradually get rid of the "emo" mood.[5]

References

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