Analysis of Community Mental Health Service Demand in Hunan Province Based on Large Data Analysis

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Abstract. The purpose of this paper is to investigate the current situation of community mental health services in Hunan Province. At the same time, this paper can also provide the corresponding basis for community health services. In the era of large data technology so popular, for the survey of mental health, we can use the technology of large data analysis to conduct the questionnaire survey of community mental health services, and conduct random sampling of community residents. The results of this survey include the degree of community residents' understanding of mental health, the influencing factors of psychological help seeking, the utilization of psychological service resources, the expected charges and the corresponding equipment. According to the results of the questionnaire survey, we can see that the psychological health service needs of residents in Hunan communities are affected by the level of regional economic development, economic and social status, the quality of professional resources and the support attitude of the government.

Keywords: Community, Mental Health, Demand Status

1. Introduction
With the influence of China's social and economic progress, the living standards of our social members have been constantly improved. At the same time, their spiritual needs are growing. However, such a fast-paced life will also lead to the increase of uncertainty of survival, the rise of life pressure and work pressure, as well as the conflict of moral culture. These problems will lead to the appearance of psychological behavior problems of social members. If people's psychological problems can not be well solved and improved, it will affect the physical and mental health of residents and the future trend of social life [1].

I remember that the general secretary of our country said that the basic research on mental health problems must be thoroughly strengthened. We should strive to do a good job in the knowledge of mental health and mental illness science popularization. This can standardize the development of psychological treatment and psychological counseling and other mental health services. This study is the current situation of community mental health service demand in Hunan Province. The survey method adopted this time is a sampling survey in the form of questionnaire. When necessary, we will conduct social research through interviews.
2. Introduction of research-based survey objects and methods

2.1. The main object of this study
According to the level of regional economic progress, we can choose the residents of Changsha, Zhuzhou and Yiyang in Hunan Province as the experimental objects of this survey. According to statistics, 1500 questionnaires were used in this survey, and 1351 valid questionnaires were used. The age range of residents in this survey is between 16 and 66 years old.

2.2. Methods used in this study
In the process of this study, we used the form of community psychological health service demand questionnaire based on large data analysis to investigate the content of community residents' mental health. These contents mainly include the population data of residents, the cognition degree of mental health and the intention of seeking help. In addition, we will also investigate the main factors affecting help seeking, the expected service mode and content, the expected cost and the quality of community psychological health service resources (see Figure 1).

![Community mental health service center.](image)

Figure 1. Community mental health service center.

3. The results of the survey on the demand for community mental health services in Hunan Province Based on large data analysis

3.1. Residents' cognition of mental health
In the form of questionnaire survey, we have made a relevant investigation on the understanding of residents' mental health concept, the assessment of mental health, and the views on other people's psychological problems [2]. The results of the survey show that the residents in the three areas generally think that mental health is very important. However, their understanding of the content of mental health is very important. However, their understanding of the content of mental health is vague, and this vague feeling also shows regional differences. Residents living in Changsha have higher awareness of mental health than those in the other two areas. 69.2% of the respondents thought their mental health was sub-health. They believe that the main factors affecting their mental health are the pressure of the workplace, parent-child relationship and interpersonal skills. The residents in Zhuzhou area think that mental health is a common problem for normal people (see Table 1).
Table 1. An investigation on the intention of psychological help seeking and the factors influencing psychological help seeking.

| Project                                      | Content          | Number of people | Proportion |
|----------------------------------------------|------------------|------------------|------------|
| Will you ask for help when you encounter psychological problems | Always           | 404              | 29.90%     |
|                                              | Sometimes        | 599              | 44.34%     |
|                                              | Occasionally     | 66               | 4.89%      |
|                                              | Never            | 258              | 21.10%     |
| Ways to seek help                            | Go to the hospital | 434              | 32.12%     |
|                                              | Talk to friends  | 530              | 39.23%     |
|                                              | Self-digestion   | 387              | 28.65%     |
| Factors influencing psychological help seeking | I don't want to go there | 530              | 39.23%     |
|                                              | The cost is high | 434              | 32.12%     |
|                                              | The effect is not good | 404              | 29.90%     |
|                                              | Fear of being ridiculed | 387              | 28.65%     |

3.2. The intention of psychological help seeking and the factors influencing it

The main content of the research on the setting of this problem is whether or not they will choose to ask for help when they encounter psychological problems and the usual way to choose help seeking. Most people choose to ask for help usually, sometimes and occasionally. At present, the proportion of people who choose to seek help is very high. There is no significant difference between the three regions. When there are emotional and psychological problems, one third of the residents choose to go to psychological counseling institutions. Another third of the residents choose to find relatives and friends to talk to. About half of the respondents chose their own dyspepsia. According to statistics, the number of residents in Changsha and Zhuzhou who choose professional help is higher than that in Yiyang.

3.3. Utilization and expectation of mental health service resources

People in the three regions said that there are many ways to obtain the resources of mental health services. 60% of the respondents chose Internet, TV and books\cite{3}. 23% of the respondents chose publicity materials, knowledge dissemination and training lectures. 13.9% of the respondents chose to obtain mental health services from professional institutions such as schools and hospitals. Respondents from three regions all think that it is necessary to provide mental health services in the community. They also expect that the psychological service staff in the community can carefully teach psychological knowledge and solve people's psychological problems.

3.4. Expected charges for mental health services

As for whether mental health services should be charged, the residents in the two regions tend to be partial charging. 71.2% of the residents thought that psychological counseling should be charged for individuals and groups. However, they think that the price of this kind of charge should not exceed 50 yuan each time. However, nearly half of the residents prefer free psychological training.

3.5. The allocation of community mental health services

The survey shows that there are obvious differences in the allocation of resources for mental health services in the three regions. Changsha and Zhuzhou communities generally set up mental health bulletin boards and regularly update and modify. In some communities, psychological counseling sites
and psychological hotlines have been set up. Staff will also regularly carry out psychological counseling lectures and training. Overall, however, the overall coverage of mental health services is insufficient.

4. According to the investigation results of community mental health service demand in Hunan Province

Community is the basic organization and unit of society. Nowadays, we pay great attention to the actual mental health of the residents in the community[4]. Hunan Province is located in a highly developed economic region, and its internal community's psychological health service demand is still very strong. According to the results of this study, we can also make corresponding discussions.

4.1. The demand for mental health services of community residents will be affected by the level of regional economic progress

According to the reality of different dimensions of investigation, residents in Changsha and Zhuzhou communities have a clearer understanding of mental health. Their mental health service facilities are perfect. The function of social psychological service organization plays a more significant role. It has a positive correlation with the development of local economy. Therefore, the demand for mental health services of community residents will be highly affected by the level of regional economic progress.

4.2. The demand of community residents' mental health services is affected by their economic and social status

Through the findings of this survey, we can think that the relationship between the popularization of mental health knowledge and the needs of mental health of community residents in Hunan Province and their economic and social status is significant[5]. Especially the social status of an individual or family. High income families have a higher level of pursuit for mental health. The cognition of mental health of low-income families is very low.

4.3. The demand for mental health services of community residents is also affected by the quality of professional resources

It has been proved that mental health service has high professional requirements, and the service level reflected by professional mental health personnel will strengthen residents' recognition of mental health service industry. On the contrary, employees with low professional level may cause psychological secondary harm to residents. Therefore, the quality of professional resources has a great impact on the mental health services of community residents.

5. Conclusion

According to the above contents, we can find that the overall demand for community mental health services in Hunan is very large. However, it will be affected by many factors[6]. Moreover, the awareness and demand of mental health of residents in different regions show great level and regional differences. Therefore, I think that while carrying out community mental health services, the government should also increase investment and provide support according to the situation, so as to promote the balanced development of community mental health services.

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