

Research on Mental Health Education for College Students

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Abstract

With the increasing fierce social competition, the social pressures faced by contemporary college students are gradually increasing. Under this background, the psychological quality of college students has become a key factor in whether they can win in the fierce competition. This article is based on this, research on psychological health education of college students, hoping to promote the improvement of psychological health education of college students.

Keywords

College students; mental health education; measures.

1. Introduction

The 21st century is an era of coexistence of dreams and sharpening, coexistence of challenge and opportunity, coexistence of hope and despair, coexistence of success and frustration, coexistence of happiness and pain, and human beings are facing severe challenges in the new era. Unexpectedly, this "continuous and profound pain" 'is spreading to the college student group like a plague, and the psychological quality of college students in the new century is not optimistic. The rate of physical education and drop-outs of college students due to psychological problems is constantly rising, and some abnormal or malignant events such as suicide and homicide are reported from time to time. The psychological confusion commonly found in the current generation of university students, such as study pressure, emotional frustration, and optimistic employment prospects, demands higher overall quality, especially psychological quality. Therefore, contemporary college students must have strong psychological adaptability and control ability. . We know that excessive stress is harmful to mental health. The mental health of most college students in China is not optimistic. In particular, there is still a certain gap between mental health education and contemporary social development and the prosperity of the country through science and education. At present, the ideological and political education of college students in China is not very satisfactory. The importance of work has not yet been highlighted.

2. Analysis of the Importance of Mental Health Education for College Students

(A). The importance of mental health education in the healthy growth of college students

a). Mental health education can enable college students to learn to actively regulate their own psychology

At present, a certain number of college students suffer from mental illness. At this time, ideological and political education will be particularly weak. If the treatment is not timely enough, the best treatment time may be missed to make the consequences worse. With the continuous development of psychological science, more and more people have realized that most psychological symptoms or mental illnesses are related to psychological factors, such as depression, obsessive-compulsive disorder, and phobia, which we all know. Through mental health education, you can actively adjust the psychology of college students.

b). Students' potential can be better developed through mental health education

Traditional ideological and political education pays more attention to some high-level value orientations such as political views and dialectical materialism, that is, ideological and political education pays more attention to individual politics, ideology, and behavioral norms. Modern education theory pays more attention to the comprehensive quality of the individual, regards the all-round development of people as the purpose of education, and the overall development of people is closely related to the development of life. In contemporary university campuses, the psychological health education of college students is mainly through personal counseling and life counselling, which are more relevant to students' daily life, which will help college students' overall development. In addition, mental health education can cultivate students' good psychological qualities.

c). Mental health education can effectively improve interpersonal communication skills

At present, interpersonal communication ability has become a necessary condition for a successful person, and has become a standard for whether a person adapts to society. For college students, there will always be some problems in interpersonal communication. Through mental health education, the ability of interpersonal communication is constantly improved in social life.

(B). The Importance of Mental Health Education in the Ideological Education of College Students

a). Mental health education enriches the connotation of ideological and political education

We know that the focus of ideological and political education is mainly on the social level, and the problems it needs to solve mainly include politics, ideology, and morals. However, through investigation and research, it is found that the ideological problems of many college students are generally manifested together with psychological factors. This requires constant innovation of ideological and political education in universities, advancing with the times, and strengthening on the basis of the original education model Cultivation of college students' psychological quality.

b). Mental health education broadens channels for ideological and political education

First of all, the content of mental health education must be combined in contemporary ideological and political education, which is an inherent requirement of contemporary ideological and political education. We know that the improvement of psychological quality is the basis of mental health. In the process of teaching, scientific education methods and practical teaching content are used to improve students' ideological and moral qualities and political connotations. Such education methods can continuously promote ideological and political education. The process of education.

Second, mental health education enhances the predictability of ideological and political education. Today's college students generally have some problems, such as poor social responsibility, lack of hard work, lack of collective consciousness, and poor psychological quality. Then the ideological education work during college is to solve these problems, but in the university classroom There is a certain gap between the content of ideological and political education taught and real life. In universities, this course is generally unattractive and persuasive, and the effect after education is not obvious, and it lacks predictability for some emergencies. Through mental health education, teachers can establish a good interactive relationship with classmates, so that teachers can get closer to students, understand students more deeply, educate students from the perspective of students, and discover that college students are in daily life. Existing problems. Then according to psychological techniques and methods to solve the problem.

3. An Analysis of Problems in Mental Health Education for College Students

In recent years, college students' mental health education has received much attention in universities and has also achieved certain results. However, similar to the occurrence of drug poisoning in Fudan University, it fully illustrates that there are still many problems in the mental health education of college students in our country, and these problems have a great negative impact on the mental health education of college students. Its problems are mainly reflected in the following aspects:

(A). Mental health education is in the form

Although the Ministry of Education of China has issued many documents to strengthen the mental health education of college students, and experts in the education industry have always called for strengthening the mental health education of college students in some colleges and universities, some universities in China have also established institutions on mental health. Most schools just set up college student mental health institutions just to cope with the country's call, but teachers also lack experience in this area, and put the work of college student mental health education in an unnecessary position. The result is an inconsistent situation. At present, the teachers of mental health education for college students in China are all halfway monks, and their educational concepts are relatively backward. They generally believe that simply conducting psychological counseling at the university is sufficient to solve the psychological problems of college students, which puts the mental health work of college students in a passive state. And some teachers are free to use their own imagination and their existing experience to operate at will. On the surface, it seems that they attach great importance to the psychological health education of college students, but in fact it has no effect.

(B). Moral education in mental health education, content is not systematic

According to the latest content of the "Outline of Moral Education in General Colleges and Universities in China", the psychological health education and ideological and moral education work of college students must be connected and distinguished. The two are not completely the same. However, in some universities, mental health education and ideological and moral education are regarded as the same kind of education, so some details will be ignored in the process of education. On the one hand, most mental health educators are teachers engaged in ideological and moral education. They have no experience in mental health education and have not received professional training. On the other hand, in the process of education, teachers usually use moral Standards are used to educate students, so that psychological counseling tends to moral education, and counselors often attribute students' psychological problems to ideological and moral problems, which loses the true meaning of mental health education.

The differences between mental health education and ideological and moral education are mainly reflected in: (a). The theoretical basis and practical working methods of mental health education and ideological and moral education are different. We know that ideological and moral education is mainly guided by Marxism-Leninism, Mao Zedong Thought, and Deng Xiaoping Theory. Its theoretical basis is mainly moral education and pedagogy. In the actual work process, it is mainly indoctrination, persuasion, and environmental cultivation. However, the theoretical basis of mental health education is mainly pedagogy and psychology. In the process of education, more attention is given to the interests, values, and potential of the educational goals. And other methods. (B). From the content of the two, ideological and moral education is a question of outlook on life, so that students can accept the correct political attitude. For mental health education, the focus is on personal growth issues, enabling students to adapt to changes in the environment and solve problems that arise in life.

(C). Medicalization of mental health education, mainly "correction", "development" is not enough

In some colleges and universities in China, most students do not have a concept of development when they carry out mental health education. They often stagnate, but the main task is to solve the mental illness that students have experienced. This will lead to the trend of mental health education. For medicalization.

(D). Curriculum of mental health education for college students, insufficient practicality, and poor teaching quality

A survey by relevant scholars found that one of the most dissatisfied courses for college students during their stay at school was mental health education. Most students reported that their learning content was boring, content was outdated and out of touch with reality. This phenomenon is partly due to the tendency of university mental health courses to be programmed. Although some colleges and universities recognize the importance of mental health education in college education, they adopt a professional teaching mode in the teaching process, and teachers teach in accordance with the content of the textbooks. Students will have to take exams after studying, but because There are too many contents in textbooks. Teachers have to teach in the traditional way. Most of the lessons taught in the classroom are relatively in-depth content about the concepts and principles of psychology, and those applied knowledge and methods in psychology. But there are very few professors. This teaching method seriously ignores the practicality of psychology. The effect of teaching is that students can pass the exam and get credits, but they don't remember anything after the exam. All the knowledge they have learned is returned to the books, which has not achieved the real purpose of mental health education.

4. Measures to Strengthen Mental Health Education for College Students

Teaching should be targeted according to the psychological characteristics of the students and the personality characteristics of the students, and some group training of psychological counseling can be organized on a regular basis.

The mental health education of various colleges and universities must be combined with the psychological counseling centers of college students, and the mission of mental health education should be shouldered. This is also the main position of college students' mental health education. The mental health counseling centers of major universities must have the following capabilities: first, the scope must be wide and all students are targeted; second, they must be targeted during the work process, and specific problems must be analyzed; third, regular Students do psychological tests, etc., and find problems to be solved in time. Fourth, for some special groups, such as mental problems or psychological disorders, the teacher must appropriately guide them according to their own abilities, and those with relatively serious psychological problems can be referred Get medical treatment.

At present, with the development of science and technology and the popularization of the Internet, the Internet has become a connecting link between various parts of colleges and universities, and is the main way for college teachers and students to obtain information. At the same time, network management must be strengthened, and bad information on the Internet must be cleaned up in time to prevent the station from polluting the minds of college students. While continuing to apply traditional education, introduce and innovate new education methods, such as the home-school cooperation model.

5. Conclusion

In the personal development process of college students, psychological health education plays an important role in improving their personal qualities. A healthy psychology is a condition and foundation for a person's comprehensive development. It has a positive and positive impact on the quality of talents in the future profound influence.

References

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