

Research on the Mental Health Problems and Corresponding Strategies of Technical College Students from the Perspective of "New Vocational Education Method"

-- Take The 22-Year Freshman of Guangdong Lingnan Modern Technician College as An Example

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Abstract

Under the guidance of the "new vocational education method", taking the psychological survey data of the 22-grade freshmen of Guangdong Lingnan Modern Technician College as an example, this paper explores the psychological health status of the students in the technical colleges in the new era, and analyzes the influencing factors of adolescent psychological health problems by using the methods of literature review, questionnaire survey, and student interview, from the family relationship of family education, the concept of parental education Family education mode and school education: the construction of mental health teachers, the construction of mental health curriculum, the construction of psychological consultation room, the construction of psychological consultation platform, and the cooperation of family and school to effectively improve the mental health problems of teenagers, reduce the proportion of mental diseases, achieve the cultivation of positive, healthy and optimistic, skilled talents with the spirit of craftsman of big countries, and help to achieve the goal of serving the country with skills.

Keywords

New vocational education, Technical colleges, Mental health, Home-school cooperation.

1. Introduction

The latest revision of the Vocational Education Law of the People's Republic of China was adopted on April 20, 2022, referred to as the "new vocational education law". Since its official implementation on May 1, this law focuses more on the high-quality technical and skilled talents that are really needed in the socio-economic development. However, with the rapid development of China's social economy, the internal volume of education and the repeated epidemic changes in the past three years, the mental health problems of adolescents have become increasingly serious, Especially for the students in technical colleges, they are in their adolescence, and their mental health problems are particularly serious, which greatly affect the basic task of vocational education to establish morality and cultivate people and the training objectives of skilled talents, and also indirectly affect the future of the country and the nation. This paper studies the current situation, influencing factors and corresponding strategies of students' mental health in technical colleges.

2. General Characteristics and Mental Health Status of Students in Technical Colleges

2.1. Common characteristics of students in technical colleges

During the period from 2019 to 2021, our research team carried out a survey on the characteristics of students in technical colleges, mainly including 16 technical colleges in Guangdong Province, and conducted 16 symposiums for school leaders, teachers, and student managers. It was concluded that the common characteristics of students in such colleges and universities are as follows:

1. The students are young, just in adolescence, active in thinking, but playful, impulsive, lacking self-confidence, self-centered and altruistic.
2. Lack of positive learning motivation and goals. Most of them are screened through the funnel of the middle school entrance examination and the college entrance examination. The enthusiasm for theoretical learning is not high and the spirit of specialized research is lacking
3. Some students have bad behavior habits, such as smoking, tattooing, hair coloring, girls' ultra-short skirts, boys' artistic hairstyles, etc
4. Poor psychological quality, unsound personality, weak willpower, strong fear of difficulties, lack of sense of right and wrong, a considerable number of students come from single parents or divorced families, and strong self-esteem and inferiority complex are intertwined [1].

(2) The mental health status of students in technical colleges is poor

Taking the psychological survey of the 22nd grade freshmen of Guangdong Lingnan Modern Technician College as an example, the subjects of this psychological survey are 4630 people, including 587 high technical students and 4043 middle technical students. The self-made questionnaire, the contents of which refer to the literature and experts' opinions, has certain reliability and authenticity. The completion rate of the evaluation of the high technical students and the completion rate of the evaluation of the middle technical students of the 2022 grade freshmen psychological survey is 98.6% and 98.3% respectively. The evaluation results show that 34.8% of high-tech classes (aged 17-19) have triggered automatic warning, 64.1% have participated in non-triggered automatic warning, and 1.2% have not participated in the evaluation; 53.3% of the secondary technical classes (aged 14-17) have triggered the automatic warning, 45% have participated in the non-triggered automatic warning, and 1.7% have not participated in the evaluation. The above data show that the proportion of young students with psychological problems is relatively high, which must be paid attention to. They may feel confused and anxious about the future, lack the positive pursuit of life, have nothing to do, life is boring and hopeless, and walk around; They are keen on online games and chasing stars. Pleasure lies flat, advocating "mourning culture", commonly known as "hollow disease"; They view the problem as extreme, adopt wrong attribution, complain about social injustice, complain about their own misfortune and lack of self-examination. More serious cases of depression, self-closure, unclear self-knowledge, unsound values and worldview, lack of respect for life, and the tendency to self-harm and self-kill will affect the realization of vocational education goals and greatly reduce the effect of vocational education if effective sorting, guidance and intervention treatment are not carried out.

3. Influencing Factors of Mental Health Problems of Technical College Students

Adolescence is a black and white film, with joy and sadness, impulse and withdrawal, confusion and firmness. However, inferiority complex and sadness are the imprints of adolescence, and its influence factors are multifaceted

3.1. The negative impact of family education

Ms. Pamleo, an educator, said: "How parents treat children, children will treat the world"[2]. According to the questionnaire survey of parents and students, the mental health problems of students in technical colleges are closely related to improper family education. As the saying goes, happy childhood can heal a lifetime, while unhappy people can heal a lifetime.

1. Incomplete family structure and lack of family affection

The data from the student questionnaire shows that most of the students are left-behind children, who live with their grandparents, commonly known as intergenerational education. The intergenerational education can guarantee their daily life, but it can not guarantee their psychological needs. Because they have not been accompanied and guided by their parents for a long time, many students have a strong sense of abandonment, and they often feel inferiority, loneliness, sensitivity and even revenge on the society, There are also some parents who use material satisfaction to make up for the lack of affection, causing such students to covet material enjoyment and form money worship. At the same time, some of them come from divorced families, and the absence of family affection has a very negative impact on children's mental health.

2. The parents' education concept is conservative, and they believe that the children will become adults if they don't become dragons

Many parents are affected by the current secondary school entrance examination diversion and the college entrance examination selection system, and their educational concepts are conservative. They still measure the gains and losses of education by whether they get high scores, whether they enroll in famous schools, and whether they work at high salaries after graduation. Therefore, family education is carried out under the pressure of selling anxiety, ignoring the independent personality of students, ignoring the cultivation of students' psychological quality, and ignoring the students' inner feelings and needs. As soon as the entrance examination is announced, when children fail, many parents turn from excessive attention to disappointment and let go, and even satirize and sneer at them. Over time, students will feel depressed, inferiority complex and powerless, and will also break the can.

3. Improper family upbringing

According to the parents' questionnaire, there are many inadequacies in the family upbringing methods of students in technical colleges, such as more autocracy and less democracy, more laissez-faire and less guidance. Some parents are overbearing and unreasonable, and do not allow children to have the right to choose independently. Such family children must be repressive and rebellious; Some parents dote too much. No matter how old the child is, they always "turn around and open their mouth and stretch out their hands". Such children are psychologically fragile, unable to withstand any small setbacks, and are easily overwhelmed by life and learning; Some parents just care about their children, and completely "let them go". Such students have no concept of right and wrong, do not distinguish between the truth, the good and the beauty of the world, are callous, and have serious moral problems [3].

3.2. Mental health education in technical colleges is lack of effectiveness

1. At present, the mental health education curriculum in technical colleges is still in the marginal zone, and the school administrators, teachers and students have not paid high attention to it. The full-time teachers are relatively insufficient. Some teachers are not graduates of psychology, so there is a general discussion in the design of the curriculum content, lacking life education and positive guidance for students; The traditional teaching method is single, and the teaching lacks effectiveness.

2. Although the school has set up a psychological consultation room, it has not played a practical role. The main reason is that students are not willing to go because of their face and fear of

being alienated, and the psychological consultation project is unreasonable and unprofessional, which can not play a positive and effective role in persuasion. Over time, students are not willing to go, and the psychological consultation room becomes a decoration.

3.3. Lack of home-school collaborative education

Most of the students in technical colleges come from cities, counties, towns and villages in the province, and a few students come from outside the province. Therefore, offline communication between home and school is difficult. Although the school requires the head teacher to have a certain number of parents' communication records every week and every month, many of the communication is in form, just written records, and cannot play an effective role. There are also some divorced families where the husband and wife shirk their responsibilities, The responsibility of educating children is treated as a ball, and you kick me over, which makes teachers feel helpless.

4. Corresponding Strategies for Mental Health Problems of Technical College Students

4.1. Advocate a scientific and democratic family education model

"Family is the first place for all education". People's time to study in school is relatively limited in their life, while the time to receive edification, influence and education in the family is long-term and unlimited [4]. "Life is education"

1. Build a harmonious family and strengthen the sense of family responsibility by taking family affection as the link. Every family member has the obligation and responsibility to maintain the stability and development of the family. A stable and harmonious family is the safest haven for children. Parents should strengthen the theoretical study of family education, and achieve unity of mind and the same direction, give children correct life guidance, give children complete love, give children a good example of behavior, and give children adequate companionship. If they cannot accompany in action, We should also accompany in spirit. Of course, some families whose parents have to live separately for various reasons must have a good ideological communication with their children, and then prove in action that although parents are separated, love is always the same, so as to minimize the adverse effects.

2. Under the guidance of the "new vocational education method", update the concept of family education, "no Jackie Chan can be an excellent worm"

At present, social development has a diversified demand for talents. Parents should keep pace with the times and update their education concepts, overcome the anxiety of "perfect education", and not only focus on scores, famous schools and high salaries. The "new vocational education law" clearly affirms that vocational education is of equal importance, equal treatment, equal protection and mutual accommodation. Therefore, students in technical colleges and universities can no longer be inferior, but also make great achievements through their efforts. The gold medal of the Chinese delegation in the 2022 World Skills Competition ranks first in the world, which is the best proof of skills serving the country. Therefore, parents should have enough confidence and affirmation in the children attending technical colleges and universities, and recognize that they only need to learn and succeed, If you have a skill, make your own living, and make positive progress, you will succeed.

3. Take children as the main body, give full play to the democratic parenting style, parents do not arbitrary and compulsive, do not indulge, recognize that each child has differences, respect the children's choices, do not need everyone to become a research talent, believe that "three hundred and sixty lines, line out of the number one", and at the same time, the head of the family should guide the children to believe in the belief that "I am born to be useful"; Parents should

give proper care and create a democratic communication atmosphere so that children can grow up in a relaxed and happy family, purify their hearts, and nourish their ideals and ambitions.

4.2. Improve the effectiveness of mental health education in technical colleges

1. Build a mental health education curriculum group, excavate the ideological and political education elements of the curriculum, and take a multi-pronged approach

Our school cooperates with many departments to actively carry out the series of entrance education of "becoming the first adult", such as the military training for freshmen, the singing competition of red songs, the morning reading of the Analects of Confucius and the Disciple Regulations, the morning exercise of Taijiquan, and the excellent alumni entering the classroom to carry out patriotism education and good habit cultivation education; In the curriculum setting, teachers should increase the "life education curriculum" and "ideal and belief education curriculum" based on the principle of "supporting the will", "determined" and "promoting the will", and inject "nutrition" into the students' minds with the theme of "four histories", enhance "immunity", and harvest healthy, happy and ambitious hearts.

2. Strengthen the construction of psychological consultation room and give play to the role of "heart language house"

Full-time teachers are responsible for creating a relaxed and warm psychological consultation room, so that students can come when they feel unhappy. We can actively build media publicity platforms: 525 Mind Growth Website, 525 Mind Growth Consulting QQ, Sunshine Psychological Service Weibo, Sunshine Psychological Service Post Bar, etc. We can also carry out a series of activities: "psychological drama" competition, "I have an appointment with Sunshine", "525 Sunshine with me", "cherish life and care for you and me", "work hard to build a college team", and "volunteer activities" to play their special skills and help others, Feel their own value, etc., and help cultivate positive and optimistic teenagers. For a few serious mental diseases with the tendency of self-harm and suicide, special personnel should contact the parents to send them to the hospital, and track and file them in time [5].

4.3. Strengthen the cooperation between family and school, and play the role of collaborative education

With the purpose of the Family Education Promotion Law, our school has set up a family education guidance group, hired family education experts to carry out regular online training meetings in different schools, to provide theoretical and practical guidance for parents to carry out active and effective family education, and effectively implement the effective communication mechanism between home and school. When students are in school, the head teacher and counselor team should use relevant software to regularly carry out online parent meetings to report students' comprehensive performance at school, or arrange students to regularly record learning results and learning experiences to report to parents, and parents should give timely feedback and encouragement; During the winter and summer holidays, the team of moral education teachers should make a visit plan, conduct a field home visit, collect real and effective materials, so as to facilitate targeted assistance and guidance, help parents change their ideas, and help students change their negative attitudes into positive ones. They should not only face the reality, but also have the ambition of serving the country with skills, so as to greatly reduce the proportion of early warning of psychological problems, improve the mental health index, and cultivate positive and healthy skilled talents.

5. Conclusion

Although the mental health status of the students in technical colleges is not optimistic, starting from the positive role of family education and improving the methods of school mental health

education, we should work together to enhance the effect of home-school collaborative education. The mental health problems of the students can be "cured".

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