



RESEARCH ARTICLE

THE MENTAL HEALTH EDUCATION OF COLLEGE STUDENTS

Ziwei Zhang*

School of Marxist institute, Anhui University of Technology, Maanshan 243002, China

*Corresponding Author E-mail: 461740765@qq.com

This is an open access article distributed under the Creative Commons Attribution License CC BY 4.0, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

ARTICLE DETAILS

Article History:

Received 18 February 2021
Accepted 21 March 2021
Available online 20 April 2021

ABSTRACT

College Students' mental health education has become the focus of the whole society, which affects the family and society, and is related to the growth of college students, family happiness and social harmony. In view of the mental health problems of college students, the article is based on the aspects of college students themselves, families, colleges and society, to explore the causes of the problems and make a verification analysis. Through strengthening college students' self-awareness, improving the content and methods of family education, improving the mechanism of College Psychological education, and purifying the public opinion environment, it promotes the development of College Students' mental health, and then cultivates a socialist society in China qualified builders of modernization.

KEYWORDS

College students, Mental health, Problems and countermeasures.

1. INTRODUCTION

In the early morning of October 13, 2020, after investigation by the public security department, it was confirmed that a postgraduate studying chemical engineering at Dalian University of technology committed suicide in a laboratory at about 7:00 on October 13. In the last few years, with the continuous development of China and the rapid change of economic model, the competition in all walks of life is becoming increasingly fierce. In this context, the psychological problems of college students become increasingly prominent with higher suicide rate, which is a great loss to family, society and country and affects the normal teaching in colleges and universities accompanied by some legal disputes. Therefore, it is of great practical significance to explore the problems existing in college students' mental health, analyze their root causes, and actively seek positive countermeasures to strengthen college students' mental health education.

2. THE CONNOTATION OF COLLEGE STUDENTS' MENTAL HEALTH EDUCATION

According to the physiological characteristics, group characteristics and the laws of psychological development of college students, combined with the needs of social development and the training requirements of talents quality, mental health education can help college students understand the general knowledge of mental health, relieve their pressure from learning, interpersonal communication, love, employment and other aspects, and help them learn to self-maintenance their mental health. To promote college students to constantly improve their psychological quality, overcome psychological barriers and prevent psychological diseases. College Students' mental health education includes psychological classroom teaching, communication and guidance between teachers and students, and psychological practice education (Zhang, 2017). It is an

educational practice for colleges and universities to prevent college students' bad psychology, correct college students' bad psychology, and promote college students' healthy psychology. The purpose is to promote the healthy growth and all-round development of college students and cultivate them into people needed by society.

3. THE NECESSITY OF MENTAL HEALTH EDUCATION

With the introduction of a series of documents to strengthen the ideological and political education of college students, colleges and universities across the country actively respond and offer psychological education courses for college students. However, in order to make the mental health education go deep into every college student's heart and truly establish the belief of being a college student with perfect personality, healthy and happy life, we need to broaden the teaching path of College Students' mental health education. It is necessary to carry out mental health education of college students (Huang, 2020).

3.1 The realistic needs of the healthy growth of College Students

College students do not experience social wrestling experience, lack of life experience, encounter setbacks often at a loss, learning difficulties, teachers help to solve, life difficulties also have parents and family help to bear, but when college students encounter personal confusion, such as emotional frustration, interpersonal frustration, often difficult to find effective solutions, more is to face and deal with through their own way to a large extent, it is difficult to achieve effective solutions. Some college students are easy to have adverse psychological problems in this case, which affect the development of physical and mental health. For example, the Ma Jiajue incident of Yunnan University and the poisoning of Zhu Ling of Tsinghua University have aroused the awareness of the whole society of the necessity of increasing innovation and reform of College Students' mental health education. Therefore, strengthening psychological

Quick Response Code



Access this article online

Website:
www.educationsustainability.com

DOI:
10.26480/ess.01.2021.39.42

education and improving college students' healthy psychology are the realistic needs of College Students' healthy growth.

3.2 An important way to promote quality education in Colleges and Universities

Comprehensively promoting university quality education is not only an inevitable move for higher education to respond to the challenge and impact of social transformation on the cultivation of high-quality innovative talents, but also an inevitable choice to meet the needs and expectations of national innovation driven development strategy for high-quality innovative talents, and the only way to thoroughly solve the problems and disadvantages of higher education (Zhang and Lin, 2017). Quality is reflected in the performance of people's behavior. People's behavior is restricted by the level of thinking and cognition, but also by psychological conditions. Bad psychology drives people to have bad motives, and bad motives drive people to have bad behaviors. The purpose of promoting quality education in Colleges and universities is to realize the all-round development of college students and make them better adapt to the society. Having a healthy psychology is not only the premise of College Students' normal life and learning, but also the basis of hard work and self-improvement. Therefore, psychological counseling and mental health education for college students are conducive to further promoting quality education, which is one of the important ways to implement quality education.

3.3 The inevitable requirement of cultivating adaptive talents in Colleges and Universities

Competition pressure from society causes most college students to have psychological pressure of study, life and employment. If the psychological pressure is not solved in time and effectively, it will lead to psychological barriers and even mental diseases for a long time (Zheng and Wand, 2021). Negative social phenomena such as suicide and persecution caused by mental illness also occur from time to time. Contemporary college students are in a critical period of social transformation and institutional change in China, and the world is also facing unprecedented changes. In this complex and changeable new society, facing the unprecedented test, college students will inevitably breed some psychological problems. Higher psychological quality is the basic condition to become the talents needed by the society. The Party Central Committee and education departments at all levels should promote the mental health education in colleges and universities and provide a steady stream of adaptive talents for the society. To build a four level early warning mechanism of college students' psychological crisis intervention, namely dormitory, class, college and school, which is responsible for crisis prevention education, early crisis identification, timely crisis intervention, follow-up intervention and post recovery identification. The main tasks include information collection, expert evaluation, timely intervention, and post-treatment monitoring (The Complete Works of Marx and Engels, 2001).

4. ANALYSIS ON THE PROBLEMS AND CAUSES OF COLLEGE STUDENTS' MENTAL HEALTH

4.1 Problems in college students' mental health

4.1.1 College students have weak self-consciousness and weak psychology

Because college students have not yet entered the society, have no rich social experience and lack certain social adaptability, their psychological quality, cognitive ability, social adaptability and self-control ability will be affected by external factors to varying degrees, weakening their self-consciousness. Marx believes that "human beings are life beings with self-consciousness. Only by forming a clear understanding of the basic relations inherent in the way of life through self-consciousness can we better settle down." Some college students have weak self-consciousness, which leads to the lack of spiritual motivation and weak anti frustration psychology. They are more likely to take extreme ways to solve problems, and their psychology is more fragile (The Complete Works of Marx and Engels, 2009).

4.1.2 College students' psychological adaptability is not enough

During the university period, the campus atmosphere and the relationship between teachers and students often have an important impact on the

psychological changes of college students. As a key stage of life, the orientation of most people's life goals often changes fundamentally in this period. At the same time, it also means that most college students must complete the psychological change from high school to university as soon as they enter the University. Because of the age limit, the psychological change for college students is not easy. The new environment is often accompanied by many new problems. When the problems cannot be effectively solved, it often makes the college students with weak ideology and psychological quality have a variety of psychological problems. In serious cases, it even gives birth to extreme psychology. The psychological adaptability of college students is relatively weak.

4.1.3 The psychological endurance of college students is insufficient

Marx believed that human beings always need to satisfy the existence of life with the nature of social relations through social cooperation. In the outline of Feuerbach, he clearly pointed out: "the essence of human is not an abstract thing inherent in a single person. In its reality, it is the sum of all social relations" (Zhao, 2021). If they can't solve their own psychological problems in their daily life, they will not be able to solve their own psychological problems. They have extreme psychology and weak psychological endurance.

4.2 Analysis on the causes of College Students' mental health problems

College Students' bad psychology is the result of a variety of factors, including personal factors and external environmental factors

4.2.1 College students' self-awareness level is insufficient

First of all, college students are young, energetic, full of yearning for the future, with lofty ideals and beliefs, but their living and learning environment is relatively single, lack of social experience, and their self-consciousness is relatively weak. However, a complete self-consciousness is an important basis for the healthy development of emotions and emotions, and also plays a regulatory role in emotions. The negative emotions caused by weak self-consciousness. It often makes college students evaluate themselves too low or too high, which is easy to cause psychological fluctuation.

Secondly, some college students can't know themselves objectively. When they make certain achievements, such as learning achievements, winning prizes in competitions, and which aspect of themselves are particularly outstanding, some college students tend to be arrogant and arrogant. On the contrary, some students who don't show outstanding performance tend to have inferiority complex, which leads to their differences in the process of communicating with others and make it difficult to communicate with people of different personalities and levels to establish a good interpersonal relationship, individual college students will be depressed and pessimistic because of the failure in the process of interpersonal communication. In serious cases, they will fall into self-abandonment and extreme psychology.

4.2.2 There are some defects in the way of family education

At present, most families dote on their children too much, which makes teenagers live in a willful, casual and unrestrained environment from childhood, so that they fall into a psychological state of desire dissatisfaction, which is mainly manifested as dissatisfaction with life and impatience.

First of all, the indulgent way of education will make college students have the psychological characteristics of cowardice, dependence, self-centered character and self-feeling good, increase the risk of setbacks, reduce their ability to face difficulties and deal with problems, and is not conducive to the cultivation of College Students' strong will quality and tough psychological quality. In the long run, when they are far away from their families and enter the university campus, when they encounter life and learning problems but cannot deal with them effectively, they will have psychological problems such as depression and anxiety.

Secondly, with the increasing pressure of social employment, the phenomenon of parents "valuing intelligence over education" and "expecting their children to be successful" is also common. In family education, they are often too strict with their children. If they fail to meet their parents' expectations, they will be blamed. In the long run, the

psychological pressure on their children is increasing, but it cannot be effectively curbed, and individual children with weak psychological endurance will be blamed children often give birth to inferiority, depression, despair and other psychological problems.

4.2.3 There is a lack of responsibility in mental health education in colleges and universities

Most colleges and universities have not established perfect psychological counseling and consulting institutions, which, to a certain extent, makes some college students' psychological problems that can be prevented and suppressed in the embryonic stage not solved in time and effectively, resulting in individual college students' extreme psychology. Individual counselors engaged in mental health education in colleges and universities are often bound by the traditional education concept, lack of relevant psychological professional knowledge, make mistakes, confuse the psychological problems and ideological problems of college students, fail to solve the psychological counseling demands and problems of college students in time, and fail to find the corresponding solutions, which lead to some mental health problems of college students over time.

4.2.4 The infection of network and social unhealthy thoughts

First of all, the Internet new media platform as a virtual society, with the continuous expansion of its application field, all kinds of social thoughts mixed in the information also continue to affect the psychology of college students. The network environment is full of good and bad, including some negative extremist thoughts, which often cause individual college students to have extreme psychology of hating society and ignoring life.

Secondly, the contents of some books are also mixed with different types of social thoughts, including the positive mainstream of advanced socialist thoughts and some negative social thoughts, which have different degrees of impact on College Students' psychology, especially the books containing extremist color, violence, crime and other related contents. For a long time in the past, college students' ideals and reality are inconsistent shield psychology. For example, negative philosophical culture can trigger college students' psychological fluctuation. When there is psychological resonance, it may induce individual college students with more psychological problems and weak psychological quality to have extreme psychology such as depression, hatred, despair, and even suicide.

5. THE MAIN COUNTERMEASURES OF STRENGTHENING COLLEGE STUDENTS' MENTAL HEALTH EDUCATION

5.1 Improve self-cognition and interpersonal relationship

As globalization deepens, new things and ideas have unpredictable influence on the psychological changes and development of college students. The psychological phenomenon of college students is a complex system composed of a variety of factors and conditions. For college students whose psychology is not yet mature, if they lack correct psychological guidance and prevention, they will be born out of the lack of self-awareness all kinds of psychological problems. At the same time, self-awareness is closely related to the handling of interpersonal relationship. The disharmony of interpersonal relationship is often caused by the unsound self-awareness. It can be said that a sound self-awareness is the premise of good interpersonal relationship, and it is also an important guarantee to prevent college students from all kinds of bad psychological phenomena.

Firstly, colleges and universities should focus on the content of College Students' self-awareness education, guide students to understand themselves, master their own advantages and also recognize their own shortcomings, build self-esteem and self-confidence on the basis of correct understanding of themselves, objectively evaluate themselves, and learn to regulate their emotions. Through classroom teaching, theme salon, special lecture, social practice and other forms, we can help students to examine themselves as a whole, adjust the inferiority or conceit caused by self-cognitive bias, and help students improve their self-awareness and psychological structure.

Secondly, in interpersonal communication, when others realize their mistakes, they should learn to tolerate and contain, and establish a friendly relationship. At the same time, we should learn to communicate with others, walk out of our narrow world, establish good communication with

others, increase mutual understanding, enhance trust and establish good interpersonal relationship through communication. In the process of communication and interaction, other people's positive attitude towards life and healthy living habits will also have a subtle impact on themselves, so as to prevent the occurrence of mental health problems. By strengthening self-awareness and establishing good interpersonal relationship, college students can effectively avoid bad psychology, and then can prevent extreme psychological phenomenon caused by bad psychology.

5.2 Constantly improve the mode of family education

"Most studies regard parental rearing style and family environment as protective factors for suicide prevention and propose that protective lifestyle is the result of children's growth in a safe environment. In the process of teenagers' physical and mental development, school and family play an important role. The mental health of middle school students not only needs the school to carry out effective mental health education in time, but also needs the active cooperation of family and family school cooperation (Yang and Cai, 2021). In this safe growth process, there is a persistent image of parents. Parents can respond to children's needs emotionally, guide their children's values and behavior norms, and learn from their children give enough care from birth to adulthood. "That is to say, children who grow up in this protective lifestyle can get the correct guidance and care from their parents in terms of emotion and education and can better prevent their bad psychology.

First of all, we should change the concept of family education. Parents should maintain an optimistic spirit, infect their children through their own words and deeds, respect and trust their children, and establish a sense of equality. College students have an independent way of thinking and can get rid of the shackles of traditional ideas for innovative thinking. Parents should respect their children's reasonable opinions, establish a good partnership, and cultivate their optimistic psychology.

Secondly, we should improve the way of family education. Parents should be good at finding the advantages of their children, carry out appreciation education, enhance their self-confidence, advocate democratic family education, and carry out auxiliary education for their children, so as to cultivate their independent, strong ability and indomitable psychological quality. Good family education atmosphere can help college students develop optimistic and upward healthy psychology, which is conducive to the prevention of bad psychology.

5.3 Strengthen the group of psychological education teachers and attach importance to practical education

As the economy and technology grows, the traditional mental health education classroom model has been unable to meet the personalized requirements of contemporary college students (Zhang, 2020). First of all, colleges and universities should focus on strengthening the construction of mental health education teachers. On the basis of the original teaching team, teachers of mental health education related majors should also be included in the team construction. For example, ideological and political teachers can connect psychological professional knowledge with ideological and political education related theoretical knowledge and carry out ideological and political education for college students with bad psychology. Psychological counseling, classroom teaching and daily life should combine theory with practice, in order to expand the penetration effect of mental health education in colleges and universities.

Secondly, we should strengthen the teaching practice of college students' mental health activity month. For example, psychological education practice activities with the theme of life experience can be held to broaden students' horizons and understand life. College students are encouraged to visit homeless children in orphanages, go into communities, care for left behind children, talk with the elderly in nursing homes, provide them with volunteer services within their ability, lead college students to contact life in a zero distance, truly feel the value of life, and make their psychology get positive training.

Thirdly, college students can be organized to have a special discussion on the theme of "life" in class, and they can take turns to host, give a designated speech and give a random speech. Through their own life experience, they can communicate with teachers and students, enhance their understanding and perception of life, and prevent the occurrence of

College Students' unhealthy psychological phenomenon.

5.4 Continuously purify the public opinion environment of society and network

Social negative thoughts will have a great negative impact on college students, and it is also one of the important reasons for the psychological problems of individual college students. The mental health education of college students has always been an important problem for college psychological teachers, because college students who are already adults must have a healthy psychology, so that they can make better progress in their future work, life and study (Zhu and Sun, 2012).

First of all, we should improve the media related legal supervision mechanism, and use legal force to regulate the behavior of media practitioners. Media organizations should strictly implement the responsibility system, strictly review the relevant media information that pursues selling points, ignores the facts and contains negative social thoughts, and severely punish the violations. If the circumstances are light, fine and warning can be taken. If the circumstances are bad and cause bad social impact, sanctions can be carried out according to the relevant laws and regulations, so as to suppress the violations from the source. It is necessary to control the spread of negative social thoughts.

Secondly, we should strengthen the pace of socialist spiritual civilization construction and implement the "four self-confidence" and "four greatness". For example, we can shoot more public service advertisements that reflect the socialist core values, spread them through Douban, xiaohongshu, Zhihu and other channels, supplemented by micro vision, animation, comics and other fashion elements, so that we can spread the socialist core values to college students in a silent way, so as to cultivate the healthy psychology of college students.

Thirdly, with the help of new media to vigorously promote the excellent traditional Chinese culture, highlighting the red culture education. For example, it publishes all kinds of positive energy information on new media interaction platforms such as mobile newspaper, post bar and app. The relevant departments of society should establish WeChat official account and official micro-blog, etc., and use new media means to push red books and spread various heroic deeds to improve the social atmosphere, purify the cyberspace, constantly spread the main trend of socialism, cultivate the healthy psychology of the students' happiness in the subtle

way, and prevent the college students from having bad psychology.

REFERENCES

- Huang D.S., Research on the teaching path of College Students' mental health education in the era of financial media - a review of College Students' Mental Health Education (Third Edition). Chinese Journal of education, 2020 (11): 133.
- The Collected Works of Marx and Engels (Volume 1). Beijing: People's Publishing House, 2009. 225-227
- The Complete Works of Marx and Engels (Volume 44). Beijing: People's Publishing House, 2001. 318-322.
- Yang H.X., Cai Y.T., Innovative Research on Mental Health Education in Colleges and Universities under the Concept of OBE. Journal of Educational Research and Policies, 2021, 3(1).
- Zhang D.X., Lin J. Historical review and realistic reflection on University Quality Education. China higher education research, 2017 (06): 1-7 + 29.
- Zhang H.N., Research on College Students' Mental Health Education in The New Media Environment. International Journal of Education and Teaching Research, 2020, 1(4).
- Zhang Y.Y., On the relationship between Ideological and political education and mental health education of college students. Heilongjiang Higher Education Research, 2017 (10): 156-158.
- Zhao X.Z., Wang J.B. Effect of school mental health education combined with family intervention on middle school students' mental health. School health of China, 2021, 42 (03): 408-411.
- Zheng D.F., Wang T. Analysis of mental health education in Colleges and universities from the perspective of "three complete educations". Party construction and ideological education in schools, 2021 (01): 88-90.
- Zhu J.J., Sun Y.J., Current Situation of College Students' life Values and Education Research. Continuing Education Research, 2012, 35 (03): 133-135.

