

Research on Mental Health Education and Affirmative Instructions for College Students

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Abstract: Today's society is complex and changeable, and college students are facing increasing social competition pressure. This situation also puts forward higher requirements for mental health education in colleges and universities. On the one hand, psychological health education is required to improve the ability of psychological education teachers, exercise their ability in many ways, so as to be able to teach students in accordance with their aptitude; On the other hand, mental health education is required to train students' sound personality from both theory and practice, and make correct guidance to college students' life attitude, so as to conform to the needs of the times. Therefore, colleges and universities should take measures to realize the continuous improvement of mental health courses, and pay attention to mental health as the basis of talent training. The course of mental health should be both comprehensive and targeted, and a system should be formed in constant exploration and improvement to guide and maintain students' mental health correctly.

Keywords: College Students; Mental Health Education; Positive Guidance

1. Introduction

With the expansion of college enrollment in China, higher education has gradually transformed from elite education to mass education. With the expansion of the scale of college students, various problems keep appearing, among which the most prominent one is the mental health of college students. At present, there are more than a few college students with mental health problems, and the proportion is still rising. The mental health of Chinese college students is worrying. A survey was conducted on the mental health of 7280 freshmen through symptom check list (scl-90). The study found that 54.69% freshmen had symptoms, and 13.56% had moderate or severe symptoms. Among the moderate and severe symptoms, the top three factors were obsessive-compulsive symptoms, interpersonal sensitivity and depression, which shows that the mental health of Chinese college students is worrying. [1] Therefore, it is of great significance to study the psychological characteristics of college students to explore a way for mental health education in colleges and universities and correctly guide the development of students' mental health. Whether it works or not depends on the future development of individual students, their families and even the country.

2. The Development Situation of Mental Health Education for College Students

2.1 Strengthen the guidance of mental health education teachers

To improve the level of mental health education, it is necessary to improve the professional quality of mental health education teachers. Teachers should take an active part in various training activities in and out of school in order

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to improve their professional knowledge reserve. In addition, more social investigation and research can be conducted through the opportunity of writing papers to further understand students' mental health status and characteristics. At the same time, schools should also conduct strict training and screening for the existing team of teachers engaged in mental health education. Schools should increase the intensity of training, provide more training opportunities, and expand the ranks of teachers through the introduction of talents.

At present, mental health courses in colleges and universities are mostly elective courses. If we want to develop them into a professional and compulsory course, we must expand the team of teachers accordingly. Other teachers can be allowed to transfer their posts and carry out the corresponding job transfer training; or hire professional talents in psychological education. After the expansion of the teacher team, we should continue to inspect and regularly train teachers' professionalism, enhance their professional skills and cultivate their ability to keep pace with the times in teaching, so that they can get along with students more harmoniously.[2]

2.2 Improve the psychological education system

The Ministry of Education has issued a series of requirements on the mental health education in colleges and universities in the standard for the basic construction of mental health education for students in ordinary colleges and universities (trial). The second is to establish and improve the prevention mechanism and intervention system of college students' mental health problems. Thirdly, mental health course should be made as a compulsory course into the daily teaching of colleges and universities. However, there are a lot of shortcomings in the opening of mental health courses in colleges and universities, which are embodied in the following aspects: the course setting is not scientific enough, the class schedule is not reasonable enough, and the resources input is not accurate enough. Therefore, colleges and universities should keep pace with the times and keep forging ahead in the process of reform. Specific measures include: first, make clear the great significance of mental health courses for students' development and give sufficient consideration to the allocation of course time. Secondly, psychological courses as a required course should be included in the consideration of students' total scores, so as to improve students' attention to mental health courses. Thirdly, rich teaching methods are adopted to attract students' interest in class, arouse students' attention to mental health, help students to learn and live, and form a correct outlook on life and values.

3. Strategies to Guide College Students' Mental Health Education

3.1 Improve the guidance ability of psychological counseling personnel in colleges and universities

Although almost all colleges and universities are now arranged the course of mental health or mental health counseling center was established, but the class teacher or consultation center staff are usually without professional training on mental health education and the qualifications of work also does not include the psychological consultation. The current mental health course teachers are generally taken charge by universities' ideological and moral teachers. Consultation center staff are mostly school counselors, and it is of great importance to improve their professional accomplishment. In the final analysis, the school is not aware of the urgency of this work and psychological counseling teachers did not invest too much energy. It is a key step to train psychological counseling teachers in colleges and universities systematically and professionally and improve their guidance ability to students.

3.2 Make full use of network and other new forms to guide college students

Most students have psychological concerns in the psychological class or in the psychological counseling room of the school, so they cannot fully express their true ideas, which leads to the problems that the psychological counseling teachers cannot truly detect students' psychological problems. Therefore, they cannot give students targeted solutions.

With the continuous development of network technology, students are more inclined to vent their inner pressure and suffering through the network. Because the network is virtual, students can hide their real identity information in the process of catharsis, which allows them to speak freely and express their inner feelings. This provides psychological counseling workers with a shortcut to obtain psychological problems of college students. They can conduct statistics and analysis on the psychological problems of college students through the information obtained on the Internet, and summarize targeted solutions, so as to promote the positive development of mental health courses in colleges and

universities.

3.3 Establish a chat room for friends and other information with positive guidance

With the strengthening of publicity, students gradually accepted the education of mental health and eliminated their doubts about psychological counseling. However, the proportion of students who can actually enter the psychological counseling room for counseling is not large. The reason is that college students are more willing to talk to their peers. To solve this, school can create the convenient condition of a few similar chatrooms for students, and also can let the student solve psychological problem without entering a consulting room. [3] The consulting room staff can seniors instead of teachers, although the seniors in the psychological consultation lacking professional knowledge, but they can learn through their own practical experience to solve the students' practical problems. They have chat between friends, which is relatively relaxed and cheerful, and to reduce the students' behaviors of teacher lectures. Practice has proved that colleges and universities can adopt some more effective ways to solve students' mental health problems.

3.4 Understand the psychological characteristics of college students and create educational forms that are in line with their mental health

Contemporary college students, has very strong commonality in psychological problems, such as low self-esteem, depression, poor communication and anxiety, etc. Through the communication between students and learning, it can break the natural barrier between teachers and students, to avoid the teachers and students' big differences on age and life experience, which causes communication disorders, and eliminates the students' pressure and achieve better effect of psychological education. The school can carry on mental health education through all sorts of activities, such as building psychological mutual aid association.

Mental health education in universities should not be limited to preaching, but can be carried out through letters, phone calls, columns and other forms. At the same time, psychological counseling teachers and other teachers who work with student affairs are also required to cooperate well, respond positively to all kinds of psychological education activities carried out in and out of school, and give guidance and help within their capacity. Some social organizations and student groups can also jointly carry out some activities with the theme of enhancing self-confidence, coping with frustration and positive communication, so that students can receive correct psychological guidance in the activities.[4]

4. Conclusion

At present, mental health education in colleges and universities in China has been basically popularized, and educators have also established a series of education models in the process of exploration. In order to find a truly suitable path for mental health education in colleges and universities in China, we still need to make joint efforts to explore the road of mental health education in colleges and universities. Through mental health education, students can realize that they can enrich themselves by participating in the colorful after-school life organized by the school, and finally realize the goal of promoting college students' all-round development in physical and mental health.

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