

# Problems and Countermeasures in Mental Health Education of Adult Education Students

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**Abstract:** Adult education is a key part of higher education in our country, along with the acceleration of the education reform process, the education enterprise ushered in the development of the spring, the orderly development of adult education, questions on students mental health education aspects gradually appeared, you need related staff to pay more attention to solve the problems of mental health education, to guarantee the orderly development of adult education. Based on this, this paper mainly discusses the problems existing in adult education students' mental health education, and puts forward several solutions, hoping to be helpful to adult education.

**Keywords:** Adult education; Mental health education; Counterplan

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For adult education, it is very important to carry out mental health education, improve students' quality level, eliminate students' bad psychology and guide students to establish self-confidence. How to put mental health education into practice in adult education also needs the education staff to think deeply and actively explore effective teaching measures.

## 1. Problems existing in mental health education for adult education students

### 1.1 Limited teachers, blind mental health education

Based on the mental health education of students in adult education, there is a situation of blind implementation. This situation is mainly caused by a variety of factors, the biggest impact is that some adult education schools set up mental health education lack of excellent practitioners, limited teachers. At the same time, schools are not willing to spend a lot of time and energy on mental health education, and they do little training for existing practitioners and rarely hire professional lecturers from outside. In addition, the mental health education mechanism is not perfect, the mental health education method is single, the mental health education overemphasizes the teaching, resulting in the mental health education can not achieve the established teaching objectives.

### 1.2 Time pressure exists among adult education students

Most of the adult education students have already worked, and they have to finish their work while learning professional knowledge, which is prone to conflicts between work and study. How to treat study and work correctly should not only reflect personal wisdom, but also reflect the attitude of adult students. In the face of time pressure, adult education students will not be able to attend classes and study on time for reasons such as very busy work and business trips, and do not pay attention to their own studies. There are also students who do not complete their homework on time and do not devote themselves to learning, forming a bad learning atmosphere, which leads to many adult students do not pay attention to the learning process, and lose the meaning of learning. This kind of bad learning thought is contrary to the teaching goal of adult education, and it is difficult to achieve ideal learning results.

### 1.3 Mental health education is separated from the education of surrounding disciplines

Some adult education schools teaching philosophy and means are too extreme, some professional teachers think that mental health education has nothing to do with their own, should be explained by professional teachers, as long as they complete the required teaching tasks can, rarely pay attention to mental health education. However, they did not realize that mental health education needs the participation of teachers of various professions and the cooperation between teachers and students. The

psychological state of students is different in each period, and teachers need to pay attention to it in order to understand the psychological state of students, protect the physical and mental health of students, guide students to eliminate bad psychology, solve the mental health problems of students, so that students always maintain a healthy psychology. However, mental health education can not be completed only by relying on full-time teachers. If teachers are difficult to find students' psychological problems in time, it will not only delay the best solution time, but also lead to further expansion of the problem, which will bring adverse effects to students and bring huge psychological damage.

## **2. Solutions to mental health education problems of adult education students**

### **2.1 Strengthen teachers and improve the mental health education system**

In order to ensure the orderly development of mental health education, it is necessary to have professional practitioners, improve the mental health education system, clarify the teaching objectives, and enrich the teaching content on this basis. Therefore, adult education schools should attach importance to mental health education, set up an excellent team of mental health teachers, and formulate teaching objectives and contents by professionals to ensure high-quality mental health education, so that every adult education student can receive mental health education, solve the psychological problems of students, so that adult education students have a healthy mental state, so as to form a sound personality. At the same time, adult education schools should regularly assess the ability of mental health education teachers, strengthen the training of teachers' professional ability, improve teachers' teaching ability and quality, so that teachers can understand students' doubts and problems, grasp the difficulties of mental health education, guide students to form correct ideas and concepts, and enable adult education students to realize their own value.

### **2.2 Establish a correct view of learning**

Adult education students should set up correct learning concept and correct learning attitude. Need to start from several aspects: first, adult education students should establish a positive and optimistic attitude. Only when adult students have self-confidence, can they have the courage to pursue, take learning seriously, strive to improve themselves, and eliminate the psychology of pessimism and inferiority. Second, we must choose carefully. Adult education students should carefully choose what they learn and be careful about the learning process. The content they choose should be consistent with their work and what they are interested in, so as to generate interest in learning, and there will be no fluke psychology in the learning process. Finally, adult students should establish the consciousness of active learning. At this stage, the social competition is becoming increasingly fierce, and we should learn to take the initiative when we encounter opportunities and seize this hard-won opportunity. Adult education students need to seize learning opportunities, take the initiative to learn, master more knowledge, so as to get more opportunities in the work.

### **2.3 All teachers in the school shall work together to carry out mental health education**

Mental health education is not only the work of psychological teachers, it needs the active participation of all professional teachers in the whole school, and the construction of an education system led by psychological teachers and the participation of other professional teachers. The large number of adult education students and the complicated source of students make it difficult for psychology teachers to conduct differentiated teaching for adult education students, and the teaching evaluation results are inaccurate. Therefore, in order to improve the quality of mental health education, it is necessary to participate in the whole school teachers, and penetrate the mental health education into the whole learning process of students to ensure the physical and mental health of students. In addition, some adult students have a very close relationship with a professional teacher, often communicate with the teacher about the problems they encounter, can know the psychological status of students, and generate mental health files, and psychological teachers assess the psychological status of students, timely find the problems of students, and take effective measures to solve them.

## **3. Conclusion**

In the process of adult education, mental health education is very important for adult education students. Therefore, education staff should deeply analyze the psychological status of students, optimize mental health education methods, make students aware of their own problems, solve psychological problems under the guidance of teachers, provide quality learning services for adult education students, and improve the quality of adult education.

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