The Role and Significance of Mental Health Education in Higher Vocational Education

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Abstract: Mental health is one of the important factors for people to maintain psychological balance and adapt to the environment, which has significant significance for the overall development of individuals and the stability and progress of society. As an important stage of training technical talents, higher vocational education bears the mission of shaping the future pillars of society. In this process, mental health education plays an indispensable role. Through mental health classes, psychological lectures, psychological activities, psychological counseling and other ways to guide students to improve their self-cognition, regulate and control emotions, improve communication skills, and effectively cope with pressure, help vocational students better cope with study and employment pressure, plan their career, cultivate good interpersonal relations, and thus lay a solid foundation for individual future development. Therefore, it is of great value to explore the role and significance of mental health education in higher vocational education for improving students' comprehensive quality and promoting the sustainable development of society.

Keywords: Mental health education; Higher vocational education; Role and meaning

1. Role and significance of mental health education in higher vocational education

1.1 Academic stress and emotional management

In higher vocational education, students are faced with intense academic pressure, including homework tasks, exam pressure and future employment competition. Mental health education plays a key role in this. First of all, mental health education helps students to realize that the existence of stress is normal, which helps to reduce the resulting negative emotions. Secondly, mental health education teaches students effective emotional management skills, such as emotional regulation and stress release, so that they can better cope with academic pressure and maintain a positive attitude, thus improving learning efficiency and performance.

1.2 Career development planning and self-cognition

Mental health education can help vocational students to clarify their career goals and plans, and enhance their self-cognition. By helping students understand their interests, strengths, values and career aspirations, they are guided to make more informed career choices. In addition, it helps students to build a positive self-image, enhance self-confidence, and build a strong foundation for future career development.

1.3 Interpersonal and communication skills

In higher vocational education, students need to establish good interpersonal relationships with classmates, teachers and future colleagues. Mental health education plays an important role in cultivating students' good interpersonal skills. It can teach students positive communication skills, conflict resolution methods, and cooperation skills, helping them express themselves and understand others more smoothly in teamwork and social interaction, and establish positive and harmonious interpersonal relationships.

1.4 Prevention and intervention of mental health problems

Mental health education not only pays attention to students' existing psychological state, but also pays attention to the prevention and intervention of their psychological problems. By providing mental health knowledge, psychological counseling and support services to help students build positive psychological resistance and prevent the occurrence of psychological problems. At the same time, for students who have psychological problems, mental health education can also provide professional intervention means to help them

overcome difficulties and re-establish a stable psychological state.

2. Problems faced by mental health education in higher vocational education

2.1 Inadequate education system and resources

In higher vocational education, mental health education is faced with the problem of insufficient education system and resources. The education system is often biased towards academic achievement and skills development, resulting in mental health education being given less attention in the curriculum and often treated as a secondary component. In addition, the professional teachers, counseling facilities, psychological support system and other resources required for mental health education are also insufficient, which limits the effective development of mental health education.

2.2 Lack of mental health concept

In higher vocational college students, there is a general lack of mental health concept. Many students may not be fully aware of the importance of mental health, treating it as a secondary or even neglected issue. This lack of mental perception can lead to students lacking coping strategies in the face of stress and challenges, neglecting positive mental health care, and further exacerbating the risk of psychological problems. In recent years, although the state attaches great importance to students' mental health year by year, many parents do not pay enough attention to students' mental health, resulting in many students in the secondary vocational period of psychological problems have not been paid attention to and the situation is more serious after entering higher vocational colleges.

2.3 Cultural and social pressures

Cultural and social factors also have an impact on the mental health of vocational college students. Some traditional cultural concepts or social expectations may cause students to have too high academic and professional pressure, and it is difficult to balance various expectations. Social competition is fierce, career prospects are uncertain, these external pressures may also have an impact on students' psychology, resulting in anxiety, depression and other psychological problems.

2.4 Privacy and social concepts of psychological problems

Because psychological problems often involve personal privacy, some students may be reluctant to seek help or counseling because of social perceptions. In addition, some parents worry that the diagnosis of mental illness will bring a stain on students, affect their studies and employment, and thus resist professional treatment. In some sociocultural Settings, seeking psychological help may be seen as a sign of weakness or shame, leading students to choose silence in the face of problems and miss opportunities for early intervention.

3. Optimization strategy of mental health education in higher vocational education

3.1 Integration of curriculum and professional development

First, integrate curriculum and professional development. In higher vocational education, integrating mental health education into curriculum and professional development can provide students with more targeted training. According to the characteristics of different majors, schools should organically integrate the content of mental health into the professional curriculum. For example, computer science majors can integrate emotional management and teamwork skills into the project development process, so that students can develop relevant skills in practice. In addition, interdisciplinary mental health courses can be offered to provide more comprehensive mental health knowledge and support the development of students' comprehensive qualities. Second, establish a multi-level support system. Schools should build a complete mental health support network to meet the needs of students at different levels. Relying on the campus mental health education and counseling center, we provide professional individual counseling and group counseling services for students. Organize mental health lectures, psychological salons and other psychological activities to provide students with mental health knowledge popularization and exchange platform. In addition, teachers and students can be trained to serve as mental health volunteers, provide friendship and support, and establish a mutual help network among classmates. Third, the introduction of innovative educational methods and technologies. Modern technology offers more possibilities for mental health education. Schools can offer online mental health courses that students can access anytime, anywhere to increase engagement. Through interactive discussions, online tests and other ways, can stimulate students' interest in learning and enthusiasm. At the same time, mobile apps can also be used to provide mental health information, self-help intervention tools, etc., to help students better manage their mental state. The use of data analysis technology can also more accurately understand the psychological needs of students and provide more targeted services for psychological support. Fourth, we should advocate mental health culture and social support. Schools should actively promote mental health culture and create an atmosphere of concern for mental health. By organizing promotional activities on the theme of mental health, students can demonstrate the importance and positive impact of mental health and promote the establishment

of correct psychological concepts. At the same time, social support is also a part that cannot be ignored. The school cooperates with social resources to attract the participation of professional institutions and psychological experts to provide students with more abundant mental health services. Public opinion should also advocate the concept of respecting and caring for mental health, so that mental health education can be more widely recognized and supported.

3.2 Establish a multi-level support system

First, build a diversified psychological support network. Schools should establish a multi-level psychological support network to meet the psychological needs of different students. First of all, the establishment of psychological counseling center, by professional psychological counselors to provide individual counseling services, to provide targeted support for those students who need to solve problems in depth. Secondly, mental health lectures and group salons can be organized to provide students with a platform for the popularization and exchange of mental health knowledge. In addition, students are trained to act as mental health volunteers, provide friendly support for classmates, and form a mutual help network among classmates. Second, promote mental health self-help tools. Schools can introduce mental health self-help tools, such as mobile apps, online platforms, etc., to provide students with opportunities for self-management. These tools can include psychological assessments, mood diaries, relaxation exercises and other features to help students better understand their own mental state and master ways to cope with stress. Through the independent use of these tools, students can better psychological adjustment and enhance mental toughness. Third, build mental health education resource base. Schools can establish a mental health education resource library to gather a wealth of mental health materials, courseware and cases for teachers and students to inquire and learn. This resource library can cover emotional management, interpersonal relationships, stress relief and other aspects to meet the learning needs of different students. At the same time, online courses, video lectures, etc. can also be incorporated into the resource library so that students can learn according to their own interests and needs. Fourth, strengthen students' social support network. In addition to building support systems on campus, schools can also expand students' psychological support networks through social resources. To cooperate with social psychological institutions to provide students with more extensive psychological counseling services. Establish cooperation with professional medical institutions in order to promptly refer students with sudden severe mental illness for treatment. External resources such as psychologists and psychologists are introduced to provide students with more professional support. In addition, we can cooperate with social groups to organize mental health activities, so that students can be exposed to more positive mental health culture and enhance their psychological resistance.

Peroration

Mental health education plays a vital role in higher vocational education. By integrating curriculum and professional development, establishing multi-level support systems, introducing innovative educational methods and technologies, and promoting mental health culture and social support, we can better focus on students' mental health needs and promote their all-round growth and development. In implementing these strategies, schools, teachers, parents and society all need to work together to safeguard the mental health of students. Through unremitting efforts, we can create a positive, healthy and hopeful learning environment for vocational students and help them move towards a better future.

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