

Internet + Efficient Mental Health Education —— Countermeasures of Mental Health Education in Colleges and Universities in the Network Era

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Abstract: Under the new situation, with the continuous promotion and development of educational reform, the Internet penetration rate in college life is gradually increasing, and students' use of the network is gradually becoming diversified. However, there are some deficiencies in carrying out mental health education in the form of the Internet, which is often not conducive to the cultivation of college students' outlook on life, values and world outlook, which leads to the problem of college students' education in mental health. This paper combines experience in front-line mental health education, focuses on the significance of the Internet for mental health education in colleges and universities, deeply analyzes the existing problems, and puts forward targeted and effective countermeasures and measures on this basis.

Keywords: Internet age;College;Mental health education

Under the new situation, with the continuous development and promotion of Internet technology, it has had a great impact on the mental health education in colleges and universities, and brings more innovation opportunities for promoting the development of good mental health education in colleges and universities. At present, in the Internet era, it has become a hot topic in social research to carry out mental health education with the help of Internet technology.

1. The important role of the Internet in the mental health education in colleges and universities

1.1 Contributes to information acquisition and dissemination

The Internet provides students with a wide range of mental health education resources, including academic papers, professional journals, online courses, electronic books, and more. Students can learn about the latest mental health knowledge and research results through the Internet, and expand their knowledge in the field of mental health. At the same time, the Internet also facilitates the mental health education departments of colleges and universities to disseminate relevant information, such as releasing information on mental health activities and providing online consultation platforms.

1.2 Contributes to the online consultation and support

The Internet provides students with convenient psychological counseling channels. Students can communicate with professional psychological counselors through the online platform and seek psychological support and help. This form of counseling can effectively reduce the concerns and barriers of students to entering the traditional psychological counseling room, and provide a more private and safe counseling environment.

1.3 Contributes to social interaction and support group building

The Internet provides opportunities for social platforms for mental health education in universities, on which students can exchange experiences, share resources and establish support groups. Through the form of online community, students can find like-minded partners to face the mental health challenges together, and support and encourage each other to achieve the common growth of mental health.

1.4 Contributes to develop innovative educational methods

The Internet has brought more innovative educational methods to the mental health education in colleges and universities. For example, virtual reality technology can be used for psychological training and simulation practice to improve students' ability to cope with psychological stress. At the same time, the Internet can also help teachers to conduct online evaluation and feedback, to better understand students' learning situation and psychological state, so as to carry out targeted teaching.

1.5 Contributes to the data analysis and study

The Internet provides a large number of data resources for the mental health education in colleges and universities. Through the analysis of students' behavior and feedback on the Internet platform, students can deeply understand their mental health needs and problems, and provide a scientific basis for the improvement and optimization of mental health education in colleges and universities. At the same time, the Internet also promotes the research and empirical work of mental health education, and promotes the development and progress of disciplines.

2. Problems of college mental health education in the Internet Era

2.1 The overload of network information

There is plenty of mental health information on the Internet, but not some inaccurate or low-quality content. Students are prone to mislead when obtaining information, and it is difficult to judge the reliability and applicability of mental health information. In addition, too much information also increases students' anxiety and choice difficulties, who are often unable to properly screen out the information that is beneficial for themselves.

2.2 Anonymity and virtual identity

On the Internet, students can use anonymous identities for communication and counseling. While this format provides a sense of security and privacy for some students, there are also some problems. For example, anonymous communication may lead to the problem of false information or malicious attacks, and it is difficult to establish a real trust relationship, which is not conducive to the comprehensive understanding of and effective intervention of students' psychological problems.

2.3 Misjudgment of psychological problems

There are many tools and testing platforms for self-diagnosed psychological problems on the Internet, and students tend to rely on these tools for judgment. However, these tools are not professional and accurate, and students may misjudge, delay the opportunity to solve the problems, and even aggravate the psychological dilemma.

2.4 Addiction to the Internet and social media

The popularity of the Internet makes it more likely for students to become addicted to virtual worlds such as social media and online games. This addiction will consume students a lot of time and energy, and affect their academic and social relationships. At the same time, through social media, students may also be affected by unnecessary judgment and negative influence from the outside world, which can further induce or worsen their psychological problems.

2.5 Lack of offline resource support

Although the Internet has provided many conveniences for mental health education in colleges and universities, it also has some limitations. Students may be faced with difficulties in accessing professional psychological counseling services and lack of face-to-face communication and support. In some cases, this may make the students' psychological problems can not be timely and effectively solved, and colleges and universities need to strengthen the construction of offline psychological counseling and support resources.

3. Internet +, efficient mental health education —— Countermeasures of mental health education in colleges and universities in the network era

3.1 Build a professional website and strengthen online mental health education

In view of the current construction of domestic mental health education websites, there are various types, providing various psychological counseling services for people of different ages, different occupations and different cultural levels. However, the research on the psychological characteristics of college students is not professional enough, so colleges and universities need to establish professional psychological websites. For some colleges and universities with mature technical conditions, it is necessary to speed up the construction of mental health education related website. For some colleges and universities with less mature technical conditions, they can choose to set mental health education project on the homepage of campus website, also

by strengthening the official homepage and mental health education website, eventually form a perfect mental health education network system.

3.2 Achieve online and online integration, and provide dual mental health services

Based on the Internet era, while carrying out mental health education, colleges and universities should conduct effective analysis and research on mental health problems at the level of students, in order to put forward targeted and effective measures to effectively protect them. Mental health education should not only be limited to the traditional classroom teaching mode, but should strengthen the effective extracurricular guidance to realize the effective renewal and improvement of the mental health education system. In the face of all kinds of challenges of the Internet, colleges and universities in mental health education to realize the comprehensive integration of online and offline, perfecting the specific process of the fusion, it can better adapt to the development of the Internet era, accurate and effective grasp the college students' mental health characteristics, efforts to provide dual mental health services for college students.

3.3 Improve the effectiveness of mental health education in combination with other educational work

At present, the Internet education occupies an important position in the process of carrying out the mental health education, and also closely integrates with other educational work, so as to better implement the mental health education. For example, colleges and universities can effectively integrate the key points of mental health education in the process of developing ideological and political education, and effectively improve the cognitive level of college students on social morality and network emotion. The network psychological education and college students 'daily management' are closely linked. Colleges and universities should ensure that students' daily behavior meet the relevant standards and requirements, avoid excessive internet access in the daily attendance link, and adjust various internet activities and conduct effective guidance in a timely manner. Based on this activity atmosphere, we can promote students to form a positive and optimistic psychological quality, so as to develop good internet use habits.

4. Conclusion

To sum up, based on the background of the Internet era, colleges and universities should give full play to the advantages of Internet technology and realize the comprehensive integration and development of the Internet and mental health education, so as to promote the effective guarantee of mental health education for college students.

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