

Problems and Countermeasures of College Mental Health Education

Hui Zhang, Jihao He*

Hainan Medical University, Haikou, 571199, China.

Abstract: Colleges should pay more attention to students' physical and mental health, which directly affects their learning efficiency and living conditions. This paper analyzes the problems existing in the current college mental health education, analyzes and discusses how to solve the problems of college mental health education and how to improve the quality of college mental health education.

Keywords: Colleges; Students' mental health education; Mental health teaching methods

Fund Project:

Philosophy and Social Science Planning Project of Hainan Province in 2023(No. HNSK (YB) 23-80).Educational and Scientific Research Project of Hainan Medical University in 2023(No.HYYB202356).

1. The existing problems in college students' mental health education

1.1 Some Colleges do not pay enough attention to mental health education

Most of the college students have just become adults and their mental health status is still unstable, and they often encounter some psychological problems or psychological troubles. For the better growth of students, Colleges should strengthen the attention and construction of mental health education. Judging from the current actual situation, some Colleges still do not pay enough attention to students' mental health education. For example, most college teachers pay more attention to the growth of students' professional ability, but pay less attention to students' mental health. Although some Colleges consciously provide students with mental health education, the mental health teaching system is not perfect. Mental health teachers are often used to teaching students theoretical psychological basic knowledge and rarely provide students with mental health counseling. Although Colleges have psychological counseling rooms, most students are ashamed to take the initiative to carry out psychological counseling. In general, some Colleges do not pay enough attention to students' mental health education, and the mental health education system created is not perfect.

1.2 Insufficient mental health teachers

At present, most Colleges have established a mental health education system, and there are also special mental health teachers involved in mental health teaching, and there is a shortage of mental health teachers. Some Colleges have mental health majors or courses, and most teachers of mental health education enter Colleges directly after graduation, lacking relevant experience in psychological counseling. Some Colleges set up psychological consultation rooms and arrange mental health professional teachers to provide psychological consultation services for students, but teachers have rich knowledge of psychological theory and lack of practical experience in psychological consultation, so it is difficult to solve problems for students. Colleges should pay more attention to relevant problems and take effective measures to solve them in time.

1.3 Some Colleges attach importance to the treatment of psychological problems but ignore the prevention of psychological problems

There are a large number of college students, they are young, lack of experience and face great learning pressure, social pressure

and employment pressure, and they are more prone to psychological problems. There are large individual differences among college students. Some students have serious psychological problems that have affected their normal study and life, while some students have not obvious psychological problems. At present, most Colleges pay more attention to students with obvious psychological problems and try to provide them with psychological counseling or guide them to external professional psychological treatment institutions for treatment. Some students whose psychological problems are not obvious fail to get the attention of Colleges and teachers. If left unchecked, students' psychological problems will gradually become serious, which is not conducive to the healthy growth of students' body and mind.

2. The ways and strategies to solve the problems of mental health education and optimize the quality of education in Colleges

2.1 Colleges should pay more attention to college students' mental health education

In order to promote the healthy growth of college students, Colleges should pay more attention to the mental health education of college students. From the perspective of university management, we should strengthen the construction of mental health education system and build a perfect mental health education system. For example, Colleges can create a mental health education system based on mental health teaching and supplemented by psychological counseling. Students with no obvious psychological problems can adjust their mental health through routine mental health learning and maintain their mental health. Students with obvious psychological problems can receive psychological counseling through the psychological counseling room constructed by Colleges or the online psychological counseling platform provided by Colleges. For students with serious mental health problems, Colleges should encourage and guide students to receive treatment in professional psychological treatment institutions, so as to ensure the healthy growth of students' physical and mental health.

2.2 Provide training and learning opportunities for mental health teachers

Mental health teachers are the main implementer of mental health education in Colleges. Whether mental health teachers have sufficient theoretical knowledge of mental health and psychological counseling ability plays a direct role in the results of college students' mental health education. At present, some Colleges have the problem of insufficient mental health education teachers. Most of the mental health teachers in Colleges come to teach directly after graduation and lack enough experience in mental health counseling. Therefore, although they can provide students with better professional mental health teaching, they cannot provide students with necessary mental health counseling. In order to improve the practical experience and ability of mental health education teachers, Colleges can provide necessary training and learning opportunities for mental health teachers.

2.3 Provide hierarchical and flexible mental health education for students

College students have great individual differences in mental health, so their needs for mental health education are different. For example, some students have good mental adjustment ability and can maintain mental health through self-regulation. In the face of such students, mental health teachers only need to teach them how to make mental adjustment. Some students have poor mental adjustment ability and are more prone to psychological problems. In the face of such student groups, mental health teachers can regularly understand the mental health status of students through classroom tests, online tests and other ways, and provide psychological counseling services for them in time. If teachers find that students' psychological problems are more serious, they should guide students to professional psychological treatment institutions to receive psychological treatment, so that students can recover their mental health as soon as possible.

2.4 Provide students with mental health education through online formats

Mental health teaching in Colleges has the advantage of strong professionalism, but it is also limited by time and space. Therefore, teachers are required to provide online mental health teaching for students to make up for the shortcomings of offline mental health teaching. Online mental health education and offline mental health education complement each other. Offline mental health education takes teachers' guidance and students' learning as the main learning methods, while online mental health education provides teachers with mental health knowledge and data on psychological adjustment skills. Students learn independently through online platforms, and if they encounter difficulties in the learning process, they can timely consult teachers through online channels. Teachers can also answer questions for students at appropriate times, which can effectively improve students' mental health learning efficiency. Mental health teachers can not only provide students with mental health education through online platforms, but also provide students with online psychological counseling. Although some college students have psychological

emotions or psychological problems that they cannot adjust, they are embarrassed to go to the psychological counseling room of Colleges for consultation. Online psychological counseling means that teachers and students do not need to face to face, and teachers do not need to know students' personal information, and only need to provide students with mental health counseling. It can bring enough security to students, so as to encourage students to take the initiative to accept mental health counseling, and help students maintain mental health.

2.5 Encourage college students to read mental health books

The mental health knowledge teachers can impart to students in the mental health class is limited, and teachers cannot take care of each student's mental health learning needs in the mental health class. Therefore, encouraging students to read more and learn more is an effective way to enrich students' mental health knowledge, improve students' mental adjustment ability, and strengthen students' self-cognition of mental health status. Teachers can recommend suitable mental health books for students, encourage students to use their spare time to learn more, more communication, if students can stick to reading mental health books for a long time, they can master more mental health knowledge, they can maintain their own mental health state.

3. Conclusion

College students are the backbone of the future of society, so Colleges should pay more attention to students' mental health education, provide students with mental health education and mental health counseling through the construction of a sound mental health education system, and take diversified means to help students maintain physical and mental health.

References:

- [1]Kong Xue. Problems and Countermeasures of college students' Mental Health Education [J]. New Silk Road: Middle, 2022(7):3.
- [2]Lu Deyuan, Zhou Rong. Problems and Solutions in college students' mental health education [J]. Forum on Education Informatization, 2023(1):96-98.
- [3]Qu Zirui. Problems and Countermeasures in college students' mental health education [J]. BBS industry and science and technology, 2022, 21 (2).

Corresponding author : Jihao He