

# Research on the Problems and Approaches of College Students' Psychological Health Education from the Perspective of Information

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**Abstract:** In the current era, although colleges and universities attach importance to students' mental health issues, they have not devoted enough to mental health education. This paper focuses on the more common psychological conditions and health education problems of college students in the process of continuous development of informatization, and lays a foundation for colleges and universities to carry out mental health education related work through research and discussion.

**Keywords:** Information Background; Mental Health Education for College Students; Related Issues; Solution

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## 1. Introduction

Informatization is a technology based on modern communication, network, and database technology, which is a combination of various behaviors closely related to human life, work, learning, decision-making, etc., which can greatly improve the efficiency of various behaviors. The modern communication technology and network technology of information design provide opportunities for college students' mental health, and also pose challenges. The following discusses the common psychological problems of college students in the information age.

## 2. Psychological condition of contemporary college students under the background of information

### 2.1 Psychology of loss

When a student enters university from high school, there will be some changes in life, learning, and psychological structure. Life and learning are mainly changes in the environment, and changes in psychological structure are mainly due to psychological gaps. In high school, university is the most beautiful and sacred existence in students' minds, but when students personally contact, they will find that there is a certain gap between the university and high school. Some students' acceptance of this difference is so low that they pin their hopes on fulfilling their wishes on the virtual network, and find their own spiritual comfort in the online world.

In addition, after many colleges and universities have introduced policies such as enrollment expansion, some college students have gradually increased their learning pressure at this stage. Without timely sorting out, it will cause college students to wander between "idealism" and "realism", and eventually cause a large psychological gap, which is another important reason for college students to indulge in the Internet.

### 2.2 Curiosity

Most college students in our country are in a primary development stage of shaping personality and cultivating values, world outlook, and outlook on life. At this stage, they are curious about everything new, especially the novelty on the Internet, which is

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more likely to attract college students. However, while college students have a strong interest in the Internet, they are weak in their own will control, so that they form two extremes, both curious about everything in the network, and unable to control themselves. At present, college students do not have a comprehensive understanding of the things on the network. They just think that the fun brought by the network is endless, so they will take advantage of some bad information and gradually have a certain adverse impact on the thinking of college students.<sup>[1]</sup>

### **2.3 Inferiority**

Since entering university, the new environment has created a gap between the rich and the poor, and the difference will become increasingly prominent. Some students will gradually form a psychological barrier in school life due to factors such as family, and the externalization of this barrier is inferiority. Under the control of this psychology, students will gradually become reluctant to even communicate with others, so that the students' depression and nowhere to speak will turn to the Internet to seek comfort.

## **3. Problems of college students' mental health education from the perspective of information**

(1) At present, mental health education has always been an important part of ideological and political education, but because it is a public course, it is marginalized in the teaching system, and some colleges and universities are not clear about the scope of work of mental health education teachers, so that not only does it not pay enough attention to mental health education, but also confuses psychological counseling and psychological education, making the relevant teaching goals not only not achieved, but also self-defeating.

(2) At present, most of the teachers of mental health courses in colleges and universities in China are mainly part-time, not professional psychological teachers, so that college students cannot get professional counseling in mental health education, which shows that one of the problems that needs to be solved urgently in college mental health education is the training of professional teachers.

(3) In the relevant teaching process, colleges and universities do not have standardized and unified requirements for teachers' classroom teaching content and form. The course is mainly based on public courses, students pay less attention to it, less hours are offered in schools, and teachers are not graduates of psychological education, so the content of the courses is not interesting, and the form of the courses cannot meet the needs of today's college students for mental health education.<sup>[2]</sup>

(4) Because of funding and venue issues, colleges and universities have relatively poor mental health education and counseling facilities and cannot meet the modern mental health needs of students. Colleges and universities should abandon old ideas and pay high attention to mental health education. They should also continue to improve teaching methods and constantly reform the teaching system in the context of the information age, so as to provide college students with good and convenient information consulting services and provide a strong guarantee for the development of students' mental health.

## **4. The main ways of college students' mental health education from the perspective of information**

### **4.1 Give play to the role of information technology to promote the development of mental health education technology**

Integrate the relevant educational content of mental health education with media information technology, so as to promote the gradual expansion of the main body of the education and change the fixed form of mental health education. When using network technology to carry out mental health education activities, although the teacher's dominant position has been weakened to a certain extent, it has made students become the main body of education, so that mental health education has changed to a situation of equal exchange between friends and friends. At the same time, teachers can also use the network to build some platforms for students to communicate, in order to facilitate timely psychological health counseling for students, and can also carry out psychological tests, diagnosis and treatment on the network. For students, they can use the Internet for mental health counseling and counseling. Teachers can also learn professional psychological knowledge and participate in training on the Internet to improve their professional ability and teaching business ability through the Internet. The informatization of mental health education is to promote the development of professional education at the same time, taking into account the psychological health counseling of students, so as to steadily improve the quality of colleges and universities.<sup>[3]</sup>

Intensifying the use of information technology in teaching by colleges and universities can, to a certain extent, improve students' subjective initiative in learning. Teachers use relevant network platforms to communicate with students at close range,

which is more conducive to encouraging students to open their hearts and let go of their enthusiasm, to explain and describe their conflicts to the teacher frankly. At the same time, it can also encourage students to actively cooperate with the teacher's teaching and classroom communication, so as to achieve the ideal psychological guidance effect. The use of information technology makes the content of mental health education courses show a variety of characteristics, so that the content of mental health education has the characteristics of new curriculum standards. First of all, mental health education has the characteristics of interaction, expansion, virtuality, and reproduction of network multimedia. The content of mental health education has a new form of expression from static to dynamic, from plane to three-dimensional. It is no longer limited by time and space, nor is it subject to micro and macro forms of education. Teachers can use the computer network to carry out mental health teaching. Its content is rich and colorful, has an intuitive and vivid form, and has strong persuasion and appeal.

#### **4.2 Construct information education platform to promote the development of students' mental health**

Informatization of psychological health education in colleges and universities is based on the continuous development of new media technologies to promote the gradual humanization and convenience of mental health education, so that students can obtain the required information and materials through relevant network platforms. Strictly speaking, there is a big difference between mental health education and professional courses. It does not allow students to feedback the degree of knowledge mastering through grades in the form of assessment, but it encourages students to understand the theoretical knowledge through classroom discussion. And in classroom teaching, teachers can also use some classroom games to enable students to participate in actual situational exercises, so as to experience some knowledge of mental health education up close.

The network platform can be regarded as an excellent way of information dissemination and exchange, and the exchange of information can make students more clear about the basic content of mental health education. Online media is an activity carrier for mental health education in colleges and universities. Teachers can use this carrier to promote positive energy and give students a certain degree of comfort.<sup>[4]</sup>

### **5. Conclusion**

Mental health education is gradually developing in the direction of informatization, which requires mental health educators to combine the teaching content with related network technology, thereby giving full play to the convenience of network technology to obtain information, prompt every student to be able to get scientific and reasonable mental health counseling in time, and finally promote the better resolution of the psychological health problems of college students under the information background.

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