

Research on the New Path of College Students' Mental Health Education Under the Network

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Abstract: With the rapid development of society, the Internet has gradually realized popularization. Under the current network environment, it is necessary to strengthen the mental health education of college students based on the actual situation of college students. Therefore, in the process of psychological education for college students, it is necessary to explore new paths and adopt new educational models to improve the efficiency of mental health education. Therefore, this article analyzes the current status of college students' mental health education and explores the new path of college students' mental health education in the network environment, in order to promote the development of college students' mental health education.

Keywords: Network Environment; College Students; Mental Health Education; Path

In the current information age, due to the virtuality and complexity of the network environment, college students will often have psychological effects when they browse the Internet. For college students, because they are in the stage of growth and development, they have not yet stepped into the society and lack a mature outlook on life, values and world outlook. Therefore, under this situation, schools need to pay attention to mental health education for college students. However, for many colleges and universities, there are still many problems in the mental health education of students, which is not conducive to the overall development of college students. This article will analyze the status quo of college students' health and psychology, and explore the new path of college students' mental health education under the current network environment.

1. The current status of mental health education for college students

According to the current research, it can be found that for many universities in our country, there are certain problems in the mental health education of college students. Therefore, in the process of university growth, it will also have a certain impact and cannot guarantee the all-round development of university students. In the current mental health education in colleges and universities, there are mainly the following three problems. First, for many colleges and universities in our country, the teaching methods are often relatively backward when conducting psychological education. At present, the mental health education model adopted by many colleges and universities still focuses on teaching by teachers, using the "chalk plus blackboard" method to teach students mental health knowledge. Teachers occupy the main position of teaching and ignore the main position of students. It is unable to mobilize students' initiative and enthusiasm for learning. Therefore, in the process of mental health education and teaching, it is difficult for students to integrate into the study, unable to effectively solve the mental health problems of college students, and is not conducive to the overall development of college students. Second, in the current teaching process, teachers still focus on traditional teaching concepts and adhere to the inherent teaching mode. With the rapid development of society, due to the influence of the outside society, the thinking of college students has changed rapidly.

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Therefore, in the process of teaching, we must proceed from the actual situation and insist on the combined development of students and society. However, in the actual teaching process, teachers ignored the actual learning situation of students, lacked the integration of students and social development, and still insisted on the traditional teaching model, and the teaching concept was relatively backward. Due to the influence of traditional educational concepts, teachers cannot fully mobilize students' enthusiasm and initiative in the teaching process, which is not conducive to students' mental health education, and has an important impact on students' mental health education. Third, the teaching content ignores the actual situation of students. For many colleges and universities, the teaching content of mental health education for college students is not consistent with the actual situation. In the process of teaching, teachers lack the understanding of students' psychology and neglect to integrate into the group of students. As a result, teachers cannot truly understand the psychological conditions and conditions of students. And because of the influence of the traditional education model, teachers rely on teaching materials and experience to teach students, causing the teaching content to deviate from the actual situation of the students. Therefore, if the teaching content ignores the actual situation of the students, the students will not be able to effectively solve the current mental health problems in the process of learning mental health knowledge, and it will easily lead to other new problems, which will seriously hinder students' Mental health development. Therefore, in order to strengthen the mental health education for college students and innovate the path of mental health education, it is necessary to change the traditional teaching methods, innovate teaching concepts, and combine teaching practices to promote the innovation of teaching methods.

2. The influence of the network environment on the mental health education of college students

2.1 Impact on interpersonal relationships among college students

With the rapid development of network technology, the network has emerged and become popular. Under this network environment, college students can use more and more chat software, and they have more and more knowledge on the Internet. In the Internet, college students can use pictures, text, voice and video to communicate with others, even some strangers. Due to the virtual nature of the Internet, college students are more willing to use the Internet to solve problems and find people with the same topic to vent their pressure. Although it helped college students to broaden their interpersonal relationship to a certain extent, it also caused many college students to indulge in the Internet, concentrate on chatting with online chat software, and get out of the communication track, which has a serious impact on the interpersonal relationship of college students.

2.2 Impact on the psychological development of college students

In the research of psychology, it can be found that the environment has a direct impact on the mental health of human beings. People's mental health status is different in different environments. For the network, due to the virtual nature of the network environment, in the psychological environment of the network, it can have a great impact on the mental health of college students. Because in the process of traditional education, college students often need to be constrained, and because the Internet is a virtual environment, it is easy to cause college students to form a free and indulgent psychology, and even because they are addicted to the Internet, they cannot distinguish between the real society and the virtual environment.

3. Mental health education path of college students in the network environment

3.1 Promote the implementation of the systematization of online mental health education

Due to the rapid development of society, our country has entered the Internet age. In the process of mental health education, it is necessary for educators to adopt scientific educational concepts to construct a comprehensive education model, pay attention to online mental health education, and improve students' innovative ability and Innovative awareness to promote the development of mental health education and improve the quality and efficiency of mental health education. In order to promote the systematization of online mental health education, the following measures need to be taken. First, strengthen the construction of mental health education websites, so as to facilitate college students to learn mental health knowledge on the Internet, solve mental health problems, and attract college students' attention. Second is the mode of developing online psychological consultation. In daily life, college students can consult on their own mental health problems and get solutions to them. Third, focus on arranging a series of online mental health education courses. Construct a reasonable knowledge system and systematically arrange the courses of college students' mental health education. Fourth, strengthen online innovation

activities and mental health testing. Need to pay attention to the mental health test of college students on a regular basis, and comprehensively understand the mental health of college students.

3.2 Improve college students' network cognition level

Due to the convenience and advantages of the Internet, it is widely welcomed among college students, but due to the virtual nature of the network environment, it is often easy to affect the mental health of college students. Therefore, in the process of mental health education for college students, it is necessary to enhance the self-education awareness and ability of college students, improve the level of college students' network cognition, and enable college students to automatically filter network information.

3.3 Play the role of combining mental health and political thought

When conducting mental health education for college students, in addition to focusing on cultivating college students' psychological quality and improving their psychological endurance, it is also necessary to strengthen college students' political and ideological construction. Through the combination of mental health education and political and ideological education, in addition to promoting the mental health of college students, it can also enable college students to develop good morals, thereby promoting the overall development of college students. When colleges and universities conduct mental health education for college students, they need to fully understand the actual situation of the students, according to the psychological characteristics of the students, conduct targeted psychological teaching to college students, and integrate political thoughts into the mental health education, so that teachers can solve the students' psychological problems. At the same time, improve students' ideological and moral character and construct a comprehensive and flexible education model.

4. Conclusion

In summary, when conducting mental health education for college students, it is necessary to build a good and healthy mental environment, focus on the combination of networks, and use traditional teaching methods to integrate new teaching methods to improve the teaching ability of mental health education. By strengthening the mental health education of college students, college students can develop a good psychology and promote their all-round development.

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