Exploration on the Innovative Path of College Students' Psychological Education in the Context of Network Media

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Abstracts: With the rapid progress of science and technology, digital technology and network media have also entered a stage of rapid development. What network informatization brings are the acceleration of information dissemination and the rapid growth of new media. At present, college students use mobile phones and computers more and more widely, and receive more and more information. The network has become an indispensable part of college students' life. However, the information brought by the network has both advantages and disadvantages. College students lack sufficient social experience. The blind acceptance of information and the deviation of network use will affect students' daily life and mental health.

Keywords: Network Media; Mental Health of College Students; Innovation Path

1. Introduction

With the continuous promotion of educational reform, schools pay more and more attention to college students' mental health education. Mental health is not only related to the choice of college students' behavior and the cultivation of three outlooks, but also related to students' learning state and all-round development in school. Therefore, in the context of network media, on the one hand, schools should innovate teaching methods and actively carry out the practice of mental health education. On the other hand, teachers should improve students' discrimination ability, reduce their dependence on the network, guide students to use the network correctly and improve the quality of mental health education.

2. Psychological influence on students under the background of network

2.1 Students' dependence on network

The enrichment of network information provides more diversified tools for college students' learning. Students use learning software to check and fill the missing knowledge points. By obtaining news, information, scientific and technological innovation and other information on the Internet, students not only broaden their knowledge, but also exercise their thinking ability and logic ability. However, the consciousness and restraint of universities are still insufficient, which makes students dependent on the Internet. The purpose of using the network has also changed, from understanding and solving problems through the network at the beginning to dealing with the completion of homework and course scores. This not only leads to the decline of students' thinking activity, one-sided dependence on network search questions, and the loss of the most important thinking process in the learning process. It is also not conducive to the cultivation of students' morality and integrity, and learning lacks goals and motivation.

2.2 Students' enjoyment psychology in the network

After college students enter the university, the learning environment has changed greatly. It is difficult for some students to get attention in the class or college. Students have been mediocre in performance or unknown in life, which is easy to be ignored. At this time, online games have become a means for students to meet their self-worth. In the highlight moment in the game, students get a sense of achievement that is difficult to obtain in reality, and they don't have to struggle and work as hard as learning. This makes students indulge in online games and lose themselves in the virtual world. They just blindly covet the current entertainment enjoyment and are infatuated with the virtual life of the network, so as to escape the sense of powerlessness of reality. While the network provides entertainment for students, it also connives at students' laziness. Such enjoyment psychology makes college students reduce their interest in learning, and even more serious, they are tired of learning.

2.3 Students' lonely psychology in the network

After entering the University, due to the different family background and economic conditions of many students, some students with poor conditions will have extreme emotions and sense of inferiority based on comparison psychology, which makes students feel lonely and depressed. In the network, there is no great sense of contrast, but as long as they leave the network, it is difficult for such students to carry out effective communication activities. The network world integrates sound, image and text, and then presents them in rich ways to meet the sensory stimulation of students. Due to the concealment of the network world, students always think that the network is free and unrestricted, but the network world is complex and low authenticity. Many students fall into a false emotional trap in the so-called "online love". Under the great pressure of exam oriented education, students expect to vent their emotions. In front of complex interpersonal relationships, students expect to get equal dialogue. However, after leaving the network, the communication between students and their family and friends is reduced, and they are lonelier psychologically and emotionally.

3. Principles of mental health education under the background of network

3.1 Adhering to students as the main body

Strengthening college students' mental health education is an important content of today's education reform. It is emphasized that we should not only pay attention to students' innovative learning and all-round development, but also pay attention to students' physical and mental health. In the course of mental health education, the focus should be shifted from teachers' teaching to students' learning. Students are always the goal, object and subject of teaching, and teachers can only play the guiding and leading function. In the learning process of relevant courses, we should give full play to the initiative of the school, constantly deepen students' understanding of themselves, and realize the importance of mental health education. We should also make students realize that the reference of the network is only an auxiliary role, and let students occupy a dominant position in network learning. It is the network that serves students, not the network that manipulates students.

3.2 Adhering to integration as a means

With the continuous development of science and technology, it is more and more common to use multimedia teaching technology in psychological teaching for students. Although network information technology enriches the teaching content and innovates many ways and means of psychological teaching, there are still deviations in the use of network technology. Network technology can not completely replace the traditional psychological teaching. On the one hand, the traditional teaching has teaching advantages in curriculum and example teaching, on the other hand, the current development of network technology is imperfect, which has great temptation to students. At present, we should combine traditional teaching methods with network technology, carry out integrated teaching, and constantly explore new fields of education. We should combine psychological counseling with psychological investigation, integrate mental health theory with practice, and analyze college students' mental health problems from different angles, so as to improve the effectiveness of education.

3.3 Adhering to the form of interaction

The network not only provides a broader platform for education, but also builds a new bridge between teachers and students. Mental health education focuses on the two-way interaction between teachers and students. Only by timely discovering, analyzing and solving psychological problems can we truly ensure the effective implementation of mental health education. Teachers make rational use of the network to pay attention to students' mental health problems at any time by providing students with psychological questionnaires or mental health tests. The network teaching form makes

the communication between teachers and students more convenient, improves the two-way interaction between teachers and students, and allows teachers to understand each student's information more clearly through the network and grasp the students' psychological status. Through targeted psychological education, it promotes the deep development of psychological education.

4. Innovative path of mental health education under the background of network

4.1 Carrying out practical activities to create excellent campus culture

Excellent campus culture plays an important role in the development of students' physical and mental health. Carrying out mental health activity month is not only conducive to creating a healthy and harmonious campus atmosphere, but also conducive to strengthening college students' attention and attention to mental health. Schools should carry out psychological publicity through various ways and use multimedia media to implement mental health education in detail. By holding special lectures on college students' mental health and live broadcasting online, we can provide students with publicity of theoretical knowledge, adjust students' psychology and have a subtle impact on students. Schools can also organize mental health communication activities, through the establishment of official account and other network platform, so that students can draw the distance between students through message, understand and help each other, and maintain good mental health.

4.2 Statistics and information, and carrying out targeted education

The advantage of network technology also lies in the ability to collect and process data, and form systematic and clear data statistics. Teachers should make good use of big data analysis to accurately correspond students' information with psychological problems, so as to follow-up counseling and counseling. Due to the different growth environment and personality, the psychological characteristics of college students are also different, which requires teachers to recognize the differences of students and carry out targeted psychological teaching. For different psychological problems, we should adopt different counseling methods such as sandbox adjustment and decompression adjustment to grasp the psychological characteristics of college students, so as to improve students' bad emotions and make the educational effect more remarkable. Teachers establish college students' mental health files through the network to explore new means and methods of mental health education.

4.3 Creating relevant institutions to form an online and offline joint force

In schools, schools should actively set up psychological consultation rooms, create professional psychological consultation teams, and regularly train teachers' teams to ensure the advanced concept of mental health education for teachers. On the Internet, we should establish the school's mental health forum and relevant mental health websites, timely collect students' psychological information, and give them necessary psychological counseling, in order to pay attention to students' mental health and solve students' psychological problems. The school's management system has an important impact on the actual implementation effect of mental health education, which requires the school to optimize the management system, form an effective flow of information, and make students' psychological demands speak and respond. We should establish multiple psychological prevention and intervention mechanisms, provide students with information through the network, and then contact psychological teachers to dredge students, so as to achieve educational results.

5. Conclusion

At present, the school's mental health education for college students still stays in the traditional education stage, and the psychological problems of students cannot be collected and solved in time. This requires teachers to guide students to make rational use of the network, give full play to the positive role of network technology, and carry out mental health practice activities, in order to build a healthy and harmonious campus. At the same time, the school should strengthen the construction of psychological counseling room, build a network mental health platform, and form a strong joint force online and offline, so as to promote the continuous innovation of mental health education means.

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