The Problems and Solutions of Network Mental Health Education in the Management Work of College Students

Yajuan Li[1*], Ying Fang[2]

1. Hanshan Normal University, Chaozhou 521041, China.

2. Shantou University, Shantou 515063, China.

Abstract: The development of the information age has brought a lot of space for the development of the Internet, facing and influencing the students who are at the forefront of the times. As an integral part of their lives, the Internet affects their values, life perspective and worldview. Therefore, online mental health education has become an integral part of higher education, and it is also a new topic and challenge that cannot be ignored in higher education mental health education. The purpose of this paper is to combine theoretical and practical research to analyze the network environment and psychological network health education and other issues. Therefore, the problems and solutions of network mental health education in the management work of college students are put forward. This paper uses the questionnaire survey method to select 500 students from M Electronic Engineering University and M City A School of Management as the research objects to analyze the Internet use and mental health education of college students. Finally, use the data to analyze the network mental health problems and factor statistics, and combine the results of the questionnaire survey, so as to effectively solve the problem of network mental health education in the management of college students.

Keywords: College Students; Management Work; Online Mental Health; School Education

1. Introduction

The emergence of the Internet has changed the makeup and life of human beings, and of course it has also had a profound impact on human psychology [1]. The Internet has changed the way students live, study and entertain, and bring knowledge to students. At the same time, due to brain problems caused by improper use of the Internet, students' knowledge is becoming more and more single, and their mental health is worrying. Although many studies have focused on student network science, college students' network knowledge is primarily analyzed from one perspective, often less clearly defined by scientific background as student health. More attention should be paid to Internet addiction groups, and less research on intermediate groups, namely Internet addiction groups. Currently, there is a lack of systematic research on online engagement strategies.

In today's society, with the fast improvement of production and social progress, the speed of life becomes faster and faster, people face many problems, such as study and employment problems, love and employment problems, social adaptation problems, family disputes, etc., students' mental health The issue of education has become one of the important concerns. The mental health problem of college students is an increasingly serious public health problem, and the mental health education system has always payed attention to colleges and universities. However, limited concern been paid to the role of students in receiving health information. Previous research has found that exposure plays an important role to prove the messages of health [2].The Sutton H finding comes from a report released by the Steve Foundation, a national advocacy group focused on the mental health of university students of color, and also provides a wealth of advice for those working in higher education to support A population of students of color who are currently facing mental health challenges [3]. Provide strong support for high-quality talents for China's economic construction. Colleges and universities undertake the important task of cultivating high-level technical talents, optimizing the structure of talents, optimizing the rational allocation of talents, promoting employment, and promoting rapid economic development.

The purpose of this study is to provide an effective theoretical research basis and countermeasures for promoting the

online mental health education in universities in my country on the basis of the existing relevant research theoretical systems. The research on the issues and strategies of online mental health education for college students focuses on the construction of online mental health education strategies for college students, and puts forward the effective implementation of online mental health education. The purpose of this paper is to conduct in-depth and systematic research on the field of network and college students' mental health education, and to provide effective theoretical basis and countermeasures for promoting network mental health education in universities.

2. Research on the Problems and Solving Strategies of Network Mental Health Education in the Management Work College Students

2.1 The Composition of the Network Environment in the Management Work of College Students

The Internet is composed of multiple environments, which overlap each other in terms of types. The composition and functions of the network environment are as follows:

2.1.1 Online instant messaging and online chat rooms

Internet (IM) includes Tencent QQ, MSN, etc. It makes interpersonal communication more free and convenient, and is no longer limited by factors such as geographical time [4-5].

2.1.2 Online games

Online Game (Online Game) is referred to as "online game". Its developers build a true world, so that players can play a key role here, and realize the survival and growth of the role through various inputs., and can also participate in interpersonal communication and social activities in the virtual world [6].

2.1.3 Network digital multimedia

Network digital multimedia includes network music and network video. People can listen to music, watch videos or take online courses online, or download these materials.

2.2 The Mental Health Education of College Students in the Management of College Students

2.2.1 Mental health education

With the continuous progress of society, from the perspective of human development science, the coordination of human beings should be the organic and harmonious combination and unity of both physical and psychological aspects [7]. Later, people gradually realized that people's health should be the sum of physical health and mental health, and pure physical health does not mean real health. With the reform of social system, human's life rhythm has become a fast speed, social competition has become more and more fierce, human beings are facing unprecedented physical and mental pressure, and their psychological quality has been greatly challenged. Based on the experience and reference of psychology experts and scholars from different periods and different cultural backgrounds, it is generally believed that the so-called mental health refers to the individual's high psychological adaptation and development ability, that is, the individual can adjust in a complex and changeable environment. Mental state, maintain a positive attitude [8].

2.2.2 Problems in the mental health education system of college students

Challenges in the mental health system of current college students in the textbook should also pay attention to.The mental health education is relatively formalized. The formalism of the mental health education of college students in our country is more serious. The school teachers and the staff in the society are outdated in ideas and lack correct and scientific understanding. However, due to the great differences in social, economic and cultural development at home and abroad, formalism has become widespread. Many parents and schools do not focus on mental health education. Understanding is relatively one-sided, and the entrance exam is the most important procedure [9].

2.3 Strategies for the Problems of Online Mental Health Education in the Management of College Students

2.3.1 Using the Internet to plan a mental health education program

The counseling process of mental health educators lacks timeliness and breadth of content. Nowadays, the application of social network information is more and more extensive. The Internet is a popular provider of mental health education [10].

2.3.2 Standardize school education network places

Education and teaching are an important part of school culture construction and play a vital role in the development of schools. Therefore, it is more prominent to create a good campus cultural field and strengthen the social mentality of college students. In the construction of the campus cultural field, gradually change the incompatible internal field related capital, emphasize the charm and practical role of culture, and change the network The adaptability and creativity of the campus do not ignore the value of culture due to changes in the environment. At the same time, to change the now strengthened business awareness, campus culture is sacred and its value is immeasurable, while the nature of culture and education is non-profit, In this way, the cultural background of modern business has been changed, and it has truly returned to the fundamentals of education, inheriting culture, and cultivating the builders of the times.

2.3.3 Optimizing the construction of teaching staff

Teachers are an main part of school education. Teachers should be screened in strict accordance with the needs of the school, and while paying attention to their cultural knowledge, they should also examine their mastery of modern educational technology, not only the traditional education and teaching model, but also closely follow the development of the times and pay attention to their online teaching methods. Applications.

3. Analysis and Investigation on Network Mental Health Problems and Solutions in the Management Work of College Students

3.1 Research Methods

Using the personal basic situation questionnaire to realize the basic situation of college students' Internet use from the aspects of age and gender. Through the test of college students, to investigate the proportion and age distribution of Internet addiction in vocational college students. Students' mental health, the scale includes a factor, the researcher hopes to find the correlation between each factor and Internet addiction through data analysis, and propose effective measures for preventing Internet addiction in higher vocational students. This paper adopts the online questionnaire survey method, through a questionnaire survey on the problems of online mental health education in the management of students.

3.2 Data Collection

In this study, college students were selected as the research objects, and 500 students were selected from M Electronic

Engineering University and M City A School of Management as the subjects. Since the third-year students are all looking for jobs, the questionnaire survey mainly focused on first-year and second-year students.. Taking into account factors such as gender and professionalism, a questionnaire survey method was adopted. After the questionnaires were collected, after analysis, invalid questionnaires were deleted, and 485 valid questionnaires were finally obtained. The T-test formula used in this paper is as follows:

$$t = \frac{\overline{X} - \mu}{\dfrac{\sigma X}{\sqrt{n}}}$$

(1)

$$t = \frac{\overline{X_1} - \overline{X_2}}{\sqrt{\dfrac{(n_1 - 1)S_1^2 + (n_2 - 1)S_2^2}{n_1 + n_2 - 2}\left(\dfrac{1}{n_1} + \dfrac{1}{n_2}\right)}}$$

(2)

Among them, formula (1) is the single population test, which is the sample mean, s is the sample standard deviation, and n is the number of samples. Equation (2) is a double population test.

4. Analysis and Research on Online Mental Health Education in the Management of College Students

4.1 The Mental Health Status of College Students

Divide the total score by 90 to get the total symptom index. The total symptom index is between 0 and 0.5, meaning there are no symptoms listed on the subject matter; between 0.5 and 2.5, stating that the subject feels a little symptom. But it occurred seldom; between 1.5 and 2.5, expressing that the subject felt symptoms, the severity of which was mild to moderate; between 2.5 and 3.5, saying that the subject felt symptoms, the severity of which was moderate to severe ; A value between 3.5 and 4 indicates that the subjects feel the high frequency and intensity of symptoms. In this article, 45 (9.2%) people had a mental health score whose total symptom index was less than 0.5, 112 (23.1%) had a mental health score of 1-1.5, 220 (45.3%) had a mental health score of 1.5-2.5, and 2.5-3.5 had 75 (15.5%) and 23 (4.8%) of 3.5-4. As shown in Table 1 and Figure 1:

Table 1: Statistics of the total mental health symptom index of college students

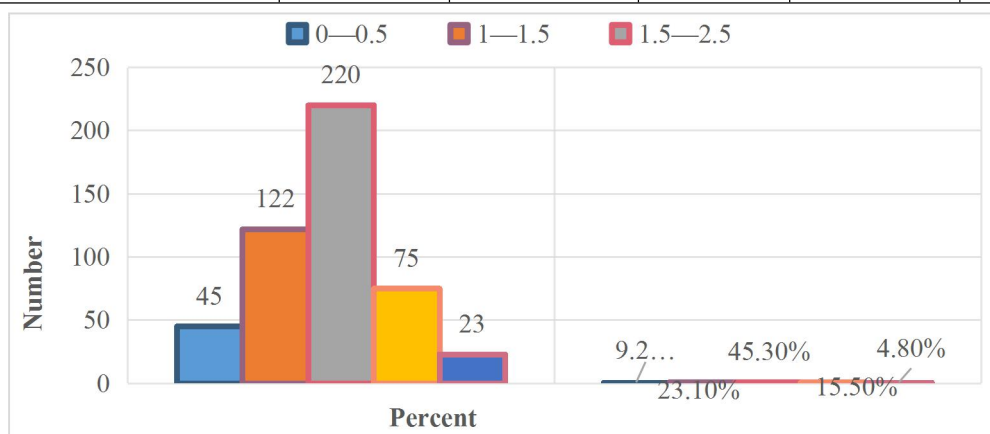| Total Symptom Index	0—0.5	1—1.5	1.5—2.5	2.5—3.5	3.5—4
Number	45	122	220	75	23
Percent	9.2%	23.1%	45.3%	15.5%	4.8%

Figure 1. The value of the total mental health symptom index of college students

4.2 Statistics of Mental Health Factors of College Students

The statistics of mental health status of college students are shown in Figure 2. From 10 dimensions such as somatization and obsessive-compulsive symptoms, the basic situation of their mental health is calculated. The average score of 0-1 indicates that the subject has mild psychological symptoms in this dimension, and 1-2 indicates that there are moderate psychological symptoms. 2-3 indicates fairly severe psychological symptoms, and 3-4 has serious psychological problems. Judging from the average scores of the subjects in each dimension ranging from 0 to 2, most vocational students have mild mental health problems, a small number have moderate mental health problems, and mental health problems are very serious of college students are almost non-existent. The first four of these symptoms are relationship problems, depression, obsessive-compulsive symptoms, and hostility.
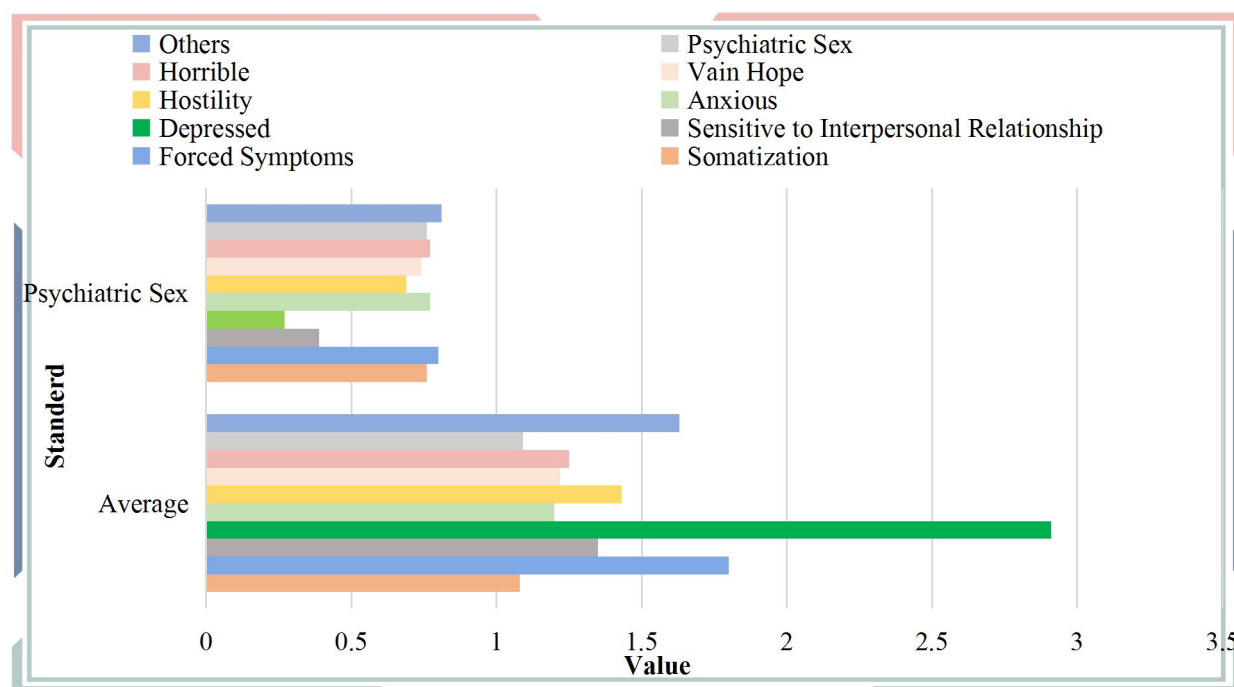

Figure 2: Statistics of the mental health factors of college students

5. Conclusion

Doing well in the mental health education of college students is an urgent task to cultivate new talents. High-quality contemporary college students who can adapt to the social environment and strive to build socialist modernization in an all-round way must not only have good ideological and moral qualities, strong scientific and cultural qualities, and strong physical qualities, but also excellent mental quality. There are still many problems to be further explored in the research field of students' network psychology. Since my theoretical foundation is still shallow and my time and energy are limited, this research is only a glimpse. At the same time, the research on the intervention of college students' network psychological problems is a long way to go, and more efforts are needed.

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