

# On the Diversified Approaches of College Mental Health Education in the Post Special Period

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**Abstract:** Since April 2020, with the gradual stabilization of the epidemic situation in China, universities have resumed their studies and classes, and China has officially entered a special period. Under the background of post epidemic era, epidemic prevention work has become normal, and people's way of thinking and living habits have changed dramatically. After students have gone through homestay study and super long winter vacation, when they return to school, they will not only face the academic pressure delayed by the epidemic, but also face the closed management of the campus, resulting in some students' psychological problems. Therefore, how to do a good job in the psychological crisis intervention of students in the post epidemic era is not only a necessary task faced by colleges and universities, but also a problem that the whole society needs to think about. Based on this, this article studies the diversified paths of mental health education in colleges and universities in the post epidemic era for reference.

**Keywords:** Post special period; Colleges and universities; Mental health education; Diversification path

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## Introduction

Since the outbreak of the epidemic, under the high attention and leadership of the Party Central Committee with the General Secretary as the core, we have deployed the top level plan for the participation of the people in the war and the prevention and control of the epidemic, formed an all-round mobilization, all-round planning, and all-round strengthening of the normalized epidemic prevention and control work nationwide, so that the spread of the epidemic has been effectively controlled. At the same time, in order to coordinate with the overall situation of epidemic prevention, college students have carried out good home isolation and coordination, In the face of the development and change of the epidemic situation, students' mental health also needs special attention and prevention and control. For this reason, in view of the fact that students are isolated at home and it is difficult to achieve face-to-face psychological counseling and interview, this paper proposes a diversified approach to the psychological health education of students for the normalization of epidemic prevention and control.

### 1. Influence of epidemic situation on mental health of college students

In the post epidemic era, the continuous spread of the epidemic and the lack of effective treatment of specific drugs have made the epidemic unable to be effectively contained for a long time, resulting in the anxiety of all social groups. The middle school students are in the stage of self-identity and role confusion and conflict, and they are vulnerable to group emotions, becoming blindly obedient, angry or paranoid, anxious. The negative psychological feelings of primary and secondary school students in the high school stage are higher than those in the low school stage, which may be because the students in the high school stage are in puberty, their self-awareness is enhanced, and they have more opportunities to contact the network public opinion about the epidemic situation. The network public opinion, which is difficult to distinguish between true and false, is easy to cause their emotional fluctuations. It can be predicted that the post epidemic era will put forward higher requirements and greater challenges to the mental health of middle school students in a longer period of time. As mental health educators, we need to pay more attention to and protect students' mental health, and help students learn to face challenges more intelligently and deal with various psychological problems more actively in the post epidemic era.

## **2. Psychological health problems faced by contemporary college students and their causes**

With the gradual emphasis on mental health education, there are various ways to investigate students' mental health problems in society. According to the survey results, students' mental health problems are mainly reflected in the following aspects: students' mental health fluctuates under the epidemic situation. First, students have not returned to school for a long time, and playing games and playing short videos occupy a lot of time. The emergence of the epidemic has had a huge impact on many real industries, but the development of the game and short video industry is on the rise, which has a certain impact on the field of student health education. According to statistics, during the Spring Festival, the daily download of chess and card games has increased more than four times than usual, and the number of mobile game users has also increased compared with the previous year. The number of game users such as King Glory and Peace Elite has increased by more than 35%. During the epidemic, games and short videos brought a small amount of entertainment and leisure time to students. However, attention and thinking ability are important abilities for students, and they need a lot of learning and reading to maintain their abilities. In the long run, excessive entertainment will seriously affect students' growth and mental health. Second, there is a lack of normal social activities, so we can not talk better. The Chinese New Year is a festival for visiting relatives and friends. However, due to the impact of the epidemic, normal social activities cannot be satisfied, which leads to students' dissatisfaction and psychological fluctuations. If you stay at home for a long time, the temporary happiness brought by games and short videos will disappear. In the idle life, all kinds of bad emotions begin to emerge, which is easy to cause psychological depression and communication barriers, affecting students' mental health. Third, sudden family conflicts easily lead to changes in students' psychological state. During the epidemic, the income decreased, the work pressure increased, and the family time together increased. However, the lack of real communication will lead to the escalation of internal family conflicts. The dispute between parents is a big challenge to the students' mental health, which may lead to the students' self sealing and lack of communication. Fourth, the relaxation of holiday space and the lack of thinking about career planning lead to different anxieties. The holiday life makes students feel happy and adapt gradually. And the sudden epidemic situation led to the delay of school start, so the students put this confusion and thinking back.

## **3. Diversified approaches to college mental health education in the post special period**

(1) Improve the identification and troubleshooting mechanism of students' psychological crisis. A comprehensive psychological screening should be carried out by combining the psychological census of freshmen entering the school with the dynamic psychological assessment of each grade. On the one hand, in addition to the traditional SCL-90 mental health scale, we should also strengthen the investigation of students' personality and family conditions, especially the grasp of students' mental health in special families. For example, we should pay more attention to students from single parent, divorced, left behind, poor parent-child relationship and other families. On the other hand, students' psychological state should be dynamically evaluated according to their psychological characteristics at different stages. For example, after half a semester of students' adaptation, the freshmen's learning style has changed from "caretaker learning" in high school to "active learning" after college, resulting in greater academic pressure. However, in the later graduation grades, there is academic pressure such as training, certificate examination, graduation thesis, etc. The school can carry out targeted surveys such as academic adaptability assessment, academic stress assessment, etc. to identify abnormal students as soon as possible, so as to prevent their psychological problems from getting worse.

(2) Establish an open virtual psychological prevention and control center, implement "risk prevention source, psychological prevention and control diversification", integrate multiple prevention and control resources for mental health, make full use of "Internet plus+multiple prevention and control" scientific and technological information means under the new situation, prevent and resolve psychological crisis disputes, and build a multi prevention and control network platform for mental health supported by scientific and technological information means. In view of the diversified prevention and control of students' mental health, that is, four means need to be coordinated and linked, namely, counselors' guidance, psychological consultants' prevention and control, psychological experts' mediation, and new types of moral education, giving full play to their respective advantages, establishing a privacy anonymous prevention and control center by applying one center, two axes and three radiation, and taking one-to-one anonymity of personal privacy on the network, so as to make efforts to weave a diversified preven-

tion and control network of students' mental health.

#### **4. Concluding remarks**

The feasibility and reality of the research on the diversified path of students' mental health education in the post special period provide a theoretical basis for further research on the prevention and control of students' mental health in colleges and universities in the future. At the same time, it can be extended to the prevention and control system of social security, providing a reference for the research on the psychological health system of social residents under the background of sudden major epidemics.

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