

Mental Health Education it's Importance to Vocational Colleges

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Abstract: In order to alleviate the increasingly frequent psychological problems in higher vocational colleges in recent years, the intensity of mental health education in higher vocational colleges is increasing. As a kind of university education, vocational education is an important part of education, which is mainly to cultivate applied talents suitable for social production and service. Compared with ordinary university education, vocational college students are more likely to have psychological problems due to social environment, academic performance, learning content and other reasons, such as inferiority complex, rebellion, poor self-management ability and other reasons. This paper takes the students of Cangzhou Vocational and Technical College as the research object, uses the case study method and questionnaire survey method to analyze and study the causes and performance of the psychological problems of higher vocational students, and puts forward the innovative method of mental health education in higher vocational colleges. Mental health education can make people maintain a positive and good psychological state, conducive to the development of students and school management, and even conducive to the stability of society, promote the comprehensive development of students in higher vocational colleges.

Keywords: Mental health education; Vocational education; Higher vocational colleges

1. Importance of mental health education to vocational colleges

Mental health education, according to the law of students' physical and mental development, adopt a variety of methods and means to solve a variety of students' psychological problems, improve students' psychological quality, promote the healthy growth of students' education, in vocational schools to carry out mental health education is of great significance.

1.1 Promote students' all-round development

Vocational education in the new era emphasizes that we should not only pay attention to the cultivation of skills, but also pay attention to the healthy growth of students and the all-round development of morality, morality, intelligence, body, beauty and labor. Mental health education is an important guarantee to promote the comprehensive development of students' morality, intelligence, physique, beauty and labor. In addition, mental health education is conducive to the establishment of correct labor awareness, the formation of good labor habits, and active participation in labor practice. Therefore, mental health is the basis and guarantee of students' comprehensive development of morality, intelligence, body, beauty and labor.

1.2 Improve students' psychological quality

Higher vocational students are in the key stage of psychological development, psychological development presents transition, turbulence, isolation, society, easy to produce a variety of psychological problems, we must vigorously develop mental health education, help students doubt, guide students to grow direction, improve students' psychological quality, to create a good environment for students. Carrying out mental health education in vocational colleges is conducive to help students understand the basic knowledge of mental health, improve their professional quality, improve students' mental health level, and promote their healthy growth.

1.3 Carry out effective teaching activities

Students' mental health will seriously hinder students' learning and development. Some students skip classes, tired of

learning, do not listen carefully, disturb the teaching order, is not conducive to the development of teaching activities. Therefore, schools must pay attention to mental health education and actively set up mental health courses. By understanding the current psychological situation of students, giving appropriate education and guidance, stimulate students' interest in learning, promote students to actively participate in various educational activities of the school, maintain the normal teaching order, improve teaching efficiency, create a harmonious, stable and orderly teaching environment, and promote the healthy growth of students.

2. Analysis on the causes of psychological problems in higher vocational college students

At present, influenced by the four factors of students, families, teachers and schools, students in higher vocational colleges have different degrees of psychological problems, which has aroused wide attention of the society.

2.1 Students' psychology is relatively fragile, easy to produce psychological problems

Through the questionnaire survey of mental health of Cangzhou Vocational and Technical College, it was found that 62.8% of the students had mild psychological problems such as fatigue, anxiety, depression, emotional weakness and interpersonal; disorder; 32.4% had moderate psychological problems such as depression, pessimism, insomnia, restlessness, escape, truant and disorder; 4.8% had suicidal thoughts, leading to severe depression and serious psychological problems. Higher vocational students' self-regulation ability is weak, easy to produce psychological problems.

2.2 Parents' educational awareness is weak, and the educational atmosphere is not strong

Related studies show that students from single-parent families and divorced families are more likely to form extreme personality due to their lack of psychological dependence. Due to the long separation from their parents, children of left-behind children are also prone to psychological problems. In Cangzhou Vocational and Technical College, 36.8% of the students are from single-parent families or divorced families; 25.2% are left-behind children. Family economic status is one of the external conditions affecting the mental health of students, and the students with poor family economic status are faced with relatively more psychological troubles. Parents' parenting style is the direct cause of students' psychological problems.

2.3 Teachers' educational concepts have been out of date, and their attention is not enough

At present, the mental health education teachers in higher vocational colleges face the problems. On the one hand, the number of teachers is insufficient, and the education level is not high. Taking Cangzhou Vocational and Technical College as an example, only 2.3 percent of mental health teachers have a doctorate, 65.2% have a master's degree, and 32.5% only have a bachelor's degree. Its academic level and scientific research ability are low, making it difficult for universities to be competent for the psychological teaching ability. At the same time, the number of mental health teachers is relatively small, and some mental health courses can only be offered by counselors or other moral education teachers, so it is difficult to achieve good educational results.

2.4 The teaching form of schools is rigid and the educational content is boring

At present, the mental health education curriculum system in some vocational colleges is not perfect, which restricts the psychological development of students. On the one hand, the educational method is single. Some vocational colleges attach too much importance to theoretical indoctrination, ignore the interaction with students, and do not pay attention to social practice. The separation between theory and practice. The information output by teachers is different from the information received by students. There is a lack of communication and interaction between teachers and students. Students can not really integrate into the classroom and listen to the teachers' opinions carefully.

3. Analysis of mental health education path in higher vocational colleges

Higher vocational college students are affected by a variety of factors, which are prone to psychological problems. At the same time, they are still in adolescence, with a strong plasticity, we can solve the psychological problems of students to a certain extent, promote the healthy growth of students.

3.1 To improve students' psychological awareness and shape a sound personality

First, students should remain optimistic and maintain a positive attitude. Adhere to the correct values, firm ideals and beliefs, improve self-confidence, positive self-suggestion, give up negative, pessimistic, anxiety, depression and other bad emotions, maintain emotional stability, stimulate the motivation of learning. Second, participate in more collective activities and build good relationships. Students should take the initiative to integrate into the collective, participate in more cultural and

sports activities, class league construction, knowledge competition, etc., improve their own quality, treat around them with a tolerant and understanding attitude, and establish a good interpersonal relationship.

3.2 Change the educational concept of parents and create a good atmosphere

Parents should get along in harmony, create a healthy growth atmosphere for children, and set an example for children; actively communicate with children, understand real thoughts, think from the perspective, stimulate emotional resonance and meet spiritual needs; implement democratic scientific education, encourage, praise, criticize and affirm children, enhance children's confidence, realize self-identification, improve mental health, and prevent the occurrence of psychological problems.

3.3 Set up a professional teaching team to improve the teaching ability

First of all, psychological teachers should update their educational concepts, improve their quality, participate in more academic forums of mental health education, read mental health books, master the advanced theoretical knowledge of mental health education, and have an in-depth understanding of the significance of carrying out mental health education in vocational colleges. Secondly, schools should improve the teacher training system to promote the continuous progress of teachers. For example, mental health education experts can be invited to give lectures to improve the level of teachers and improve the evaluation mechanism, so that students, teachers, parents and leaders can participate in the evaluation. The evaluation content should be rich and comprehensive, including teachers' teaching ability, teaching quality, popularity, etc., and teachers should be encouraged to constantly improve their own level, actively pay attention to the needs of students, and help students solve psychological problems.

3.4 Actively reform the teaching form and enrich the educational content

First of all, a variety of educational activities should be carried out to mobilize students' enthusiasm for learning. By holding knowledge competition, theme lectures, volunteer service, art performance, sports competition, professional skills competition and other activities, students' spiritual life is enriched and their psychological pressure is reduced. Secondly, we should set up the psychological courses reasonably and pay attention to the comprehensive and systematic educational content. Comprehensive and innovative development of mental health education.

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