

Exploring the Path and Model of Online Psychological Mutual Aid Platform Construction for College Students

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Abstract: Mental health plays an important role in the overall growth and development of college students. With the rapid development of Internet and social media, the high-pressure input state of information society makes the proportion of college students' mental health problems increase day by day, which has drawn the high attention of families, schools and society. The psychological mutual aid model discussed in this paper is an important form of mental health education, and the construction of the psychological mutual aid platform for college students is a supplementary mechanism in the absence of the existing online mutual aid platform. The online psychological mutual aid platform takes the network as a carrier, centers on mutual growth, and takes students as the main body to promote mental health education and help solve the mental health problems of college students.

Keywords: College students; Online psychological mutual aid platform

Fund Project:

Innovation and Entrepreneurship training program for college students of Xi'an FanYi University.

Project Number: S02212714047X

1. Research background of online psychological assistance platform

With the rapid development of the Internet and social media, all kinds of information appear to be gushing and spreading, forcing college students to gradually expand their social venues, constantly reconstruct and extend their relationship chain, and gradually increase the pressure of social competition brought by the development of the Internet. Questions about how to strengthen the concept, content and form of mental health education for college students are being raised constantly, in addition, college students are in the "Emerging adulthood" in the development stage of their lives. The emerging stage of adulthood is characterized by frequent and diverse changes and an increasing exploration of life's possibilities. Therefore, the mental health of college students has aroused high attention from all walks of life. How to carry out campus mental health education effectively, correctly and efficiently is an indispensable research topic for universities and scientific research institutions.

The Ministry of Education issued "Opinions on strengthening college students' mental health education work" pointed out: "college students' mental health education work should strengthen students' consciousness of participation", "we should attach importance to the establishment of students' psychological mutual aid mechanism, mobilize students' initiative in self-education".

2. Significance of the construction of online psychological assistance platform

2.1 Significance and basis of constructing psychological mutual aid model for college students

In a broad sense, college students' psychological mutual aid refers to all the comforting activities between college students, such as: Psychological comfort, encouragement, support, persuasion and other mutual help activities, in a narrow sense, refers to the students or psychological helpers who have received a certain professional psychological skills training, under the guidance of professional psychological counseling teachers, in the student group to carry out psychological help activities. Psychological mutual assistance is essentially a kind of peer education, that is, the roles between helpers and help-seekers will change with their environment and the problems they face.

2.1.1 Humanistic psychology: The view that “love is the nature of human beings” is emphasized by humanistic psychology. Humanistic psychologists believe that people cannot break away from the connection with others and become an independent individual, and people are full of love and compassion for each other. Psychological mutual aid to a large extent reflects the concept of “people-oriented”. Within colleges and universities, the student-oriented psychological mutual assistance mode, based on the similarity and mutual help of each student and centered on the stage and characteristics of the psychological development of student groups, fully realizes the educational practice of “student-oriented” and promotes the independent development of students. Fully mobilize students’ enthusiasm for understanding, learning and practicing mental health knowledge.

2.1.2 Social learning theory: Bandura believes that human behavior, especially human complex behavior, mainly depends on acquired behavior. Social learning theory emphasizes the importance of role models for human psychological development. The psychological mutual aid platform composed of students, whose members are basically similar in age, education level and living background, has more attractive role models, which can make it easier for students to resonate with each other and feel safe, and more in line with the psychological needs of college students.

2.2 Feasibility and uniqueness of constructing online psychological assistance platform for college students

The establishment of online psychological mutual aid platform will become a new form for universities to broaden the way of mental health education in the future. As far as universities are concerned, this move aims to promote the development of individual college students. Psychological mutual assistance mode starts from students, shows the subject status of students, focuses on the communication between students, mobilizes students’ helping mentality, and enhances students’ awareness of help, so as to promote students’ mental health growth under the objective premise of ensuring privacy and security. This model is based on the objective basis of reality and is a feasible measure.

2.2.1 The online psychological assistance mechanism for college students is student-oriented and conforms to the characteristics of psychological help for college students. Despite the gradual development of the mental health system in our country, all walks of life pay more attention to the mental health education of college students, but still there are many problems such as lack of internal resources in colleges and universities, uneven distribution, lack of individual mental knowledge, serious prejudice to mental health problems. When facing the transformation of their social status, college students are usually in an extremely sensitive and stressful psychological state. They have their own psychological activities and appeals to seek outside help, and most of them tend to turn to people familiar with them when problems come. Psychological assistance between students not only gives college students rich psychological knowledge and skills, but also will pay attention to the psychological development and mental health of college students in reality, improve the spiritual character of college students, shaping the inner personality of college students.

2.2.2 The essence of online psychological assistance mechanism for college students is an activity to help others and help themselves. “Helping others” is the means, and letting students “help themselves” is the end. At present, the problem of mental health education is not only to help a few students with psychological confusion to solve their “confusion”, but also to face all students to promote their healthy growth, cultivate students’ self-help ability, and give play to students’ subjectivity. Therefore, mental health education in colleges and universities should respect students’ main body status and give full play to their main body role to promote students’ self-cognition, self-help and self-reflection. College students’ psychological mutual aid mechanism is a way to strengthen students’ direct participation in mental health activities, so that students can strengthen the subject consciousness in the process of helping others, improve mutual aid ability, and promote their own growth and development.

3. Construction of online psychological assistance platform for college students

3.1 New mode of platform construction

Under the strong support of college students’ Innovation and Entrepreneurship Competition and the careful guidance of instructors, the “dull feeling force pan-psychological platform” (hereinafter referred to as the platform) conceived, designed and managed by students themselves as the carrier, with psychological knowledge publicity, psychological counseling services and psychological mutual assistance model as the project characteristics, the creation of online public account platform as the basis, with students’ self-management as the main. The college integrates internal psychological studio and professional psychological teachers as backup resources to achieve the purpose of enhancing the mental health education of college students.

3.2 Content and functions of the platform

The platform takes network as the carrier, mutual assistance as the center, and immersion as the base content, and creates the

following three basic functions:

3.2.1 Push high-quality professional-related resources. Public internal fixed push high-quality tweets; Provide authoritative version of the self-debugging course; Push books about psychology, their introduction and quotations, and attach the relevant PDF version of the ebook. (Offer discounts in cooperation with relevant book e-commerce, and students can also purchase physical books according to the recommendation of the book list.)

3.2.2 Encourage students to contribute, share and communicate. Encourage students of our university to participate in the internal tweets of the public account, and provide stories about themselves or about psychological aspects that they know. Once the stories are included, authors will be rewarded according to the number of articles read. While encouraging students to share themselves, they should communicate with other students to help each other.

4. Feedback and reflection of online psychological assistance platform

4.1 Specific implementation effects of the platform

The platform was combined with the psychology studio of the subordinate college to establish a preliminary user system and conduct data research. The management form of the platform system has been transformed from the traditional “school-led” to “student-oriented”, and the field of mental health education has been expanded from the limited form of offline to online. The platform published personality tests, mood diary and other immersive experiences, according to the actual operation of the network statistics data, the platform’s acceptance among students increased from 31% at the beginning to 40% after 14 days of implementation, and the following three aspects of feedback:

4.1.1 Create a relatively safe psychological space. By means of the equality and concealment of network communication, the platform effectively reduces the threshold of presenting psychological counseling problems and the attitude of avoiding medical treatment, so that students can effectively present psychological problems on the platform.

4.1.2 Popularizing online mental health knowledge. The platform provides all followers with text, pictures, sound, video and other forms of mental health information and information to facilitate the parties to obtain knowledge and self-help.

4.2 Reflection on the implementation effect of the platform

4.2.1 Improving the psychological mutual aid system is the basis for the development of online psychological mutual aid platform. Considering the current status of the psychological mutual aid mode in colleges and universities and the actual feedback of mutual aid activities, how to ensure the effective connection and feedback between schools, colleges, classes and students, as well as the effectiveness and standardization of psychological mutual aid activities, needs to be further connected and developed.

4.2.2 The key to the development of the platform is to improve the helping skills and quality of psychological assistance personnel. The level and quality of psychological mutual aid personnel will directly affect the effectiveness of psychological mutual aid activities. Therefore, it is urgent to strengthen the publicity and learning of mental health knowledge and expand the reserve of professional psychological counselors.

5. Conclusion

The effective integration of traditional mental health education and online mutual aid platform in colleges and universities is undoubtedly a new model of sustainable development in the visible future. College students psychological mutual aid, in line with the psychological development path of college students, can fully mobilize the enthusiasm of students, initiative, strengthen students’ character cultivation, enhance students’ psychological adaptability, and ultimately achieve the goal of “helping others to help themselves”. Therefore, creating an online psychological mutual aid platform is an effective way to effectively improve college students’ mental health education, improve the level of psychological counseling, and improve the working mechanism of college students’ mental health education.

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