

# Research on the path of Chinese traditional culture applied to college students' mental health education from the perspective of new media

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**Abstract:** in the current stage of college education, college students' mental health education plays a very important role. Therefore, strengthening college students' mental health education is an inevitable trend to improve the quality of college education, which puts forward a new challenge to college educators. As we all know, there are many educational concepts in our traditional culture, and many of them are of great benefit to shaping the positive and healthy ideology of college students; With the development of modern society, we have entered the era of new media. With the popularization of Internet, computers and mobile devices, new media has also entered a golden period of development, which has brought earth shaking changes and impacts on people's study, life and work. In this context, college educators should catch up with the pace of development of the times in the field of mental health education, rely on new media and take traditional Chinese culture as a starting point, improve the level and quality of College Students' mental health education, build a new college mental health education system, give full play to the educational role of colleges and universities, and promote the healthy growth of college students, Become the backbone of the country as soon as possible.

**Key words:** new media; Traditional culture; College students; Mental health education; path

The five thousand year culture of the Chinese nation is broad and profound, with a long history. Countless cultural crystals have been born in the long history. It is the foundation of China's standing in the East, and it is also China's priceless treasure, shaping the unique spirit and quality of our Chinese nation. (1) The purpose of mental health education in Colleges and universities is to achieve all-round education, not only to cultivate high-quality talents from professional education, ideological and political education, moral education, labor education and other aspects, but also to promote the comprehensive development of talents from the perspective of mental health. However, from the perspective of education, "psychological education" and "cultural education" are similar, and there is no significant difference between them in essence. (2) In Chinese traditional culture, the humanistic spirit of "people-oriented" and "guiding people according to the situation" has the concept of psychological education with Chinese characteristics. The use of traditional culture to improve the quality of College Students' mental health education can not only inherit and carry forward the essence of traditional culture, but also realize the new pattern of education in Colleges and universities, which is the so-called "inheritance of the essence, integrity and innovation". At present, with the increasing maturity of Internet and mobile Internet, 5g, artificial intelligence and other technologies, we have entered the era of new media. When applying traditional culture to college students' mental health education, we can use the presentation of new media to cultivate more high-quality, high-level and high-quality college students. (3)

## 1. The value of Chinese traditional culture in college students' mental health education

(1) Chinese traditional culture provides cultural and philosophical support for college students' mental health education

People living in different cultures will be influenced by different cultures in their thinking, behavior, mental health and emotions. The reason why culture has this power of "moistening things silently" is that there must be philosophical elements behind culture. The foundation of Chinese traditional culture comes from the Yellow Emperor, Lao Tzu, Zhuangzi, etc. Taoism emphasizes that "Tao follows nature". Taoism believes that there are laws in the operation of everything in the world. After the Han Dynasty deposed a hundred schools of thought, Confucianism became the mainstream. In short, in Chinese traditional culture, no matter which school or school, some of the cultural philosophies have positive thoughts and values. (4) For example, "a man of noble character is always striving for self-improvement", "the path of the great road is for the public", "worry about the worries of the world first", "set up his mind for the world, set up his life for the people, continue his unique learning, and open up peace for all ages", and so on. These positive energy of self-improvement and forge ahead in traditional culture, give up the ego for everyone. The sense of national pride and social responsibility of taking the world as their own responsibility can provide rich philosophical details for college students' mental health education. (5)

(2) Chinese traditional culture provides the source of life significance for college students' mental health education

Man is a reed capable of thinking. It is precisely because of thinking that human life will have value and significance. If life loses significance, people will fall into emptiness, confusion and confusion. Therefore, the value of life is also the basis of mental health. According to the traditional Chinese culture, life is between heaven and earth, and there is a saying of "the unity of heaven and man". Lao Tzu said, "the nature of the world is precious"; Mencius believed that people are different from animals because they have four ends: benevolence, righteousness, etiquette and wisdom. Xunzi said, "why a man is a man? It is necessary to distinguish between them." These treasure philosophies in traditional culture expound the value of life and have profound philosophical nature. (6) If teachers can properly use these statements about the value of life in class, they can provide sufficient power for college students' mental health education.

(3) Chinese traditional culture provides nutrients for the ideological and moral cultivation of College Students' mental health education

In Chinese traditional culture, the cultivation of people's ideology and morality is very important, because it is an important prerequisite

for a person's good development. Ideological and moral education is the "motivation" that a person can make a correct choice. Therefore, according to the University, "those who want to cultivate their body should first correct their mind" and "correct their mind before cultivating their body". From the perspective of education, this view is the important role of ideology and morality for mental health. At the same time, ideology and morality also have positive significance for mental health, which can provide "fertile nutrients" for college students' mental health education. (7)

(4) Chinese traditional culture provides a psychological adjustment valve for college students' mental health

College students will encounter many problems in the process of growth, such as psychological problems, environmental problems, emotional problems and so on, and the important way to solve these problems is a healthy psychological state. Adjusting mental state is the core task of College Students' mental health education. In Chinese traditional culture, there are also many original views on maintaining psychological balance and health, with a long history of philosophical thinking. (8) For example, "the day will fall on us, so we must first work on our muscles and bones, starve our skin..." can help students maintain the spirit of working hard in the difficult situation, shape a indomitable, resolute and optimistic psychological state, and add fuel to their life; "An adult is one who does not lose his childlike heart." It can make students never forget their original intention and strengthen their inner ideals and beliefs on the way forward; "Don't complain about heaven and women." Students can realize that they are the key to solving problems when they encounter anything, and internal power is the only magic weapon to win everything; "What is wrong with a man? He can change his ways and is good at it." Being able to teach students that making mistakes is not to define themselves, but to learn from mistakes and become valuable experience to guide their lives. From the perspective of College Students' mental health education, there are many ingenious "psychological adjustment valves" in Chinese traditional culture, which can help students deal with problems without being surprised, use the ancient philosophy to adjust their emotions, and maintain the stability and health of their mental state. (9)

## 2. The influence of new media on College Students' mental health

(1) Help college students develop self-awareness

Self awareness refers to a kind of cognitive awareness of people's own existence. Having a good self-awareness is not only conducive to the development of personality, but also an important part of human personality. In psychological research, it is found that the stronger the self-consciousness of college students, the higher their mental health level. (10) In addition, Maslow's hierarchy of needs theory shows that after meeting basic needs, people will turn their attention to higher needs. In the new media environment, information is transmitted efficiently, and college students enjoy a free network in which they can express themselves freely, and their self-consciousness is tempered in the process.

(2) College students have more ways to vent their bad emotions

Because college students are in an important stage of growth and development, their psychological state is easily affected by external factors, such as environment, study, life and interpersonal relationships, which is easy to produce some psychological problems, such as confusion, anxiety and depression, and even lead to psychological diseases. Therefore, college students need a channel to relieve and vent, and new media can meet this requirement. College students can divert their attention by watching movies, playing games, browsing the web, and chatting with others, so as to divert their attention, relieve their internal pressure, and effectively adjust some mental health problems to a certain extent. (11)

## 3. The path of Chinese traditional culture applied to college students' mental health education from the perspective of new media

(1) Compile targeted textbooks and localize course content

At present, the compilation of mental health education textbooks in most colleges and universities is similar, general and boring, and most of the contents of the textbooks are borrowed from Western mental health education. Many schools and theories are imported, and are not highly targeted and thorough, When compiling the textbook, it did not consider and explore the cultural heritage, ideological characteristics, students' learning situation, social status and other aspects of domestic students, nor did it integrate the content of the textbook of mental health education with the essence of traditional culture and philosophy. (12) Therefore, in order to compile a mental health education textbook and curriculum system suitable for domestic college students, it is necessary to start from the traditional culture, organically combine the cultural philosophy and psychological education factors with the mental health textbook, and constantly expand the local content, so that the course content is more in line with the psychological development characteristics of Chinese students, It has the advantage of personalized education. At the same time, new media elements can also be used in the compilation of textbooks, such as the compilation of electronic textbooks for mental health education integrated with traditional culture, which is convenient for students to consult and teachers to add or delete content. By compiling teaching materials, we can improve the quality and effectiveness of College Students' mental health education. In addition, when compiling textbooks, teachers should, on the one hand, according to the current situation of domestic social development, students' learning situation and the ideological characteristics of Chinese people, but on the other hand, still take students as the main core, and timely investigate students to obtain positive feedback, so as to build efficient psychological health education textbooks.

(2) Combination of online and offline to create a campus psychological environment

Improving college students' mental health education is an important task of today's college education, and the problem of College

Students' mental health is the focus of attention from all walks of life. Therefore, colleges and universities can provide effective protection for college students' mental health education by building a high-quality campus psychological environment and combining online and offline display. Taking the "525" National College Students' Mental Health Festival held every year as the starting point, the excellent traditional Chinese culture was integrated into the activities to show the mental health education activities with diversified themes. For example, poetry competition, traditional Chinese culture appreciation, drama performance integrated with the philosophy of traditional culture, reading and sharing of classical books, etc. In this way, the integration of traditional culture and mental health education from the perspective of new media is realized. (13) In addition, online activities can also be carried out based on traditional culture and mental health education. For example, online knowledge contests of Chinese culture can be held on the learning platform, and experts in mental health education and traditional culture research can be invited to hold a form similar to online forums, so that college students can fully understand the close relationship between traditional culture and mental health, This form can also take the form of live broadcast. (14) At the same time, colleges and universities should strengthen the propaganda of campus media, integrate traditional culture into the school website, radio, banners and school newspapers, and also promote the mental health education of college students by decorating the school, classes, dormitories and other signs with famous words and phrases of traditional culture. Colleges and universities can also enter major media platforms frequently used by students, such as Douyin, Douban, Zhihu, Weibo, wechat, etc., and set up official school accounts to publicize the mental health knowledge under the traditional Chinese culture, so as to create a high-quality campus mental health environment for students from online and offline.

### (3) Build a high-quality teaching team based on stability and professionalism

In the mental health education of college students, the professional level of teachers determines the final quality of mental health education. Therefore, colleges and universities should strengthen the professional degree improvement of mental health teachers. (15) First of all, improve the recruitment threshold. Mental health teachers must have received professional psychological education, have strong educational ability, have correct cognition of students, and be able to use appropriate teaching methods to implement mental health education. Secondly, colleges and universities should regularly provide training for mental health teachers, strengthen their professional skills from psychology to teaching ability, and can also cooperate with other college teachers to carry out mental health education research meetings, so as to learn from each other and improve together in communication. Finally, in the new media era, the resources of mental health education and traditional cultural resources are diverse. Teachers should be able to find the accurate connection between the two, realize information integration, and finally apply them to the mental health education of college students.

To sum up, college students' mental health education is the core task of college education and the only way to cultivate high-quality talents. From the perspective of new media, colleges and universities should correctly recognize the close relationship between traditional culture and mental health education, and find appropriate output methods, so that students' soul can be baptized and students' healthy growth can be promoted.

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