

Analysis on Contemporary College Students' Mental Health Education

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Abstract: with the diversification of social life and the diversity of values, contemporary college students face the complicated social life, in the individual growth process also appeared some psychological problems. In the process of many university education, some teachers focus on knowledge training, ignoring the psychological counseling and emotional communication of college students, which is not conducive to the improvement of the adaptability of contemporary college students and the cultivation of comprehensive quality. Based on this, this paper studies and analyzes the common problems in the mental health education of contemporary college students in China, and puts forward corresponding Suggestions.

Key'words: University education; Mental health education

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Generally, as college students in the comprehensive quality, should improve the psychological quality as the premise, which is the modern social development of talent training basic requirements. Therefore, as educators, we have the responsibility to better promote the development of mental health education and teaching for contemporary college students, integrate mental health education and ideological and political education organically and complement each other, so as to achieve the goal of talent training.

1 The scientific nature of college mental health education

Nowadays, mental health education and ideological and political education are closely connected in most colleges and universities in China. In the actual education work, we should distinguish the difference between psychological education and ideological and political education: 1.2. The content of ideological and political education is highly political, the ideal position is clear, the education method is mature and the education system is complete. The teaching contents of the two are very different, so they can not be completely equivalent, and cannot replace each other. Many scholars in the education field believe that the relationship between ideological and political education and mental health education is interrelated. Mental health education focuses on the emotional relationship between people and the inner world of body and mind. Ideological and political education, on the contrary, focuses on the relationship between people and society, from the external to internal, from the macro to micro internalized education methods, so in a way, both are in fact to promote the comprehensive development of college students' psychological quality^[1].

2 The necessity of establishing the faculty of mental health education in universities

Generally, the quality of mental health education cannot be separated from a good faculty. Generally speaking, the mental health working group consists of three types of people: (1) teachers with ideological

and political work background. The basic working methods are to carry out mental health investigation, hold lectures on mental health knowledge, and provide targeted psychological counseling for students with mental health problems; (2) they are teachers with psychological research background who are engaged in mental health education or psychological counseling, and their main working methods are psychological counseling and psychological crisis intervention; (3) I am a counselor who is engaged in student work in the university. The main way of working is to directly guide students' activities, care about students' learning and life attitudes, and use the network platform to establish connections between schools, departments and students. However, there are some problems in the practical work, for example, the professional background and educational level of mental health educators vary, some teachers lack professional psychological knowledge background, and some practitioners lack the basic skills to maintain and solve mental health problems. In view of this phenomenon, China's ministry of education and local competent departments of education, according to the actual situation of mental health education in colleges and universities, set out to systematically cultivate mental health education teachers, improve professional knowledge, professional title recognition, and gradually standardize the management. At the same time, on this basis, a series of policies and measures for mental health educators are also introduced, which is a step of practical significance for the development of mental health education^[2].

3 Status quo of mental health education in universities

3.1 Multilevel teaching objectives of college students' mental health education

At present, our country on college students' psychological health education are the two main ways intervention and prevention, to the problem of college students' psychological health education at universities also formulate the teaching goal, because of the psychological health of college students affects the college students on the experience of happiness in life, the pursuit of the meaning of life initiative and initiative, so that improve the pertinence and effectiveness of psychological education work, is the biggest problem of the education of mental health workers. As far as most teachers engaged in mental

health education are concerned, first of all, they should improve their psychological quality and the psychological quality to deal with difficulties. Secondly, they should also improve their working ability: to prevent psychological problems of college students and turn their negative psychology into positive psychology. From the perspective of psychology, currently, mental health educators mainly implement three kinds of teaching programs to achieve the teaching objectives: first, to cultivate the positive psychological quality of college students and enhance their inner psychological potential; The second is to solve the psychological problems of minority college students by means of prevention and intervention. Third, in the case of individual college students have psychological crisis timely intervention. At present, the main goal of mental health education in our country is to develop the positive psychological quality of college students. In terms of practical significance, psychological quality is not only the prerequisite for the improvement of college students' comprehensive quality, but also the practical requirement for the development of talents in modern society. Only in this way can college students have good personality and behavioral motivation in the society, so as to give full play to their potential and keep forging ahead^[3].

3.2 the current situation of college students' mental health education

3.2.1 Insufficient education

At present, many colleges and universities in our country have not set up special psychological counseling institutions, and pay insufficient attention to the mental health education of college students. Therefore, the current psychological education of college students is a mere formality, which has not achieved the ideal teaching effect, which to some extent will cause a certain waste of teaching resources, not conducive to the good development of students^[4].

3.2.2 The quality of education needs to be improved

The author through to a few colleges and universities psychological education curriculum development situation investigation, found that college students' mental health education the following two problems: (1) the teaching content mainly theoretical knowledge, is not effective for students of practical psychology, the mental health education and psychological reality,

make teaching lacks certain timeliness, cause the college students' mental health education cannot reach the ideal effect; (2) the teaching form is too simple. When carrying out teaching activities, teachers usually just tell the knowledge without taking into account the students' ability to accept and understand psychological knowledge, so the educational effect is not satisfactory. In view of the above survey, the author believes that the current mental health education of college students does not take into account the actual needs of students' psychological development, which makes the mental health teaching lose some pertinence and purpose, resulting in the quality of mental health education of college students cannot be effectively guaranteed^[5].

4 Important contents and corresponding methods of college students' mental health education

Nowadays, college students present a variety of psychological problems, such as anxiety, poor ability to adapt to the new environment, psychological dependence, lack of responsibility, lack of growth motivation, etc., and the self-adjustment of college students' mental health problems is an important part of mental health education.

At the same time, we still ought to notice: (1)When new student enters a school, be about to develop psychological investigation actively; (2)Pay attention to the popularization and publicity of mental health education; (3)Establish students' psychological files. (4)Train students to learn self-cognition and self-psychological adjustment. (5)Strengthen the setback education, cultivating the will of the quality of contemporary university students, it is very important that is in the education of mental health problems of a content, help students to understand the reasons behind the setback, attaches great importance to the frustrating experience of positive significance and value, this is the effective measures and methods, improve students facing the setback psychology to bear ability and the courage of overcoming difficulties.

In view of the above important contents of college students' mental health education, the corresponding methods proposed are as follows:

4.1 Improving the mechanism for the prevention of mental illness among college students

The preventive measures of college students' mental illness can be taken from three aspects:

First, the teacher, engaged in the work of student cadre, counselors are need to seriously study and knowledge of college students' mental health education and education methods, thus we manage on college students' mental health education, better with the ideology of college students, we concern the students' psychological growth and personality growth, leading to more effective teaching effect of improving the psychological health education of university students.

Secondly, it is necessary to improve the management plan and management system of psychological health education for college students. Through timely recording and updating the mental state of college students, psychological educators can have a more accurate understanding of the current psychological state of college students, so as to make psychological education more targeted. And according to the different stages of psychological education teaching situation, improve the corresponding teaching plans and methods.

Finally, to promote the scientific and rational school mental health education. Compared with junior and senior high school students, the ideological dynamic of college students is more complex and changeable, so it is necessary to carry out rational and scientific mental health education for college students, so as to improve their overall mental state and psychological quality and promote their healthy growth.

4.2 Establishing psychological counseling institutions

Psychological consultancy, is necessary to establish in the university, and the communication between students and society gradually increased, accept social information more and more, although college students' social phenomenon has certain judgment and analysis ability, but also easily misled by bad information on the society, therefore, in the state of mind of college students on track, record method, based on the work in time also need to set up a professional psychological counselling, under the condition of the college students have psychological problems, can look for professional consulting, only by doing so can we effectively on college students' psychological misconceptions, to better promote the formation of college students' healthy mental state. Counseling agencies will also through the integration of modern science and technology, improve the scientific nature of the psychological consultation, better service to college students' psychological health education, self-improvement, help more college students set up the correct outlook on life and values,

help college students with psychological problems out of psychological shadow, become a man of mental health, with better psychological state to participate in social development.

4.3 Establishing mental health education courses

In psychological health education of contemporary college students, first of all, need the employees have a dialectical way of thinking and a positive mental attitude towards the life, patience and meticulous work attitude, especially in the face of students with psychological problems, need to spend more time with psychological care, psychological intervention, psychological guidance, so it's need to improve the professionalism of the education of mental health professionals, improve practitioners of humanity. Second, in the design of college students' psychological education courses, to scientific and reasonable arrangement of teaching content, the periodical psychological education carried out in a planned way, at the same time need according to the psychology of students in the face of the present social phenomenon, adjust the teaching content, make mental health education into daily life, specific, have more accurately targeted and guiding significance, in practice can guide students to a comprehensive understanding of social problems reasonably, the understanding of the relationship between the individual and society, for college students in social life to provide powerful psychological support.

4.4 Conducting psychological tests

Psychological test is also an important part of college students' psychological education. It can timely monitor college students' state of mind, find students with psychological problems, and provide corresponding psychological counseling to adjust students' biased psychological state to avoid the occurrence of tragedy. Among them, the test includes personality test, psychological state test, value test and other contents. Practitioners can conduct psychological test by designing questionnaires and other forms.

5 Differences of mental health education objects of college students

Due to the continuous in-depth development of the society, China's social strata also appear to be multi-level, for college students, they come from different levels and different family environment, which leads to their behavior habits, ways of thinking, information

reserves, outlook on life, personal preferences are very different. Therefore, the mental health education objects of college students also have class differences and individual differences, which requires practitioners to conduct education according to the principle of "teaching students according to their aptitude" in ancient China.

On the whole, no matter from any class, contemporary college students generally lack mental health knowledge, and many of them have poor social adaptability. For example, in interpersonal communication and facing problems in the new environment, they are especially prone to various psychological problems such as loss, resentment and sadness^[6].

We also found that college students have different sources of mental health. Most college students from cities have a higher level of mental health, while most college students from rural areas have a lower level of mental health, which is mainly reflected in environmental adaptation, interpersonal communication, growth and development^[7].

Therefore, we educators should not confine the work of mental health education to a certain level or a certain person, but should make specific analysis and implement specific work according to different people, backgrounds and personality characteristics^[8]. We must do a good job in mental health education according to the particularity and complexity of students.

Finally, we should also focus on improving the professional quality and mental health quality of college students' mental health educators, because if educators are psychologically unhealthy, it will not only have a negative impact on their own work, but also cause a negative and adverse impact on students' psychology. Therefore, the mental health of educators is the basic guarantee of mental health education, we can not turn a blind eye^[9].

Nowadays, college students' mental health education is one of the major problems that cannot be ignored in the field of contemporary education in China. In the process of social development, how to promote college students' mental health, improve their personality and cultivate their good will quality are the important issues facing mental health educators at the present stage. Under the macro-control of ideological and political education, mental health education must follow the basic principle of people-oriented and the educational principle of teaching students according to their

aptitude, take ideological and political education as the top-level design, take mental health education as the micro-control, adopt effective education and teaching methods to achieve the goal of college students' mental health development. This will have some practical guiding significance to the systematic psychological counseling and mental health education of college students in China. At the same time, also let the mental health educators have a sense of achievement, constantly promote the development of mental health education for college students.

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