

Research on Countermeasures of College Students' Mental Health Education in the New Era

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Abstract: In recent years, college students have become more and more concerned about the group, as a reserve of talents they are in the “embarrassing stage” in society, on the one hand, the comprehensive ability has not been effectively strengthened, on the other hand, need to solve the study, employment, interpersonal relations, family and other problems of multiple pressure, so that the psychological problems of college students have become a social problem worth focusing on. Given this, this paper carries on a systematic analysis of the mental health education of college students, and puts forward constructive countermeasures and suggestions, hoping to provide some reference for the mental health education of college students.

Keywords: College students; Mental health; Countermeasure research

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1. Introduction

Since the new era, with the increasing development of the social economy, the pressure of interpersonal communication and social life is more obvious than before. Especially for college students who are about to enter the workplace, are in a critical period of life growth, affected by more adverse factors from the outside world, once guidance is not in place, it easy to produce loneliness, depression and anxiety, and other emotions, and even a variety of complex mental health problems^[1]. The young generation of college students is the future builders and successors of the country, bearing the mission and responsibility, college students' mental health status is not only related to the development and progress of students themselves but also affects the stability and progress of society^[2]. Therefore, in order to promote the healthy development of physical and mental health of college students, colleges and universities must always pay attention to the mental health of college students, dig out the causes of mental health problems of college students, and further put forward countermeasures and suggestions according to the problems, and effectively protect the mental health of college students, which is the mission of college education, but also an important task of higher education^[3].

2. The status quo of college students' mental health education in the new era

2.1. State support for college students' mental health education

The Ministry of Education and other 17 departments in the issuance of the “Comprehensively Strengthen and Improve the New Era of Students' Mental Health Work Special Action Plan (2023–2025)” notice pointed out the promotion of students' physical and mental health, to promote the overall development of the major issues^[4]. The government work report, delivered at the second session of the 14th National People's Congress on March 5, 2024, clearly states that the government's work tasks in 2024 include “strengthening students' mental health education.” Moreover, the Ministry of Education has decided to set May every year as the “National Students' Mental Health Publicity and Education Month” from 2024 onwards. Through various forms of publicity and education activities, a good social atmosphere is created, teachers, students and parent's mental health knowledge levels and literacy are improved, students' mental health work is improved and efficiency is promoted, and students' physical and mental health is promoted. It can be seen that the state has given strong support to college students' mental health education, and carrying out college students' mental health education is an important topic in the new era.

2.2. Colleges and universities themselves neglect the mental health education of college students

Although the state and governments at all levels attach great importance to the mental health education of college students, the current situation of the mental health education of college students in major universities is still not optimistic, and there are still many shortcomings. Including that the emphasis on college students' mental health education is superficial, there is no perfect mechanism for preventing psychological problems, and colleges and universities have insufficient financial investment in college students' mental health education teachers. From this point of view, many colleges and universities including society are concerned about college students' mental health education is not enough, on the surface of many times to emphasize the attention to students' mental health, but in essence, the understanding of today's college students' mental health education work is relatively shallow, lack of supervision and management of mental health education work.

Counselors compared with mental health professional tutors, mental health education theoretical knowledge and practical operation ability are lacking, so college students long-term in a passive state of mental health education, resulting in college students participating in mental health education practice activities a lack of interest^[5]. In addition, the rapid development of new media technology has promoted the communication and growth of college students to a certain extent, but it has also produced a lot of adverse effects such as stimulating students' depression, isolation, anxiety and depression, and the prevention mechanism of major colleges and universities is not perfect. More importantly, as the front line of college students' mental health education, the teachers in colleges and universities have always been an important factor limiting the development of college students' mental health education^[6]. Many teachers of mental health education lack daily communication and exchange with college students and only regard mental health education as an accessory to their studies. Colleges and universities also put mental health education teachers in the least important position in the whole college teacher system, with few promotion opportunities and upward space, and the enthusiasm of teachers engaged in related work is extremely low^[6].

2.3. Students' opinions on college students' mental health education work

Many college students themselves do not attach importance to mental health education, and think that mental

health education is only for those who are mentally unhealthy, so mental health education means their mental health, out of consideration of their normal social and school life to avoid being looked down on by those so-called mental health friends, Many college students will consciously exclude to accept mental health education, and in this case, college teachers should timely understand the difficulties of college students to this problem, more care about students, enlighten students to change the wrong psychological views ^[7].

3. The existing problems of college students' mental health education in the new era

3.1. Insufficient attention is paid to mental health

Although the mental health education course is a compulsory course for college students, college students also know the importance of mental health, but the mental health education course arrangement for college students is unreasonable, the class hours are small, the course content is not much, some colleges and universities may only stay in the book knowledge, resulting in boring courses, plus the pressure of college students facing professional courses. In contrast, mental health education courses are easy to ignore.

3.2. Mental health education lacks targeted counseling for individuals

The mental health education of college students mainly focuses on classroom teaching and guides the common problems of college students. However, college students face different psychological difficulties in each stage during their time in college. As a result, college students not only lack of one-to-one mental health education and guidance but also lack psychological counseling for different psychological difficulties at each stage. Although there are many psychological problems in college students, the vast majority of college students' psychological problems are not the real sense of mental illness, but the lack of comprehensive and reasonable cognition of themselves, others and the environment ^[8]. The role of psychological counseling has been highlighted.

3.3. Mental health education lacks a variety of teaching methods

Mental health education in some colleges and universities mainly focuses on classroom education and still relies on traditional teaching and indoctrination methods, which has limited effect in stimulating students' interest and promoting the internalization of knowledge ^[9]. Lack of interest, cannot fully mobilize students' enthusiasm and improve students' sense of participation, mental health education has become a common course, in the course, does not let the main role of college students come into play. Even in colleges and universities mental health education is compressed and streamlined, giving concessions to the time arrangement of other professional courses.

3.4. Mental health education ends the course in a single way

Many colleges and universities finish mental health education in the form of a paper report, plus close to the end of the period, some students do not combine knowledge with personal development, there is a copy, copy, and other problems, however, in the course of mental health knowledge insufficient use, coupled with the psychological impact of laziness, may be the perfunctory attitude towards the closing homework, The lack of reasonable and sufficient basis for the assessment of one-sided course papers.

3.5. Mental health education course time arrangement is not reasonable

Mental health education courses often give way to other professional courses, class hours are less arranged,

and college students after a day of courses, mental health education courses in the evening, are often tired and distracted, thereby reducing the efficiency of the course, teachers also because of the class, the face of several classes of students may appear powerless situation, thus affecting the mental health education teaching effect.

3.6. Insufficient combination of mental health education and practice

Practical activities provide opportunities for students to interact directly, and further enhance students' sense of participation and communication with each other, thus playing a key role in improving their mental health ^[10]. However, although many colleges and universities have carried out psychological drama, mental health stage drama, mental health essays and other colorful activities, but these activities cannot let all students participate in them, and some psychological drama, college students are carried out for the art performance or to complete the assigned task, time is tight, eager to achieve, the real understanding of mental health education is not up to standard. As a result, these activities do not play the greatest role.

4. The strategies of mental health education for college students in the new era

4.1. Schools, teachers and students need to pay more attention to mental health

4.1.1. Schools

In order to improve the mental health level of students, regular school-wide mental health education publicity activities should be carried out, and a variety of channels should be used to publicize it; To build a sound school mental health education management system, so that teachers and students better understand the importance of mental health, universal mental health knowledge, improve teachers and students on the importance of mental health awareness.

4.1.2. Teachers

In the teaching process, teachers should integrate mental health education into the teaching of professional courses, actively pay attention to the psychological state of students, timely find out the problems of students and give correct guidance. At the same time, teachers themselves should also continuously improve the professional quality of mental health education to provide better guidance for students.

4.1.3. Students

Teachers should carry out mental health self-education activities so that students can enhance their awareness of taking the initiative to pay attention to their mental health and improve their self-psychological adjustment ability.

4.2. Mental health education provides individual targeted counseling

4.2.1. Improve the mental health counseling system for college students

Schools should set up special psychological counseling centers and be equipped with professional psychological counselors to provide more accurate and personalized psychological guidance services. In addition, when carrying out personalized psychological education, new media can be used to push, video submission, activity cooperation, promotion of the use of psychological assessment tools, etc., according to the results of students' psychological status to provide differentiated counseling ^[11].

4.2.2. Organize group counseling activities

Encourage students to set up mental health mutual aid groups to promote support and understanding among peers; In addition, for students with similar psychological problems, group counseling activities can also be organized to communicate with each other in the group, share experience, and solve problems together.

4.3. Enrich teaching methods

4.3.1. Diversified teaching methods

In addition to traditional classroom teaching, case analysis, role playing, psychological testing and other teaching methods can be used to stimulate students' interest in learning and improve teaching effect. To carry out interdisciplinary cooperation, invite teachers from fields other than psychology to participate in course design, and enrich the perspective of course design.

4.3.2. Integration of modern science and information technology

Knowledge transfer can be realized in multiple ways both online and in the real world, and both online and offline channels can be combined. At the same time, teachers often recommend some websites, forums and blogs that advocate positive ideas to students^[12]. In addition, VR/AR and other technologies can be used to provide an immersive learning environment to stimulate students' interest in learning and deepen students' understanding.

4.4. Innovate the way you end your lessons

(1) Practical assessment

In addition to the traditional written examination, practical assessment can be added.

(2) Self-assessment

Let students self-evaluate their learning gains and psychological growth in the course, and cultivate students' self-reflection ability.

4.5. Arrange the course hours reasonably

4.5.1. Appropriately increase the total amount of class hours

according to the actual needs of students and the importance of mental health education, as well as the difficulty of the course content and student's ability to accept, the total amount of class hours of mental health education courses should be appropriately and reasonably increased to ensure that students can learn systematically, and at the same time ensure the course progress and teaching quality.

4.5.2. Flexible arrangement of class hours

The combination of centralized and decentralized teaching, according to the students' course arrangement and psychological needs, set up elective courses for students who are interested in further study free choice to improve the effectiveness of the course.

4.6. Strengthen the combination of mental health education and practice

4.6.1. Regularly carry out social practice activities

The school establishes cooperative relations with nearby hospitals and psychological institutions to provide students with opportunities to participate in social practice activities of mental health. To carry out mental

health volunteer services, so that students can apply the knowledge they have learned in practice, enhance their sense of social responsibility and improve their practical ability.

4.6.2. Establish a mental health club

Regularly organize mental health-themed activities, such as mental health knowledge competitions, situational drama performances, etc., to promote the healthy development of students' physical and mental health^[13]. At the same time, encourage the members of the community to explore new theories and applications of mental health.

5. Conclusion

To sum up, college students, as high-level talent training objects, are the key training objects of talent development. The psychological health of college students is one of the social problems involving a wide range and a high degree of complexity, its importance cannot be underestimated, we must do all-round, whole process, full subject education^[14]. Based on domestic and foreign research, this paper systematically conducts an in-depth analysis of college student's mental health problems, and specifically analyzes the existing problems and influencing factors of college students through a relatively large number of questionnaires, and puts forward targeted strategies for strengthening college students' mental health education in the future. Whether it is individuals, families, colleges or society, we should attach great importance to the mental health of college students, and timely intervention, play the role of all levels, and actively promote moral education, intellectual education, beauty, beauty, health, to establish the correct world outlook, outlook on life, values of college students. Optimize the content of psychological education mode, reduce the psychological burden brought by the pressure of college students in all aspects, actively strengthen the body, hone the will to timely release negative emotions, cultivate the positive psychological quality of college students, shape the sound personality of students, so as to promote the coordinated development of students' knowledge and behavior, and jointly protect the mental health of college students^[15]. Make it give full play to the potential of young people in the new era of socialism.

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