

# *Systematic thinking on college students' mental health education*

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**Abstract:** In the 21st century, the social competition is intensifying, and college students are the future of our country, It is very important to cultivate them with good psychological quality and sound personality from various angles, However, at present, college students' mental health education has not received due attention. At present, the vast majority of college students in China are only children, lacking the basic education of being a man, They have been pampered and pampered since childhood. Life depends on parents, knowledge depends on teachers, and psychology is at a loss, Parents expect too much from them, protect too much, and care too much, Schools pursue knowledge education in specialized courses too much, while ignoring the cultivation of healthy psychological quality for college students, Tragedy happens from time to time. In recent years, the mass media has repeatedly exposed the news of college students' accidents, such as Wu Xieyu's mother-killing incident at Peking University and the poisoning incident at Fudan University, which all reflect that there are problems in the mental health of college students, and it is urgent to educate them on mental health to promote their all-round development. This paper first analyzes the problems of college students' mental health, and then puts forward specific methods of mental health education, which is intended to play a certain reference role, hoping that educators can face up to the mental health education of college students.

## 1. Introduction

At present, China is in a period of social transformation, and the economic system and political system are undergoing dramatic changes, It is difficult to construct a unified social ethics in a short time, The rising divorce rate, the tide of migrant workers entering cities and the frequent occurrence of campus violence all have a great impact on the mental health of our college students. It is directly related to the future growth of college students to know the current situation of college students' mental health and take targeted educational countermeasures.

## 2. College Students' Mental Health Status

College students are a special group, and it is very important to know their mental health status. I investigated the mental health status of college students in local colleges and universities, and found that college students are facing the following mental health problems:

### 2.1 interpersonal Problems

Because of the age characteristics of semi-mature and semi-naive, college students are eager to communicate with others skillfully to establish their own "adult" image and get everyone's recognition and acceptance; On the other hand, they lack corresponding communication skills and do not know how to grasp the scale of involvement and self-exposure in their communication. Therefore, they are also prone to some communication problems, some are too cautious and become withdrawn and lonely; Some care too much about their impressions in others' hearts and become overly sensitive and suspicious; Some people have poor self-control ability, resulting in serious interpersonal conflict and confrontation. These conditions are not conducive to their socialization process.

Liu, who is from the south, lives on campus for the first time after going to college, Her dialect accent is heavy, she can't distinguish R from N, and she speaks with a heavy accent, She is afraid of being teased by others, so she tries not to speak. In addition, Liu's self-care ability is relatively poor since childhood, After living in a collective dormitory, he is clumsy in many aspects, His self-care ability is relatively poor, and his relationship with roommates is not very harmonious. Liu often feels lonely, lonely, painful and irritable. I seldom take part in class activities, I have been in school for more than half a year, I can't eat well, sleep well, have a headache, and feel nervous breakdown.

### 2.2 Self-Awareness Issues

Self-awareness is a unique psychological activity of human beings, and it is the premise for people to correctly position themselves. The high self-awareness of college students is a very prominent psychological feature. Because of the unbalanced and rapid development of self-awareness, they often face some problems in self-awareness. For example, the inferiority complex and conceit caused by not being able to objectively understand one's own strengths and weaknesses, the rebellious mentality caused by strong independent demand, the jealousy caused by strong self-esteem and one-sided maintenance of one's face and image, all reflect the problems of college students due to the rapid and unbalanced development of self-awareness.

A certain department held an activity to elect the monitor, Zhang, who had high demands on himself since childhood, felt that he was sure to be elected monitor smoothly, but he didn't expect to be defeated by 2 votes in the end. Zhang said that in the past month, he has been feeling depressed and fidgety in his heart, When he remembered that he had lost the monitor, he wanted to cry. No matter what you do, you feel that it is meaningless, and you can't get others' approval anyway, and you feel that you are doing nothing. I don't want to talk to my classmates, I don't want to do things, I always want to be alone.

## 2.3 Personality Psychological Problems

Although the personality of college students is far from stereotyped, the personality problem can't be ignored at the age when this character begins to take shape and pays close attention to its own advantages and disadvantages and gradually chooses its own values. Students of this age have not developed well in self-education, so teachers and parents should pay attention to their personality problems. College students' personality disorder mainly includes dependence, avoidance, compulsion, passive attack and egocentrism, etc. If these problems can not be solved in time, it will have a very negative impact on the future development of college students' personality.

Xie was born in scholarly family, his father is a lawyer and his mother is a teacher. Growing up, Xie was a typical "good girl" with strict family education. Because his father is busy at work, Xie has been taken care of by his mother. Because of her professional status, her mother has always been strict with Xie and placed high expectations on her daughter. From this, Xie Mou's nature is strong. Under the influence of her mother, Xie Mou hopes to do her best no matter what she does. Only in this way can she be recognized and praised by her mother. For a long time, Xie Mou's grades are very good, so he has been serving as a study committee member in his class. However, as long as Xie's test scores do not reach the first place in her class, she will sigh, deny herself and feel inferior to others, which is obviously not conducive to her healthy growth.

## 3. To Promote The Development Of College Students' Mental Health Countermeasures And Suggestions

### 3.1 To Play The Role Of Humanities Elective Courses

Freshmen have just entered the gate of colleges and universities, and their learning contents, learning methods, professional directions and interpersonal relationships have changed greatly with the middle school era. The emphasis of education at this stage is to pay attention to adaptation education, paying attention to students' general psychology of imbalance between ideal and reality, psychology of poor students, learning psychology, interpersonal communication and environmental adaptation. If these problems are not handled well, they will often lead to deviation and improper cognition and behavior in their future study and life. It is necessary to guide students to read more related books, learn to adjust themselves, and carry out more related activities to help students adapt to the new study life as soon as possible.

In the implementation strategy of this stage, one is to carry out various entrance education activities according to the professional characteristics of freshmen of different majors, including studying college students' manuals, professional introduction, learning method counseling, freshmen's mental health series lectures, etc. Second, in combination with the spirit of the relevant documents of the Ministry of Education, the new talent training plan is revised, the proportion of humanities elective courses is increased in the public basic courses of freshmen's classes, and calligraphy, music, art, film and television appreciation and other courses are enriched into the freshmen's teaching plan, and in the teaching activities of these courses, psychological health education is consciously carried out for students.

### **3.2 Give Play To The Role Of Skill Competition And Civilized Style Competition**

When college students basically adapt to the learning style, management mode and life rhythm of colleges and universities, their self-awareness will be more strongly expressed, requiring self-independence, keen to participate in various activities and willing to express themselves. At this stage, teachers should guide students to strengthen their mental health, strengthen their professional guidance education, guide students to define their professional direction, consolidate their professional foundation, use the university stage, show their self-style and realize their self-worth.

As we all know, the current employment competition is becoming more and more fierce, and college students are generally faced with tremendous employment pressure, which also brings some impacts on their mental health development. In order to lay the foundation for students' future employment and enrich their extracurricular life, we can carry out skills competitions, and improve students' competitive awareness and anti-frustration ability by means of special lectures, group counseling and individual consultation.

In addition, when college students are facing graduation and employment, the key point is to pay special attention to students' professional ethics education and employment and entrepreneurship education, and to do a good job of connecting students into the society. Students can be organized and led to participate in the civilized style competition. The main projects include career design, essay writing (including gratitude, honesty, entrepreneurial star, I love my motherland and other essay writing themes), photography, animation design and so on. Colleges and universities can take the civilized style competition as a platform, organize students to participate in various competitions of the civilized style competition, and give students psychological counseling lectures and individual counseling before the competition.

### **3.3 To Play The Role Of Mental Health Classes**

As college students in the 21st century, they should not only have good ideological and moral qualities, scientific and cultural qualities, strong physical qualities and superb skills, but also have healthy psychological qualities. Some problems among students cannot be simply measured by moral standards, but many are psychological problems. Heart diseases should be treated with "heart medicine" and solved with psychotherapy. In view of the current situation, we should offer mental health courses to help college students know themselves correctly, understand themselves and improve themselves. Colleges and universities can set up psychological counseling rooms, carry out psychological counseling activities, publicize mental health knowledge, and help students with psychological problems relieve psychological pressure and get out of the trough of their hearts. It is necessary to establish personal mental health records for each student, follow up and investigate, and improve students' psychological quality and frustration tolerance, cultivate healthy psychology and shape sound personality through standardized mental health education. When students graduate, they should not only have graduation certificate, skill certificate, foreign language certificate, but also get mental health certificate.

### 3.4 Give Play To The Role Of New Media

Mental health education for college students depends on high-quality teachers, and firmly establishes the student-centered educational concept. Educators should not only have a high level of political theory, master the laws of educational work, but also have a certain knowledge of mental health education, be proficient in using network technology, and be able to use the micro-blog and WeChat platform provided by the micro-era to carry out targeted education for students. Teachers can introduce social hot topics in teaching, guide students to discuss, improve students' thinking ability and discrimination ability, and inspire them. Teachers can also learn about students' psychological development from students' QQ space log, QQ status and fragmented records of micro-blog and micro-letter, and take targeted educational countermeasures to help students solve psychological problems.

### 4. Conclusion

With the development of the times, talents have become an important competitive factor in the competition of comprehensive national strength, How to cultivate high-quality talents who adapt to the development of the times, love the motherland and promote social progress has become a very important educational issue at this stage. We college students should pay attention to their own mental health development, eliminate negative emotions in time and lay a good foundation for long-term development.

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