

Analysis of College Students' Mental Health Education in the New Era

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[**Abstract**] With the continuous development of society, college students in the new era are facing more complex psychological problems. As the beneficiaries of higher education, college students need to have good psychological quality to meet future challenges. Therefore, this paper aims to explore the importance, current situation and future development direction of college students' mental health education in the new era, in order to provide some reference for college students' mental health education in the new era.

[**Key words**] mental health; college students; educational research

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As an important force and future master of the development of modern society, college students are the backbone of the country and social development. However, with the rapid development and change of society, the mental problems of college students have become increasingly prominent, which has seriously affected their study, life and work. According to statistics, the incidence of college students' psychological problems has reached an astonishing 80%, including anxiety, depression, autism, obsessive-compulsive disorder, and interpersonal problems. Therefore, it is urgent to strengthen the mental health education for college students and improve their mental health literacy and self-management ability.

1 Overview

1.1 The concept and significance of mental health education for college students

College students' mental health education is to help college students understand mental health problems, improve mental health level and promote the development and growth of physical and mental health through various forms of education, training, consultation and treatment in college education. The purpose of college students' mental health education is to enable college students to have a healthy psychological state and good psychological adaptability to cope with the challenges and pressures in life and study, and at the same time help improve their academic performance and professional competitiveness.

Mental health education for college students can help them understand and master mental health knowledge and skills, and improve their ability in self-cognition, emotional adjustment, self-confidence, anti-frustration, interpersonal communication and problem-solving. Through mental health education, college students can better cope with various challenges and pressures in school, life and career, prevent and alleviate the occurrence of psychological problems, and promote the development and growth of physical and mental health. At the same time, mental health education also helps to establish a healthy campus culture and atmosphere, improve the quality and competitiveness of school education, and lay a solid foundation for students' all-round development and future development.

1.2 Objective of mental health education for college students

The goal of college students' mental health education is to help college students comprehensively improve their mental health, including the following aspects:

Improve the ability in psychological self-cognition and emotional adjustment; Help college students understand

their emotional state, needs and motivation, and how to cope with emotional distress and challenges through effective emotional adjustment.

Enhance self-confidence and resistance to setbacks: Help college students establish correct self-values, understand their strengths and weaknesses, and learn to overcome setbacks and failures by actively coping with problems.

Improve interpersonal communication and problem-solving skills: Help college students learn the skills of communication and cooperation with others, and understand how to deal with conflicts and problems in interpersonal relationships, and how to cope with difficulties and challenges through effective problem-solving methods.

Prevent and alleviate the occurrence of psychological problems: Help college students understand the causes and manifestations of psychological problems, provide effective prevention and intervention methods, and help college students cope with various psychological problems to achieve the purpose of preventing and alleviating psychological problems.

1.3 The content of mental health education for college students

The content of mental health education for college students mainly includes the following aspects:

Popularization and publicity of mental health knowledge: Including the definition of mental health, the causes of mental problems, and the manifestations and treatment methods of mental problems.

Training of psychological self-awareness and emotional regulation: Including the training of emotional self-awareness, expression, regulation and response.

Cultivation of self-values and the ability to resist setbacks: Including the cultivation of self-evaluation, self-affirmation, self-control and self-improvement.

Improvement of interpersonal communication and problem-solving ability: Including the cultivation of communication skills, cooperation ability, conflict management and problem-solving.

Prevention and intervention of psychological problems: Including the practice of screening, evaluation, intervention and management of psychological problems.

2 The current situation and problems of college students' mental health education

At present, the problems of college students' mental health education are more prominent, mainly in the following aspects:

2.1 Insufficient educational resources

This is an important issue for college students' mental health education. First, there is a lack of professional teachers for mental health education. Professional teachers are needed in college students' mental health education, but in reality, many colleges and universities lack these teachers, which makes it difficult to provide high-quality mental health education. The second is the lack of places. Corresponding places are needed in mental health education, but many colleges and universities have insufficient places for mental health education, which makes it difficult to provide a good environment for mental health education. The third is the lack of teaching materials and aids. Corresponding textbooks and teaching aids are needed in college students' mental health education, but in reality, many colleges and universities lack relevant textbooks and teaching aids to meet the teaching needs. Fourth, there is a lack of capital investment. A certain amount of investment is needed in college students' mental health education, but in reality, many colleges and universities have insufficient investment in mental health education, which makes it difficult to provide high-quality mental health education.

2.2 The education system is not sound

The education system of college students' mental health education in the new era is not perfect, which is mainly manifested in the following aspects: First, the teachers are insufficient. At present, the teachers for mental health education in many colleges and universities are not enough to meet the needs of students. Some teachers for mental health courses may not be professional, or even have not received any relevant training and education. This

has led to the low level of teachers in mental health education and the inability to provide professional mental health support for students. Second, the education content is insufficient. At present, the mental health courses in most colleges and universities only cover some basic psychological knowledge, and do not involve practical problem-solving methods and practical skills. In addition, there is also a lack of special mental health education for some special groups, such as international students, rural students and disabled students. Therefore, it is necessary to strengthen the improvement and innovation of the content and form of mental health education to make it more practical and scientific. Third, the form of education is single. At present, many colleges and universities have a single form of mental health education, which is only carried out through traditional teaching and curriculum arrangement, and lacks diversified forms. This will cause students to lose interest in mental health education, which makes it difficult to arouse students' active participation and response. Therefore, it is necessary to explore diversified forms of mental health education, including games, role-playing, experiential education, etc., so that students can be more integrated into it.

2.3 Lack of effective evaluation mechanism

This is another problem faced by the current college students' mental health education. The lack of an effective evaluation mechanism makes it impossible to accurately evaluate the effect of education, and makes it difficult to find and solve the existing problems in time, thus affecting the quality and effect of mental health education. At present, the evaluation of college students' mental health education mainly focuses on students' feedback and investigation, and lacks scientific and effective evaluation tools and methods. At the same time, the evaluation results are often only superficial phenomena, which make it difficult to analyze and study the essence of the problem in depth.

2.4 Students have many psychological problems

With the increasing social and competitive pressure, college students' psychological problems are increasingly prominent, including emotional distress, learning pressure, interpersonal problems, anxiety, depression, etc. If these problems are not dealt with and solved in a timely and effective manner, they will have a serious impact on students' mental health and academic development.

2.5 Students have insufficient understanding of mental health education

The lack of students' understanding of mental health education is another problem faced by college students' mental health education. Some students may lack full understanding of the importance and necessity of mental health education, and even have some misunderstandings and prejudices about mental health problems. This makes students lack the awareness and ability to actively seek help when facing psychological problems, which affects their mental health and academic development.

2.6 Lack of psychological counseling services

One of the problems of college students' mental health education is the lack of psychological counseling services. In university campus, psychological counseling service is an important part of college students' mental health education. However, in reality, due to the uneven distribution of resources and the lack of professional staff, many colleges and universities lack psychological counseling services, which makes it difficult for students to get timely and professional help when they are troubled. The first is the uneven distribution of psychological counseling resources. Some colleges and universities have limited resources for psychological counseling service. If the resources are occupied by some students, other students may be unable to get timely help. Second, the number of psychological consultants is insufficient. Due to the professionalism and complexity of psychological counseling services, professional psychological consultants are needed to provide services. However, most colleges and universities lack psychological consultants, and cannot meet the needs of students. Third, the quality of psychological counseling services is uneven. Due to the different professional level and experience of psychological counselors, the quality of psychological counseling services is uneven, and there are some cases of low level and

poor service quality of psychological counselors.

3 The significance of mental health education for college students

Strengthening the mental health education for college students is of great significance for promoting the physical and mental health development of them, improving their academic performance, enhancing their adaptability, promoting the development of self-cognition and interpersonal relationships, and contributing to social stability and development.

3.1 Promote the physical and mental health development of college students

College students' mental health education is one of the important means to promote the development of college students' physical and mental health. It can help college students master the prevention and treatment methods of psychological problems, enhance the ability to cope with difficulties and setbacks, prevent and reduce the occurrence of psychological problems, and help them foster optimism, improve their self-regulation ability, so they can better adapt to real life and achieve all-round development. First, help college students understand themselves correctly. Through mental health education, college students can better understand their psychological state, emotional changes and the characteristics and performance of psychological problems, so as to have a deeper understanding of their psychological state, and then adjust their psychological state pertinently. The second is to enhance the ability of college students to cope with difficulties and setbacks. College students are faced with various pressures and challenges from study, employment and interpersonal relationships. Through mental health education, college students can master more coping strategies and methods, enhance their ability to cope with difficulties and setbacks, and better deal with various problems and challenges in real life. The third is to prevent and reduce the occurrence of psychological problems. Mental health education can help college students master the prevention methods and handling skills of psychological problems, making it easier for them to find and solve their own psychological problems, thus reducing the occurrence of psychological problems. Fourth, promote the formation of college students' optimism. Through mental health education, college students can better understand the importance of optimism, and learn how to cultivate and maintain it, so as to enhance psychological resilience and coping ability.

3.2 Improve the academic performance of college students

College students' mental health education can effectively improve their learning achievements, and lay a solid foundation for their learning and future development by helping them master better learning methods and strategies, relieve learning pressure and anxiety, improve self-management and adjustment ability, and promote the improvement of their comprehensive quality. First, improve learning motivation and efficiency. Mental health education can help college students realize their learning goals and motivations, master better learning methods and strategies, improve learning efficiency, and enhance learning motivation and interest. The second is to relieve learning pressure and anxiety. College students are faced with various pressures from study, society and future employment. Not being relieved, they will have a negative impact on learning. Mental health education can help college students learn to relax, reduce stress and relieve anxiety, so that they can better cope with the pressure in learning. Third, improve the ability of self-management and self-regulation. Mental health education can help college students improve their ability of self-management and self-regulation, enable them to better control their emotions and behaviors, and cultivate better learning habits and behaviors. Fourth, improve the comprehensive quality of college students. Mental health education is an important part of comprehensive quality education. It can help college students develop in an all-round way, not only improving their academic performance, but also their physical and mental health, interpersonal relationships, career planning and social adaptability, so as to improve their comprehensive quality and competitiveness.

3.3 Enhance the adaptability of college students

College students' mental health education can effectively enhance their adaptability, help them better

understand and cope with common psychological problems, improve self-confidence and self-consciousness, enhance social and interpersonal skills, and cultivate the ability to adapt to and solve problems, so as to effectively enhance their adaptability and ensure their growth and development. First, help college students understand and deal with common psychological problems. Through mental health education, college students can understand common psychological problems, such as anxiety and depression, and learn corresponding coping strategies and skills to better cope with various challenges and pressures. The second is to cultivate college students' self-confidence and self-consciousness. The mental health education for college students emphasizes the individual's self-awareness and understanding of their own emotions and behaviors. By understanding their own characteristics and advantages, they can cultivate self-confidence and self-awareness and enhance their confidence and ability to cope with difficulties and challenges. Third, cultivate college students' ability to cope with emergencies and solve problems. Mental health education emphasizes the ability to solve problems. Learning problem-solving methods and strategies can improve college students' resilience and problem-solving ability, so they can better adapt to various challenges and pressures.

3.4 Promote college students' self-cognition and interpersonal development

First of all, mental health education is conducive to college students' self-cognition. In the process of growing up, college students need to know their own characteristics, interests and values. Through mental health education, college students can better understand themselves, better adapt to their personality, better play their potential, and realize their self-value. Secondly, mental health education is conducive to the development of college students' interpersonal relationships. College students need to learn how to get along with others, how to communicate and how to establish good interpersonal relationships. Through mental health education, college students can better understand their emotional needs for others, better understand the rules of interpersonal relationships, and better cope with various challenges in interpersonal relationships.

3.5 Conducive to social stability and development

The implementation of mental health education for college students is not only conducive to the personal growth and development of college students, but also conducive to the stability and development of society. In today's rapidly changing and uncertain social environment, cultivating a healthy psychological state and positive attitude towards life, as well as improving innovation and creativity, have become indispensable elements. First of all, mental health education can help college students establish a positive and healthy outlook on life and values, and then form a healthy social mentality. The social mentality can not only promote the personal growth and development of college students, but also contribute to social harmony and stability. This is because when college students have a healthy psychological state and a correct outlook on life, they will treat life and social reality more rationally, reduce excessive emotional fluctuations and the instability of personal behavior, and thus contribute to the stability and development of society. Secondly, mental health education can also help college students develop innovative spirit and creativity. In today's society, innovation and creativity are very important because they are key factors for social progress and development. Through mental health education, college students can learn to deal with challenges and changes more actively, thus forming a more open and confident spirit of innovation and creativity. This ability not only contributes to the personal growth and development of college students, but also injects new impetus into the innovation and development of society.

4 Countermeasures and suggestions for promoting college students' mental health education

Promoting college students' mental health education needs common attention and efforts of the whole society, and the support and cooperation of all aspects are very important.

4.1 Implementation strategies and measures of mental health education

The implementation strategies and measures of mental health education include the following aspects:

Classroom education: Incorporate mental health education into the compulsory courses of college students, strengthen the publicity and education of mental health knowledge, and cultivate college students' psychological quality and coping ability.

Consultation service: Establish a professional psychological consultation team to provide psychological consultation services for students and help them solve psychological problems.

Activity promotion: Carry out various forms of mental health education activities, such as psychological lectures, dramas, tests, etc. , to attract more students' attention and participation.

Diversified services: Provide diversified mental health services, including mental hotline, online mental platform, mental health guidance manual, etc. , so that students can access related information and services of mental health anytime and anywhere.

Establish evaluation mechanism: Establish a scientific evaluation mechanism for mental health education to evaluate and monitor the effect of mental health education, and timely adjust and improve mental health education.

Establish cooperation mechanism: Establish a sharing mechanism inside and outside the school, promote the integration and sharing of resources, and improve the quality and effect of mental health education.

4.2 Expand the fields and methods of mental health education

Community mental health education: Extend mental health education to the community to carry out mental health publicity and education, and help more college students understand mental health knowledge and skills.

Online mental health education: Carry out mental health education through online platform, use WeChat official account, blog, social media and other channels to publicize mental health knowledge, and provide online psychological consultation and support.

Course for mental health quality: Set up special courses for college students' mental health quality, including psychology, mental health education, coping skills and other aspects, to help students improve their mental health quality in knowledge, skills and attitudes.

Mental health education in the form of activities: In addition to lectures, seminars and counseling, mental health education can be carried out in the form of psychological drama, games, tests and other activities to improve students' participation and learning effects.

Mental health assessment and intervention: Through the assessment and intervention of college students' mental health, students can find and deal with psychological problems as soon as possible, which prevent and reduce the occurrence of mental health problems.

Integration of mental health resources: Establish a sharing mechanism of mental health resources, integrate mental health resources inside and outside school, including professional psychological consultation, training of psychological consultants, training of mental health educators, and provide more comprehensive and diversified mental health services.

4.3 Strengthen organization and management

To strengthen the organization and management of college students' mental health education, we can start from the following aspects:

Establish management institutions for mental health education: Universities can establish special management institutions to coordinate, manage and promote mental health education. The organization can be composed of psychological experts, counselors, doctors and student representatives, aiming to formulate plans and strategies for mental health education, and coordinate the work of various departments.

Establish sound systems and norms: Universities can formulate a series of systems and norms to ensure the smooth progress of mental health education. For example, they should formulate the curriculum and syllabus of mental health education, standardize the process and standards of psychological counseling services, and establish the management system of mental health archives.

Strengthen the construction of teaching staff: Universities can train and select professional educators and counselors for mental health, and improve their education quality and professional level for mental health.

Strengthen student participation and feedback: Universities can actively encourage students to participate in the implementation and evaluation of mental health education, collect their feedback and suggestions, and timely adjust mental health education. For example, volunteers and clubs for students' mental health education can be set up to let students participate in the promotion and practice of mental health education.

Strengthen cooperation and exchange: Universities can actively cooperate and exchange with social institutions, professional organizations and other universities, share experience and resources of mental health education, expand the fields and methods of mental health education, and improve the quality and effect of mental health education.

5 Conclusion

At present, college students' mental health education is faced with such problems as insufficient resources, imperfect system, lack of evaluation mechanism, various psychological problems of students, insufficient understanding of students' mental health education, and lack of psychological counseling services. In order to solve these problems, a series of strategies and measures can be taken, such as expanding the field and methods of education, promoting the implementation strategies and measures for mental health education, and strengthening the organization and management of education. The importance of mental health education for college students is self-evident. It can effectively promote the physical and mental health development of college students, improve their academic performance, enhance their adaptability, promote the development of self-cognition and interpersonal relationships, and is conducive to social stability and development. By implementing effective strategies and measures, college students' mental health education can be more comprehensive, in-depth and effective.

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