

Thinking and Practice of Psychological Health Education for College Students

Maoxing Wang*, Baihui Lin

School of Southwest Petroleum University, Chengdu 610500, China

Abstract

Mental health education for college students is an indispensable part of higher education under the new situation. Under the current background of training high-quality talents, promoting the practice and reflection of college students' mental health education will help to enhance the effectiveness of college mental health education and promote the overall development and healthy development of college students. Many college students do not recognize themselves correctly. When encountering difficulties and setbacks in life, it is difficult to use rational thinking to deal with them, and they cannot effectively adjust their own mentality. They have been in a difficult situation for a long time. Therefore, the practice of mental health education for college students should continue to develop and explore in theoretical innovation, practical innovation, and the transformation and innovation of theoretical practice.

Keywords

Mental Health, College Education, Contemporary College Students.

1. Historical Background

With the development of my country's higher education, nearly tens of millions of college students have received increasing attention from the society, from enrollment to employment, from college entrance examination to postgraduate entrance examination. The mental health of college students has also attracted attention and concern from all walks of life. In recent years, psychological crises of college students have occurred from time to time, and they have often become a hot spot of online public opinion.

2. Psychological Characteristics of Contemporary College Students

2.1 Self-Consciousness is Obvious

"Post-90s" have been in love since they were born, because most of them are only children. They don't worry about food and clothing and live a comfortable life. But because the parents are busy with work all day, they only have Barbie dolls with electric pronunciation, plush toys to accompany them when they grow up. Of course, no one competes with them for these things, so the idea that everything is "mine" lies in them. They are already deeply ingrained in their minds. They seldom understand the meaning of "sharing." Kong Rong lets Li think that why it is like this in their opinion. This naturally forms a self-habit and a willful personality. Most of them do not have strong collective ideas, self-centered, and have too strong self-awareness in life. It is inevitable that they do not consider the feelings of others in their speech, and it is difficult to get along with the group or others. In life, they even prefer to communicate with people in the virtual world than with people around them.

2.2 Strong Vanity and Poor Resistance to Frustration

Contemporary college students are mostly born in superior social and family environments. Most of them are only children and are loved by their elders. The wealthy family environment and social

conditions make it easy for most college students born in the 90s to develop a sense of vanity. They like to compare and pursue luxury products such as high-end mobile phones, cosmetics, and clothing. The survey shows that the consumption of contemporary college students in these aspects accounts for 63.58% of their living expenses, which shows that college students pay more attention to their quality of life, and high consumption makes them feel happy and satisfied. The superior living conditions have also led to most college students who have never faced difficulties on their own, let alone solved them independently. Some college students have shown extremely poor resistance to frustration in their lives and complain about difficulties when they encounter difficulties. Although they are passionate about life and pay attention to the development of their own personality, they lack the psychological preparation for setbacks and the ability to resolve setbacks due to their simple social experience. Therefore, when encountering difficulties, they often show irritability, loyalty and impulse, etc., unable to actively think of ways to solve them, and often fall into passiveness.

2.3 Facing the Impulse of the Future

Most college students dare to think, do and make mistakes. They are full of strength and enthusiasm for the future, full of yearning for a better life in the future, full of confidence, and long-term life goals, but they have no specific ways to achieve them. They often face the life in front of them. It will seem overwhelmed and unable to start. Often a giant of language and a short man of action. They simply think that they can have a better life in the future, but as for how to do it and how to achieve it, they are full of confusion. They imagine life too simple, and they can't experience it in the family or on campus. The hardships of future social life.

3. The Significance of Mental Health Education

With the rapid development of my country's economy and society, people have experienced unprecedented opportunities and challenges while their material and spiritual lives are becoming more abundant. Under the influence of increasingly diversified values, college students who are active in thinking but not yet fully mature in the face of such unprecedented opportunities and challenges are mostly caught in short-term or long-term hesitation, confusion, and confusion. The coordinates of life, not only can't talk about realizing its social value, but also how to realize self-worth can't be positioned correctly. Therefore, in the process of pursuing the meaning of life education, the whole process must be combined with mental health education. A healthy psychology is the prerequisite and guarantee for college students to correctly recognize and fully realize the meaning of life.

University is the golden period of life development, and it is also the key period for college students to form their own sustainable development ability. During this period, schoolwork, graduation, and employment are a realistic topic for all college students. Faced with the influence, impact and pressure of all external factors, their psychological activities are very active, and their psychological problems are more prone to occur. Effective mental health education, especially the meaning of life education, is of great significance to them. The majority of education practitioners should, based on the psychological characteristics of college students, help college students establish mental health awareness, enhance their psychological adjustment ability, strengthen mental quality training and exercise, prevent and alleviate psychological problems, guide them to correctly recognize the meaning of life, and enable young college students to be brave Face problems, face life, face life, boldly pursue and take the initiative to realize the value of one's life, and enhance the meaning of life.

4. Mental Health Education Practice

4.1 Colleges and Universities Should Actively Construct a Theory-Oriented Mental Health Education Curriculum and Guidance System

Systematically and comprehensively promote the theoretical dissemination and practical exploration of college students' mental health education in and out of the classroom, build a scientific and orderly college student mental health education mechanism, and make college students' mental health education more scientific, basic and professional. Mental health education is a systematic subject. In

the mental health education of college students, colleges and universities and teachers should start from the systematic theory of mental health education and create high-quality mental health education courses, highlighting the scientific and basic nature of mental health education And professionalism, deeply analyze the important functions, functions and values of mental health, summarize the general principles and laws of mental health development, and then scientifically and efficiently help college students to establish a good mental health concept. As far as the current teaching situation is concerned, the degree of theoretical and systematic teaching of mental health education courses for college students is not enough. College students' understanding of mental health theory and practical knowledge is mostly on the surface, ignoring the scientific and professional nature of mental health education itself. Sex and effectiveness. Under normal circumstances, the enthusiasm and participation of college students in mental health education and teaching is not strong, and the effectiveness of teaching is greatly reduced.

4.2 Colleges and Universities Should Actively Construct Problem-Oriented Mental Health Counseling and Psychological Crisis Handling Systems

Pay attention to the psychological confusion and problems of college students in terms of mental health in real time, find and solve problems in time, do a good job in the prevention, counseling, treatment and crisis management of college students' mental health problems, so that college students can get more attention and help in their mental health. Colleges and teachers should pay full attention to the counseling and crisis management of college students' mental health, close the distance with college students, understand the state of college students' study, life and social practice, observe the dynamics of college students' mental health, and then cause mental health problems in college students. Provide timely counseling, so that college students can adjust their mental state better and faster, overcome psychological obstacles, solve psychological problems, and realize their healthy and happy growth. From this perspective, colleges and universities need to promote the cooperation and communication between home, school, and enterprise in addition to the teaching of college students' mental health education courses, increase investment in the construction of psychological counseling rooms, and allow counselors to play a good role as a communication bridge and guide When facing mental health problems, college students actively seek psychological help from counselors, counselors and others, adjust their mental state as soon as possible, restore their mental health, and live, study, and participate in social practice better.

5. Conclusion

Both history and reality tell us that if the younger generation has ideals and responsibilities, the country has a future, and the nation has hope. To achieve our development goals, there will be a steady stream of powerful forces. In the process of youth development, we must have a healthy mind and receive good mental health education. The mental health education of college students needs to construct a multi-level teaching and guidance system: a theory-oriented mental health curriculum education system is conducive to enhancing the scientific, systematic and basic characteristics of mental health education; problem-oriented mental health education and guidance The system is conducive to effectively discovering and solving college students' mental health problems, and protecting college students' mental health. This article points out the psychological characteristics of contemporary college students, analyzes the significance of systematic psychological education, and proposes strategies for college students' mental health education to keep college students in a positive and healthy state. This is not only important for college students to correctly understand the world and realize their own value. Significance, but also an indispensable part of building a harmonious socialist society.

References

- [1] Mingxia Yang, Wei Dong. An Analysis of Contemporary College Students' Psychological Characteristics and Educational Countermeasures [J]. Western leather, 2016, 38(10): 205.

- [2] Yingjie Liu. The Theory of Life Meaning Education--The Essentials of Mental Health Education for Contemporary College Students[J]. University Education Science, 2013, (01): 59-63.
- [3] Peng Jing. Systematic Thinking on the Psychological Health Education of College Students[J]. Journal of System Science, 2021, 29(01): 104-106.
- [4] Qiong Huang. Practice and Thinking of College Students' Mental Health Education--Comment on "College Students' Mental Health Education[J]. News lovers, 2020, (11): 111-112.