

Research on the Current Situation and Innovative Paths of Psychological Health Education for Post-00s College Students

Xiao Peng^{1,a,*}, Kangjie Bai^{1,b}, Haodong Shang^{1,c}, Fei Wang^{1,d}

¹Tourism College, Taishan University, Tai'an, China

^atsxypx2018@163.com, ^b2997439202@qq.com, ^c2297911025@qq.com, ^d2964145882@qq.com

*Corresponding author

Abstract: Innovation in psychological health education for college students is a practical need to cultivate reliable talents in the new era and a historical necessity to improve the quality of psychological education for college students. Especially since 2018, post-00s college students have gradually become the "main force" of university campuses. Due to the unique characteristics of their era, post-00s have different psychological characteristics from the "post-80s" and "post-90s", and corresponding psychological health education in universities needs to change with the times. Therefore, it is very necessary to pay attention to the psychological health of "post 00s" college students. This article analyzes the current psychological health status of "post 00s" college students and proposes innovative paths for their psychological health education.

Keywords: Post-00s college students; Psychological health education; Innovative paths

1. Introduction

With decades of hard work, socialism with Chinese characteristics has crossed the threshold into a new era, the demand for talents is increasingly higher. As a soft environment for talent cultivation in the new era, psychological health education for college students plays a core role in promoting the healthy development of talents. The complex social environment today has a significant impact on the growth and development of college students, especially those born in the 2000s who are psychologically sensitive and have poor stress and resistance to setbacks, which is in stark contrast to the increasing pressure^[1]. Moreover, the lack of clear self-awareness, resistance to external temptations, and insufficient ability to discern true and false information among post-00s college students have to some extent affected their psychological health. Therefore, in order to cultivate high-quality and reliable talents needed in the new era, achieve innovation in the psychological health education of post-2000s college students, and focus on achieving comprehensive and comprehensive "psychological education" for all employees, it is necessary to explore the innovative path of psychological health education for post-00s college students.

2. The Current Situation of Psychological Health Education for Post-00s College Students

2.1 The classroom teaching mode is single, making it difficult for students to arouse interest

From the current situation of offering Psychological health classes for college students, it can be seen that when conducting Psychological health education in universities, teachers mainly adopt the method of teaching in class to instill knowledge in students. Teachers guide students to learn the course of Psychological health education based on textbooks. Although theoretical learning can effectively ensure that college students master the basic knowledge of Psychological health education, most books on psychological education are relatively dull and mainly contain obscure theoretical knowledge, including theories and experiments from domestic and foreign psychologists. On the one hand, these knowledge points are difficult for students to remember; On the other hand, it is also difficult to stimulate students' interest^[2].

2.2 Rich teaching activities and ineffective teaching effects

In addition to the above courses as the main teaching methods, universities also carry out Psychological health education activities and practical forms, especially various forms such as knowledge debate competitions and psychological film exhibitions, which mainly focus on Psychological health education. Many universities have carried out different types and forms of Psychological health education activities to assist in the development of Psychological health education for college students. However, from the perspective of the later benefits, the auxiliary effect on students' Psychological health education is not significant. On the one hand, due to the lack of motivation and support in the later stages of many activities, students may even feel that related activities and forms of Psychological health education are only limited to those few months. Even if there are some clubs, there may be sporadic activities in the later stages, but it is difficult to attract the attention of college students again; On the other hand, some activities related to selection do not disclose the selection process during the selection process, but only disclose the evaluation results, which makes many college students feel unfair and gradually loses their interest in participating in the activities.

2.3 The tradition of establishing Psychological health records cannot reflect the situation of students

After college students enter school, universities will establish Psychological health records, especially after military training for first-year students. Universities establish Psychological health records for college students through evaluation results such as personality questionnaires, symptom checklist 90 (SCL-90), personality questionnaires (UPI), and Psychological health questionnaires. This filing method has been followed and adopted by many universities, but it is only applicable to college students in the early 21st century, as China has just entered a stage of rapid economic and social development in the early 21st century, with a relatively single social environment and background, and students presenting relatively single psychological health problems. However, with the continuous complexity of the social environment. Many college students have already been exposed to different types and characteristics of social environments before entering universities, resulting in more complex psychological health problems. The use of simple personality questionnaires and other methods to evaluate the Psychological health data of college students is relatively backward and traditional. Moreover, during the four years of university, the psychological characteristics of students change every year. Many universities only conduct a Psychological health filing after the admission of college students, which is difficult to reflect the changes in psychological characteristics during the four years of university and cannot meet the individual development needs of students.

2.4 Lack of new classroom teachers and inadequate system construction

The innovative path of Psychological health education for college students in the new era must have a complete guarantee system. Currently, the main factors that cause obstacles to the path of Psychological health education for college students in the new era are the lack of new classroom teaching staff, and the inadequate construction of the school's innovative class system for related Psychological health education. Adequate new classroom teaching staff can ensure the smooth progress of the new type of college Psychological health education classroom. However, currently, many college students' Psychological health counseling work is mainly completed by counselors^[3]. As many counselors are not professional teachers in Psychological health education, it is difficult to fund a Psychologically grasp the actual psychological changes of college students. In addition, counselors are mostly busy with daily affairs management work, Lack of training on Psychological health counseling knowledge. Although some schools currently carry out a combination of online and offline Psychological health counseling methods, the current situation does not show very satisfactory results. At present, many universities' online platforms for Psychological health education are not fully established, and many functions still need to be developed. Especially, the current new type of Psychological health counseling teachers cannot meet the needs of students' Psychological health counseling, and the guarantee mechanisms for various aspects of Psychological health education work still need to be improved.

3. The Value and Significance of Innovation in Psychological Health Education for College Students

Carrying out Psychological health education for college students under the background of "three comprehensive education" is a distinctive feature of current psychological education work for college

students in China, and it is a historical necessity related to the achievement of the goal of cultivating morality and talent. With the entry of socialism with Chinese characteristics into a new era, the country has also put forward new and higher requirements for the psychological health and talent cultivation of post-2000s college students. Psychological health education for college students, as one of the important links in talent cultivation in the new era, plays an important core role in promoting the healthy development of talents. Therefore, in order to cultivate reliable talents, achieve the resonance between innovation in Psychological health education and the new era, and focus on achieving a comprehensive "psychological education" for all employees, it is necessary to explore the practical problems and countermeasures in the innovation of Psychological health education for post-2000s college students.

3.1 The Realistic Needs of Cultivating Qualified Talents for Comprehensive Development in the New Era

Only with a healthy mindset and a sound personality can a great student fully develop and grow into a talent, taking on the responsibility of national rejuvenation. As an educational activity to cultivate good psychological qualities and shape a healthy personality for college students, Psychological health education for college students focuses on cultivating good psychological qualities such as self-esteem and self-confidence. A positive and upward attitude towards life guides college students to continuously stimulate their potential, improve their ability to withstand pressure and setbacks, and self-control and adaptability, thus forming a scientific worldview, outlook on life, and values, To lay a solid foundation and key prerequisite for college students to become a new generation with comprehensive development in morality, intelligence, physical fitness, aesthetics, and labor. However, the current Psychological health education for college students mainly focuses on problem-oriented and pathological models, and has not completed the transformation towards "have an anchor to windward". This undoubtedly weakens the function and role of Psychological health education, and is not conducive to the comprehensive development of post-00s college students in the new era.

3.2 Effective Ways to Expand the Channels of Psychological Health Education for College Students

Psychological health education for college students is an important content of ideological and political work for college students, an important way to promote the comprehensive development of college students, and a fund a Psychological project for cultivating morality and cultivating talents in higher education. It plays an irreplaceable role in cultivating talents with comprehensive development in morality, intelligence, physical fitness, aesthetics, and labor. At present, various universities are actively playing the main role of classroom teaching for Psychological health education and have accumulated certain experience in exploring channels for Psychological health education. The popularization and standardization of classroom teaching in Psychological health education have led to a steady improvement in the overall level of Psychological health among college students. However, relying solely on classroom teaching as the main channel to play a role cannot meet the growing psychological health development needs of college students. Therefore, it is necessary to continuously promote innovation in college students' Psychological health education based on the characteristics and laws of their physical and Psychological development, effectively promote the exploration of channels and abundant resources for college students' Psychological health education, and internalize moral education into all aspects of psychological education for all employees, the entire process, and all aspects.

3.3 The Pursuit of Improving the Quality of Ideological and Political Work for College Students

This is precisely the historical mission and fund a psychological task of ideological and political education for college students in the new era. Psychological education, as one of the top ten education systems for ideological and political work of college students in the new era, is not only an important content and effective means to improve the quality of ideological and political work for college students in the new situation, but also the development direction and value positioning of psychological health education for college students in the new era. However, the current psychological education work for college students is not satisfactory, and there is still a contradiction between the multidimensional nature of the causes of psychological problems in the education object and the isolation of methods and means, the contradiction between the complexity of education goals, high standards, and the insufficient actual ability of the education team, the contradiction between the overall pattern of 'three complete education' and the lack of psychological education awareness and ability in relevant institutions, which greatly affects the play of the education function. Therefore, it is urgent to promote innovation in Psychological health education for college students, improve the quality of psychological education, and thereby

enhance the quality of ideological and political work for college students, better serving the educational goal of cultivating talents with comprehensive moral, intellectual, physical, aesthetic, and labor development.

3.4 An important guarantee for improving the effectiveness of ideological and political work among college students

The key to achieving effective ideological and political work for college students lies in the degree of internalization of their ideological, political, and moral awareness. Since the birth of psychological health education for college students, it has taken on the important mission of strengthening and improving ideological and political education. Based on the needs of social development and talent cultivation requirements, it aims to help college students understand the characteristics and laws of their physical and Psychological development, cultivate good psychological qualities, and shape healthy and healthy personalities, laying a psychological foundation for the development of ideological and political education. At the same time, Psychological health education for college students also provides perspectives, methods, and skills for ideological and political educators to better understand, understand, and assist students. It can not only prevent or timely solve some of the psychological problems of college students from disappearing in the bud, but also enable students to confidently incorporate the content of ideological and political education into their ears, minds, and actions through "mind wandering" education. Therefore, promoting innovation in college students' Psychological health education and enhancing the compatibility between Psychological health education and the psychological characteristics of post-00s college students is an important guarantee for effectively improving the effectiveness and attractiveness of college students' ideological and political work.

4. Analysis of Innovative Paths to Psychological Health Education for College Students in the New Era

4.1 Building a new psychological teaching model based on the construction of university courses

Under the new curriculum reform, in order to achieve innovation in Psychological health education work, it is necessary to take the construction of university courses as the foundation, and do a good job in the teaching model of the "MOOCK, flipped classroom, and experiential" trinity classroom. The traditional teaching mode mainly imparts brief and concise theoretical knowledge, while the new classroom teaching mode can guide students to learn Psychological health courses through more cases and innovative experiments^[4]. Students first self-study, then the teacher answers questions in class, and finally the teacher and students discuss a certain topic and problem together, enhancing students' enthusiasm for learning.

4.2 Actively carry out campus brand activities and provide support for post event activities

When carrying out Psychological health education activities for students, schools should do a good job in building brand activities to ensure that the activities can receive unanimous participation and promotion within the school. In addition, they should also do a good job in the later stage of brand activities, such as forming cultural heritage within the school through the annual "XXX Cup", enhancing students' sense of identification with the activities, and then promoting and building brand activities in the form of promotion and construction. It has a positive impact on the psychological health of college students and serves as an auxiliary role in classroom education.

4.3 Improve the filing methods for Psychological health and strengthen the development of psychological counseling functions

From the current situation where the Psychological health filing methods for college students are relatively traditional, it is necessary to improve the current Psychological health filing methods. For example, comprehensive data collection and organization should be conducted on the psychological problems that may exist among college students after entering universities. In addition, timely inclusion and filing should be done to ensure that the Psychological health filing method can meet the actual needs of students' psychological development at different ages and grades. At the same time, it is necessary to strengthen the role of psychological counselors. For example, a combination of online and offline methods can be used to open a 24-hour hotline for students, expand the scope of student Psychological

health counseling, and enhance the recognition and dependence of college students on Psychological health counselors. Through psychological counseling rooms, college students' Psychological health counseling can be provided.

4.4 Enhance the strength of Psychological health teachers and improve the Psychological health service system

In order to smoothly carry out and continuously innovate the work of Psychological health education in universities, it is necessary to improve the guarantee mechanism in the later stage. Firstly, it is necessary to enhance the strength of Psychological health teachers and actively recruit new types of Psychological health consulting teachers. At the same time, traditional Psychological health education teachers need to be trained and further educated to improve the level of Psychological health education, Especially, it is necessary to focus on the counseling direction of preventing the occurrence of psychological problems among college students and intervening in the occurrence of psychological crisis events, and strengthen the cultivation of students' positive psychological qualities and the experience of positive emotions. In addition, from the perspective of the school's sound Psychological health service system and mechanism, it is necessary to establish a dynamic screening and monitoring mechanism for students' psychological abnormalities. Through communication and communication between parents and friends around classmates, it is necessary to investigate and understand the psychological abnormalities of college students as much as possible, in order to avoid the occurrence of psychological abnormalities.

5. Conclusion

In the context of the new era, carrying out Psychological health education for post-00s college students is not about completely abandoning traditional teaching models and ideas, but about promptly and effectively avoiding the psychological development characteristics and potential problems of college students in complex social environments, and reforming and innovating traditional teaching methods and ideas, Only in this way can we more accurately grasp the psychological changes of post-00s college students and carry out better Psychological health education for them.

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