

Paths to Strengthen Mental Health Education for College Students in the Era of Artificial Intelligence

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Abstract: *This paper discusses the new challenges that the era of artificial intelligence poses to the mental health education of college students. The impacts of digital stress, social isolation, social media anxiety, career pressure, and uncertainty on the mental health of college students are elaborated. Based on this, a pathway to strengthen the mental health education of college students is proposed: college students need to learn to balance the needs of the virtual and real worlds, cultivate interests in the real world, and use digital technology to enhance real-world experiences. At the same time, strengthening family communication, organizing social activities, teaching correct use of technology, and other ways can improve college students' social isolation. In addition, college students need to establish positive self-awareness and healthy self-esteem and self-confidence, enhance psychological resilience and coping abilities, and learn new skills to meet the needs of emerging industries.*

Keywords: *artificial intelligence, virtual reality, social isolation, college student mental health*

1. Introduction

With the rapid development of Internet technology, people's lifestyles and social structures are undergoing great changes. In the era of smart media, new technologies such as artificial intelligence, automatic driving and human-computer interaction have brought many conveniences to college students, and the wide application of these technologies can save time and improve the learning efficiency of college students. However, the rapid development of smart media also has many negative impacts on the psychological health of college students, such as the uneasiness of personal information leakage, social media anxiety, virtual network addiction, and the worry of employment positions being replaced by intelligence. Therefore, the purpose of this paper is to discuss in depth how to effectively educate college students' mental health in the era of artificial intelligence and how to alleviate college students' mental health problems with the help of artificial intelligence technology, so as to help college students establish correct values adapted to the development of the new era in the face of the era of smart media.

2. The Significance of Strengthening College Student Mental Health Education in the Era of Artificial Intelligence

University students are a group that often faces mental health challenges, which can seriously affect their academic performance and overall health. Therefore, it is important to enhance mental health education activities to equip these students with the necessary tools to face challenges and stress and improve their mental health.

The rapid development and application of artificial intelligence technology provides an opportunity for schools to gain a deeper understanding of the mental health status and problems faced by the college student population through data analysis and mining. By collecting and analyzing students' behavioral data, social media information, and other relevant data, AI algorithms can identify potential mental health problems in a timely manner and provide targeted interventions and support.

However, while AI can provide personalized psychological support, it cannot replace the value of emotional communication and understanding between people. For certain mental health issues, college students need the companionship and listening of a real person. The inability of AI to provide emotional support and understanding can lead to students feeling isolated.

3. The New Challenges of Mental Health Education for University Students in the Era of Artificial Intelligence.

3.1. Digital Pressure

With the continuous development and popularization of artificial intelligence technology, digital technology plays a more important role in the life of college students. Among them, virtual reality technology, as an important direction in the development of digital intelligence, can build a simulated virtual space for college students, help them explore their self-identity and sense of belonging, and enrich their experience and learning style. However, virtual technology may also become a way of escaping reality, leading college students to become addicted to the virtual world and ignore real-life problems and challenges [1]. This dependence can lead to a series of negative effects, such as cervical and lumbar spondylosis, academic decline, and social barriers, which in turn affects the mental health of college students.

Besides virtual reality, another important function of AI technology is the processing of data and information. In the digital age, college students need to deal with the collection, storage, and use of personal data. However, since AI technology is built on a large amount of data and information, college students may face information overload, making it difficult to both access and utilize information quickly and efficiently, and they need to be well equipped with information screening and analysis skills to cope with such challenges. At the same time, college students also need to pay attention to the security and privacy of personal data in the digital era, avoiding risks such as data leakage and online fraud, in order to reduce the psychological burden and anxiety caused by the digitization of information...

3.2. Social Isolation

In the age of artificial intelligence, technological tools play an increasingly important role in people's communication and exchange. Social media platforms, smartphones and other devices have become an integral part of college students' daily lives. Although these virtual socializations bring convenience, they cannot completely replace real face-to-face communication. When college students gradually get used to interacting with others through message answering and social network liking, it will result in the lack of direct face-to-face communication and emotional exchange. This phenomenon easily leads to the disconnection of college students from the real society and produces the group loneliness problem of social isolation [2]. In modern society, most people tend to communicate with others through online platforms such as social media and instant messaging applications, and although this way can be convenient and fast to reach more people, it also increases the sense of disconnection from the real world[3]. It is easy for college students to get lost in the virtual social world, thus ignoring the real relationships around them. This makes social communication superficial and superficial, and fails to meet the real social needs of college students, thus creating anxiety and loneliness.

Social isolation can have a negative impact on the mental health of individual college students. Loneliness and social isolation are closely related to psychological problems such as anxiety and depression, and college students with higher loneliness tend to have higher intensity of mobile social media use time and frequency[4]. When college students' social lives are overly dependent on virtual technology, social isolation and anxiety problems can be exacerbated by the lack of real face-to-face interaction and emotional support. College students may suffer from a lack of emotional fulfillment due to an inability to connect with others on a deeper level, which can lead to exacerbated mental health issues.

3.3. Social Media Anxiety

Social media anxiety is the psychological and emotional tension and uneasiness that arises from the use of social media. It stems primarily from concerns about personal image and social status, as well as an overriding concern about being judged and compared to others. First, social media creates a standard of perfection. On social media, most people tend to show great moments and successes and rarely share failures and setbacks, which leads to a false sense of reality. When college students are overexposed to this glamorous content, they mistakenly believe that other people's lives are always so glamorous, leading to feelings of inferiority and dissatisfaction.

Secondly, many college students set up personal self-media accounts on social media platforms and showcase their exciting personal lives or talents. At this point, the number of account followers, content likes and comments become the indicators for college students to measure the success of their personal self media accounts. In pursuit of more followers and likes, some may create false, exaggerated, superficial or even vulgar content. Such behavior undermines authenticity and integrity, and also leads to a trend of poor and shallow information, as well as fostering vanity and self-aggrandizement. For those who rely on social media recognition, the growth of follower and like numbers can be a source of self-esteem and a sense of worth. When these numbers don't meet expectations, they may feel frustrated, anxious or even depressed.

In addition, the anonymity and ability to spread widely on social media makes some users inclined to post offensive and hateful comments[5]. An increase in the number of likes and comments may further encourage such negative speech and exacerbate the problem of online violence and hatred.

3.4. Career Pressure and Uncertainty

The rise of Artificial Intelligence technology has had a profound impact on the job market and career needs. It has a wide range of applications in automation, machine learning, data analysis, speech recognition, image processing and many other areas. The development of this technology poses challenges to some traditional jobs, especially labor-intensive jobs that may be affected by automation and robotics, leading to job losses. For example, some simple and repetitive tasks, such as assembly work on production lines, may be replaced by robots[6]. At the same time, some industries such as banking, retail and customer service are also adopting automation technology to replace human resources, which may result in college students facing greater competitive pressure in the job market.

Therefore, the rapid development of AI has brought about career pressure and uncertainty for university students. On one hand, some students may worry whether their knowledge and skills are sufficient to keep up with the advancements in AI technology, potentially impacting their employment prospects. On the other hand, some students may have concerns about the impact of AI technology on traditional industries and social structures, fearing that their future employment may be affected.

4. Exploring Paths to Strengthen University Students' Mental Health Education in the Era of Artificial Intelligence

4.1. Balancing the Demands of the Virtual and the Real

In the digital age, college students may spend an inordinate amount of time in the virtual world and neglect opportunities for real socialization and learning. In order to maintain their mental health, college students need to learn to balance the needs of the virtual and real worlds, rationalize their time, and stay connected to the real world.

First of all, college students can allocate the time for activities in the virtual world and the real world by making a reasonable time plan. They can specify the amount of time they spend in the virtual world each day and set aside time for activities such as real socializing, studying and exercising. Second, college students need to establish a healthy social network. They can interact with friends in the virtual world as well as with people in the real world. This not only helps maintain social connections and emotional support, but also improves social skills and self-confidence. In addition, college students should develop real-world interests and hobbies. They can actively participate in sports, concerts, art exhibitions, and other activities to enrich their life experiences and perspectives. Finally, they can also learn to utilize digital technologies to enhance real-world experiences. For example, they can use virtual reality to visit the sites of ancient civilizations, use augmented reality to learn biological sciences, and so on. This not only enhances the learning effect, but also provides a richer experience and feeling.

4.2. Creating a Social Supportive Environment

The development of artificial intelligence technology has changed the way college students socialize, and they may be more inclined to use social media and online communication tools, with fewer opportunities for face-to-face interaction. Although technologies such as virtual reality and intelligent voice assistants can provide a certain degree of social experience, this virtual socialization cannot fully compensate for the need for real socialization, and may lead to college students feeling

isolated and lacking real emotional connection in real social situations. In addition, personalized recommendation and filtering algorithms may also exacerbate the closed nature of college students' social circles. Social media and online platforms tend to recommend information and relationships based on users' interests and behaviors, which may lead college students to become more confined to their comfort circles and reduce their opportunities to engage with people from different backgrounds and perspectives.

In order to address the social isolation of college students, a combination of family, school, social and technological factors need to be considered. Families are the closest emotional supportive force for students, and their support and encouragement are crucial to students' mental health and social development. Families should maintain frequent exchanges and communication with their children to understand their social needs and difficulties, and provide advice and guidance to explore with their children ways to resolve their social difficulties. Schools can encourage students to participate actively by organizing various social activities, such as outdoor sports, art exhibitions and discussion groups. They can also strengthen education on artificial intelligence technology and guide students to use technology correctly to maintain the importance of realistic socialization. Society can convey correct social concepts and behavioral standards to the general public through social networks, media and public campaigns, guiding young people to make reasonable use of the Internet and social media, understand social rules and etiquette, and enhance social skills and virtues. The technology industry should promote healthy ways of using technology and design products and services to promote authentic socialization and diversified communication.

4.3. Cultivating psychological resilience and coping abilities.

Social media anxiety is a psychological state caused by social media use that manifests itself as excessive concern, worry, and uneasiness. Schools should help them correctly recognize themselves and build up self-confidence in order to reduce excessive attention to others' comments on social media. At the same time, the cultivation of psychological resilience and coping skills should be strengthened to help college students effectively cope with the stress and anxiety that may be brought about by social media. Promote beneficial online interactions, such as sharing positive content, engaging in constructive discussions, and supporting others, in order to cultivate positive social media usage habits and minimize negative impacts. In addition, strengthening the cultivation of critical thinking and information screening skills helps college students better understand the information on social media and be able to be objective about different viewpoints and information sources.

Overall, solving the psychological problem of social media anxiety among college students in the age of artificial intelligence requires the joint efforts of educational institutions, social organizations, and individuals to help college students better cope with the problem of social media anxiety and maintain psychological health and positive social relationships by strengthening digital literacy education, encouraging diversified socialization, cultivating critical thinking and information screening skills, and advocating positive online interactions.

4.4. Diversifying Knowledge and Skills Reserves

With the rapid development of AI technology, some careers may face significant changes or even disappear. To adapt to such changes, college students need to have the ability to adapt, flexibly adjust their career paths, and learn new skills to meet the needs of emerging industries. In addition to traditional disciplines, college students should pursue a diverse educational background and focus on AI-related fields such as machine learning, data science, and human-computer interaction. This will increase job competitiveness and give them an edge in career transitions.

College students can participate in interdisciplinary collaborative projects and teams to solve problems with students from other professional backgrounds and improve their comprehensive abilities. At the same time, they should establish the concept of lifelong learning, proactively learn new knowledge and skills, and continuously update their skills through online courses, training courses and seminars to adapt to the changing needs of the job market. In addition, college students should also cultivate a sense of innovation and entrepreneurship, actively search for solutions to social problems, and utilize AI technology for innovation. In addition to classroom learning, they should actively participate in internships and practical programs to understand the actual working environment and requirements of the AI industry through hands-on practice and work experience, and to enhance their skills and competitiveness.

5. Summary

This paper analyzes the new challenges facing college students' mental health education in the age of artificial intelligence, discusses the impact of digital pressure, social isolation, social media anxiety, and occupational pressure and uncertainty on college students' mental health in the context of the age of artificial intelligence, and explores the paths to strengthen college students' mental health education in the age of artificial intelligence in relation to the above issues.

The development of artificial intelligence technology has changed the way college students socialize. In the digital era, college students need to learn to balance the needs of the virtual world and the real world, and maintain their mental health by arranging their time wisely, building healthy social networks, cultivating real-world interests, and using digital technology to enhance real-world experiences. While virtual socialization provides some level of experience, it cannot fully compensate for the need for real socialization and may lead to feelings of isolation and lack of emotional connection. Therefore, a combination of family, school, social and technological efforts are needed, including strengthening family communication, organizing social activities in schools, educating on the proper use of technology, guiding society to communicate correct social concepts and behavioral standards, and the technology industry to promote healthy technology use.

Social media anxiety is a psychological state caused by the use of social media. Schools should encourage college students to establish a positive self-concept and healthy self-esteem and self-confidence, as well as strengthen the cultivation of psychological resilience and coping ability, advocate beneficial online interactions, and enhance the cultivation of critical thinking and information discrimination, in order to make joint efforts to solve the psychological problem of social media anxiety among college students in the era of artificial intelligence. College students also need to have the ability to adapt themselves, flexibly adjust their career paths, and learn new skills to meet the needs of emerging industries; diversified educational backgrounds, participation in interdisciplinary collaborations, cultivation of a sense of innovation and entrepreneurship, and active participation in internships and practice programs can improve the individual competence and competitiveness of comprehensive college students.

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