

The Development Change and Countermeasures of College Students' Mental Health Education from the Perspective of "Internet +"

Huijin Huang*, Benyuan Li

Guangdong Polytechnic of Science and Technology, Zhuhai 519000, China

*Corresponding author: vivianhuang21@163.com

Abstract: *Mental health education plays an increasingly important role in the field of higher education teaching. Carrying out the mental health education of college students is the requirement for colleges and universities to strengthen humanistic care and implement the fundamental task of morality and cultivating people. It helps college students to enhance their self-awareness, achieve self-regulation and self-healing, so as to grow up healthily. "Internet +" is conducive to promoting the online courses and popularization of mental health education, but there are also problems such as insufficient attention of students, lack of effective interaction between teachers and students, and weak professional ability of teachers. Under the background of "Internet +", colleges and universities should build a three-dimensional mental health curriculum system in the form of online courses, use the anonymity and openness of the Internet to enhance teaching interaction and experience, and promote the integration of teachers' ideological education and mental health education capabilities.*

Keywords: *mental health education, "Internet +", college students, development, change*

1. Introduction

In recent years, China has attached great importance to the mental health education of college students. The Ministry of Education's notice on printing and distributing the "Guidelines for Mental Health Education for Students in Colleges and Universities" pointed out that it is necessary to adhere to the unity of nurturing the mind and cultivating morality, and standardize the development of mental health education and consulting services. At present, more and more colleges and universities are carrying out mental health education through online courses, which is of great significance to improving college students' learning enthusiasm, establishing life safety awareness, and developing a positive mental health state. Relevant studies have shown that some college students are not satisfied with the online mental health education carried out by colleges and universities, have a poor sense of experience, and have different degrees of psychological barriers [1]. There is still a long way to go for colleges and universities to improve the effectiveness of online mental health education. In the new era, online mental health education in colleges and universities should uphold new concepts, from "mental health problems" to "mental health services", from "negative psychology" to "positive psychology", enrich the content of mental health education, and improve the professionalism of mental health teachers to improve the mental health of college students.

2. Mental health and mental health education

2.1 The concept of mental health

Mental health is an important aspect of a person's physical and mental health, which means that all aspects and activities of the mind are in a good or normal state. A mentally healthy person is not only in a good state of mind, but also should master the ability to act, only in this way can he work effectively. From this point of view, the standard of mental health should meet the requirements of "a correct understanding of reality", "self-acceptance", "self-regulation", "stability and coordination of personality structure", "enthusiasm for life and work efficiency", etc. [2]. Students' mental health problems cannot be ignored, which is the result of the combined effect of many factors. In addition to the students' own factors, it is also necessary to face up to the pressure, tension, anxiety and depression caused by the social environment [3]. Mental health is a good state in which students improve their

psychological adaptability and achieve the unity of internal coordination and external adaptation. Therefore, mental health education and services should be strengthened, and students should master the knowledge, skills and methods of mental health. At the same time, solving mental health problems is not only dealing with negative psychology, but also developing positive psychology for normal and healthy ordinary people, focusing on positive subjective experience and personality traits. The purpose of active prevention and treatment is achieved by digging out the strength and potential of oneself [4].

2.2 The role of mental health education

The first is to help colleges and universities enhance humanistic care and implement the fundamental task of morality and people. The fundamental task of higher education in China is to cultivate talents with all-round development of morality, intelligence, physique, aesthetics and labor, and to provide talent guarantee for socialist modernization. Mental health is one of the important qualities of talents. By carrying out mental health education and improving related courses, colleges and universities shape students' ideals, beliefs and moral personality, improve students' sense of responsibility and aesthetic awareness, and enhance humanistic care for students; Learning with a mentality, so that the efficiency of learning is higher, which is conducive to the completion of studies, focusing on overall development and all-round growth; let students be full of love, learn to be tolerant, learn to understand and listen, so as to care for themselves, others, and society, and grow into the person of virtue [5]. The second is to help college students enhance their self-awareness and achieve self-knowledge. People need self-knowledge to know what they can and can't do, and what they need to do to realize their ideals and ambitions. However, it is often difficult for a person to know himself, it is easy to feel good about himself, and he can't discover his own mental sub-health state in time. The establishment of mental health education in colleges and universities helps to provide professional methods to help students conduct psychological assessment and self-assessment, so as to objectively evaluate themselves, so as to effectively carry out learning, career planning and social practice, and improve employment and entrepreneurship skills. The third is to help college students adjust their psychological emotions and grow healthily. Mental health education is different from psychological counseling. It is a general mental health knowledge publicity and other educational activities carried out by colleges and universities for all students. It aims to help students master mental health assessment standards and coping skills, including how to enhance self-confidence, how to fight setbacks, and how to deal with emotions adjust. College students are gradually becoming mature through the accumulation of knowledge and rich experience, but there will also be some people with poor mental health, even emotional breakdowns and varying degrees of depression. If college students can't regulate their emotions well, they may cause psychological disorders. Through mental health courses, college students are guided to take necessary activities for self-regulation and self-healing when they are unhappy, such as participating in sports, watching movies, etc. to heal themselves, or seeking peer support and psychological counseling to help themselves get rid of psychological confusion achieve healthy growth [6].

3. The development and changes of college students' mental health education under the background of "Internet +"

3.1 Insufficient attention to mental health courses affects students' developing a positive and healthy psychology

At present, colleges and universities can build a complete mental health education curriculum through exploration and practice, and realize the full coverage of students' mental health education, which alleviates the problems of college students' psychological confusion, emotional loss and lack of confidence to a certain extent, and helps college students adapt to teenagers to adults role reversal. With the change of the general environment of the times and the introduction of positive psychology theory, the standard of mental health has been given new connotations, and the content of mental health is gradually expanding. The mental health education in colleges and universities presents a trend of networking, which is convenient for the implementation of mental health education. Although the online courses of mental health education in some colleges and universities are public compulsory courses, the course assessment is not strict. Some colleges and universities offer mental health courses in the freshman year, and the offline classroom teaching is less hours, so it is supplemented by mental health education online courses, which are mostly self-study or elective courses, which requires students to take active and conscious learning. However, only some college students attach importance

to mental health and actively learn mental health knowledge through online courses. Some college students do not pay attention to mental health, think that their mental health is very good or are skeptical about the role of mental health courses, they are not active in course study, their understanding of mental health is not scientific enough, and they have not mastered mental health assessment methods and adjustment methods, some college students are prone to psychological obstacles, and some students have been in a sub-healthy state for a long time, and they have not developed positive psychological qualities, which is obviously not conducive to learning and growth.

3.2 The lack of interaction between teachers and students leads to poor mental health education

Mental health courses are both theoretical and practical courses. They are highly professional. It does not mean that students can improve their mental health by learning mental health knowledge. A positive mental state may not be able to be developed, and mental health assessment and adjustment skills may not necessarily be developed can master and use. If the mental health education provided by teachers only highlights the knowledge, it is difficult to have the effect of psychological treatment and guidance on the individual students. The teaching lacks pertinence, it is difficult to touch the hearts of students, and it lacks spiritual communication and sense of belonging, which affects students' understanding of mental health education sense of gain and achievement of teaching goals. Therefore, mental health education should adhere to the unity of commonality and individuality. While teaching mental health knowledge, teachers should give special care to students with mental health problems or fall into emotional distress, and carry out psychological healing, which requires effective interaction between teachers and students. Although the platforms or apps used in online courses also provide classroom discussions, such discussions often lack effectiveness and personalization, resulting in ineffective interaction between teachers and students, and it is impossible to observe students' words and deeds face-to-face to make more accurate judgments the real state of student mental health. There are also some students who are unwilling to express their psychological confusion in the classroom discussion due to privacy concerns, making it difficult to carry out interaction. How to effectively solve the interaction between teachers and students has become an important issue under the trend of online courses in mental health education.

3.3 The professional ability of the teaching staff does not dictate the effectiveness of mental health education

Although colleges and universities pay more and more attention to the mental health education of college students, the professional ability of most mental health teachers in colleges and universities is not strong. Teachers are not professional psychological consultants, and most of them are teachers who specialize in ideological and political education research. Although these teachers can carry out ideological education, career planning, and help solve certain psychological confusions, they lack professional knowledge of psychology and have an inaccurate grasp of students' psychological cognition. Simply lecturing can't really solve students' psychological problems. There are also some psychology teachers, although they have relevant professional qualifications, but their education and teaching ability is not strong. They limit mental health education to dealing with abnormal psychological problems, and can't carry out mental health education and ideological education from the perspective of psychological education fusion, inaccurate grasp of students' thinking. In addition, mental health teachers still have problems such as unscientific teaching methods, lag in updating psychological theories, and weak practical ability. They lack investigation and in-depth summary of the emerging psychological problems of college students, and cannot propose effective psychological cure strategies effectiveness is not strong.

4. Under the background of "Internet +", the coping methods of college students' mental health education

4.1 Build a three-dimensional mental health curriculum system in the form of online courses

In order to improve students' mental health awareness, colleges and universities should implement mental health education throughout the entire process of college students' learning in accordance with the principles of the whole process and full coverage, and explore and promote popular online mental health education. On the one hand, according to the actual needs of college students' positive psychological development, various mental health online courses should be opened in a targeted

manner. Such as interpersonal relationship management of college students, emotional management of college students, life education, positive psychology, psychological assessment and self-assessment, psychological adjustment, etc. Mental health topics that students are more interested in, such as the concept of success or failure, the concept of friendliness, and the concept of employment, can be taught by special topics. According to the laws of psychological cognition and the principle of stratified teaching, different mental health courses are offered to students of different grades. For example, new students are mainly offered courses on mental health standards, healthy personality and will quality, college new life adaptation, career planning, setback education, confidence education and other courses, while senior college students mainly carry out entrepreneurial psychological adjustment, mental health adjustment, psychological abnormality judgment, psychological crisis intervention, self-assessment of anxiety and depression self-rating scale, psychological counseling and other educational activities. In addition, the mental health status of the university students should be evaluated every semester, and the survey and research should be carried out using the Chinese University Student Mental Health Screening Scale. On the other hand, it is necessary to promote the popularization of mental health education, avoid mental health professional terms as much as possible, and use easy-to-understand language and cases to popularize mental health knowledge to reduce the difficulty of students' understanding. When recording online course videos, colleges and universities should compare and compile supporting mental health teaching materials to assist students in their learning. At the same time, it is necessary to give corresponding credits to online mental health courses and carry out corresponding teaching assessments. Standardized course assessment can supervise and motivate students to attach the same importance to mental health courses as other courses, and actively participate in popular and networked mental health learning activities. The teaching assessment methods should be flexible and diverse. It can adopt a combination of online and offline assessment methods, or explore and try a combination of theoretical and practical assessment methods.

4.2 Enhance the interaction between teachers and students in mental health education

Mental health education is inseparable from the interaction between teachers and students. The lack of interaction led some students to be reluctant to open their hearts to the teachers to talk about their psychological pressure and confusion. Teachers and students should shorten the psychological distance between the two sides through frequent contacts and exchanges, and enhance students' trust in teachers, so that mental health education can be carried out smoothly, and students can accept constructive opinions or other help provided by teachers. By making good use of the conditions provided by "Internet +", it is possible to explore the interaction between teachers and students through various channels. First, increase classroom interaction, allowing students to express their own opinions on various psychological issues. The online courses of mental health education in colleges and universities should deal with the relationship between students' online self-study and teachers' online teaching, and explore a scientific way of combining the two. In the online teaching stage, teachers use DingTalk, Tencent Classroom and other teaching software to focus on experiential and participatory teaching, and comprehensively use classroom lectures, case analysis, group discussions, experience activities, situational performances, role-playing, group training, psychological teaching methods such as testing to carry out online teaching and interaction, enhance the attractiveness and participation of mental health online courses. Secondly, through the "Internet +" software, set up a mental health discussion board and set up different discussion topics. For example, let outstanding students share their own growth experience and help their peers to make progress. Finally, take advantage of the anonymity of "Internet +" for mental health interactions. Teachers can set up a WeChat account or QQ account for mental health counseling work, allowing students to add anonymously, listen to students' various psychological confusions in learning, making friends, social practice, etc., and provide targeted and professional psychological counseling suggestions. When interacting with students psychologically, teachers should learn to listen, be considerate, and enhance affinity. At the same time, the interaction between teachers and students should abide by professional ethics, keep students' psychological counseling information confidential, give students more sense of trust, and be students' confidants, caring people and guides.

4.3 Improve the professional ability of mental health teachers

Mental health education teachers actually have dual identities. On the one hand, they serve as course teachers, imparting mental health knowledge and carrying out mental health practice. On the other hand, the course teacher is a psychological counselor, who conducts psychological intervention treatment for students with psychological disorders in a timely manner. Mental health education

teachers should have the ability to integrate, and become a compound talent who can not only teach, but also carry out psychological intervention therapy. Colleges and universities must improve the structure of mental health education teachers from the perspective of psychology. First of all, you need to be certified to work. All teachers engaged in mental health teaching and psychological counseling must have a professional qualification certificate for psychological counselors. Secondly, it is necessary to regularly carry out vocational training for mental health teachers and psychological counselors to improve their teaching ability and psychological counseling ability. It is easier for course teachers to master mental health knowledge, while the development of practical skills requires teachers' long-term continuous learning and practice. Thirdly, colleges and universities should update teachers' cognition of mental health standards from the perspective of psychological education and positive psychology, and guide them to establish a psychological education concept of "cultivating the heart", "healing the heart", "educating people" and "cultivating morality" in an all-round way. Experts and scholars in mental health are invited to give lectures, and help teachers improve their professional ability in psychology through student case analysis. Finally, it is necessary to improve teachers' "Internet +" mental health education ability. "Internet +" is profoundly transformative and has extensive influence. Teachers should learn to use "Internet +" to carry out teaching innovation, comprehensively use online teaching platforms and media integration, and carry out all-round mental health teaching and publicity; use big data technology, data mining technology and information analysis technology to do a good job in the induction and summary of students' psychological problems, and put forward effective psychological intervention strategies.

5. Conclusion

In short, to improve the mental health level of college students, three-dimensional mental health education measures are needed. On the one hand, colleges and universities should strengthen online mental health education, strengthen teaching assessment and teaching practice, and improve the mental health participation and experience of college students. On the other hand, it is necessary to continuously strengthen the development and optimization of online mental health education platforms, big data analysis software, and online mental health assessment software, establish a network case database for mental health education, and continue to escort mental health education in the context of "Internet +", continuously improve the effectiveness of mental health education.

References

- [1] Li X Q, Song C Y. *Research on the teaching design of college students' mental health education course from the perspective of positive psychology [J]. Journal of Higher Education, 2017(5): 88 + 90.*
- [2] Chen H. *The value of psychological education in colleges and universities and its realization path from the perspective of Lide and cultivating people [J]. Ideological and Theoretical Education, 2019(5): 86-89.*
- [3] Xu J. *The development status of online mental health education in colleges and universities [J]. Science Education Journal, 2021(21) : 22-24.*
- [4] Zhang J J, Chen J J. *Evaluation of the effect of mental health education courses for freshmen in Jiangsu colleges and universities [J]. Chinese School Health, 2021, 42(8): 1 198-1 200 + 1 205.*
- [5] Zhang J N. *Research on the new mode of mental health education in higher vocational colleges [J]. Journal of Huainan Vocational and Technical College, 2021, 21(4): 91-93.*
- [6] Pan L, Dong M H. *The practical problems and breakthroughs faced by psychological education in colleges and universities [J]. Ideological and Theoretical Education, 2019(3) : 90-94.*