

The Penetration Path of Mental Health Education in College Students' Career Planning

Zenglong Liu^{1,a}, Pengxiang Yin^{2,b,*}, Kai Sun^{3,c}

¹Shandong Youth University of Political Science, Jinan, Shandong, China

²Rizhao Marine Engineering Vocational College, Rizhao, Shandong, China

³Shandong Youth University of Political Science, Jinan, Shandong, China

^a1530068787@qq.com, ^b527866801@qq.com, ^c1356264918@qq.com

*Corresponding author

Abstract: *With the rapid growth of the economy, the society's demand for talents continues to increase. Under the influence of various factors such as increasing employment pressure and fierce job competition, college students have become the mainstream of the times as successors and innovators of future socialist construction. This paper aims to study the penetration path of mental health education(MHE) in the campus cultural environment, and to improve the teaching quality of ideological and political theory courses in colleges and universities by organizing relevant courses in schools and conducting targeted consultation and management activities in combination with the current situation of students' career planning. This is of great significance for cultivating talents with all-round growth and high comprehensive quality. After that, this paper studies the career planning model of college students, and tests the basic functions of the model. The test results show that the accuracy of the model is very high, the information efficiency rate is between 43% and 48%, and the data processing time of the model is 3 between seconds and 5 seconds.*

Keywords: *Mental Health Education, College Students' Career, Penetration Path, Career Planning*

1. Introduction

With the rapid growth of social economy, people's living standards continue to improve. This also puts forward new requirements for college students' vocational skills and employment concepts, so more and more college students begin to participate in career planning activities. However, compared with Western countries, there is still a huge gap, and the mental health problems of college students are becoming increasingly prominent. Therefore, it is very important to actively and effectively guide and educate college students to solve the pressure and confusion they face [1-2]. This not only helps to enhance their self-confidence and promote the harmonious growth of society, but also helps them establish a correct career outlook and life values.

In foreign countries, the growth of MHE is earlier, and developed countries such as the United States and Japan have already started related research. However, the investigation and evaluation mechanism of college students' mental health is not perfect. Some scholars have proposed from the perspective of college students' career planning that schools should establish scientific and effective incentive measures and evaluation systems. Through the questionnaire survey method, some scholars conducted interviews and analyzes on students of different majors in a college, and found that in the process of employment guidance, factors such as teachers' teaching methods and curriculum settings will affect the mental health level and growth direction of college students [3-4]. Some scholars believe that there are serious problems in the career planning of college students, that is, the lack of effective guidance and supervision mechanisms, and the lack of necessary support in the process of career growth [5-6]. Therefore, this paper studies the infiltration effect of MHE on college students' career planning.

MHE is an inevitable requirement of current social growth. Through the growth of various forms, rich content and strong practicality of college students' career planning activities, students' self-awareness and adaptability can be improved. This article aims to discuss and analyze the main problems and solutions in the research of MHE activities and penetration paths in domestic colleges and universities. It is also hoped that through this topic, it can provide references for improving the professional theoretical teaching level of teachers, and contribute to the cause of higher education. At

the same time, it is also hoped that through this topic, relevant fields will be explored and summarized in depth, so as to provide reference for future research.

2. Discussion on the Penetration Path of MHE in College Students' Career Planning

2.1 MHE

MHE refers to activities that must be carried out to help achieve life goals through planned and systematic training of individuals' good emotional attitudes and social adaptability. According to psychological theory, emotion is the most important and critical factor in a person's life. Therefore, in the process of college students' career planning, MHE has certain value [7-8]. Students should establish correct learning concepts and actively participate in self-awareness and evaluation. Secondly, teachers should guide students to establish good emotional attitudes and values. MHE takes individuals or groups as objects, systematically and comprehensively analyzes and diagnoses the laws of physical and mental growth and influencing factors, and takes corresponding measures in a timely manner to provide active and effective guidance to form functional and continuously changing scientific knowledge and abilities. It includes two aspects: one is to help college students build up their self-confidence by providing relevant information through psychological counselors; the second is to use various forms and methods to promote students' active participation in teaching activities. MHE is a purposeful and systematic scientific training and comprehensive evaluation of the laws and influencing factors of people's physical and mental growth, and guides people to establish correct world outlook, outlook on life and values in the process of ideological and moral formation. Psychology believes that individuals know themselves and realize their own value through various forms of social practice activities. Therefore, the MHE of college students should be combined with the actual situation of the professional skills training received by students in the school stage, and design educational activities that are highly targeted, practical and in line with the characteristics and needs of contemporary college students' physical and mental growth.

MHE is a systematic and scientific guidance and training aimed at guiding and promoting the formation of good personality characteristics and self-improvement abilities for college students according to the laws of physical and mental growth through professional consulting agencies. Ideological and political theory courses mainly include the knowledge of basic principles of Marxism and national social and economic policies for students to learn; and carrying out patriotism and collectivism moral quality education activities in combination with the requirements of the construction of socialist spiritual civilization with Chinese characteristics; guiding college students to establish correct value orientations by propagating various policies and road maps of the party and the country. MHE is a targeted, comprehensive and systematic social psychology training. In the career planning of college students, implement mental health intervention, regular or irregular publicity and counseling [9-10]. Introducing professional ethics and quality training knowledge to teachers and students through lectures and other forms, guide them to establish correct values and form basic codes of conduct. Guiding students to learn the ability to control their emotional changes, improve their ability to adapt to social environment pressure and self-regulation awareness, and encourage them to actively participate in class organization activities. MHE is a comprehensive and systematic shaping of individual personality, physical growth, and socialization, so as to promote physical and mental harmony, gradually realize human dignity, and realize self-worth. Combining the theoretical basis of psychology and relevant practical experience, this paper puts forward corresponding measures to improve the quality and level of MHE in colleges and universities, and focuses on improving vocational skills and cultivating good qualities.

2.2 College Students' Career Planning

Career planning for college students refers to helping students formulate career growth goals, choose suitable jobs, and solve a series of targeted and effective problems based on their actual conditions, combined with their own interests, hobbies, and abilities, and under the needs of national and social and economic growth, through analysis and research, comprehensively using scientific methods and means. Its purpose is to cultivate college students with good psychological quality, ideological quality and strong learning and practical experience, so that they can engage in professional and technical activities in jobs that meet their own characteristics and have certain challenges [11-12]. The main content of college students' career planning includes determining the employment direction and entrepreneurial motivation, and formulating a detailed growth strategy plan in order to successfully

realize their academic goals and ideal goals. This kind of planning is based on one's own actual situation, with the recognition and support of the state and society, combined with personal characteristics and hobbies, to formulate employment guidance behaviors that meet the professional growth needs and have self-realization significance. At present, it is in the stage of building a well-off and prosperous society in an all-round way, with rapid economic growth and continuous improvement of people's living standards. However, in this context, there is also a current situation of imbalance among the whole people, and the number of college students has increased sharply and is on an upward trend year by year. Therefore, the implementation of career planning in colleges and universities can effectively improve the quality of students themselves. Figure 1 is the understanding of current college students on career planning.

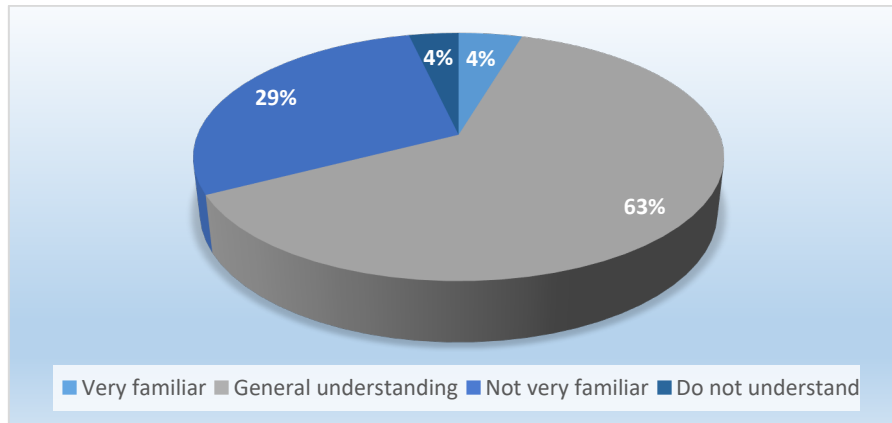


Figure 1: Whether college students understand their own career growth

College students' career planning is to predict, analyze and evaluate various career choices and behaviors that may be encountered according to their own objective and actual conditions, and take a series of action strategies and measures to achieve certain goals. The stage of career decision-making guidance for college students includes the formulation of detailed, targeted, and practical implementation plans. In this process, teachers need to guide students to solve problems that may arise in various aspects of MHE [13-14]. College students' career planning is based on the national education policy, the relevant policies and requirements of the school, combined with their own actual situation, through comprehensive analysis and scientific prediction, to formulate corresponding goals, and gradually realize self-growth. College students are about to step into social participation jobs and face enormous and complex employment pressure. Therefore, MHE is needed to help them overcome the adverse effects of family and personal factors. Career planning is to guide and counsel in a planned way according to one's current state and future career choice and positioning, combined with one's own actual situation [15-16].

2.3 The Form of MHE Infiltrating College Students' Career Planning

Through in-depth MHE, students can be helped to cultivate positive, optimistic and open-minded emotions in their career planning. At the same time, it is also possible to use the combination of ideological and political theory courses and social practice activities to organize college students to participate in public welfare services and social theme class meetings carried out by the school for career guidance. In addition, according to the requirements of different disciplines, corresponding course content can also be set up to cultivate students' good moral qualities and interpersonal skills [17-18]. In the process of students learning professional knowledge and skills, attention should also be paid to their mastery of MHE knowledge and skills. This goal can be achieved by offering lectures on MHE, holding "Happy Campus" activities, and organizing "Grateful Parents" volunteer service teams. Infiltrating MHE into college students' career planning is not only a requirement for the growth of the current college talent training strategy, but also a measure to promote the adaptation of the employment situation to social needs. Students can be systematically trained and guided through psychological counseling institutions, schools and other professional organizations to improve their overall quality. In addition, "career planning courses" or special lectures can also be set up, and career planning can be taught as a compulsory course among college students, and the course content can be updated regularly. It is also very important to add knowledge in related subject areas, such as psychology, pedagogical principles and methodologies, etc. Figure 2 shows the channels through which college students understand MHE.

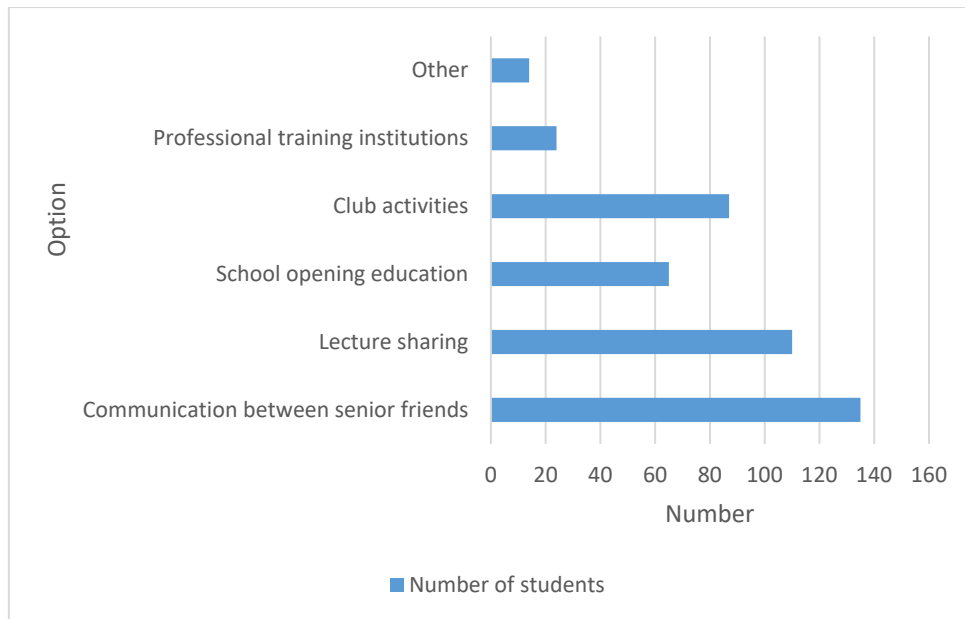


Figure 2: College students' understanding channels of career planning

In the practice of career planning, classroom lectures, debates and assessments are mainly used to understand students' evaluation of their self-awareness through face-to-face conversations. In addition, it is also possible to communicate through various channels such as holding theme seminars or symposiums, which is conducive to improving the ability of consultants and instructors to listen to students' opinions when working on specific teaching content. Through the penetration of MHE, college students can be more aware of the connection between career planning and self-control ability, and gradually form a systematic and scientific cognition in the career growth stage. Schools should give full play to the function of "student evaluation" and monitor and evaluate career planning as a whole process. At the same time, it is also necessary to strengthen the summary and analysis of the feedback information on the employment guidance work, so that college students can obtain relevant information and opinions in a timely manner, so as to provide necessary help and support. By combining MHE with knowledge in other fields, students will give more consideration to their hobbies and other factors when choosing a career, and make corresponding adjustments according to their personality characteristics and actual conditions. At the same time, schools should also provide supporting assistance measures and a consulting service system for college students' career planning to help them achieve their life goals smoothly. In addition, various, multi-level, and diverse courses can be carried out, such as seminars or training courses, which have positive significance for cultivating students' psychological quality, and promote the improvement of college students' self-education ability and comprehensive growth level through various channels. In the career planning of college students, MHE should play an important role and provide effective services for them [19-20]. Through curriculum setting, activity design and other means, students can understand their own professional growth needs and self-awareness level. Therefore, the content of MHE can be incorporated into the ideological and political work system. In the process of implementing MHE, schools and teachers should give full play to their main channel and auxiliary role. The career planning of college students is mainly actively participated by students. Therefore, in order to ensure the smooth completion of courses and achieve the expected results, colleges and universities need to play a leading role. The head teacher and the class teacher can jointly guide students to learn professional knowledge and master vocational skills. At the same time, taking the class group as the leading role, carry out special lectures and other forms, and publicize and report the MHE content, methods and related activities of the class. Counselors can also suggest effective responses to typical problems.

3. The Experimental Process of the Penetration Path of MHE in College Students' Career Planning

3.1 Self-Career Planning Model Based on MHE

The main purpose of college students' MHE is to solve various problems that students may

encounter in career planning, so as to promote the coordinated growth of their body and mind. In order to achieve this goal, individual and school-level educational content and guidance can be integrated into career planning efforts. At the individual level, personalized course systems and special lectures can be designed according to the characteristics of different stages. At the school level, group counseling events can be organized and a variety of avenues are available to help college students with mental health counseling. In career planning, college students can objectively, comprehensively and truly understand and evaluate themselves through MHE. When formulating career goals, we should insist on being student-centered, respect the law of personality growth, and determine specific requirements based on the actual situation of the school. At the same time, factors such as social needs and personal interests also need to be considered. In addition, the corresponding course content should be designed according to the characteristics of different professionals, so as to make it more in line with the new standard and higher level of the psychological quality of college students in the employment market and posts. Through the self-career planning model of MHE (as shown in Figure 3), it is possible to quantitatively analyze college students' career interest, motivation and influencing factors. In this process, according to the situation of the students and the relevant curriculum content of the school, corresponding professional learning goals can be set, and different levels of teaching plans can be designed according to their personality characteristics and family environment and other factors. For example, for students who have just entered school but are in the stage of exploration or employment difficulties, the combination of MHE and self-diagnosis system can help them establish career planning awareness. The core elements of the self-career planning model based on MHE include the fields of interest and career types chosen by college students. Through specific analysis, it can be found that this theory is innovative and scientific. When solving problems and formulating solutions, we should start from the perspective of college students themselves, and consider factors such as their interest in the work they are engaged in and employment destinations to determine the goals. In addition, schools should also formulate reasonable and effective planning plans for students from their own perspectives, and implement corresponding action plans to improve students' executive ability and ensure a smooth career transition. The self-MHE path model of college students' career planning is to design and implement a series of specific measures by professionals according to the students' situation after evaluating and diagnosing the goals, so as to promote them to achieve the expected goals.

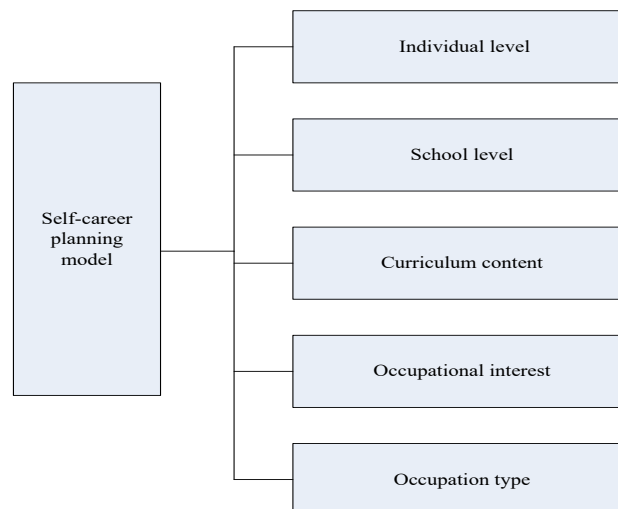


Figure 3: Self-career planning model

3.2 Validity Test of Self-Career Planning Model Based on MHE

The effectiveness testing process is to help college students establish professional cognition through psychological counseling, so that they can realize their own efforts and goals, and formulate corresponding plans and measures according to the actual situation. At the individual level, students should take the initiative to pay attention to their own growth status and future employment direction, and actively seek professional support and resources provided by schools or tutors to guide their own career planning practice activities. In addition, attention should be paid to the team building of college students' psychological counselors and the growth of MHE courses. For the growth of MHE courses among college students, targeted, systematic and effective evaluations are required, and relevant information can be collected by means of questionnaires and interviews. In order to ensure the

reliability and authenticity of data sources, and to objectively and completely reflect the purpose and content of the research, sampling testing can be adopted. Let the training sample set be S , the purpose of learning is to divide the training samples into n categories, set the number of training samples of the i -th category to be $|C_i|$, and the total number of training samples in S to be $|S|$, and set the probability that a sample belongs to the i -th category is $P(C_i)$. Let the uncertainty of the decision tree to divide C be $H(S, C)$, which is abbreviated as $H(S)$:

$$H(S) = -\sum_{i=1}^n P(C_i) \log_2 P(C_i) \quad (1)$$

The decision tree learning process is the process of gradually reducing the uncertainty of the decision tree for division. If the test attribute A is selected for testing, attribute A has k different values, and the number of samples when attribute $A=v$ is $|S_v|$, then the probability of occurrence when attribute $A=v$ is:

$$P(V_j) = \frac{|S_j|}{|S|} \quad (2)$$

When the attribute $A=v$, the number of samples belonging to the i -th category is C_{ij} , then:

$$P(C_i / A = v_j) = \frac{|C_{ij}|}{|S|} \quad (3)$$

When the value of test attribute A is v , it belongs to the probability of class i . In addition, it should be noted that the growth of MHE courses among college students has a certain stage. The purpose of self-MHE is to guide college students to evaluate themselves comprehensively and objectively, and to help them form a correct outlook on life and values. Therefore, at this stage, students need to continue effective and targeted learning and career planning, through a series of related training activities to guide them to formulate career plan goals that suit their own growth needs, and provide corresponding feedback information in combination with the actual situation of the school. By evaluating the career planning status of college students, using psychological knowledge and skills, they can accurately diagnose, judge and give feedback on their career goals and abilities, and make corresponding adjustments.

4. Experimental Analysis of the Penetration Path of MHE in College Students' Career Planning

Table 1: Performance test of the career planning model for college students

Number of test items	Accuracy rate (%)	Information gain rate(%)	Information feedback rate(%)
A	87	48	84
B	84	45	87
C	89	43	85
D	87	47	88
E	85	43	89

Through the infiltration path of MHE, a series of related problems in the career planning of college students can be solved, and a good learning and growth environment can be provided for them. According to the data results in Table 1, the accuracy of the model is very high, and the information efficiency rate is also between 43% and 48%. At the same time, according to different needs, college students should choose corresponding courses for learning and training. Through experimental research, it is found that in the career planning of college students, school education and MHE have a single penetration path. On the one hand, the school lacks pertinence in imparting knowledge on students' ideological and moral growth, physical and mental growth, etc. On the other hand, teachers fail to take the curriculum as an important means to promote the improvement of students' overall quality and improve their personality.

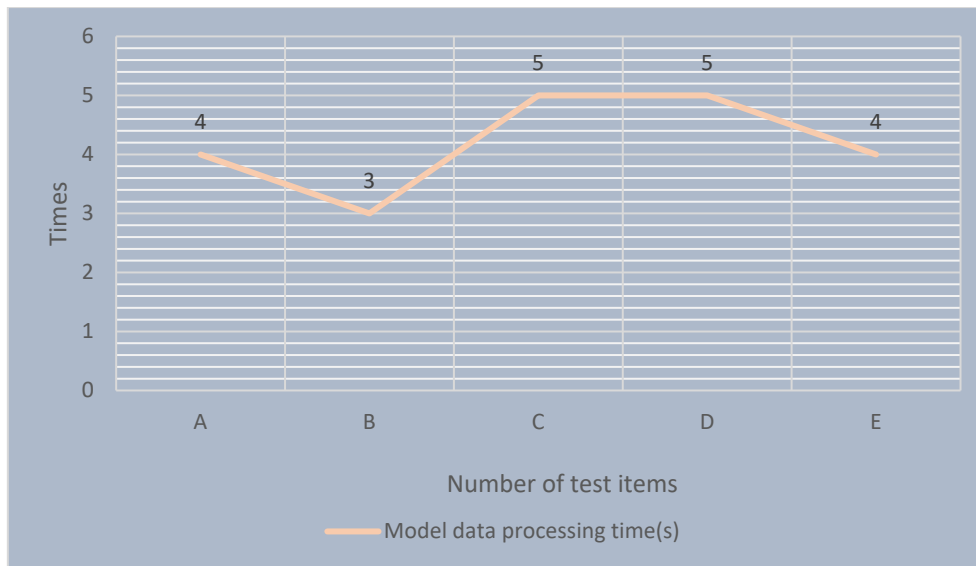


Figure 4: Model data processing time

It can be seen from Figure 4 that the data processing time of the model is between 3 seconds and 5 seconds. Due to the influence of traditional test-taking concepts and teaching models, talent evaluation focuses too much on test scores, ignoring the goal of developing comprehensive abilities and practical skills. Through the analysis of the penetration path of college students' MHE, it is found that schools and teachers often ignore their internal needs when cultivating students' career planning awareness. These problems have a certain relationship with traditional ideological and political work. Under the current social situation, the competition for talents is becoming more and more fierce. In order to improve teaching quality, ensure the stability of teaching staff and employment rate, colleges and universities have taken career growth goals as an important task, and carried out a series of targeted educational activities, such as lectures on mental health courses for college students, and organizing various and colorful professional practice activities in various schools.

5. Conclusion

With the rapid growth of the economy and the changes of the social environment, among the group of college students, because they are not fully mature physically and mentally, they are more sensitive to career choices, and they also need to have strong psychological endurance. Therefore, it is necessary to take targeted MHE activities to help them. Through the study of mental health knowledge, this paper discusses the problems existing in the career planning of college students and the corresponding countermeasures. The purpose of this move is to provide references and references for colleges and universities in order to implement professional guidance courses that suit the individual growth needs of students.

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