

# Existing Problems and Countermeasures of Students' Mental Health Education in the Context of the Network Era

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**Abstract:** *With the development of information technology and Internet communication, the Internet has covered various fields including education. Students are the main "contact body" in the Internet era, and there are different degrees of behavioral patterns and lifestyle changes. Diversified network forms are bound to affect students' mental health. Mental health education is an important part of students' ideological and political work, and is an important aspect and key index for evaluating the level of moral education in colleges and universities. Due to the lack of systematic management, students' mental health education has not been adapted to the development of the Internet era in time, and many mental health problems have appeared. The article plays the role of implicit education in colleges and universities by updating the concept, sound management mechanism, strengthening and so on. On the whole, it improves the management level of mental health education, strengthens mental health education and is suitable for the development of the Internet era.*

**Keywords:** *Network Era; mental health; educational management*

## 1. Introduction

Mental health education, also known as psychological quality education or mental education, is an important part of quality education, the goal is to help education targets establish a healthy psychological awareness, master the methods of psychological regulation and adaptation, and realize the overall healthy development of body and mind. With the progress of the times, mental health education has received great attention from all walks of life, and at the same time, the development of network information technology has opened up a new space for students' activities, which has also brought about non-negligible changes in mental health education<sup>[1]</sup>, and the exploration of students' mental health mode based on the changes in network information technology has become a trend of realizing the innovation and development of mental health education in the context of the development of the times.

## 2. The main problems of students' mental health and the significance of heart health education in the context of the network era

### 2.1 Main problems of students' mental health in the context of the Internet era

#### (1) Cognitive impairment

In the network environment, a large amount of text, sound, pictures, videos and other information is delivered to students, and it is difficult for students to accurately recognize and digest it in a short time. On the one hand, the impact on students' perception, thinking, memory and other psychological qualities; on the other hand, it is difficult to standardize and regulate the moral and code of conduct in the network environment, and it is difficult to unify students' self-consciousness and self-worth with reality in the virtual network environment, which is easy to cause confusion in students' self-consciousness.

#### (2) Emotional-emotional problems

The student period is a period of high-speed development of human self-consciousness, students are increasingly rich in emotions, emotional experience is also more profound. Students are in the school

life period, limited contact with the outside society, limited social experience, limited experience in dealing with problems, often with an ideal understanding of things, when faced with the virtual network world, some students have unrealistic emotional experience, but also students will be unable to vent the emotions of real life, in the virtual network environment uncontrolled vent, not conducive to the physical and mental health of students. The virtual network environment lacks the interaction between human beings, and it is impossible to obtain the real emotional experience, which makes the human emotion become indifferent.

#### (3) Problems with the quality of will

Strong willpower quality is an important psychological quality for people to resist the influence of the external environment. In addition, the purpose of students' activities is obviously weakened, and some students can't tell what the Internet is for, whether for study or for entertainment, as Zhou Guojun<sup>[2]</sup> found that only 12.4% of the surveyed students really use the Internet for study.

#### (4) Interpersonal issues

Different from the real interpersonal communication, the communication between people in the network environment is hidden, in the process do not need to worry about what kind of person the other party is, how the current mood is, the two sides can speak freely and freely show their personalities. Therefore, some students choose to establish their own circle of interaction and seek help on the Internet, while ignoring the reality, resulting in indifferent interaction in reality. As shown in the study of Wanqian<sup>[3]</sup>, 60% of the students also think that the Internet has alienated them from their real-life friends.

#### (5) Internet addiction

With the extensive use of network technology and the popularization of cell phones, computers and other devices, students can roam in the network anytime and anywhere, Liu Wenjie<sup>[4]</sup>'s survey research shows that the surveyed students have been on the Internet for 30-40 hours a week, and longer accounted for nearly 30%, of which more than 40 hours accounted for about 10%. In recent years, the number of students with Internet addiction has also risen sharply, and they spend a lot of time and energy on the Internet without any control, and some of them even have mental and behavioral disorders, which seriously affects the physical and mental health of students.

## ***2.2 Meaning of mental health education***

School mental health education can guide the correct concept of network use and cultivate good network habits: through mental health education, schools can guide students to establish the correct concept of network use, understand the positive effects of the network and the potential hazards, cultivate good network habits, rationally arrange the time for surfing the Internet, and avoid excessive dependence on the network<sup>[5]</sup>. Strengthening the quality of will and cultivating the ability of self-discipline: Students will be able to correctly judge when to go online and when to go off the Internet, what kind of Internet content to contact and what kind of content to stay away from<sup>[6]</sup>. It can also improve students' ability to cope with Internet information, cultivate their critical thinking ability, enable them to correctly judge the authenticity of Internet information, and learn to select useful information, filter useless and harmful information, avoid the negative influence of Internet information, and prevent and treat Internet addiction. Through the above ways, we can constantly maintain students' mental health, and at the same time, research on students' mental health education from the objective environment of the development of the network era can promote the improvement of the mental health education system at the practical level.

## **3. Status and Problems of Mental Health Education in Colleges and Universities in the Internet Era**

### ***3.1 Weakness of teachers***

There is a shortage of mental health educators in China. The ratio of school mental health educators to students in the U.S. is 1:1500, and at present, the total number of members of the Chinese Psychological Association is only about 9,000<sup>[7]</sup>. Currently, teachers engaged in school mental health education are team cadres, classroom teachers, school nurses, political science teachers, etc. It is difficult to improve the quality of education, and a series of reforms on health education are still on the

way after the 19th National People's Congress and the implementation of the strategy of "Healthy China".

### ***3.2 Lack of in-depth knowledge and relevance of education***

According to CNNIC (China Internet Development Statistics Survey), as of June 2021, China's Internet users reached 802 million, with the age group of 10-39 years old as the main group, of which the age group of 20-29 years old accounted for the highest proportion, college students have become the main audience in the Internet era, followed by primary and secondary school students, and the Internet has become a way of life integrated into the study and life of contemporary students, and has greatly influenced the students' interpersonal communication, emotional management, cognitive ability, and personality shaping<sup>[8]</sup>. The Internet has become a way of life integrated into the learning and life of contemporary students, and has a great impact on students' interpersonal communication, emotion management, cognitive ability and personality shaping. The psychological expert education team of some schools lacks profound analysis and response to students' psychological problems in the Internet era, and does not carry out mental health education from the perspective of strategy and planning, which results in the mental health education of colleges and universities not being able to keep up with the development of the Internet, and becoming the short board of mental health education. At the same time, full-time psychological instructors, counselors and workers of the relevant departments of the ideological and political departments of colleges and universities are the main force of students' mental health education in the network era, and if they lack an accurate grasp of the massive amount of information in the network era, they lack an overall grasp of the students' mental health problems, and if they cannot effectively use network information tools to carry out targeted counseling, the effect of the management of psychological education is not in place, and they cannot bring timely, effective and efficient mental health education for students who are confused and have problems with the information brought to them by the network. The confusion brought to students by network information, cannot be timely and effective guidance, cannot enter the heart of the students, affecting the solution of their psychological problems.

### ***3.3 Inadequate management systems and efforts***

The management system and efforts are not in place. Mental health education in colleges and universities is a continuous development of systematic work, not overnight, there must be a matching institutional mechanism and systematic planning as a safeguard, the current part of the university mental health education management system there is the problem of rigidity, the network of mental health education in the management of the existence of gaps. The function of the feedback mechanism is missing. The focus of mental health education not only lies in the transmission of mental health knowledge, but also in the discovery of individual student mental health problems and timely tracking and psychological intervention, so the function of the feedback mechanism is of great significance to the work of mental health education. However, at present, some colleges and universities lack of dynamic presentation of mental health information feedback, the use of big data cloud computing and other network technology is insufficient, which may miss the best time for psychological intervention.

## **4. Paths to solving the existing problems of students' mental health education in the context of the network era**

### ***4.1 Strengthening of mental health education faculties***

The professional training of school mental health education teachers is scientifically regulated, and the cultivation of mental health education teachers is intensified. A specialization in mental health education is established to attract more talents to engage in related work. At the same time, provide adequate training and development opportunities to improve the professionalism and skills of existing teachers. The intervention and review of professional psychology associations, education societies and other professional academic organizations should be strengthened so that the quality of mental health education in schools can be steadily improved.

#### ***4.2 Mental health education through the Internet to enable university students to strengthen their own education and management***

The school psychologist education team should incorporate network mental health education into the education system of students' mental health education classes, so that students can make clear the positive and negative effects of the network on mental health, and help students to turn the network into a tool and a resource for rational use, to take the best and get rid of the dross, and to reduce the negative effects of the network. At the same time, the school should give full play to the role of the main channel of ideological education to provide students with correct guidance, so as to enable students to establish a correct view of network morality, and enhance their awareness of the rule of law, self-discipline, sense of responsibility and safety awareness. Each secondary unit of the school in charge of students should conduct regular investigation and mapping of students' network psychology and behavior, establish network mental health files, set up an early warning mechanism, and provide timely and effective psychological care and counseling to students with problems. Students are guided to establish mental health clubs, create mental health education websites, and set up mental health support teams, so that students can experience and deepen their understanding of the pros and cons of the Internet in practice.

Schools can also attract students from the virtual online world back to real life by organizing colorful campus cultural activities so that they can establish correct online values. School psychologists and education teams should grasp the key network event nodes to carry out network psychological education and solve the psychological problems arising in the network era. Help students better understand the network, improve their ability to adapt to the network, maximize their psychological potential, and promote the overall development of personal qualities. In addition, the education team of college psychologists should have a high degree of professionalism and positive work enthusiasm, actively and patiently guide and direct the problems and confusions brought by the network to the students, and influence the students with their own quality and mentality, so that they can distinguish between right and wrong, and always learn and live with a positive and optimistic mindset.

#### ***4.3 Utilizing various educational resources to enhance the effectiveness of mental health education***

A perfect curriculum system can be established: a complete set of mental health education curriculum system can be formulated, including mental health knowledge, psychological problem prevention and intervention skills, psychological adjustment methods and other contents. At the same time, various forms of mental health promotion activities are carried out to raise students' awareness of and concern for mental health. Parental mental health education is provided to help parents better understand and support their children's psychological development. Innovation of traditional resources. Although the network environment has a significant impact on students' mental health education, we still can't ignore the role of traditional classroom teaching, so it is very important to innovate the use of traditional educational resources.

### **5. Conclusion**

China attaches great importance to mental health education in colleges and universities, and many colleges and universities have strengthened their management in terms of education concept, management concept and professional team building. The development of network era has brought more unpredictability to the mental health education of college students, colleges and universities should deeply recognize the profound impact of network development on mental health education in colleges and universities, and seek a major breakthrough path of mental education jointly with all walks of life in the society.

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