

# The Construction of a New Model of Psychological Education for College Students under the Network Environment

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**ABSTRACT.** In today's network information environment, all kinds of information on the psychological health of college students have different degrees of impact. This paper analyzes the positive and negative effects of network environment on college students' mental health, analyzes the current situation of college students' mental health education, and proposes the strategy of constructing a new model of college students' mental health education, so as to effectively change the current situation of college students' mental health education under the network environment.

**KEYWORDS:** Network environment, Model of psychological education, College students

## 1. Impact of network environment on college students' mental health

### 1.1 Positive Impact

First, from the cognitive level. The interactivity of the network is strong and from the mountain degree is wide, the student may not be asked when and the empty question limit, as long as clicks the mouse to be able to enter the network world. This is also the main channel for self-realization of self-value among self-pursuing college students. [1]In addition, college students are full of infinite curiosity and thirst for knowledge in their hearts, and there are many fantastic ideas in their minds. The pursuit and realization of dreams are the essence of contemporary college students. The Internet can connect college students with various fields of social life and meet their needs. In addition, for many college students, obtaining knowledge only from the classroom is far from meeting their future development needs, and the network has a huge amount of information, new content, rich materials and fast information dissemination, which makes it possible for college students to obtain more and more valuable information. In addition to expanding students' knowledge, the network also stimulates their inner potential, and plays a positive role in improving their self-confidence and shaping their open character.

Second, from the emotional, interpersonal communication layer. Different from students in other stages, college students are faced with multiple pressures such as employment, enrollment and emotion, and various pressures will increase with the improvement of social requirements for talents. [2]Because of the characteristics of openness and privacy, the Internet has become the first choice for college students to release pressure, vent their emotions and adjust their mentality. A university of finance and economics survey on the psychological impact of the Internet on college students shows that nearly 30 percent of students tend to use QQ and other chat tools to communicate with teachers. The fundamental reason is that it is much more effective than communicating with teachers and school leaders. In this way, students can also establish a more relaxed interpersonal relationship, so that the communication between each other is more in-depth.

### 1.2 Negative Impact

First, it has an impact on students' cognition. There are many contents on the Internet, including the knowledge, values, thoughts, etc., and mountains in the vast majority of college students lack of social experience, psychological endurance and self-control and are lacking, easily influenced by bad information or ideas of value, thus for the formation of their outlook on life, values and world view, and even affect college students' way of thinking, is not conducive to the physical and mental health of college students.[3]

Second, network dependence affects interpersonal communication. College students, especially freshmen who just entered the campus, have strong emotional needs under the influence of age and environment. And the network precisely for this part of the people in need of emotional comfort or catharsis to provide a necessary place, and on the network to find the “same”, [4]get a sense of identity. However, this kind of interpersonal communication with the network as the medium has a strong film, although the network can reduce the psychological pressure and bad emotions of college students, but in the long run it is easy for college students to have a strong sense of dependence on the network, and cause serious consequences.

## **2. Current Situation of Mental Health Education for College Students**

Through news and media, we can find that there are many problems in the current mental health education of college students, which affect the healthy growth of students and even cause many social tragedies. At present, college students' mental health education mainly has the following problems:

One is the teaching, teachers still use the traditional concept of the current society is in rapid development, at the same time, student's thought also has realized the rapid shift, but in the process of college students' psychological health education, still use the traditional concept of teaching, and neglected the development of society and students, affects the actual effect of teaching;[5]

Two is relatively backward teaching method, college students' psychological health education is still adopted “blackboard and chalk” teaching model, for students with mental health knowledge, ignoring the students' subject status, in which college students not good people in mental health education in the teaching process, and can not truly, fully reflects the students in mental health problems, also affects the mental health class efficiency, hindered the development of students; Three is the content of teaching and students' actual situation has certain deviation, because the teachers in teaching didn't really leave before the student groups, understanding students' psychological state and psychological situation,[6] so the teacher can only rely on experience or teaching materials and teaching work, teaching content and students practical situation appeared deviation, the deviation will not only lead to students unable to solve the existing problems, and even can make the students from other problems, is not conducive to students' development.

## **3. Construct a New Model of Psychological Health Education for College Students in the Network Environment**

### ***3.1 Update Educational Concepts and Clarify Educational Objectives***

One is to conduct a deep survey on the main problems of college students in the network environment. At this stage, the comprehensiveness and accuracy of the survey should be ensured. Therefore, the questionnaire should be conducted anonymously, and some questionnaires should be jointly released on the Internet and in the society, so that the questionnaire can reach into the college students. Second, after the issuance of questionnaires, timely recovery and analysis of the summary, in the summary process, should ensure that the summary is targeted and organized, so as to clearly observe the main problems of college students in the emerging stage; The third is to combine the problems of college students, update the education concept, and make a suitable education goal, to ensure that the teacher can determine the correct direction of teaching under the guidance of the goal.[7]

### ***3.2 In-Depth Research and Scientific Planning of Mental Health Education Network***

On the basis of determining the goal of mental health education, teachers and relevant researchers should conduct in-depth research and plan the mental health education network for college students on the whole. Usually through the guidance of teachers in the traditional teaching, students' reading books and causes the student to obtain the required knowledge of mental health, however, use this kind of way to obtain the information is very limited, students can't have time to learn more knowledge of mental health, restricts the student's psychological development, so researchers should be in this situation, the development of mental health education network, so that the students can look for some of your own mental health status in the network related content, formed in the process of students to find the record at the same time, teachers can understand through the network to the students is widespread, so as to determine the teaching direction.

### **3.3 Strengthen Guidance to Form a Mutual Assistance System for Mental Health**

To make students better to mental health education, college teachers must increase the guidance, form the college students' mental health and mutual aid system, which requires to establish a college students' psychological associations, and send professional teachers to guide community work, ensure that psychological association can good work, and mental health of the overall planning of major activities, and strict supervision society operation, selection of cadres, such as work, so that the students in the psychological problems can arise through community find a solution, ensure the healthy growth of every student, formation of college students' mental health and mutual aid system. [8]In addition, also should be schools, psychological and mental health, social network platform effectively combine, better for the student to carry on the mental health service in the network composition, can build a special platform for the mutual aid, every student can be on the platform to help others, can also be on the platform to tell their own mental health problems, and by the help of others to learn more knowledge of mental health, it can help students common progress and development.

### **4. Conclusion**

In short, in order to make college students to better serve the society, must attach great importance to the cultivation of college students' mental health, under the background of network, relevant personnel should be with the aid of the network environment, teaching for the students to fit the development of era, the students' intellectual growth, by constructing a new mode of mental health education, so that the students can under the guidance of model, better and faster development, so as to promote students' progress.

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