

Exploration and Reflection on Mental Health Education of College Students in China

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Abstract

Mental health education is an important carrier of university personnel training and a significant component of ideological and political education. In order to launch the mental health education work in a solid way, the work aims at free and all-round development of college students, combined with his long-term work practice. It is suggested to start with the goal, principle and approach of mental health education, so as to promote the harmony and healthy development of college students.

Key words: College students, mental health education, exploration, thinking.

INTRODUCTION

Mental health education is an important carrier of university personnel training and a significant measure of quality education, as well as a key approach for college students to develop in an all-round way. According to psychological census, it is found that about 20% of students may have psychological problems or need to pay attention. At the same time, there are more and more college students drop out of school owing to psychological problems. These facts continue to warn us that mental health of college students affects not only the health and life of the client, but also the physical and mental health of the parents, relatives and friends, as well as teachers and students. What's more, the phenomenon brings about serious adverse consequences to family and society, endangering security and stability in university and society. Therefore, it is an urgent problem for the society, especially universities to pay attention to strengthen the mental health education. Besides, based on the physical and psychological development of all the students, mental health education should make comprehensive use of the knowledge and skills of psychological theory. With the help of diversified means and methods, we need to optimize students' psychological functions and arouse their inner potentials, with improvement in their positive qualities. Moreover, it is significant to improve their psychological quality, mental health and personality.

GOAL OF COLLEGE STUDENTS' MENTAL HEALTH EDUCATION

The goal of ideological and political education is to realize the integrated development of human beings, including psychological harmony, physical health and physical development. In order to promote the physical and mental development of students, education cannot be separated from mental health education. In conclusion, mental health education is a significant approach to help students understand the psychological knowledge, with development in psychological potentials. Besides, mental health education can improve the psychological quality and cultivate a sound personality, so as to promote healthy development.

Helping students correctly understand mental health and its education

Mental health is an important symbol of the modern civilized people. A basic goal of mental health education is to help students form a correct understanding of mental health and its

education. Through certain carriers, contents, methods or ways, the work of mental health education is strengthened with popularization of mental health education knowledge. In this way, students have some insight into mental health, mental unsatisfactory, as well as psychological confusion and barriers in growth. With further reinforcement in self-psychological awareness, students will cultivate a healthy psychological concept. At the same time, after mastering certain skills, students will establish correct understanding. What's more, we need to help them correctly treat themselves, with acquaintance and acceptance of themselves, so as to fully develop their potentials. By establishing their life goal and plan in line with their own development, students will form harmonious psychological capacity, sound personality standards and healthy physique.

Helping students intervene in advance of the psychological mood and diseases

Mental health education is the task of every educator, especially mental health education workers, who need to make sure that each work should be consistent with the objectives of mental health education. The work of mental health education adheres to the working principle of "people-oriented, scientific and effective, major intervention and comprehensive counseling". We should focus on the construction of institutionalization, systematization and specialization, so as to actively construct two working platforms of psychological counseling and crisis intervention, as well as developmental mental health education. Besides, it is important to adhere to the institution of monthly reports of students' overall mental health situation, weekly reports of specific students' mental health status and in-time reports of psychological emergencies. Through census of mental health, schools can establish the students' developmental psychological files. The establishment of psychological counseling hotline, mailbox and website ensure that the students can obtain convenient help. The development of mental health education model will make sure the healthy growth of students, becoming the talent of the society.

Helping students deeply excavate psychological potentials and abilities

One of the goals of mental health education is to maintain mental health and general adaption in social life. Furthermore, the fundamental goal of mental health education is to deeply excavate students' psychological potentials, comprehensively improving their psychological qualities. According to their inner demands, the laws of growth and development characteristics, various kinds of forms and methods can be adopted to lead students to correctly understand their inner world, emotions and environments. Moreover, with correct cultivation of their own emotions, the level of students' mental health will be improved. With the acknowledgements in environments, students can better adapt to the environment, so as to correctly handle all kinds of relationships and resolve inner contradictions. Moreover, they can obtain enhancement and cultivation in positive emotions, improving the art of getting along with others, with the establishment of harmonious interpersonal relationships. Through the cultivation of psychological consciousness, the shaping of self-ability and the formation of behavioral habits, student will form a more independent, sound and perfect personality. Therefore, students can better and quickly master the social capacities and psychological qualities that will be required in the future. When they effectively transform the surroundings, creatively adapting to modern social life, the students will grow into real maturity and success.

PRINCIPLES OF MENTAL HEALTH EDUCATION OF COLLEGE STUDENTS

Generally speaking, college students' mental health education should be with purpose, effectiveness, attraction and infectivity, which need to be strengthened. In the process of

growth, they have to enhance their psychological function, so as to cultivate harmonious and sound personality. Therefore, mental health education should follow the following principles.

Subjective principle of mental health education works

Subjective principle refers to that the educators should regard students as the main body of understanding and development in mental health education. Owing to their dominant position, we should take advantage of subjective initiative of the main body, with correct understanding and respect [1]. The formation of students' psychological qualities is the process of internalization, made up of knowledge, emotion, consciousness, idea and behavior. As a result, in the course of carrying out mental health education, the educators have to give full play to students' enthusiasm, initiative, creativity and participatory [2]. Besides, we should regard their actual needs as the starting point, the actual confusion as the benchmark, promoting their positive psychology as the target point. What's more, student-oriented education should be reflected in the scheme formulation and design, the course setting and programming, as well as event planning and implement. In this way, students will establish positive concept of self-awareness, self-acceptance, self-transformation, self-improvement and self-correction.

Integrity principle of mental health education works

The integrity principle means that the education object of mental health education must be all the students. Through mental health education, psychological level and cognition of all the students should be taken as the fundamental goal. As for the content of works, educators have the responsibility to popularize mental health knowledge, screening students' psychological problems, with prevention of psychological crisis. What's more, it is significant to shape their psychological environment and stimulate their psychological potential, with enhancement in psychological development ability, so that the students will develop in a harmonious, healthy and individual way. On the one hand, based on individual differences, it is necessary to implement mental health education and counseling with individual differentiation. On the other hand, educators should promote mental development of all the students, focusing on the organic connection of mental activities. Therefore, with correct grasp of the relationship between individuals and the integrity, we can make the individuals drive the integrity, while individuals and the integrity are organically combined. Moreover, educators should aim at students' coordinated, harmonious and scientific development, in the aspect of knowledge, feeling, meaning, behavior and personality, so as to promote the overall development of students' psychological quality.

Coordinative principle of mental health education works

Coordinative principle refers to that in the process of mental health education, and we should firstly coordinate the relationship of educators, the educated and the surrounding environments, while each two of them are related. Secondly, we need collaboration of universities, the relevant departments and families. The coordinative principle helps to improve the overall quality and level of mental health education, conducive to achieving the goal of consistency. Besides, it is beneficial to the efficient communication, clear responsibility and improvement in work efficiency among relevant cooperating agencies. Certainly, students do generate psychological confusion and emotion problems in their growing procedure. Those problems cannot be separated from their attitude of real life and specific things, as well as the cognition of their surrounding environments and interpersonal relationships. Faced with college students' mental health education, it is necessary to properly handle various relationships and contradictions of the surrounding environment. Furthermore, we need the concerted efforts and participation of universities, families and the society.

Respect principle of mental health education works

In general, respect for others is the most important moral principle. As a saying in foreign managerial psychology goes, "if you want people to believe that you are right and act in accordance with your opinion, you must first let people like you, otherwise your attempt will fail." The saying is the best interpretation of respect [3], thus it is consistent with the law of mental activities in interpersonal communication. Therefore, the respect principle refers to that educators should respect the differences between students, with protection of their privacy in the process of mental health education. Respect implies trust and encouragement, which also means understanding and empathy. With respect, we can establish trustful teacher-student relationship, sharing feelings in students' inner hearts, so as to understand their demands. Hence, we can think in the way of clients, experiencing their hardships. Only in this way can educators choose the right battle to fight. As a result, the students will undergo imperceptible influence, fostered as life-giving spring breeze and rain, while education services achieve the desired results.

Educational principle of mental health education works

The educational principle means that educational activities should be conducive to the realization of educational goals, especially goals of mental health education. The principle is aimed at regulating the behaviors of educators, as well as the teacher-student relationship in such activities. Therefore, the purpose of educational principle is to popularize the knowledge of mental health education, improving students' psychological prevention awareness. Besides, students will elevate their abilities of self-education, self-service, self-adjustment and self-improvement. As a result, real-life problems will be treated with positive attitudes, upward moods and sound personalities. In this way, students can correctly understand themselves, with objective recognition of others. Moreover, they will dialectically analyze the society, so as to make sober judgments, with accurate grasp of the future. The principle contributes to establishment of correct world view, outlook on life, values and development concept. However, for individual students' with particular psychological problems, educators have to guide and intervene within capacities. When it comes to the situation of serious psychological barriers, the patients must be timely transferred to the psychotherapy specialized agency, with professional treatment and intervention to obtain the desired effects.

Practical principle of mental health education works

As the saying goes, "a fiery steed is not trained in a stable, nor does a pine grow sturdy in a flower pot", further verifying that practice is the sole criterion for testing truth. The practical principle enables students to participate in psychological training and quality development. So that students can have insight into the occurrence, change and development of psychological mood in practice. Wherein, they will go through the hoops and overcome setbacks, thus harvesting genuine knowledge and confidence. In the end, they dare to challenge difficulties. Hence, they learn to manage their emotions and adjust their status, controlling their behavior, with correction in cognition. These setbacks or difficulties will be treated with healthy and positive attitudes in full mental state. These practices are conducive to discovering their development potential, establishment of rational cognition, condolence and growth in emotion, improvement in willpower, the development of mental abilities and a sound personality.

Development principle of mental health education works

Mental health education aims at fostering students to become talents required by the society. Moreover, it is significant for them to equip with sound personality and good character, becoming innovative talents with comprehensive development, in line with the needs of

national and social development. Therefore, the development principle must be adapted to the law of students' physical and mental development. Through the developmental mental health education activities, we can adjust the state of students, with improvement in their personality, thinking and individuality. In this way, students' psychological potential can be developed to the greatest degree, with guidance in constructive, objective, and developmental way. Besides, we teach the students to understand and evaluate themselves [6], with continuous improvement on their own. At the same time, students can accurately and objectively grasp the psychological knowledge, awareness, emotional and behavior, according to their own conditions. In the future, they can establish a scientific and reasonable location of the prospect, fate and value orientation, with gradually perfect personality.

Diversity principle of mental health education works

Mental health education is a systematic process with interaction of multiple factors and environments, as well as mutual penetration. Therefore, mental health education must follow diversity principle. Only in this way can we enhance the attraction, infectivity and cohesion of mental health education. As for the system, we have to establish six grade protection system, including universities, centers, societies, colleges, classes and dormitories. What's more, it is necessary to implement educational activities with their own characteristics, so as to promote the effective development of mental health education. When it comes to the curriculums, the contents should be regulated in accordance with the characteristics of different grades, genders and stages, related to students' actual needs, so as to meet their demands. With respect to the activities, those activities should be designed in novel forms with clear theme, rich content, delight and instruction, such as mental knowledge gallery, group psychological guidance, psychological knowledge competition and dormitory mind harbor construction. Students can participate in those activities according to their needs, like speech contests, debates, psychological salons, mental health competitions, class meeting, calligraphy, campus psychological dramas and games. Therefore, students will accept mental health education in the process of participation, experience, counseling, releasing and nurturing, so as to strengthen the role of education.

APPROACHES OF COLLEGE STUDENTS' MENTAL HEALTH EDUCATION

Generally speaking, approach is an important guarantee of the success of mental health education. Universities should strengthen from the aspect of system mechanism, the team construction, the environment creation and the curriculum establishment. Besides, they should strive for proper effects, promoting physical and mental health development.

Improving the mental health education system

Mental health education is an important part of university personnel training. Leaders of universities should be in charge of the special mental health education group. Moreover, membership is made up of principal in mental health education center, student group, propaganda department, academic affairs department, personnel department, accounting department, security department, logistics department, university hospital, schools and graduate schools. Besides, we should conduct top-level design in the development of mental health education. As for students with psychological crisis, reported by the schools, hospitals, psychological counselors and dormitories, educators in responsible should provide them with timely diagnosis and feedback of the situation. In universities, we should actively build five-grade mental health education system, namely, university, center, school, class and dormitory. There are psychological services commissioners in each class, spiritual messenger in each dormitory, collecting students' information in all rounds. Finally, the university will form psychological crisis prevention and intervention mechanism of "complete coverage, no-slot

joint, timely effective action and dynamic tracking”, so as to create a developmental mental health education model.

Training mental health education team

Mental health education is a highly professional work. It is essential to build a team combined with high-quality professionals and amateurs, ensuring the actual effect of the education. For full-time and part-time teachers, they should be included in the overall construction of the teachers' team. [8]In particular, teachers who directly engage in psychological counseling services should equip with appropriate education and professional qualification. According to the combined principle of selection, use, management, cultivation and improvement, we are going to establish a pragmatic training system with multi-level and multi-category. In accordance with the objective of professionalization, specialization and expertise, a teacher team will be constructed with high-quality mental health education teachers. [9]As for the class psychological committee and head of the dormitory, mental health education center set the integrated practice of theme salon, special training, group guidance and learning exchange. The center focuses on fostering the backbone of students in mental health education works, improving their working ability. Therefore, a team with full-time and part-time members will be constructed under the ideal of “there are supervisors in university, experts in center, commissioners in school, committees in class and messengers in dormitory”. The ultimate goal is to escort the free and comprehensive development of college students.

Creating a mental health education environment

The cultivation of college students' psychological qualities cannot be separated from the influence of the environment, which might be the root cause of psychological problems for individual students. It is an objective reality that social environment has impact on students' psychological conditions. Hence, university should strengthen communication with the government in charge, requesting to improve and create a better environment around the university. Similarly, the most direct impact comes from the home environment. People often say that there must be domestic problems behind the student with psychological problems. Therefore, university should learn about their home environments through some efficient methods, like home visits, parent teacher meetings and direct communication with students, so as to optimize the home environments. What's more, the closest impact lies in environments in the university. We should take actions to improve the hardware environment of mental health education, carrying out activities relevant to students. Besides, students needs curriculums in accordance with their demands, as well as harmonious interpersonal relationships. As a result, educators can concentrate on mental health education works, constantly enhancing students' self-confidence and self-worth.

Designing mental health education courses

Mental health education courses are important channels to strengthen students' mental health education. According to actual situation, university should improve the contents of explicit curriculums including public compulsory courses and elective courses. We should help students master mental health knowledge, cultivating their self-awareness and self-control ability for all-round development [7]. What's more, university should optimize the content of implicit curriculums, such as the creation of cultural events and nurturing positive environments, so that college students can immerse in the comfortable cultural atmosphere. In imperceptibly influence, they will be affected by upward mental health education, resulting in making progress. Moreover, according to their demands, we should design targeted group counseling courses for students confronted with drowsiness in learning, hardship in daily lives,

obsession in interpersonal relationships, confusion in personalities and difficulties in employment. Finally, we will help students out of the woods and dissolve their confusion, with lifting in mental power, thus harvesting sound personality.

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