

Problems and Countermeasures of Mental Health Education in Colleges and Universities in the New Period

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Abstract: With the development of society and the progress of the times, more and more people pay attention to the mental health of college students. Mental health education is a very important part of quality education in China. The traditional mental health education model has been difficult to meet the new era of the university environment and the characteristics of contemporary college students. Therefore, colleges and universities should actively explore the optimization strategy of mental health education under the new media environment to continuously enhance the pertinence and effectiveness of mental health education.

Keywords: New period, Mental health education, Countermeasure.

1. Introduction

Colleges and universities are the important bases of talent training in our country. With the development of the times, mental health education plays a more and more important role in talent training. More and more college students begin to transfer the face-to-face communication in their life to the network. Some students with weak self-control are addicted to the network world. In recent years, the mental health problems of college students in our country have become more and more serious, and many hot social news frequently report the psychological problems of college students. Excessive academic stress has become one of the main factors of college students' suicide.[1] Therefore, when carrying out mental health education, colleges and universities use scientific and effective ways to dredge students in time, which is conducive to cultivating students' sound personality and ability to adjust emotions. However, at present, there are still many problems in the concept and implementation of mental health education in colleges and universities.

The rapid development of Internet accelerates the coming of new media era. The convenience and flexibility of new media improve the communication efficiency, which is deeply loved by students, but also profoundly changed the way college students receive information. The traditional mental health education model has been difficult to meet the new era of the university environment and the characteristics of contemporary college students. Therefore, colleges and universities should actively explore the optimization strategy of mental health education under the new media environment to continuously enhance the pertinence and effectiveness of mental health education.

2. The Problems Faced by College Mental Health Education in the New Period

Mental health education in our country only has a history of nearly 30 years, with the characteristics of rapid development, great effect, weak foundation and low level. In

the late 1990s, the Central Committee of the Communist Party of China, the State Council and local governments issued a series of documents such as Several Opinions on Further Strengthening and Improving School Moral Education, and more and more colleges and universities began to pay attention to the mental health of college students. However, in the new historical period, the increasingly complex social environment has brought the new test to our country university mental health education.

2.1. Insufficient understanding of mental health education

The lack of awareness of mental health education in some colleges and universities, on the one hand, many college administrators and teachers do not pay enough attention to mental health education. Because mental health education in a short period of time is difficult to see the results, they take a muddle-through attitude, mental health education is just a form. On the other hand, many colleges and universities do not do mental health education thoroughly and comprehensively, just set up courses and carry out large-scale lectures on mental health at the university level.

2.2. The channel of psychological health education is relatively single

At present, the only channel for college students to receive mental health education is classroom, and there are few corresponding social practice courses. Schools only set up a mental health education courses for college students, students from the network to their own access to some relevant knowledge, but the network of things mixed, if not pay attention to screening, there may be the opposite effect.

2.3. Unsatisfactory teaching results

However, in the actual teaching activities, the course of mental health education is not only short of class hours, but also becomes a recitation class for students, relaxing in class and reciting hard in exam. Related to mental health education teachers often take the "foster" policy, only teaching, on the following students playing mobile phones, talking, sleeping

without stopping. Mental health education course has become a rest course for students, which is difficult to solve students' psychological problems.

2.4. The comprehensive quality of mental health educators is not high

Most of the mental health educators in colleges and universities are counselors or teachers in colleges and universities, and few of them are psychology teachers. Lack of professional teaching staff, its overall quality is obviously difficult to meet the requirements of mental health education, which seriously affects the effect of mental health education. With the influence of family environment, growing up experience, network TV, social pluralism and so on, the psychology of college students shows the tendency of diversification and complexity.

3. Countermeasures for Mental Health Education in Colleges and Universities

With the advent of the new media era, the classroom is no longer the only position of mental health education. Colleges and universities are actively trying to integrate new media into mental health education. Colleges should not only ensure the professionalism and standardization of curriculum and psychological guidance, but also enhance the coverage and influence of mental health education.

3.1. Transforming educational concepts and enhancing the effectiveness of education

It is necessary to construct new media thinking in college mental health education. New media thinking refers to educators in the work, from the ideological level to clarify the role of new media in mental health education and service functions, in action level. It is necessary to widen the channels, construct the teaching space-time of combination of reality and fiction, combine the traditional classroom and media resources organically, and promote students' psychological health accomplishment in all directions and at all levels. Improve the existing new media platform, fully integrate mental health education resources, such as the establishment of professional mental health website. Make full use of WeChat, forums and other media, enhance the interaction between teachers and students, shorten the psychological distance between teachers and students, give full play to the dominant position of students and teachers. At the same time, we should seek the reform of educational idea and enhance the effectiveness of education.

At present, there is a formalization problem in the use of new media in colleges and universities. New media is only used as a technology to spread information, but not used in every field of education. In resource acquisition, the content should not only be beneficial to the physical and mental health, but also conform to the characteristics of the times. The combination of online and offline teaching mode should be carried out to make the significance of new media come true and ensure the practicality and effectiveness of mental health education.

3.2. Strengthen the construction of teaching staff and improve the media literacy of teachers

In the new media era, talent is the key. Therefore, the construction of teachers is still a necessary condition for mental health education. [2] On the one hand, teachers of mental health education should be systematically and professionally trained to improve their educational concepts, educational methods and new media skills. At the same time, teachers should actively use the new media platform to meet the needs of mental health development in colleges and universities. On the other hand, the official media of colleges and universities should set up a special column on mental health education to provide students with a more convenient and diversified platform for understanding and learning the knowledge and interaction of mental health education. Mental health teachers and professionals should actively participate in the operation of the new media platform, constantly optimize the platform from the technical level and professional knowledge level, and give students the most timely and effective feedback and help.

We should also make clear the role of mental health educators. Both full-time and part-time mental health educators should clearly recognize that they are the bearers of mental health education, and their words and deeds will attract students' attention. We should actively master the new media skills, use the new media platform to interact with students, and become the ideological guide, psychological guide, mentor in life. Clarifying the work role is helpful to guarantee the specialty of mental health education.

3.3. Building diversified education models and mental health education matrices

In the new media era, integrating media resources and constructing mental health education matrix are powerful means to ensure education diversification and promote mental health education.

First, strengthen the campus psychological health education website and forum construction. Campus Forum is a high frequency of use of students, strong participation site. Students can use the Internet for their own and others' mental health services, including health information search, psychological knowledge learning. The empirical study found that 74% of college students use the Internet to access such information, 40% of them often do so. This shows that colleges and universities need to establish a mental health education platform, not only from the web design, functional settings, content selection and other aspects to enhance attractiveness, but also to enhance the platform's practicality and professionalism to provide practical and effective help for students seeking help. [4]

Secondly, we should establish and improve the instant messaging platform system to create WeChat, QQ, micro-blog communication platform. In the context of the new media era, the active use of communication tools in college students' mental health education is the embodiment of specialization. WeChat group is a group chat tool for information communication, which is popular among students because of its real-time and intuitive characteristics. At present, there are many problems in the quality of WeChat group. Therefore, the selection of WeChat group managers is particularly important. Colleges and universities shall pay

attention to the cultivation and selection of opinion leaders, and as the gatekeepers of WeChat Group, they shall make full use of platform resources, at the same time ensure the positive and positive information within the group and create a good and healthy atmosphere. Weibo as a rising star in recent years in colleges and universities is also increasingly intensive. Some colleges and universities have promoted the "Five Micro and Five Positions" microblogging organization structure, and realized the vertical development of classes, student organizations, league organizations, colleges and departments, and schools. The organization structure of "vertical to bottom, horizontal to edge" is worth promoting, "vertical" can make interconnection between different levels, "horizontal" is convenient for expanding the scope of online psychological public opinion, and the vertical and horizontal two-way development makes the mental health education more profound and broader. At the same time, colleges and universities can set some topics regularly, such as "how to integrate into college life better" and so on, which are closely related to college students.

Thirdly, we should actively build a new media platform [5]. Mu Ku, also known as MOOC, is the product of the combination of education and the Internet. Mental health education is popular among teachers and students in colleges and universities. It is characterized by wide dissemination, flexible reception, fragmented reception time and personalized learning. Psychological health education not only innovates the teaching mode, but also makes up for the shortage of teachers and the unequal allocation of resources. Therefore, according to the advantages of MU class and the needs of the new media era, it is of great significance to develop and optimize the mental health education. Colleges and universities can divide the knowledge of mental health education into different modules and make different types of courses according to the characteristics of different modules.

3.4. Establish and improve the mental health education mechanism in colleges and universities in the new media era

Based on the characteristics of college students' physical and mental development in the new media era, colleges and universities need to establish a sound early warning mechanism for psychological crisis. At present, the psychological early warning mechanism of colleges and universities is not perfect enough, feedback is not timely enough. Therefore, psychological crisis events still occur from time to time.

Combining with the idea of "three holistic education", colleges and universities should first perfect the mental health organization system, i. e. school-department-class-students organization. Through constructing and perfecting the mental health education system, opening up the vertical communication channel, we can know more about the students' ideological trends, find out the problems in time, solve them in stratification and form a resultant force to prevent psychological problems. At the same time, a mental health education framework integrating education and teaching, practical activities, consulting services, prevention and intervention, and platform guarantee shall be set up [6] to pay attention to students' mental health in an all-round way, smooth feedback channels, and timely pay attention to students' demands through diversified forms, solve problems efficiently and safeguard students' mental health.

In addition, the agenda setting mechanism should be improved. According to the theory of agenda setting, audience's attention can be influenced by providing information and arranging agenda. [7] The use of agenda setting in mental health education in colleges and universities is not only conducive to mastering the initiative of teaching activities, but also to improving the ways and means of online mental health education. The key to perfect the agenda setting is to build a team of gatekeepers for mental health education. Colleges and universities should establish a coordinated and joint working system for all departments, and focus on the construction of teachers, backbone students and public opinion supervision. We should give full play to the function of setting agenda, firmly grasp the initiative of public opinion orientation, and provide strong spiritual power, good ideological basis and public opinion environment

3.5. Purifying the Network Environment of Colleges and Universities and Guiding Students to Establish a Correct Network View

The influence of environment on people can not be underestimated, and the network environment on the mental health of college students and the formation of values can not be ignored.

First of all, while building campus network and new media matrix, universities should purify network environment, filter bad information and defend the first line of defense of network and mental health. At present, colleges and universities on the campus network environment and the environment of public opinion is still to be strengthened, for the college students, it is advisable to block. Therefore, it should be improved by positive publicity, hot topic setting and typical setting. [8]

Secondly, colleges and universities should strengthen college students' network education, improve their ability to distinguish information and value judgment, and form higher media literacy and correct network view. In the age of new media, the network education of college students is closely related to the mental health education. Strengthening the network education can form a protective umbrella when college students use new media, and reduce the impact and influence of bad information and speech on the network on mental health.

Thirdly, we can combine mental health education with new media to carry out more healthy and beneficial online psychological activities. On the one hand, it can enrich students' campus life, guide students to use the network reasonably and create a good campus atmosphere; on the other hand, it can guide and influence college students subtly and form a positive long-term effect. For example, online mental health knowledge competitions and short video contests will be held to guide students to reasonably plan their Internet time, effectively utilize the resources and functional advantages of new media, give full play to the positive role of new media, and at the same time, learn mental health knowledge in a relaxed and pleasant atmosphere to maintain a good campus atmosphere and a positive psychological atmosphere.

4. Epilogue

Mental health education is an important part of college

education, and also a compulsory course for the growth of young people. Colleges and universities should combine the new situation, change the educational concept, strengthen the construction of teachers, construct diversified educational models, and establish and improve mental health education mechanism. Under the idea of educating people all the time, educating people all the way, and educating people all the round, we should carry out the education work of college students' mental health effectively, guarantee the college students' mental health, cultivate the talents with all-round development, and make the education of mental health serve the college students' physical and mental health.

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