

# Research on the Relationship between College Students' Values and Psychological Health

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**Abstract:** Values are the basic views of individuals on people, things, and things in the world around them. They are a series of the most basic criteria on which people make judgments that are meaningful or meaningless, worthy of acceptance, or unworthy to accept. The correct values can promote the improvement of college students' mental health, and the healthy psychology is the basis for the formation of correct values for college students. The purpose of this paper is to suggest that a variety of effective methods should be taken in the education of college students' mental health to guide them to establish correct values.

## 1. Introduction

Values are very complex psychological phenomena. They are a multi-dimensional and multi-level conceptual system. They are also the psychological tendency systems that people use to distinguish between good and bad standards and guide behaviors. They provide sufficient reasons for people to think that they are legitimate behaviors. They are impregnated with The entire personality dominates human behavior, attitudes, opinions, beliefs, and ideal inner dimensions. The author regards life values, life values, moral values, political values, learning values, and professional values as the six aspects of student values, and investigates the relevance of different levels of mental health of college students to their values.

## 2. The Psychological Connotation of Values

The value goal is the individual's goal of thinking, identifying, and pursuing what is important to his actions. It is the question of what people's actions are for. The value approach is the approach and methods that individuals take to achieve value goals, and questions about how people act. Value evaluation is an individual's judgment on the value and value of objective things based on a certain value standard. It is about the meaning and significance of human actions. Value evaluation is an important aspect of values. In social life, people evaluate the value of life and social behavior according to a certain value standard, and thus generate a sense of value and significance that is worthless, happy, and unhappy. The direction and extent of value goals and means and the corresponding social behaviors that influence or promote or sustain or organize or change.

Cognitive factors refer to the perception and understanding of the value attributes of things and their understanding and evaluation of the value of things. A person's understanding of the value of things at the same time, it also produced a corresponding emotional experience for him. When a person realizes that something can satisfy his or her needs, it will produce a positive emotion, or respect him, or sympathize with him or like him. When a person realizes that something cannot satisfy people's needs, When you are harmful to yourself or others, you will despise it, hate him, and hate him. The will factor refers to the psychological process of a person starting from his own value understanding, taking measures based on his selective emotional experience, taking measures, overcoming difficulties, and pursuing what he considers valuable or realizing his own value goals. The factors that influence the formation of values include individual needs, self-awareness, and life experience. Differences in values between people are caused by differences in their physical, psychological and living environments, and life experiences. These values in turn affect people's behavior, emotions, and personality development.

### **3. The Relationship between College Students' Values and Psychological Health**

At present, our undergraduates are in the process of conflict, blending, and blending between traditional culture and modern culture. They are often in the midst of the choice of value, which is the emergence of value conflicts. It includes ambiguous value orientation, biased value evaluation, unbalanced value identification, and misplaced values. This kind of value conflict is manifested as the individual's psychological conflict. The conflict cannot be resolved in time. The individual will feel insecure, cause emotional problems, and develop into psychological problems. For example, in the psychological consultation and counseling of college students, the root causes of inferiority, arrogance, embarrassment, emptiness, dual personality, suicide, self-closedness, blind conformity, rebelliousness, selfishness, and enjoyment are the essence of such psychological problems. Imbalance, misplaced values, etc. Inferiority and self-esteem are self-evaluations that are not correct, excessive self-denial or excessive self-affirmation, and a kind of arrogant or self-defeating emotional experience. The reason for this is that it only focuses on temporary surface interests, and it prides itself on superior status and isolation. The emptiness is caused by undue emphasis on personal gains and losses, and the misconception that personal requirements are not satisfied and all things are grayed out. The formation of dual personality is a comparison of two mutually antagonistic value evaluation standards for the undergraduate discipline and self-discipline. The reaction to growth and decline; and suicide is to a certain extent caused by the irrationality of factors such as the objectivity and multidimensionality of value appraisal. This irrationality is caused by individual's wrong attitude and cognition to the current frustration. Students who are self-contained have little or no influence from the outside world and try to maintain their existing values and behaviors. They are in a nostalgic, unbalanced, and self-confident state. Excessive love makes them closed, and they are reluctant to communicate and communicate with the outside world. , so feel lonely. Blind and congenial students, in the face of new ideas, trends of thought, entertainment methods, and popular culture, are blindly imitated without rational analysis and value judgment, leading to confusion in social roles. Students with rebellious psychology, selfishness, and hedonistic psychology are misplaced values.

There are many factors that affect the psychological health of college students, including biological factors, family environment and parenting methods, school conditions and interpersonal relationships, as well as social regional culture and other objective factors, as well as subjective factors such as temperament, personality, and emotion; The environment, in the face of the same pressure and frustration, different college students have different psychological feelings. In fact, it is different in their value orientation. The discussion of psychological health by scholars of all ages, both at home and abroad, has mainly focused on four aspects: psychological state, growth and development, social adaptation, and ethics. It can be seen that values have an impact on mental health. First, maintaining a good mental state requires that you Self-knowledge, self-control, self-discipline, so that they maintain a happy mood, full of self-esteem, self-confidence. Second, having good social adaptability requires individuals to understand the outside world, actively govern the environment, properly handle interpersonal relationships, and some beliefs about adaptation such as tolerance, enthusiasm, friendship, and gregariousness are themselves values. Third, it has a positive growth and development trend, and requires individuals to grow and mature continuously, to self-improvement, and to self-improvement. This is a series of values about the self. Fourth, with a noble ethical and moral spirit, Maslow proposed that people should work harder and better, that is, toward what most people call a beautiful value, toward serenity, kindness, heroism, integrity, love, selflessness, and goodness. . The ethical standard of mental health is to require individuals to have progressive values.

### **4. Measures to Enhance College Students' Values**

College students are often in the contradiction and perplexity between ideals and reality. Emotional excitement is more than rational thinking. Students lamented the contrast between school education and social reality. They also felt the contradiction between external education and their

own inner value judgment level and moral level. Coupled with the influence of various erroneous values in society, they have shown swing and repetition in the formation of values. Therefore, in terms of loneliness, contradictions and perplexities in college students' study, life, interpersonal relations, employment, love, etc., we must correctly guide them to establish correct values of life, values of knowledge, professional values, interpersonal values, values of marriage, health values, etc. . Values, as their behavioral concept system, guide their direction of action and have extremely important substantive significance and role in their personality development, social adaptation and mental health.

The guidance of the values of college students is a complicated and arduous task. It is often difficult to work with a single fixed approach. Practice has shown that for a college student's physical and psychological development, taking various forms of education can receive good results. From the perspective of the subject, multi-level education should be adopted. Among the values of college students, there are gender differences, grade differences, arts and science differences, individual differences, etc. Different methods should be implemented according to different targets and different requirements should be put forward. In terms of content, we should focus on the theme of values, make appropriate changes according to different needs, and conduct three-dimensional education. Through the in-depth development of various special education programs, they are encouraged to establish correct values. In form, it should be as diverse as possible. If you always use a form, they will get bored. Because values education itself is rich in content, while college students have a strong sense of curiosity, like to revive. Therefore, adopting a lively and active form of education, a form that students like to hear, and integrating science, knowledge, and interest together will enhance the persuasiveness, appeal, and appeal of education.

First, improve the organizational system of mental health education for college students. Universities should establish an organizational system of mental health education for undergraduates that consists of a department leader, a part-time moral education teacher, a psychological teacher, a psychiatrist, and a student's backbone. Establish a student psychological counseling room, a psychological counseling room (a psychological counseling station), and college education. The mental health care network system of the counseling center and the psychological treatment room; mobilizes the initiative of college students' self-education and peer education; builds a psychological self-help system for university students; integrates student leaders, floor managers, quartermasters, and student leaders into mental health education system.

Second, conduct psychological health education for college students through multiple channels and in various forms. Colleges and universities should set up mental health education courses and provide students with systematic mental health education. Through psychological health education websites, radio, television, school journals, school newspapers, window displays, board newspapers and other channels, psychological health education and counseling for students; Through the psychological association of college students develop psychology theaters, psychological salons, knowledge contests, papers, etc. Diversified activities to strengthen self-education awareness and improve students' self-survival, self-regulation, self-motivation, and self-cognition skills. Through individual counseling, group counseling, psycho-behavioral training, telephone correspondence, and online counseling, targeted students are provided Regular, timely and effective psychological guidance and services. For a small number of students with outstanding psychological problems, it is necessary to strengthen key counseling. It is necessary to cooperate with mental health centers throughout the country to establish a rapid channel for the diagnosis and treatment of psychological diseases and timely ask experts to diagnose and treat students with mental illness.

Third, conduct scientific research on college students' psychological health education. All colleges and universities should organize full-time and part-time mental health educators to actively carry out the research and exchange on the theory and practice of psychological health education for college students, systematically investigate and analyze the students' mental health, study the law of the development of college students' psychological quality, and earnestly sum up the experience of mental health education for college students. The lesson is to continuously improve the scientific and practical results of the mental health education for college students.

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