

Influence of Information Technology on College Students' Mental Health Education

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Abstract: Nowadays, information technology has become an indispensable part of college students' learning and living activities. The application of this technology changes the ways of learning, living, communication and thinking of college students. Its popularization is also compatible with college students' mental health education. In the work, we aimed at analyzing the dual effect of information technology to college students' mental health education.

1. Introduction

In the information age, college students appreciate the multi-culture of the world to increase knowledge and thought, thus facilitating the sense of innovation. Because of high-speed and convenient information dissemination, the communication field of college students is expanded to enhance self-confidence, resolving their repression. Information application plays an active role in the formation of mental health of college students. On the other hand, excessive dependence on network information will undermine the cognitive, thinking and creativity of undergraduates to a certain extent. In this context, we analyzed the dual effect of information technology to college students' mental health education to form positive guidance and reverse prevention for college students' physical health.

2. Information age

Internet has the powerful function of information retrieval and switch. With the advent of the information age, the Internet is defined as the center of information base and exchange. China's Internet started in 1995, with 79.5 million users by the end of 2003. In June 2004, it reached a new high with 87 million Internet users. By the end of 2014, Internet users hit a new high of 649 million, where the students account for 23.8%. Up to June 2017, the number of Internet users in China reached 751 million. With the rapid development of digital economy, new opportunity and challenge will be faced in the issue of mental health education for college students in China.

3. Opportunity and challenge of college students' mental health education in information age

3.1. Opportunity for college students' mental health education

The first is ideological emancipation. The network is an open system with freely selected types. The application of web links is not limited by the specific structure. Without specific limitation in time and space, this free, open platform is in line with the idea of pursuing spiritual freedom. This platform is used to publicize the individuality, releasing the emotions.

Based on this platform, the pursuit for freedom and democracy is more prominent and straightforward. Psychologists and educators attach great attention to this platform. Ideological emancipation of college students is understood to properly guide the mental health development, thus deepening the national and democratic consciousnesses.

The second is diversity in content. With various forms, the network is a communication and technical tool with a large amount of information and convenient transmission. Most contents become a model of mental health education for college students. Besides, psychologists and educators query the factors of college students' mental health problems from the network trends. Then, we build the more appropriate content of mental health education by communicating with each other and using the right method.

The third is to expand the audiences. Generally, college students have mental health problems under various pressures. However, the traditional methods of mental health education are restricted by time, place and method, with limited audiences. The Internet covers more audiences in a more open and flexible format. Due to the limited resources for psychological consultation, college students cannot get timely treatment when they have mental health problems. The situation of mental health education is even fainter. There is no concept for students to recognize mental health, so the attitude is not clear naturally. In most cases, college students prefer to find information from the network platform. Under such circumstances, psychologists should focus on platform monitoring and information screening. Besides, the experts can also provide more accurate mental health education and counseling information through communication.

3.2. Challenge of college students' mental health education

Firstly, the informatization of education has given birth to an era of popular education. In this context, the college students are faced with more sharp competition and employment pressure. Meanwhile, there will be sudden mental problems among college students. Information age has more complicated growth environment for college students than the traditional economy age. Due to extensive information contact, the mental health problems show a multiple trend. As social newcomers, college students undoubtedly have a certain degree of mental pressure in high-end information market.

Secondly, the global informatization brings about multiple cultures and values. Because of the infiltration of multiple values, college students should hold correct values to resist the temptation of distort values. College students generate different levels of psychological stress from the value orientation at information age, differences in family income, learning environment, potential employment fear, society, adolescent germination, family expectation as well as the conflict between self-worth and ideal reality. Therefore, college students disguise their internal panic and anxiety in calm and cool external expressions, thus destroying mental health of college students.

Thirdly, informatization brings the virtualization of information exchange with convenient information retrieval and conversion. At virtual information age, college students hide themselves off in new environment and interpersonal interaction because of failing to deal with the relationship between reality and virtuality. For college students, the ability of knowledge collection has been greatly improved. However, the ability to analyze problems relies on information network. Ideal pursuit and personality development are affected by the network culture values, generating cognitive bias, communication fear and personality disorders in real life. This becomes the hot topics of college students' mental health education.

4. Practical problems of mental health education of college students

College students' mental health education aims at guiding college students to realize the healthy development of body and mind. Fan Fumin et al. pointed out that mental health education consists of the cultivation of good mental quality and preventive treatment of

mental diseases. For the optimization of students' mental qualities, the educational contents contain intelligent development, cultivation of non-intellectual factors, interpersonal relationship harmony, environmental adaptation and healthy personality. For the prevention of mental diseases, the education contents contain mental health knowledge, frustration and disease prevention.

4.1. Goal disequilibrium of mental health education

People-oriented education achieves comprehensive and sustainable development of human beings. In China, mental health education deviates from the right direction in the location of target population. Students with mental problems are regarded as the objective of mental health education. Actually, the target population should be the whole college students.

As a part of college education, people-oriented education is infiltrated into all aspects of learning and living to prevent mental disorders, thus solving the mental health problems. Positive personality is formed to ensure the realization of college students' learning goals. In the long-term mental health education, experts and scholars mistakenly take students with mental problems and barriers as the core objects. In addition, the scope of mental health education is confined to the classroom, center and moral education.

To a certain extent, the students are prevented from serious mental incidents in stable colleges. However, students' mental problems are not essentially solved by such superficial popular education and emergency strategy. On the contrary, college students make wrong positioning for mental health, thus deepening incorrect mental health education in the audiences and scopes.

4.2. Weak teacher power and specialty

In China, mental education started late and developed slowly. The inadequacy of mental education in college and even society leads to the lack of talents in psychological research. The understanding of psychology lags behind the times. With weak specialty, we cannot grasp the trends of emerging mental problems. Without appropriate aptitudes, teachers who engaged in mental health education know little about the basic knowledge and skills of mental counseling. The lack of teachers leads to the deviation of the most basic publicity and definition in mental health education. If there is a problem, it cannot be solved. Students will have certain contradictions and doubts about mental counseling, thus seriously affecting the development of mental health education.

4.3. Lack of adjustment function

Mo Xulin proposed that the mental health education consists of self-acceptance, development of normal social interaction and achievement of mental adaptation. The three aspects are realized by propagating the concept of modern health and introducing the approaches to the realization of mental health. Due to the lagging nature of mental health education itself, students produce suspicion and resistance to mental health education. Besides, the family and society are indifferent to mental health education. Therefore, mental health educators fail to analyze students' emotional information in time and grasp the characteristics of dynamic stage of mental development. The guidance of emotional healthy development cannot be formed.

Xie Bingyan pointed out that the mental health of college students includes the mental health, self-awareness, self-improvement, emotional control, frustration and pressure confrontation. There are differences between the execution of mental health education and requirement for college students' mental development. These differences are reflected in college students' personality optimization, will training, learning, interpersonal interaction, loving, network psychology, adaptation, career planning, common mental disorder and its prevention.

5. Influencing factors of mental development of College Students

5.1. Physical growth of developmental psychology

College students are at the early stage of adolescence. During this period, the physiological development in cognition, emotion and personality are becoming more and more mature. It is also the period when their outlooks on life and values are stable. At information age, adolescent college students are undoubtedly inundated with various ideas and information in the form of openness or even flooding. This plays a dual role in the mental health education.

5.2. Thinking development of developmental psychology

For high school students, the dialectic logic thinking is already in the predominant position among thinking modes. The development of this thinking quality leads to the formation of independence, criticality and self-monitoring ability. With these characteristics, most college students can correctly screen the information. At information age, the communication among college students tends to be the interaction between people and network due to the development of independent thinking. This situation also has both advantages and disadvantages in mental health education.

5.3. Social psychology of teenagers' online game addiction

Online games have characteristics such as entertainment, interactivity and virtuality. Adolescents have weak mental resistance and self-control abilities. Coupled with the tense parent-child relationship and the pressure on school learning, adolescents often evade the reality to find the comfort from virtual online world, thus relieving the pressure. Exciting online games can give adolescents the senses of satisfaction and accomplishment. For some college students, the learning and living time and energy are occupied by long-lasting online games. Once the game stops, it will produce negative mental and physical effects, such as depression and social anxiety disorder, thus causing paralysis of learning and life.

6. Necessity and feasibility of informatization of college students' mental health education

According to the characteristics of informatization, we analyze the situation of mental development factors and health education problems of college students. It is necessary and feasible to pursue the informatization development of college students' mental health education at information age.

6.1. Universality of information application

Information development is the most accessible to college students—the group with widest benefit and fastest promotion. With the development of information, new media are more widely used by students. Mobile new media become important channels to obtain information, entertainment and leisure. WeChat, Weibo and Public Accounts change the basic learning and living ways of contemporary college students. College students subliminally learn from the dissemination and guidance of mental health education through these new media. The mode of dissemination is not limited by the time and place. The virtualized consultation environment enables college students, who maintain a high degree of self-esteem, to relax the mental burden, completely releasing the depression and confusion in their hearts. Therefore, network mental counseling experts can quickly and fully understand the mental dynamics of students to accurately conduct mental health identification, diagnosis and treatment.

6.2. Openness of information application

The popularization of mental health education through informatization gradually improves the mental health education classroom in colleges. The popularization of informatization is an

open mental health education. Generally, there are public mental health problems among college students. In addition, the conventional control diagnosis and treatment are public. Individual case can be analyzed and solved by one-to-one, many-to-one and many-to-many ways. There is universality for students' group reaction problems. Through the promotion of information-based mental health education and openness of solutions, college students can make mental health comparison by analyzing their own problems. Therefore, unnecessary repeated analysis is reduced to achieve self-understanding and self-education, promoting the popularization of mental health education.

6.3. Originality of information application

At information age, the students are exposed to a variety of fresh things. Without boring didactic approach, college students are more willing to learn knowledge by new means of information. For instance, mental health education class of college students is implemented by information-based approach. The animation albums, audios and videos are expressed to college students in the form of micro films, thus enhancing college students' learning interests. Mental health problems are excavated by deepening education content.

For college students, mental health education network platform is constructed to place teaching and learning (consultation and solution) in a balanced position. This mode of equal interaction increases effective communication between teachers and students to enrich learning content, expanding the scope of learning. At present, colleges largely improve students' learning interests by launching the mental health education micro-classroom and Mosoink cloud class. On these platforms, mental health education experts can also release homework, questionnaires and FAQ to follow the progress of learning. Therefore, the mental health education of college students has been effectively developed under the impact of diversified information.

6.4. Pluralism of information application

Ellis, the creator of rational emotion therapy, once said that "as long as a person has a reasonable view of philosophy, he is not susceptible to all kinds of emotions". There is necessary relationship between partial mental health problems and thoughts of college students. In the pluralistic era of informatization, all kinds of thoughts are booming. With the help of information channels, college mental health educators should make appropriate intervention in ideological issues to provide students with good mental health status.

7. Conclusions

With the advent of the information age, the information platform plays an important role in the teaching and learning. It is necessary to establish an outstanding mental health education network team, realizing the informatization development of college students' mental health education. This team takes on the new role of informatization development. Conventional knowledge teaching is changed to cultivate students' self-learning and innovation. At information age, psychological educators, especially network psychologists, should have solid theoretical knowledge, operational skills and practical experience of mental health education. With information network operation skills, these educators maintain highly political acumen, discrimination and responsibility under the impact of global and diversified information culture. At the forefront of information development, psychological educators undertake sacred mission and responsibility of promoting sound development of mental health education for college students.

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