

# **A Study on the Path of Mental Health Education for College Students from the Perspective of Social Network**

**Liang Yan<sup>a,\*</sup>, Yuqing Tan**

Psychological Counseling Center, Tianhe College of Guangdong Polytechnic Normal University,  
Guangzhou, Guangdong, 510540, China

\*corresponding author

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**Abstract:** Social network is one of the most important components of human society today, which can fully reflect the personality characteristics of individuals and predict the mental health of individuals. Taking the college students' community interaction network for example, the results show that because the time effect and the event effect are obvious in the emotion index transmitted by the blog log, if the college students write the blog log frequently, or participate actively in the online interaction, then the mental health level can be improved to a certain extent. Based on this, this article will take the social network as the angle, carries on the research to the university student's mental health education path, in order to achieve the enhancement university student's mental health level effect.

## **1. Introduction**

Based on the view of modern social network, this paper will study the path of college students' mental health education from four aspects: reshaping the ecosystem of college students' mental health education, giving support to the hidden psychological support system of the community network, paying full attention to the excavation and application of the social network behavior, and giving full play to the function of "self-help-help-help-help" function of the community network, so as to provide the help for the development of college students' mental health[1].

## **2. Reshaping the Mental Health Education Ecosystem**

In the traditional mental health education of college students, the level of their stay is basically the promotion of individual psychological intervention, and the lack of the external system ecological link, so that the effective development of mental health education is greatly restricted. Therefore, it is necessary for college mental health educators to focus on the interaction of individual characteristics and environment system in order to improve the effect of mental health education.

As the most indispensable ecosystem in the growth of college students, social network is very important to the individual mental health of college students, so relevant workers can use the social network ecological environment to promote the healthy development of students' psychology. The analysis results show that the important resource of college students' mental health education is social network, which is very important to the establishment of students' mental health development mechanism. In addition, the college mental health educators can use the computer, based on the individual characteristics of college students, the real simulation of the ecosystem in the social network, and then in the case of data mining out, will be able to self-training intervention and psychological adjustment in the social network environment to find out the solution, so that college students can step into the society, but also timely self-psychological adjustment. In addition, if we take the social network ecosystem as the starting point, the college mental health educators can also take the construction of the community interactive network of college students as the starting point, and activate the internal balance ability and psychological mechanism in the community system, so as to realize the important construction of the intervention system of open and systematic mental

health service.



Figure 1 Mental health education for college students

### 3. Construct the Recessive Psychological Support System of the Community Network

If we want to conform to the trend of the current social network era and construct the recessive psychological support system adapted to the development needs of students, we need to proceed from these three aspects. The first is the life of mental health education, the second is the positive of mental health education, and the third is the full staff of mental health education[2]. In order to promote the popularization and popularization of mental health education, the mental health education workers in colleges and universities should make the work of mental health education become a familiar cultural product in the community network, and realize the promotion of college students' self-help life concept and life skills. The positive of mental health education, through the traditional way of research, we can know that in the social network, mental health education is more full of negative, such a one-sided understanding in the development of health education college students are very unfavorable factors. Therefore, it is necessary for college mental health educators to rely on the advantages of social network resources, take the open attitude and advantage perspective as the interpretation basis, highlight the main position of the community network students, and improve the students' independent mutual help behavior and mental health level when understanding the students' emotional dynamics, so as to realize the effective role of college students' mental health education in the social network. With the efficient use of the modern network, the traditional mode of mental health education has been fully reformed, and the complexity, diversity and all aspects of the network also play a decisive role in the accessibility of the main body of education. Based on this, it is necessary for college mental health educators to pay attention to the emotional and emotional dynamics of college students under the network platform under the premise of providing professional guidance to students, and to solve the developmental doubts of college students while transmitting positive ideas and carrying out growth activities, and to interfere with the popular behavior of students, so as to achieve the eradication of the influence of "social stigma" in mental health education.



Figure 2 Mental health education

#### **4. Paying Sufficient Attention to the Mining and Application of Community Network Behavior**

Because of the rapid development and maturity of network mining technology, it is easy to obtain a lot of real and accurate residual behavior information in the record keeping of network platform, which also gives a unique advantage to the grasp of the psychological characteristics of college students. On the one hand, college mental health educators can fully excavate all kinds of fragmented data through the network, so that they can predict and identify the online mental state of users on the Internet, so as to provide important support for mental health education activities.[3]. On the other hand, college mental health educators can carry out timely warning and dynamic monitoring of negative factors that may have an impact on mental health after mining the network data. Therefore, on this basis, some scholars have begun to explore the establishment of the social network behavior personality prediction model based on the learning and establishment of the algorithm, and the accuracy of the data obtained by this model is almost the same as the self-report evaluation results. Therefore, for the better fit of the prediction model, college mental health educators only need to obtain "objective network behavior data" to achieve the accurate acquisition of personality characteristics of users, so that they can effectively avoid the concerns of "subjective cognition, index limitations and social approval" in self-report, and achieve the purpose of replacing the traditional psychological problem screening mode of college students. Besides, some scholars have begun to pay attention to the predictive effect of social network behavior on mental health, and try their best to construct the predictive model of network users' mental health. Among them, chinese academy of sciences university zhu ting shao team through the analysis network behavior, to perceive and warn the user's mental health, and has carried on the full application in the campus information student mental health service system project. In addition, in today's social network behavior research, there is another major trend, that is, the application of big data. An online emotional analysis system has been developed for the first time in the world to track the dynamics of sina weibo's emotions in a licensed professor at the university of aerospace in beijing, while professor le guoan of nankai university has also studied the "micro-blog's online emotional series" and realized its prediction that the rise of the index of social behavior like the stock market is closely related to the increase of the frequency of the emergence of micro-blog's safety vocabulary.



Figure 3 Mental health of college students

#### **5. Realize the Effective Exertion of the Function of "Self-Help-Help and Mutual Assistance" in the Community Network**

In order to strengthen the "self-help-help-help" mechanism of community network, it is necessary to cultivate peer counseling based on blog log. The research shows that the college students' writing of blog log can be very good to guide and adjust their general psychological confusion and bad mood, and this kind of guidance and adjustment also plays an important role in

the improvement of students' mental health level. Other studies have shown that it is also necessary to improve your mental health by making traumatic events and writing about bad emotions. And the developmental counseling of log therapy is also provided by narrative therapy and short-term focus counseling. Based on this, it can be seen that cultivating peer counseling team based on blog log can effectively carry out mental health education for college students[4]. In the community network, it is natural for peer psychological committee members in the class and other students in the class to have the advantage of natural behavior interaction, which can be used to determine the students' emotional color, social network support and emotional management ability through the observation of the content tendency expressed in other students' blog logs, the perspective of the problem, the emotional emotion revealed and the interaction of the interpersonal network, and so on, so as to provide the important entrance to the observation of students' psychological state or related social support. And the peer psychological committee of the class can pay close attention to and support the psychological growth of others through the multi-interactive network media, and give back properly, such as the rebuttal of other people's unreasonable belief or the suggestion of reference, so as to achieve the purpose of transmitting the developmental idea or recommending the psychological resource information. In addition, the class peer psychology committee can be guided by the narrative concept, using a variety of ways, such as blog writing competition to encourage the class students blog log of their own voice and the record of the journey. Or you can plan and organize activities such as micro-visits through some common psychological topics, so as to realize the peer psychological counseling "help-help" mechanism.

## **6. Conclusion**

In a word, if we want to improve the efficiency of college students' mental health education under the current social network environment, the mental health educators in colleges and universities need to carry out the above four aspects, so that we can predict the psychology of college students and realize the mental education of college students' health under the condition of interfering with the psychology of college students.

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