A Simulation Study on the Mental Health Quality Optimization of College Students

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Keywords: College Students, Mental Health Quality, Optimization, Simulation, Research

Abstract: Mental health is a problem that should be paid attention to in the practice of college students' education, and good mental health quality is also the intuitive embodiment of college students' comprehensive ability. However, from the current situation of college students' education, there are still various problems in the process of mental health education, and the overall quality of education and the mental health quality of college students still can not meet the expected requirements, which is very unfavorable to the study and growth of college students. On the basis of in-depth analysis of the characteristics of college students' mental health education, this paper expounds in detail the related problems of mental health quality optimization simulation, hoping to play a positive role in promoting the development of college students' mental health.

1. The Practical Significance of Optimizing the Mental Health Quality of College Students

With the continuous progress and development of the times, in the practice of college education, college students are very vulnerable to the influence of many information from the outside, in order to ensure the better learning and growth of college students, mental health education is particularly important. But before carrying out the corresponding mental health education, it is necessary to understand the actual mental health situation of college students first, so that in the process of taking educational measures, it will be targeted and improve the pertinence and effectiveness of education. Mental health quality optimization simulation is an effective way in the process of mental health education at present. Through the mental health quality optimization simulation, we can understand the psychological activities of college students and the causes of psychological problems, and then adopt targeted educational countermeasures through the simulation model, and finally provide sufficient scientific basis for the effective development of mental health education for college students.

In recent years, because of the influence of social and economic development, people's ideology and value orientation are undergoing fundamental changes, compared with the previous, contemporary people's way of life and spiritual and cultural needs are also facing a huge change. College students are the most rapid group to accept new things, but also very vulnerable to the influence of various information, in the process, college students' psychology will change obviously, thus showing the diversity of behavior. Therefore, the mental health quality education of college students has gradually become a problem widely concerned by schools, parents and the whole society. How to adopt the effective way of education to solve the key problems affecting the healthy growth of college students is the common concern of teachers and experts in the field of education. Through the optimization simulation of college students' mental health quality, we can better understand the psychological problems existing in their study and life, and then realize the overall improvement of their education level.

At present, many colleges and universities in the process of mental health education of college students are more traditional way of work, the distance between teachers and students is far away, so many teachers use the way, there is a big gap with the actual situation of students, which is mainly due to the poor communication between teachers and students, the lack of practical
understanding of students. Therefore, in order to achieve the expected goal of mental health quality optimization, it is necessary to change the traditional education concept in time, actively explore the new mental health quality optimization form of college students, combine the actual mental health status of college students, build a good communication bridge between teachers and students, and promote good interaction and communication between teachers and students, which has a very obvious effect on teachers to understand the actual situation of students in time, and then take targeted mental health quality optimization measures.[1]. Although college students have come of age, the ability and quality of all aspects are still in the stage of development, so it is not possible to leave the guidance and help of teachers. In the process of students' mental health education, the basic counseling methods are to adopt targeted solutions according to the students' actual problems, and each student's problems are different, and the simulation study of optimizing the mental health quality of college students can help colleges and teachers to understand the actual mental health status of college students accurately, so as to provide scientific basis for the follow-up education work, and to maximize the level of mental health education of college students.

2. Analysis of Key Problems in the Simulation Process of College Students' Mental Health Quality Optimization

(1) There are certain adverse psychological activities among college students
College students are in the key stage of learning and growth, and many college students have just left the pressure of college entrance examination, have not been well adapted to the smaller college life, and their roles have not been changed in time, so it is easy for college students to have certain mental health problems in this period. If the mental health problems of college students can not be solved in time and effectively, it will have a great adverse effect on the later study and life, even on the future employment, so we should pay full attention to the mental health quality of college students. At the same time, college students in this stage, there will be a certain degree of adverse psychology, which is also an important part of the process of optimizing the mental health quality of college students can not be ignored [2]. Therefore, in the course of carrying out the simulation research on the optimization of college students' mental health quality, the first thing we should focus on is the reasons for the existence of the obstacle of the behavior of the rebellious college students in the stage, and through the analysis and collation of the data, the threshold of the behavior tendency of the college students in the process of inversion is obtained, which provides a more scientific and reasonable basis for the later choice of educational measures.

Figure 1 Data analysis and collation

In practice, because college students show different adverse psychological activities in different learning and growth stages, so in the actual optimization simulation, we should set different time series, targeted grasp the mental health state of different stages of college students and the formation process of psychological activities, and finally get scientific data support. Through the actual optimization simulation, it can be found that the causes of college students' adverse psychology are various and influenced by many factors at the same time. Therefore, in the process of practical research, we should combine the actual situation to sort out the different influencing factors according to the size of the final effect, so as to understand and master more accurately the
main factors of college students' rebellious psychology [3]. For example, in the research practice, if the emotional characteristics are found to be the main factor affecting the adverse psychology of college students, then the influence effect of this factor can be accurately calculated according to the formula set in advance, and the relationship between the emotional characteristics and the adverse psychological activities and the duration of college students can be grasped.

![Figure 2 Adverse psychological activity](image)

At the same time, we should consider two other key factors in the process, these two factors are the subjective consciousness of college students and the objective events with influence. At the time of research, we can combine the related activities of college students affected by adverse psychology in their normal study and life, and then comprehensively analyze the subjective and objective factors to promote and hinder the corresponding behavior, and finally get the average information and behavior tendency threshold.

(2) Relationship between adverse psychological activity and behavioral hindrance of college students

The functional relationship between adverse psychology and behavioral hindrance is also very important in the course of the simulation study of college students' mental health quality optimization. Similarly, the factors that govern the behavior of college students also contain many factors. In the course of the study, these factors can be taken as a collection, and there is a strong correlation between the types of behavioral tendencies and the factors of resistance [4]. These factors are comprehensively considered, combined with the data analysis of the results of practical research, and finally summarize the actual relationship between college students' mental health quality and adverse psychology and behavioral tendency, so as to lay a solid foundation for the follow-up theoretical research.

3. Analysis on the Simulation Results of Mental Health Quality Optimization of College Students

No matter what kind of method is adopted, its ultimate goal is to grasp the actual mental health quality of college students. Therefore, after taking the above measures, it is necessary to make a scientific analysis of the simulation results of college students' mental health quality optimization, so that the optimization simulation results can play their due role in the process of practical education.[5]. We can build a simulation optimization platform of college students' mental health quality with the help of relevant software, and then model and statistics the optimization of college students' mental health quality, and finally compare and analyze the statistical results synthetically.
In this process, we should focus on the accuracy of the previous data, so that in the process of sample analysis, we can get more scientific and close to the actual situation, that is to say, modeling and analysis is the most important link in the process of optimizing the mental health quality of college students. If there is a problem in this link, it will seriously affect the accuracy of the optimization simulation study and the final result.[6]. In addition, we should also focus on analyzing the outstanding performance characteristics of college students' psychology and physiology, add it as a variable into the above-mentioned functional relationship, and then combine the corresponding law of change, draw the corresponding relationship map of influencing factors, so as to more intuitively observe the research results and grasp the specific mental health quality of college students.

4. Conclusion

To sum up, the simulation study of college students' mental health quality optimization is an effective way to deeply understand the level of college students' mental health and improve the quality of college students' mental health education. Therefore, in the actual simulation process of college students' mental health quality optimization, it is necessary to consider many influencing factors comprehensively, combine the actual study and life situation of college students, bring the external performance behavior and subjective influencing factors into the corresponding influence range, finally, make scientific analysis and summary of the results, and get accurate analysis results to provide scientific research basis for college students' mental health education.

References