A Study of Mental Health Education Model for College Students from the Perspective of Cognitive Psychology

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Abstract: With the continuous development of society and the continuous improvement of cognitive level, the way and scope of students to receive information in the process of growing up is more and more extensive, so that their personality and mentality are more mature. However, their lack of experience in life and the lack of ways to adjust their mentality are prone to psychological distress. This kind of situation is more common in college students, college students pay more attention to academic performance in senior high school, ignore the mental health problems, make physical and mental development is not step by step, and it is easy to appear psychological problems under the condition of extreme relaxation in college. To this end, college mental health education put forward cognitive psychology, aiming to be able to solve psychological problems for college students, mental health education. This paper mainly studies the model of college mental health education based on the perspective of cognitive psychology, hoping to help college students form healthy and positive psychology.

1. Introduction

Part of the reason for the mental health problems of college students can be attributed to the incorrect cognition, which is mainly for the students to process the information such as their own behavior in the society and the social role they play, and form the established way of thinking[1]. Incorrect cognition will have a direct effect on the development of students' behavior, personality and emotion. In recent years, there are many cases of criminal behavior caused by unhealthy cognition of college students in our country, which further arouse the high attention of the educational circles, hoping to carry out mental health education in colleges and universities, to help students cultivate correct social cognition and solve students' psychological problems from the perspective of cognitive psychology.

2. Common Psychological Problems of College Students

Table 1 Statistics of psychological problems

<table>
<thead>
<tr>
<th>偏执</th>
<th>反社会</th>
<th>焦虑</th>
<th>抑郁</th>
<th>自杀</th>
</tr>
</thead>
<tbody>
<tr>
<td>20</td>
<td>25</td>
<td>45</td>
<td>30</td>
<td>50</td>
</tr>
<tr>
<td>0.5</td>
<td>0.3</td>
<td>0.4</td>
<td>0.5</td>
<td>0.6</td>
</tr>
<tr>
<td>0.8</td>
<td>0.6</td>
<td>0.8</td>
<td>0.7</td>
<td>0.9</td>
</tr>
<tr>
<td>4.1</td>
<td>3.9</td>
<td>4.2</td>
<td>4.0</td>
<td>4.3</td>
</tr>
</tbody>
</table>

In our survey of college students' mental health problems (as shown in Table 1), we can find that some of the college students have psychological problems that are either light or heavy. However, most students are in a healthy state of mind. There are many causes of psychological problems, but college students have a great connection with their cognition. In his study, famous psychologist Xu Roulan said that a large number of college students have incorrect cognitions, and these incorrect cognitions are the reasons for the psychological key problems of college students. The following
list lists several common psychological problems among college students.

2.1. Interpersonal Issues

Interpersonal problems are more common in college students' psychological problems. As shown in Table 2, the vast majority of students consider their interpersonal relationships good or general. Before entering university, college students have no chance to communicate with too many people in their daily study life because of the great pressure of study and the fierce competition. Over time, problems arise in the conduct of people. In this case, as soon as students enter the university, they will have fear of the interpersonal communication coming from the face, so that they are not good at expressing their true ideas in the process of communicating with others, and produce inferiority complex in the face of strangers, autistic psychology. In addition, their own opinions can not be expressed and released, easy to accumulate in the heart to produce psychological problems. In this regard, cognitive psychology should proceed from students' interpersonal problems, help students understand the relationship between people correctly, release their hearts, accept themselves and accept others.

2.2. Employment Pressure

The educational system of colleges and universities in China is to train students' theoretical knowledge and professional skills to provide more outstanding talents for the society. Therefore, the school pays more attention to the employment rate problem, completely regardless of whether the occupation chosen by the students meets the professional requirements, the students are prone to anxiety mentality in the face of strong employment pressure. In the face of employment problems, a large number of people said they were confused, did not consider, the state of no goal also brought invisible pressure on students. In addition, in the face of the severe employment situation, how to choose a career becomes one of the problems that students are worried about, students should take into account the requirements of employers and their own strength, which brings difficulties to college students who lack social experience, and therefore it is easy to produce psychological problems.[2].
2.3. Ideal and Practical Issues

After finishing high school, the students are full of vision and hope for the university. However, students who actually enter the university will find that there is a big gap between college life and what they think, which creates a difference in students' psychology. After this kind of difference, and because of the difference between college life and high school life, students are prone to indulge themselves constantly in this state of life, into pessimism, learning initiative is not enough, the huge gap between reality and ideals will let students into a variety of negative emotions, psychological problems, serious people have some bad behavior.

3. The Influence of Cognitive Psychology on Mental Health Education of College Students

3.1. Information Options

At present, the characteristics of social informatization are becoming more and more obvious. In the information life, the information that the student receives is mixed, the timeliness is poor and does not have the nutrition. For special groups such as college students who lack social experience, it will have an impact on their cognitive formation. Cognitive psychology can help students to better screen information, help students to make accurate judgment, discard bad information content. However, the implementation of cognitive psychology is influenced by students' subjectivity, and it is easy for students to choose information according to their own subjective will in the process of practical choice, so the selected information is more one-sided and extremely unfavorable to the development of students[3]. For this, teachers should change the teaching methods of cognitive psychology and better help students make information decisions.

3.2. Information Judgement

Cognitive psychology also has an impact on information judgment, and different students have different perceptions of society, which leads each student to have different views on information judgment. For example, a bus accident in Chongqing some time ago, students can see a lot of comments on the Internet. Among them, there are mainly three kinds of sound, one is the responsibility of the owner of the collision with the bus, the other is the responsibility of the passenger, and the other is the responsibility of the bus driver. We can find that different social cognition has different judgments on social information, and we should guide students to form correct cognition and constantly help students to form healthy psychology.

3.3. Emotional Experience

The emotional experience of college students can reflect their relationship with society and further show their hearts. Emotional experience has great guidance and influence on the behavior of college students. It can help students improve their ability to identify, use and interest in social information, and can also help to form correct cognition[4]. For this, teachers should pay more attention to students' emotional experience in the process of teaching students' cognitive psychology, and let emotional experience promote the formation of students' correct cognition.

4. Strategies of Mental Health Education for College Students from the Perspective of Cognitive Psychology

4.1. Strengthen Communication Between Teachers and Students

College mental health education from the perspective of cognitive psychology should strengthen communication between teachers and students. College students make a group of special groups lacking social experience. Their cognition is in the initial stage and is extremely one-sided. To this end, the focus of the current mental health education of college students is to help students form a correct cognition, first of all, to help cultivate students' ability of information processing, to be able to process information into positive content according to their own needs; secondly, to make them develop the habit of self-regulation and to manage their emotions in the process of information
processing; in addition, the quality of information processing is also one that we need to pay attention to in the process of information processing to ensure the formation of a clear-minded, healthy and upward quality[5]. In this regard, teachers should strengthen communication with students, understand some established cognition formed in students, find problems in time, and let students know mistakes through reasonable communication and communication. Teachers should teach by words and deeds, set an example for students, and further cultivate students' correct cognition.

4.2. Strengthening School, Social and Family Education

College students have not been separated from school education, still belong to the more vulnerable groups in society. College students' mental health education should link up school, family and social education to help students form correct cognition and further form healthy psychology. The close connection of school, family and social education needs to use the current information education platform. The school can build a college student mental health education website, publish some mental health education courses on the website, let the students actively participate in the study of the course, parents should do a good job of supervision and supervision. The activities of students' education in the family and social practice should be reflected in the platform, so that the students can be evaluated comprehensively by integrating the three aspects of education. The society and parents can respond to the education situation to the school through the platform, communicate and communicate among the three, and synchronize the education, and constantly promote the formation of students' correct cognition and positive and healthy psychology.

4.3. Strengthening Prevention and Intervention

The mental health education of college students based on cognitive psychology should pay more attention to school education, and the school should do a good job of prevention and intervention. In the process of prevention, schools should not use mandatory means to manage the school, students are prone to produce negative psychology in a repressed, unfree environment, and further psychological problems. The school should give students enough space and create a relaxed learning environment and atmosphere so that students can feel the beauty of college life and eliminate their bad mood[6]. In addition, students should be allowed to supervise each other when the students have psychological problems, and timely feedback some abnormal behavior to teachers, psychological guidance for the problems that appear, to protect the psychological and life safety of students.

5. Conclusion

To sum up, college students' cognition has an important effect on their mental health. The society pays more and more attention to the mental health of college students, and changing their cognition is the key. To this end, the school based on cognitive psychology to carry out research on the mental health education of college students, let the society, school, family three aspects of communication and coordination, use prevention and intervention to help students form a correct cognition, and further develop a healthy and upward psychology.

References


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