

Research on Methods and Paths of Mental Health Education and Management for College Students Based on Network Platform

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Abstract: in Recent Years, the Mental Health of College Students Has Become the Focus of the Whole Society, and Has Been Highly Valued by the Society. Mental Health Education and Management of College Students is One of the Important Contents of Current Higher Education. Continuous Strengthening and Improving Mental Health Education and Management of College Students and Their Paths Are Helpful to Promote the Healthy Growth of the Minds of College Students. This Paper Analyzes and Studies the Advantages of Online Mental Health Education, and Proposes to Foster Strengths and Avoid Weaknesses, Give Full Play to the Advantages of the Network, and Use Network Resources to Open Up New Positions for College Students' Mental Health Education. in Order to Solve the Current Problems, This Paper Studies the Methods and Paths of Mental Health Education and Management for College Students and Explores New Management Methods and New Modes.

1. Introduction

With the Progress and Development of the Society, People's Material Life is Increasingly Rich. At the Same Time, the Fast-Paced Lifestyle and Increasing External Competition Have Made Contemporary People Lose Their Original Peace of Mind and Suffer from Anxiety, Depression, Loneliness and Other Negative Emotions [1]. as a Special Social Group, the Complex Changes of Society, Concept, Emotion and Character Have Caused Psychological Stress, Psychological Crisis or Psychological Barrier. College Students' Study in School is Not Only Limited to the Knowledge Level, But Also Rises to the Ideological Superstructure Height of Mental Health Education and Other Aspects [2]. with the Rapid Development of the Internet, the Internet Has Become an Indispensable Part of College Students' Life, Study and Communication, Providing a New Stage and Opportunity for College Students' Development and Success [3]. in Recent Years, All Major Colleges and Universities Have Increased Their Efforts in Mental Health Education, But the Results Are Not Very Significant. Campus Tragedies Such as College Students' Killing and Suicide Still Occur from Time to Time. Therefore, We Need to Deeply Reflect on the Deficiencies in Current Education and Innovate the Path of Mental Health Education. This Paper Attempts to Analyze and Solve the Problems Existing in College Students' Mental Health Education and Management from an All-Round and Multi-Angle Perspective, and Reasonably and Effectively Explore the Correct Method and Path Research.

2. Significance of Mental Health Education and Management for College Students

Nowadays, with the Relatively Superior Material Conditions, It is of Great Significance to Strengthen the Mental Health Education and Management of College Students for Individuals, Society and the Country. Due to the Relatively Loose Management Environment of the University, Students Need to Consciously Participate in the Learning Process, Which is Undoubtedly a Kind of Indulgence for Those Students with Poor Self-Control [4]. Mental Health Education for College Students Helps College Students Establish Mental Health Awareness, Correctly Understand Themselves, and Cultivate Positive and Upward Mentality, Sound Personality and Good Personality Quality. General Secretary Xi Jinping Delivered an Important Speech At the National Health and Health Conference, Stressing That the People's Mental Health Education Level Should Be

Improved, Especially the Mental Health of College Students. through Psychological Optimization and Personality Improvement, Individuals Can Not Only Maintain a Healthy Psychological State and Have Good Psychological Quality, But Also Realize the Goal of All-Round Development of Morality, Intelligence, Physique and Beauty and Improve the Comprehensive Quality and Ability of Students [5]. Judging from the Current Situation, the Main Task of Mental Health Education for College Students is More Concentrated At the School Level, with Less Attention from the Family and the Society, and Its Function is Not Fully Played, Which Makes the School to Carry out Mental Health Education Tend to Be Passive and Difficult, and Lacks Overall Joint Efforts [6]. College Students Are the Pillar Talents for the Future Social Development. It is Not Perfect to Only Have Knowledge But Neglect Mental Health Education. the Country Must Not Neglect Mental Health Education and Management While Developing Economy in an All-Round Way.

Due to the Existence of Complex Problems Such as Adaptation, Study, Emotion and Career Choice, College Students Are Facing Some Psychological Problems, Resulting in Serious Distortion and Irrationality in the Formation of “Three Views” of College Students. This is Not Only the Duty of Full-Time Teachers Engaged in Mental Health Education, But Also the Unshirkable Duty of Every Professional Teacher. the Political Bureau of the Cpc Central Committee Held a Meeting to Review and Approve the “Healthy China 2030” Planning Outline, Which Pointed out That the Definition of Health Includes the Principle of Paying Equal Attention to Physical and Mental Health. Adhere to the Development Thought of College Students' Mental Health Education as the Center, and Firmly Establish the Correct Mental Health Education Policy [7]. Mental Health Education Can Fully Stimulate Students' Potentials by Mobilizing Their Ability to Adapt to University Life and Social Life, Self-Psychological Adjustment and Personality Improvement. to Strengthen the Quality Construction of School Educators to Adapt to the Media Environment, to Carry out Group Counseling and Individual Counseling Education, to Guide and Educate College Students to Develop Good Media Behavior Habits, and to Promote the Development of College Students' Mental Health Education under the New Media Environment. the Combination of College Students' Mental Health Education and Society Will Enable College Students to Receive All-Round Development of Mental Health Education [8]. Thus, College Students' Mental Health Education and Management Have Far-Reaching Significance for the Development of Students, Society and the Country.

3. Remarkable Advantages of College Students' Mental Health Education in Network Era

3.1 Expand the Platform of Education

The greatest advantage of the Internet is that it is free and open, runs at high speed, and has the characteristics of transcending time and space. In the new media era, the network connects the world, and the new media platform provides us with a microphone to communicate with the world. No matter who you are or what your occupation is, as long as you speak, someone will hear or even respond. As a new media, the new media has affected people's lifestyle and thinking habits. The arrival of the new media era has laid the foundation for the formation of the all-media pattern, from the public opinion fields within the traditional party newspapers, state television and other systems to the public opinion fields such as the Internet and “self-media”. This kind of online mental health education greatly breaks through the limitation of time and space in the traditional education mode, provides a wider learning and communication place for college students, and greatly expands the platform of mental health education for college students [9]. It brings opportunities to the development of mental health education in colleges and universities. Making good use of the advantages and overcoming the disadvantages of the new media for the mental health education in colleges and universities provides a feasible method for the path selection of the mental health education in colleges and universities in the new media era.

3.2 Enrich Educational Resources

Effective mental health education depends on the use of abundant mental education information

resources. The Internet provides inexhaustible educational resources for college students' mental health education. New media technology has unique advantages in information acquisition, selection and utilization, making new media gradually become a new form of mental health education in colleges and universities [10]. As builders and successors of socialism with Chinese characteristics, college students are shouldering the arduous task of the great rejuvenation of the Chinese nation. Only when they are healthy in body and mind and have both ability and political integrity can they not be afraid of difficulties and persevere, thus becoming the future and hope of the country and the nation. The information content on the network not only involves all aspects of psychology and social life, and broadens the learning vision of college students, but also through the organic combination of words, pictures, audio and video, animation, etc., fully mobilize students' various sensory collaborative activities, making learning more vivid, interesting and impressive. Therefore, we need the leverage of mental health education to support the important duties and missions of college students to gradually become mature and independent and grow up healthily. It is not only conducive to the healthy growth of college students and the maintenance of campus harmony and stability, but also has thoroughly implemented the spirit of the party's "19th national congress" and laid a solid talent foundation for the ultimate realization of the "Chinese dream".

3.3 The Effectiveness of Education Has Been Improved

The spiritual core of the Internet age is freedom and equality. In the network world, there is no difference in status and status between people, which is a relationship of equality and mutual assistance. Compared with the traditional face-to-face psychological counseling and consultation, using new media has three advantages that cannot be compared with traditional methods. First, it is helpful for this work to be carried out in a large scale and even to cover all the objects. Secondly, it can effectively avoid the delay in solving the problems caused by factors such as face and embarrassment. As the network has been developing, the traditional research on mental health education in the new media environment has been at the primary stage of network development. From a vertical perspective, there is a certain lag because it does not keep pace with the times and does not analyze the new situation in today's form. Internet mental health education is different from traditional mental health education. It especially highlights the idea that education takes students as the main body. College students receive mental health education online by actively seeking help according to their own needs rather than passively accepting knowledge infusion. The theoretical exploration and practical operation of the new media have their own particularity in the actual work under the new media environment. It is the sublation of traditional mental health education and the guarantee to promote the professional development of mental health education in high schools. With the help of BBS, e-mail, online chat and other means, communication, equality and mutual assistance with others are realized, which not only fully embodies the essential characteristics of "self-education" and "self-help" in psychological education, but also effectively improves the effectiveness of psychological health education.

4. Explore the New Ideas of College Students' Mental Health Education and Management in the Network Era

4.1 Pay Attention to the Research of College Students' Online Mental Health Education

At present, college students' online mental health education is facing many new problems, which deserve our in-depth study in theory and practice. Although the Ministry of Education has issued relevant documents in recent years regarding the formulation of standards for the mental health education of college students and the construction of management teams, there are many unsatisfactory aspects in actual implementation. Through the integration of psychological health education resources, such as the establishment of professional psychological websites, the development of online psychological counseling and online psychological testing, and the appreciation of psychological movies, the teaching practice of combining reality with reality can be

established in all aspects and through various channels to further enhance the psychological quality of students. Research on elephants should be strengthened. To study the psychological characteristics and laws of college students in the internet age, and to study the main causes of college students' internet addiction, etc., in order to provide scientific practical guidance for the education of internet mental health. The third is to strengthen the method research. College students' mental health education curriculum is an important channel to popularize mental health knowledge and analyze and solve mental problems. Lack of reasonable and effective mental health education during college will seriously affect some students with mental health problems. Therefore, colleges and universities should strengthen the awareness of full-time participation in mental health education for college students, and gradually form a mental health education teaching team with full-time and part-time teachers as the backbone, counselors, head teachers and student cadres as the main body, and all teachers participating together.

4.2 Constructing a New Model of Dynamic Network Mental Health Education and Management

Dynamic network is an inevitable outcome of the development of human society and has the characteristics of virtuality and universality. The dynamic network should be combined with the mental health education of college students to give full play to its essential characteristics. To establish a rich and colorful educational resource base, for example, the information obtained from the online massive open online course can be shared through Baidu cloud disk making links and shared to friends circle, QQ space, etc. Through holding online mental health lectures, opening up online mental forums, and launching online mental health education essay collection activities, mental health knowledge will be widely publicized and popularized to attract students to participate with wonderful dynamic images and rich contents, thus cultivating students' correct mental health concepts. Based on the virtual characteristics of the dynamic network platform, an online mental health education consultation platform was opened in official website, and members of the mental health education team in the university answered students' mental health problems online. In addition, teachers of specialized courses should be encouraged to set an example. While imparting professional knowledge, they should also focus on shaping students' will and beliefs. Asking questions anonymously through the online counseling platform can not only receive psychological health counseling but also avoid revealing personal information. Among them, the establishment of thematic mental health education website should present its knowledge, ideological content, interest and service. In the process of online mental health education, the key for teachers is to promote the combination of online and offline education mode, so as to ensure the orderly development of mental health education in colleges and universities in terms of operability and effectiveness.

4.3 Strengthen Self-Education and Self-Management of College Students' Online Behaviors

Combining self-education with external education, self-discipline with heteronomy, and carrying out network mental health education mainly based on self-education and self-management are effective ways to prevent college students from network mental disorders and network behavior anomie. Therefore, in the new media environment, colleges and universities should be good at grasping the psychological needs of students, and perfect and study the web page design, function browsing, interactive forms, language habits, etc. But also can increase the collection of information on real cases of mental health education teaching, continuously improve the quality of teaching, and then form a more unique new mode of education and teaching. Colleges and universities should establish a two-way microblog communication platform from the horizontal to the side and from the vertical to the bottom, and at the same time ensure that the microblog management center comprehensively manages and supervises the radiation scope of various organizations and concerned content during the operation process. Therefore, mental health educators in colleges and universities must change the traditional mental health education concepts and modes, and provide “guidance” and “choice” to college students instead of “persuasion” and “indoctrination”. Psychological education and counseling for online college students should focus on advocating self-education, focusing on fully mobilizing their enthusiasm and consciousness of self-education and

self-management. Clear the important value and significance of mental health education, and form a profound and independent understanding of the concept, content and value of mental health education to provide a good platform and environment for college students' mental health education.

5. Conclusion

Education is the cornerstone of national rejuvenation and social progress, and moral cultivation is the fundamental task of education. There is no doubt that the ideological and political education in colleges and universities has a great responsibility and a glorious mission in the process of promoting social progress, realizing the rejuvenation of the nation and achieving the goal of moral education. Only college students with mental health can establish correct world outlook, outlook on life and values, contribute to the country and society with their own abilities, and have beautiful and broad development space. In order to cater to the impact and influence of new media, colleges and universities should assess the situation, set up new media thinking, actively give full play to the advantages of new media in terms of educational concepts, teams, carriers and mechanism construction for the use of mental health education in colleges and universities, and provide practical and beneficial exploration for promoting the development of mental health education relying on new media.

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