

# Research on Military Social Support System Based on Mental Health Management

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**Abstract:** Mental health management is a behavioral science that regulates, counsels, and inquires individuals or groups, which includes psychological physical examination, mental health assessment, and psychological risk. It is conducive to the growth and all-round development of military officers and soldiers, and it is conducive to enhancing ideological education effect and build a psychological defense line. To this end, we need to build a perfect social support system, paying attention to the role of organizational functions, highlighting the creation of a healthy and harmonious family atmosphere, building mutually supportive and tolerant interpersonal relationships, and conducting psychological education in time. Serving to enhance the combat effectiveness of troops.

Mental health management is based on psychological physical examination data and according to the principles of health management. It regulates, counsels, strengthens, and inquires individuals and groups, and operates on mental health risk factors to keep individual or group psychological activities at high Levels and processes that maintain normal social adaptation. The management system, as an important part of applied psychology, has a very broad prospect, especially in the social support of military personnel.

## 1. Types of mental health management

### 1.1 Psychological examination

Psychological physical examination is based on the theory of psychology. It is a test that measures, analyzes, infers, and evaluates the individual's mental health level through special procedures. It is an objective, comprehensive, and in-depth scientific method to master a person's mental health level.

### 1.2 Mental health assessment

Mental health assessment is an objective, scientific, comprehensive and reasonable analysis of the statistics of individuals and groups mental health status. It is an important procedure for the prevention and treatment of mental illness, that diagnoses psychological problems and symptoms in time in order to take certain necessary measures to guide and treat them.

### 1.3 Psychological risk assessment

Psychological risk assessment is a prediction of the possibility of an individual or a group having serious psychological problems, or facing the emergency of having bad psychological consequences. It is also a quantitative assessment of the development of an individual's future mental health, the risk of mental illness, and psychological disorders. It is based on the relevant results obtained from systematic mental health assessments, and takes the important theoretical support of health management psychology, based on the judgment of the assessors and past experience, it makes a scientific and specific assessment and classification of the individual's current mental health level and the occurrence possibility of mental diseases in the future, so as to provide emphasis for the individual's mental health optimization measures and control of mental health risks, we should carry

out purposeful conduct of psychological management activities.

## **2. The significance of military mental health management**

### **2.1 Conducive to the growth and all-round development of officers and soldiers.**

In terms of behavioral motivation, whether it is to improve their academic ability, sharpen their will, to enrich or accumulate their experience, joining the army, realizing personal value, and to closely integrate with national defense, they are all inevitable results of development. In this process, it is their innermost desire to become an adult as soon as possible, developing in an all-round way, and improving their ability and quality. With the development of society, the emergence of new things, and the rapid rise of electronic networks, the psychological activities of military personnel have gradually become independent, diverse, and complex, and they are facing more temptations. They have put forward new requirements for the management of the army and brought new challenge<sup>[1]</sup>. Strengthening the psychological management of military personnel will help officers and soldiers cultivate and maintain a healthy mentality, objectively face reality, better adapt to military camps, correctly understand themselves, treat life positively, establish ambitious ideals, and fulfill military missions.

### **2.2 Is conducive to enhancing the effect of ideological education**

Thought is a psychological response, and psychology is thoughts and behaviors internal cause. Although the barracks environment is relatively closed, it is not a "vacuum" after all. New situations and problems in the real world have brought many deep-seated influences on the ideology and behavior of officers and soldiers, and this effect often affects the officers and soldiers' psychology first. To cultivate revolutionary soldiers in the "four things" new era, we need not only the military skills transfer, the theoretical foundations consolidation, and the advanced ideas enlightenment, but also the need for scientific, objective and practical psychological guidance. We must always pay attention to the mental health of soldiers and understand the soldiers' mentality dynamic changes. At the same time, ideological and political education itself is the psychological communication and spiritual activity between the educator and the educatee. The educational results depend on the psychological identity between the two of them. Therefore, the mental health of officers and soldiers is positively related to the educational effect.

### **2.3 Conducive to building a psychological defense line for officers and soldiers.**

The current struggle in the ideological field is becoming increasingly fierce, complex, and acute, and ideology itself is a kind of people psychological reaction. It penetrates into people's psychology through publicity, education, and guidance. At present, the main types of threats in the ideological field are: first, Western hostile forces' attempts to "westernize" and "divide", that is, political security threats; second, Western decayed culture erodes on me, that is, cultural security threats; third, Western politicians advocate the "de-partyization and non-politicization of the army" and "nationalization of the army" with the intention of eliminating the party's absolute leadership of the army and subverting China's political system, that is, the military security threat. In the face of various shocks and temptations, whether soldiers can maintain a healthy mentality, always listening to the party, walking with the party, and maintaining firm ideals and convictions are directly related to the nature of our army and directly affect the building of combat effectiveness.

## **3. Three-dimensional construction of military support system**

On the basis of mental health management, the soldiers' social support system needs to be three-dimensionally constructed, so as to truly achieve the results of caring, nurturing people, and providing strong support for achieving strong military goal.

### **3.1 Organizational support is the key**

#### **3.1.1 Leaders at all levels of the army and party committees (branch) are the key**

Leaders at all levels, in accordance with the Central Military Commission and higher-level party committees instructions, combined with the unit actual situation to formulate implementation rules and plans, viewing the grass-roots level with appreciation, trust, development, earnestly care for the officers and soldiers vital interests ,and doing practical things for officers and soldiers to solve difficult problems, to let them devote their enthusiasm to actual combat training, working hard to kill the enemy, and shaping the mighty and a civilized division image.

#### **3.1.2 Party committees and governments at all levels are the focus.**

Local party committees and governments play a very important role carrying out "double support and co-construction" or to implement military-civilian integration. In the process of constructing a comprehensive and effective social security system, based on legislation, and based on the military-related legal guarantees establishment and improvement, more specific policies and regulations are made from military subsidies, examination and promotion, family visit and vacation, military marriage matters, personal injury, vocational training, housing and medical care, so as to maximize the protection of military legitimate rights and interests. Based on the organizational structure, a retired military affairs management department was set up to handle military affairs in a comprehensive and systematic manner, relieving military personnel's worries, and encouraging active military personnel to actively join the army in preparation for war, while cracking down on some military rights and interests' violations.

### **3.2 Family support is at the core.**

Family support refers to the spiritual and material help and support provided by family members to soldiers, which is the most direct and reliable source for soldiers to obtain.

#### **3.2.1 Family psychological counseling is the basis.**

In the face of family members' concerns, soldiers may put down their guards and better say their own problems. This prepares them for solving psychological puzzles. psychological confusion. At the same time, because family members are more familiar with each other, it is easier to find out the problems' crux, and it is easier to prescribe the right medicine when solving the problem.

#### **3.2.2 Family psychological comfort is the channel.**

When a person has a mental problem or illness, family warmth is important. Family communication, as the name suggests, is the exchange and transfer of information between family members. Good family communication is the main way to maintain the mental health of military officers and soldiers. Family members' trust and dependence on themselves, and their responsibilities to the family, will become the spiritual source for soldiers to overcome psychological obstacles<sup>[2]</sup>.

#### **3.2.3 Intimacy is the best communication.**

Families are the closest relationship and the best way to communicate. Starting from a native family, to growing up gradually, leaving the family to the army, as long as there is no lack of intimacy and concern, the growth of military personnel should be healthy. Face-to-face communication, tolerance, forgiveness and mutual understanding, and sincerity, etc., are conducive to establishing close relationships, and will allow soldiers to maintain a healthy and peaceful mentality regardless of the situation.

### **3.3 Interpersonal support is the basis.**

Interpersonal support system refers to the material and spiritual support given by various relationships in society and at work. It is an important part of the psychological support system. Due to environment and mission restrictions, military personnel have limited communication scope and

are mostly confined to comrades-in-arms and leaders. The survey shows that many military personnel have problems with interpersonal communication to some extent. Social psychology research shows that when a person lives in a group and harmonious atmosphere, because of the care and help of others, it can reduce loneliness and mental pain, also it can reduce fear and vent his own unpleasant emotions, thereby reducing psychological pressure. Therefore, it is particularly important to conduct military psychological management and strengthen interpersonal support. Leading cadres at all levels must pay attention to the good use of knowing the soldiers mechanism, knowing the truth and knowing the heart, so that officers and soldiers can maintain the joint force within the group, build a common vision, form a strong cohesion, and play a positive role in interpersonal relationships.

### **3.4 Psychological education is the path**

#### **3.4.1 Popularize mental health education and enhance the ability of officers and soldiers to control themselves.**

In terms of content, according to the psychological characteristics and receptive ability of officers and soldiers, and in accordance with the principle of combination of systematization, fundamentality and practicability, we should popularize the basic knowledge of psychology and mental health, so that officers and soldiers can understand the basic connotation of psychology, mastering the basic concepts of Psychology, being good at the relevant methods of psychological study, understanding the impact of exploring objective environment and subjective factors on individual psychology, and finding out Clear the root of psychological problems.

#### **3.4.2 Strengthen mental health training and improve the officers and Soldiers psychological endurance.**

The level of psychological endurance is related to the officers and soldiers' healthy growth, and is an element of combat effectiveness. To train soldiers having good psychological endurance, it is necessary to strengthen targeted psychological training and carry out targeted practical exercises<sup>[3]</sup>. Combined with research topics, setting up certain risky subject training for soldiers, so as to improve the soldier' ability to be calm, judgment, correct and decisive, to enhance the will to dare to fight, to be willing to take risks, and to strengthen the ability, but also to learn the psychological counseling's ways and means.

#### **3.4.3 Create a healthy cultural atmosphere and provide a harmonious environment for the officers and Soldiers' mental health.**

A positive, harmonious and comfortable internal environment is an important aspect of preventing officers and soldiers from having psychological problems and improving the army's mental health. On the one hand, various cultural activities can be started from the officers and soldiers themselves. According to the cultural and entertainment needs of officers and soldiers, enrich their amateur cultural life. In order to better relax the soldiers' psychological pressure, we should set up recreational and sports activities with the characteristics of "popularity, friendly-people, and innovation", in addition to the use of multimedia platforms and online platforms to carry out a cultural and sports activities series with a strong sense of the times, various forms, and popular feelings of officers and soldiers. So as to relieve the tension of officers and soldiers, and enhance the ability to resist bad thoughts and psychological interference. On the other hand, starting from objective environmental conditions, purchase or receive various sports and cultural facilities. By building basic cultural facilities such as cultural centers, libraries, and movie screening rooms in the camp area, officers and men can be living in a relatively relaxed and harmonious environment, so that the officers and soldiers' mental health will also be improved<sup>[4]</sup>. In addition, setting up publicity boards or specialized rooms to enhance the collective honor sense of officers and soldiers, to increase greater enthusiasm for training, and also to increase the combat effectiveness of officers and men.

In short, starting from the psychological physical examination data and psychological health

assessment of mental health management, strengthening the construction of military social support systems will not only help officers and soldiers growing into talents, but also it helps them to build a psychological defense line. It will also help to improve the army's combat effectiveness and provide strong support to achieve the goal of building a strong army.

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