

Practice and Research on the Deep Integration of Mental Health Education and Innovative Spirit Cultivation of College Students in the New Era

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Abstract: With the development of science and technology, more and more college students are under increasing pressure. In the era of rapid development, everyone is pushed forward by the times. Even the most relaxed “college students” are no exception. Now many college students regard every year as the senior three, and every day as the day before the college entrance examination, no matter for postgraduate entrance examination or job search. Yes, they are all racing against time. Under the high-pressure rhythm, we can no longer see the innocent smile of their age on many children's faces. And many college students have gradually blurred the direction, so strengthening the mental health education of college students is the inevitable trend of the development of the times. Only by truly implementing the mental health education of college students, making every college student become a qualified builder with ideals, abilities and responsibilities, can the great rejuvenation of the Chinese nation become a reality in the relay struggle. This paper is to analyze the practice and research of the deep integration of mental health education and innovative spirit training of college students in the new era.

1. Introduction

College students are the most dynamic and potential group in this society. However, in the face of many challenges and opportunities, college students have gradually become anxious and uneasy. Studies have shown that the mental health of college students is closely related to their academic and life. Therefore, schools should pay more attention to mental health education, cultivate good attitudes of college students, and help college students establish correct values and outlook on life. General Secretary Xi once said that it is necessary to establish a correct world outlook, outlook on life, and values, and master this master key. Let's take a look at the social phenomena and life course. Ugly nature is clear and clear. Therefore, to strengthen the psychological education of college students, ideological education is very important.

2. The Concentrated Expression of Psychological Problems of College Students

With the continuous development of the economy, people are gradually paying attention to the quality of ideological education for college students. At present, the quality of college students is generally high. The ambition is high, and the power is endless. At the same time, they study hard, have a strong sense of responsibility and mission, and they actively participate in volunteer activities. However, many college students still have some problems, which are manifested in the following aspects:

2.1 Tired of Studying

Many college students now generally have the problem of weariness, which is mainly related to the pressure of students. College students have experienced hard three years in high school. Among them, they not only have to face many learning difficulties but also have to bear huge pressures. In high school, students have weekly exams and monthly exams each month. There are also midterm and final exams during the semester. When a child is in this state of fatigue for a long time, the child is prone to psychological irritability, anxiety and depression. At the same time, children are

also prone to lose confidence in themselves and start to have low self-esteem and loneliness, and even have mental health problems such as test anxiety and school phobia [1]. After the students enter the university, they will instinctively relax themselves, and slowly will not only abandon their studies but also produce a boredom.

2.2 Poor Mental Tolerance

Many children now choose to commit suicide because they cannot withstand the pressure of society, life, and family, ending their lives in their youth. It is undeniable that external factors are the cause of the tragedy, but does this have nothing to do with the child's ability to resist stress? Naturally this is not the case. Nowadays many children have a glass heart that they can't scold or say. One is a child who is lonely and proud, and the other is a kind of good academic performance, which is praised by the teacher in school, praised by neighbors when going out, and spoiled by parents at home. However, these two kinds of children often have a poor ability to bear. They often suffer from uncomfortable things. They feel that the whole world is sorry for him. Children like this are doomed to failure. After entering the small society of university, it is sure to encounter difficulties in interpersonal communication and life. If no one gives correct guidance, it will have a great impact on the life of students [2].

2.3 No Interpersonal Communication

No matter what age you are in, you should have your own social circle, because collective activities will not only exercise your children's language skills, but also have a huge impact on their children's physical and mental development. If you don't socialize, it will cause your child's emotions to not be well talked about, and the depression in his heart cannot be ruled out, which is undoubtedly harmful to the child's healthy growth. Children who are often too introverted, or too selfish, and too lonely are prone to interpersonal communication barriers [3]. Compared with normal children, such children are more likely to indulge in virtual worlds such as computer games. The impact and damage on children are irreversible. In college life, many children leave their homes to live independently for the first time, so a suitable circle of friends is very important for students.

In short, the psychological problems of college students mentioned above are only a small part of it. College students are the future of the motherland, so it is urgent to strengthen psychological education for college students.

3. The Deep Integration of Psychological Health Education and Innovative Spirit Cultivation of College Students in the New Period

3.1 Schools Pay More Attention to Psychological Education

The influence of the school on a college student is extremely important, because the university is a truly independent starting point for college students. Therefore, strengthening the psychological education of college students is an inevitable trend of the times. The current society is comprehensively developing quality education, and the most critical thing in quality education is to pay attention to the moral education of college students. I think that the foundation of moral education is to ensure the healthy psychological state of college students. To strengthen the psychological education of college students, we must first strengthen the Marxist cultivation of college students, so that college students learn to use Marxist ideas, viewpoints and positions to solve problems [4-6]. At the same time, we must also practice the core values of socialism and clarify exactly what the socialist cause with Chinese characteristics pursues and opposes. Second, we must strengthen political literacy, always keep the four consciousness in mind, let the four consciousness run through all work, and let its spirit prevail in the whole society. Third, we must strengthen the cultivation of style, "serving the people and contributing to society", which represents the most advanced life pursuit of human society so far. As the most viable youth in the era, we should uphold the concept of serving the people and contributing to the realization of our

own life value in society , Always have a high sense of responsibility to the motherland and the people, to understand the value of life, first of all lies in dedication, to shape yourself with truth, goodness and beauty, to continuously cultivate noble conduct and simple emotions, not to be burdened by flashy fame and fortune, not to be confused by vulgar material desires To create their own immortality in promoting social progress. At present, schools should pay more attention to the psychological education of college students, not only for the healthy development of college students, but also for college students to further realize the value of education.

3.2 Improve the Overall Quality of Teachers

For college students, one of the most important roles in their lives is the teacher. The teacher is not only the ladder of their success, but also an important guide for the life of college students. Therefore, the teacher's comprehensive ability may determine the life of a child. Therefore, there must be no ambiguity in choosing a teacher. An excellent teacher should not only have the ability to teach a good book, but also the ability to nurture people. A good teacher should be able to observe the emotions of every college student and give warmth and love. The psychological health problems of college students are also inextricably linked with the teacher. If you want to avoid, prevent children from experiencing psychological problems, or help children get rid of mental illness, teachers play an extremely important role [7]. Therefore, the cultural heritage of a teacher is important, but its moral qualities and make it appear to be particularly important.

3.3 Cooperation between Family and School

To realize the psychological education of college students, it is not a task that the school teachers can accomplish unilaterally, but also requires close cooperation of parents. Although students gradually leave their families after entering university, families are an off-campus base for children's mental health education whenever and wherever possible. Therefore, teachers 'schools should fully cooperate with parents so that parents can understand their children 's Situation, in order to better education for children, teachers, schools and parents together build a bridge for the healthy growth of children.

3.4 Focus on the Efficiency of Psychological Counselling Classes

Teachers can arouse students' enthusiasm for learning by creating vivid situations. With the emergence of new ideas, college students are more likely to be placed in situations in the process of learning mental health knowledge, which is more convenient for their understanding and knowledge. In the teaching process, teachers need to create a rich teaching environment for them, collect typical cases, and find materials from their lives to facilitate their understanding. At the same time, teachers should pay attention to the full connection of new knowledge and old knowledge during the teaching process, and consolidate the previous knowledge review, which not only helps them understand and master the new knowledge points, but also helps college students form a knowledge network in order to facilitate Deep memory. In the process of party history education, teachers should let them deeply understand the party's influence and appeal, and can appropriately expand some interesting psychological research to make the classroom more vivid and three-dimensional.

Since the psychological problems of college students are already very common, they should often be given psychological counselling classes to college students to learn how to resolve their moods, understand some symptoms of mental illness, and stimulate college students 'positive attitude towards life [8]. I believe that no matter what kind of college students are, they will always be affected in a healthy, positive and upward environment, and they will grow up healthily and happily.

3.5 Hold Some Practical Activities Appropriately

In the process of mental health education, teachers can lead students to participate in more activities related to mental health, for example: the school can invite some professional psychologists to give lectures to students to help students solve difficulties or confusion encountered in life. Or the teacher can build a psychological communication platform for the

students, so that each student can share their problems on this platform, and other people can help him solve the analysis. The school should also urge students to regularly carry out class activities with the theme of mental health, enhance students' cognitive level, and give education. "Through the heavens, this is the scene, everything is hard." Only by letting every generation of young people deeply understand the hardships of life can Chinese children feel the responsibility of the young. Learning mental health not only allows us to clarify the direction of life and to correctly view the gains and losses of life, but also helps students to truly understand the historical mission and responsibilities given to us by the times, but also allows us to establish a national consciousness, national consciousness, sense of responsibility, let We learn to realize the ideals and values of life in contributing to the country.

3.6 Using Network Technology

With the development of technology, the Internet has become a necessity for people's lives. However, while the Internet brings convenience to people, it will also bring about many undesirable effects. For example, the thinking of college students will cause changes. Therefore, leading students to actively analyze some cases or concepts on the Internet also has an important impact on students' mental health education. The Internet is a large social information platform, and hundreds of millions of netizens obtain information on it. This will not only affect people's job search methods, ways of thinking, and values will also affect people's views of the country's social people. Therefore, college students should be guided to cultivate in online life the spirit of self-discipline is to achieve self-discipline in the cyberspace lacking external supervision without exceeding the rules, and promote the health and harmony of network life. Also as the successor of the motherland, it should take the lead in guiding the online public opinion to the vague understanding, to clear up the complaints and grievances in a timely manner, to resolve the wrong opinions in a timely manner, to guide and correct in a timely manner, and follow the moral requirements in the online life.

4. The Importance of Mental Health Education

Mental health education can not only improve students' comprehensive quality and psychological endurance, but also help students build happiness. Colleges and universities can also help more students to establish a positive and healthy concept through mental health courses, and enable students to achieve self-development through exploration through psychological activities. In fact, it is more important than mental health education in professional courses, because once a student's psychological problems occur, everything will happen to him. Therefore, educators should improve students' mental health education under the premise of innovative education concepts.

In short, mental health is not only closely related to university growth, but also closely related to social development and civilization construction. Now in the period of reform and opening up, as the successor of the times, we should make a strong voice of the times to revitalize China, forge ahead and make innovations for the prosperity of the motherland. Nowadays, everyone is a witness, a pioneer, and a builder of the new era, and college students must make the great rejuvenation of the Chinese nation a reality in the relay struggle.

5. Conclusion

The long journey requires step-by-step, as college students in the new era should grasp the present, have faith in their hearts, have strength under their feet, and take the long march of the new era. Standing at the starting point of the new era, we are closer to the goal of the great rejuvenation of the Chinese nation than any period in history, more confident and capable of achieving this goal than any period in history. I believe that through the unremitting efforts of educators, college students' mental health education will also achieve good results, and college students will use their actual actions to support the new world of the development of the times.

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