

Reflections on the Reform and Construction of the Course System of Psychological Health Education for College Students in the New Era

Chen Li

Shaanxi University of Chinese Medicine, School of Marxism, 712046

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Abstract: Psychological health education for college students is an important part of moral education. How to maximize the actual effect of mental health education for college students in the new era is the key issue of TCM education at present. Based on this, the author thinks about the reform and construction of the curriculum system of mental health education for college students in the new era. The results of the research show that the mental health education curriculum is an important channel and an important carrier to strengthen students' mental health education. The construction of curriculum system, course content and teaching methods suitable for college students' needs is the basic guarantee of the quality of mental health education courses. At the same time, it is also an urgent need to improve students' psychological quality and ability to meet the mental health development of students.

1. Introduction

Along with the successful convening and victory of the 19th National Congress of the Communist Party of China, a series of new voices such as "socialism with Chinese characteristics entered a new era" began to resound through the ears and stirred the soul [1]. In his report, General Secretary Xi made a major judgment that "socialism with Chinese characteristics has entered a new era" and has become an important background for the development of the concept of educating people and the practice of educating people in China. However, with the profound changes in the social structure, the profound adjustment of the interest pattern, and the profound changes in ideas and concepts [2]. In particular, the profound influence of family education has caused unreasonable psychology among college students who lack rational knowledge. College students have become a high-risk group of psychological problems, which affects the healthy growth of college students [3]. At present, the Newly-built Local Undergraduate Colleges and universities pay more attention to the mental health education of College students, but there are still many problems, which make the course fail to achieve good results, and it is difficult to effectively improve the psychological quality of college students [4]. Agricultural colleges and universities as an important position to transfer talents to rural and agricultural development, their mental health education curriculum occupies an important position in the school curriculum system. As the backbone of socialist modernization, the connotation and extension of "beauty" undoubtedly covers this group [5]. At the same time, it is particularly important to carry out the reform and Development Research of College Students' mental health education curriculum and to establish a mental health education curriculum suitable for college students' psychological and ideological characteristics.

College students' mental health education course is aimed at college students, aiming at promoting the development of College Students' mental health quality and improving their mental health level [6]. So as to improve their ability to cope with various difficulties and setbacks in the process of life and growth and development as the goal of education. According to the research of developmental psychology, the physical function and psychological state of the individual during the university period have tended to be stable and mature [7]. Under the influence of higher education environment, college students actively explore and deeply understand social phenomena, life concepts, theoretical practices and so on. Therefore, the university stage is the golden period for the development of young students, and the key period for the formation of good psychological quality and the establishment of core value system [8]. All along, the state attaches great importance

to mental health education, and has launched a series of policies and documents, which call for strengthening mental health education and mental health services [9]. It can be seen that the mental health education of college students has always been highly valued by the party and the state. However, in practice, some colleges and universities still do not offer "Psychological Health Education for College Students" courses, and some only use them as elective courses or examination courses [10]. In the new era, how to educate people in the university to keep pace with the times, how to promote the goal of the moral health education, how to improve the affinity and specificity of moral education, and become a topic that college educators need to think and study.

2. The Research Significance of the Course System Construction of College Students' Mental Health Education

The level of mental health of college students is closely related to the values of college students. The mental health education curriculum is to enable college students to have a positive emotional experience, moderate emotional expression, accurate emotional control, independent harmonious personality, clear self-awareness, and good interpersonal relationships through classroom teaching. A comprehensive curriculum that integrates knowledge transfer, psychological experience, behavioral training, and ability improvement, thus continuously enhancing the self-psychological health care and psychological crisis prevention awareness of college students. In recent years, the issue of the relationship between moral education and mental health education has become one of the key issues discussed by scholars. At present, about 20 million college students, including undergraduates and postgraduates, are very valuable human resources. Moreover, with the continuous development of professional skills learning and training, the overall quality and level of the teaching staff has also been significantly improved, the strength of curriculum development and construction is also increasing, and the teaching effect is further improved. Their ideological and moral qualities, scientific and cultural qualities and psychological qualities are directly related to the future and destiny of the Party and the country. It is related to the success or failure of the cause of socialism with Chinese characteristics and the realization of the goal of building a well-off society in an all-round way and the great rejuvenation of the Chinese nation. Through investigation and data analysis, this paper digs out the problems existing in the current course of mental health education for college students, reflects on its causes, and puts forward corresponding countermeasures.

The author investigates the necessity of offering mental health education courses, the time of offering courses and the objects that the courses should face. The students of a university are selected as the subjects of the investigation. The specific results of the investigation are shown in Table 1.

Table 1 Overall Understanding of Psychological Health Education Course for College Students

Necessity of course offering	It's very necessary.	No need	Indifferent
	72.3%	8.9%	18.8%
Course opening time	Every grade should be opened.	Only freshmen	Other grades
	61.3%	27.5%	11.2%
Courses should be object-oriented	All students	Students with physical and mental illness	Other
	92.5%	6.3%	1.2%

In addition, it helps to promote the further integration of moral education and mental health education. To put mental health education in the perspective of moral education is to stand on the two sides of "mutual interaction" and "harmony but difference" and to develop the dominant thinking of moral education. Correct world outlook, outlook on life and values can enable college students to correctly understand the law of social development, the future and destiny of the country,

and their social responsibilities. So as to provide guidance for college students' life, as well as positioning system for their psychological activities, lay the foundation for cultivating good psychological quality. Promote college students to master and apply mental health knowledge, cultivate self-awareness, interpersonal communication and self-regulation ability, effectively improve the psychological quality of College students, and promote their all-round development. It not only pays attention to the transmission of knowledge, but also pays attention to the content experience and mastery of the course. It should strengthen the combination with classroom teaching through the form of window prints and lectures. Therefore, it is necessary to increase the effectiveness of college students' mental health education through the structural design of the college students' mental health curriculum system. Ideological and political work in colleges and universities should clarify the question of "what kind of people to train", "how to train people" and "who will train people". College students' mental health education courses play an important role in cultivating college students' good psychological quality, improving college students' psychological quality and adapting to social abilities. This is the component of the ideological and political work of colleges and universities, and it is the basis and guarantee for promoting the all-round development of college students' morality, intelligence, body and beauty.

It can be seen from Table 2 that although the overall satisfaction of college students on mental health education courses is relatively high, there are different opinions on the setting of the topic content in the class. Through interviews with teachers and students, it is learned that due to less class hours and special topics. There are many contents, and teachers have different treatments for some topical content, resulting in different learning effects.

Table 2 The Implementation Effect of Mental Health Education Course for College Students

Satisfaction with the effect of curriculum implementation	Satisfied	More satisfied	Dissatisfied
	73.5%	12.3%	14.2%
Satisfaction with Teaching Content	Interpersonal communication	Psychological drama	Emotion regulation
	61.2%	27.7%	11.1%
The influence of curriculum on Students	Use what you have learned to actively adjust your mind	Understanding practical theoretical knowledge	After-class Talks and Related Contents
	54.6%	31.3%	14.1%

3. Measures for Teaching Reform of Mental Health Education Course

Can improve the curriculum system. In order to let college students understand the psychological content, the manifestation of mental illness and the standard of mental health, what factors are affected and restricted. Based on this, the university mental health education curriculum can make full use of the characteristics of China's policies, and highlight the education of students' confidence in the teaching process, so that students can deeply understand the current state's emphasis on talents and gradually cultivate students' sense of identity. Therefore, for the construction of college students' mental health education curriculum system, the goal of college students' mental health education curriculum should be correctly grasped. The curriculum should aim at promoting the psychological growth of college students, and the actual psychological needs of students should be the main content. Combining with the characteristics of College students, the new concept of mental health is a main line of the course, that is, to improve the level of mental health on the basis of learning and mastering mental health knowledge, and to achieve the goal of improving the comprehensive quality of talents. If mental health education is only regarded as an optional course or lecture for college students, a considerable number of college students will not choose this course. For contemporary college students, everyone needs to receive this kind of education, so there is a sharp contradiction. At the same time, we should improve the teaching evaluation system and the

teaching development system, and cooperate with the student counseling and counseling center to construct a complete mental health education system in schools.

College students are the main body of mental health curriculum. At the beginning of the curriculum, it is necessary to classify the specific curriculum contents by different levels. From the point of view, the relationship with self involves career planning, emotional and stress management, immersion experience, self-efficacy, self-awareness training and so on. The relationship with others includes interpersonal communication, love and emotion, sexual psychology and so on. The relationship with things includes adaptation and development, life education and crisis intervention, positive psychology, happiness cultivation, learning ability, innovation ability and so on. As shown in Figure 1 above:

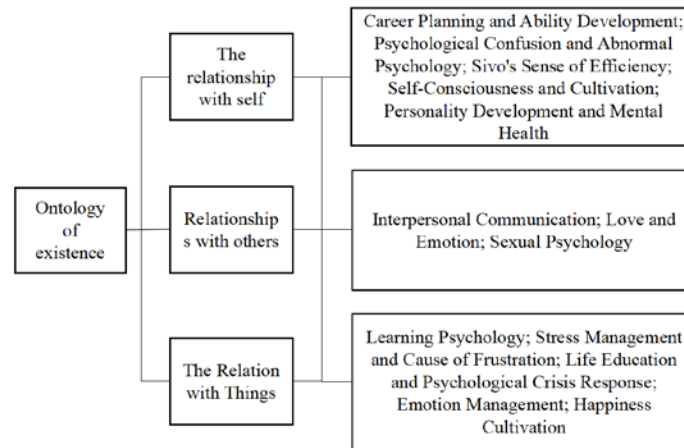


Figure 1 Classroom Content of Mental Health Course

It is self-evident that the influence and importance of mental health education course on College Students' growth and development. The most effective way to solve this contradiction is to integrate the mental health education of college students into the overall curriculum construction system of colleges and universities, so that it can play an important role in the process of College Students' growth and development. Especially in connection with the important aspects of college students' development, such as career, Internet dependence, college students' love and other key points, hot spots and difficulties, the exploration of mental health education curriculum system has achieved remarkable results. In University education, mental health teachers can strengthen their teaching staff by "going out, please come in". Such as: out-of-train training, professional guidance, expert teaching, group preparation, teaching seminars, teaching competitions, etc. to improve the professional level and teaching ability of teachers. The biggest advantage of this model is that it pays attention to the psychological differences between different individuals. It can be used to provide targeted counseling and counseling for each student to discover the existing psychological problems and effectively resolve them. According to the requirements of the Ministry of Education, the "Psychological Health Education for College Students" course must cover all college students, set up as public compulsory courses, and explain and explain the basic concepts, contents and methods of mental health. Through further clarifying the basic nature of the curriculum nature, curriculum orientation, curriculum content, teaching team, teaching objects and teaching methods of the clear mental health curriculum, the overall understanding of the college students' mental health curriculum system will be strengthened.

4. Conclusion

On the theoretical level, the role of mental health curriculum in the external and internal aspects of moral education is discussed. The intensification of social competition has caused college students to bear more and more psychological pressures, and more and more psychological problems have emerged, highlighting the necessity of the existence and development of the mental health curriculum. In the teaching process, teaching methods such as teaching method, discussion

method, demonstration method, inquiry method and evaluation method should be comprehensively applied. Strengthening curriculum tracking and evaluation is an important part of the teaching quality assurance system. It plays an important role in strengthening teaching management and guidance, promoting teaching evaluation and reform, supervising teaching content and methods, and improving teaching quality and effectiveness. As a college student, the scope of their study and life is mainly in the campus and family, and the environmental factors that will cause their mental health are mainly schools and families. College students pay more attention to process assessment, which is consistent with the educational goal of emphasizing process and belittling results in college students' mental health. In order to guarantee the teaching quality of mental health education courses, we should improve the professional level of teachers and strengthen the construction of the teaching staff of mental health education. As an important part of moral education, mental health curriculum can expand the methods and ways of moral education and enhance the effectiveness of moral education when it improves students' psychological quality and develops their psychological potential. In short, in the course of mental health education, the transformation of psychological expertise into students' internal quality is influenced by many factors, involving teachers, students, policies, systems and other aspects, and requires the active participation of multiple subjects.

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