

Analysis on the Path of College Students' Psychological Fitness Education under the Background of Modern Media

Meng ZHOU

Liaoning Media College, Shenyang 110136, Liaoning, China

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Abstract: With the rapid development of mobile Internet and the application innovation of intelligent terminal devices, the media ecology has undergone tremendous changes. The ubiquitous network and the widespread use of new media have become a new symbol of the network society, which indicates the arrival of the modern media era. Communication between people becomes faster and more timely under the background of modern media, which makes students' thinking logic and values develop towards diversification and individuality. Under the background of modern media, the teaching mode of college students' psychological fitness education needs to be reformed, so this study will update the new teaching mode of theory and practice of college students' psychological fitness education according to the new characteristics of modern media, and provide new ideas for universities to carry out theory and practice of college students' psychological fitness education in the new era. This is a practical response to the contradiction between the growing demand of college students' essential health education and the reality of essential health education in universities under the background of modern media: it is a manifestation of the increasingly refined and scientific practice of essential health education for college students; It is also the hope and thinking that college students' health education will make more progress and clever effect.

1. Introduction

The rise and vigorous development of modern media is a grand event of human society in the 21st century. It not only greatly affects the picture of human survival, but also profoundly changes the educational mode of human society, refreshes the field environment of modern education, and provides unprecedented opportunities and severe challenges [1]. In the modern media environment, the network data information is more and more complex, and the information platform is more and more diversified. The free and rapid information acquisition atmosphere meets the curiosity of college students about new things, expands their thinking ability, broadens their vision and meets their emotional needs. However, the information content is complex [2]. College students are in the cultivation period of social concepts. They are not rich in social experience and immature in physical and mental development. They are extremely vulnerable to some bad information, which is unfavorable to the establishment of their correct values [3]. As an important topic and content element of Ideological and political education, psychological fitness education is also obviously impacted by modern media. College students in digital survival hesitate and hesitate between morality and interests, freedom and responsibility, rights and obligations, identity and rebellion. Under the modern media environment, how to carry out effective psychological fitness education for college students is not only a hot theoretical topic in the academic circle, but also a practical problem concerned by the discipline [4].

Under such a background, on the one hand, the working environment, working objects, working mode and teachers of psychological fitness education in Universities are deeply impacted and influenced by modern media. At the same time, the virtuality of modern media and the barrier free communication challenge college students' life, study, psychology and values all the time; On the other hand, modern media technology has unique advantages in information acquisition, selection and utilization, which makes modern media gradually become a new form of serving psychological fitness education in Universities, and brings opportunities to the development of psychological

fitness education in Universities [5]. Make good use of the advantages of modern media on psychological fitness education in Universities, overcome its disadvantages, and provide feasible methods for the path selection of psychological fitness education in Universities in the era of modern media [6]. Therefore, today, with the increasing popularity of modern media, catering to the impact and influence of modern media on psychological fitness education in Universities, changing educational concepts, changing educational methods and means, expanding educational channels, promoting the improvement of educational system, and finally achieving the purpose of enhancing the effectiveness of psychological fitness education in Universities has become an important issue to be solved in psychological fitness education in Universities [7].

2. The Double Influence of Modern Media on College Students' Psychological Fitness

2.1 Positive Influence of Modern Media

Help college students study. The Internet is a very fast and convenient tool, and people can get all kinds of knowledge and information they need through the Internet, so most college students now rely on networking tools such as mobile phones and computers to study. The network contains a wide range of knowledge, and the openness of the network can open up the thinking of college students, so that they can acquire richer knowledge and more active thinking. The convenience brought by the network makes students more willing to use the network to learn. They can acquire more new knowledge through the network, and learn more knowledge that they can't learn in school and are interested in. The network helps college students learn more other knowledge, which is of great help to improve students' learning enthusiasm, cultivate students' good habits of active learning and improve their learning efficiency. New media gives students a platform to express their inner thoughts. The network is a popular, open, equal and free platform, which is consistent with the ideological concept of contemporary young college students. There is no high or low on the network platform, and everyone is an equal netizen. Every student can express his thoughts, share his happiness and sadness, express his views on something, communicate with people he doesn't know, and at the same time, let those who are more introverted in real life have a platform for bold expression. Therefore. The new media represented by WeChat, Weibo, mobile client, webcast, VR, H5, etc. have good functions of mass communication and interpersonal communication, and can realize the rapid convergence, communication and diffusion of information, which improves the radiation and influence of self-expression.

2.2 Negative Influence of Modern Media

Affect physical and psychological fitness. College students can receive a large amount of information through modern media every day, most of which are positive and healthy. At the same time, there are some negative information such as pornography, gambling and drugs, which pollutes the space environment of modern media and seriously affects the physical and psychological fitness of college students [8]. College students are in the growth stage of not yet fully mature mind, poor self-discipline and lack of social experience. In the face of a vast sea of information, they have poor information screening and judgment ability, are vulnerable to the interference and temptation of bad information, and there are moral Anomies such as random browsing of bad information, online plagiarism and online fraud, resulting in new severe challenges to the moral education of college students. Impact on values. Criminals or hostile forces instill values and infiltrate ideology on modern media platforms, publicize their outlook on life and world outlook, corrode the thoughts of young students, and increase the complexity and difficulty of theme education. The commercialization and disorder of new media, and some vulgar and vulgar culture, such as the small voice, the transmission of negative values and negative energy, have obviously eliminated the existing mainstream values and moral values, and even the western bourgeois decadent tiktok thought has entered into a serious impact on the college students who have not yet formed the world outlook and lack judgment. Lose the enthusiasm of thinking about problems. The answers can be found on the Internet, which makes college students more and more dependent on the Internet,

become lazy and lazy to think about problems. No matter what problems they encounter, they want to solve them through the Internet. For college students, this is not conducive to their future development, the cultivation of their thinking ability, and has a negative impact on the psychological fitness development of college students [9]. Figure 1 shows the double-sided impact of modern media on College Students' psychological fitness.

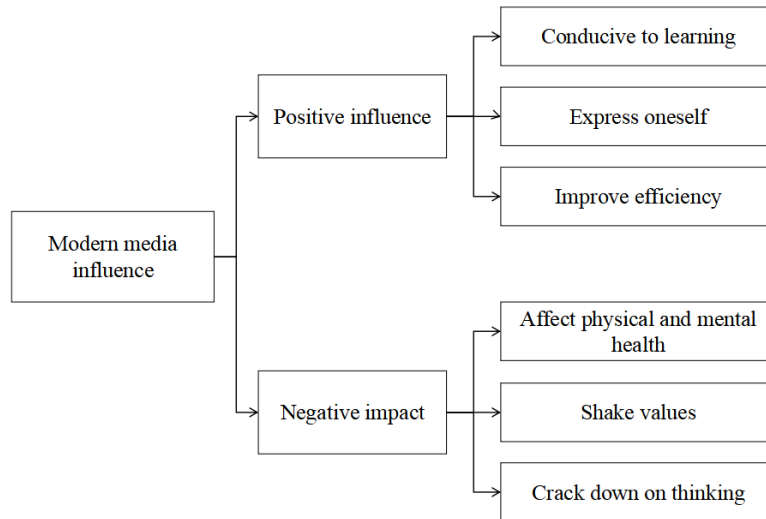


Fig.1 Double-Sided Impact of Modern Media on College Students' Psychological Fitness

3. Psychological Fitness Education Pathway

3.1 Social Perspective

Optimize the environment and create a good atmosphere. And social environment on campus will have a great influence on college students' psychological fitness. Under the modern media environment, network management departments should pay attention to the network environment, and then optimize the social environment. In addition, network modern media should pay attention to promoting China's high-quality national culture, creating a good social atmosphere and spreading positive energy for college students, which is conducive to the healthy development of college students' body and mind. Set issues for filtering optimization. Because the spread of modern media has the function of “agenda setting”. The agenda is set to guide college students to make the right choice on the hot and difficult issues that they usually pay attention to. Through targeted screening of information, psychological educators strive to make positive and positive information in the most important position in the setting of various “issues”, which can be generally accepted and recognized by college students. The negative information is filtered out to achieve the role of content supervision [10]. Psychological fitness educators actively control the dispatch of college students' attention through topic setting, and play an indirect role in influencing college students' thinking concepts by arranging the priority of problems. Bernard Cohen, an American political scientist, pointed out: “The news media is far more than a disseminator of information and opinions. Perhaps most of the time, it is difficult to make people think, but it is very effective in making the audience think. “It is necessary to set the psychological hot issues of public opinion that students usually pay attention to as the main topic of psychological fitness education. With the rise of new media platforms, especially the upsurge of WeChat and Weibo platforms, students can easily browse the web pages and quickly know everything in the world, integrate theoretical knowledge of psychological fitness education with psychological hot issues in today's society, and rationally analyze students' psychological trends and psychological phenomena. Optimize the environment and create a good atmosphere. And social environment on campus will have a great influence on college students' psychological fitness. Under the modern media environment, network management departments should pay attention to the network environment, and then optimize the social environment. In addition, network modern media should pay attention to promoting China's

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3.2 University Perspective

Integrate the psychological fitness education of college students into the teaching of various disciplines. Universities should pay attention to the psychological fitness education of college students, and integrate the psychological fitness education into the teaching of various subjects, so as to make the psychological fitness education cover all aspects of College Students' teaching, and comprehensively improve the physical and psychological fitness level of college students. Develop and use app software related to psychological fitness. In the new media environment, a large number of apps have entered the life of college students. These apps are involved in all aspects of study or life, meeting the needs of college students for study, life or interpersonal communication. Psychological fitness education professionals in Universities should effectively combine and carry out the investigation and analysis of this content, so as to improve the content of Ideological and political education in Universities. Secondly, when developing the network ideological and political education in Universities, on the one hand, the college should carry out relevant network ideological and political education based on its own development characteristics. Taking the law school as an example, it can carry out special activities on the Constitution and promote the progress and development of the College in combination with the content of Ideological and political education. Build a complete psychological fitness education network. The school will build a psychological fitness education network, do a good job in the management of relevant psychological fitness education consulting departments, and combine the network with the real mental education to give full play to the positive role of psychological fitness education for students. Teachers should be able to become friends with students, understand students' psychological fitness with a friend's attitude, and do a good job in students' psychological fitness education. At the same time, the school should also carry out corresponding training for students and workers related to psychological fitness education in each class, enrich their knowledge reserves of psychological fitness education and train their ability in psychological fitness education. Combine the online consultation and various educational activities in reality, give full play to the positive role, build a perfect psychological fitness education network and do a good job in psychological fitness education. Figure 2 shows the path map of psychological fitness education.

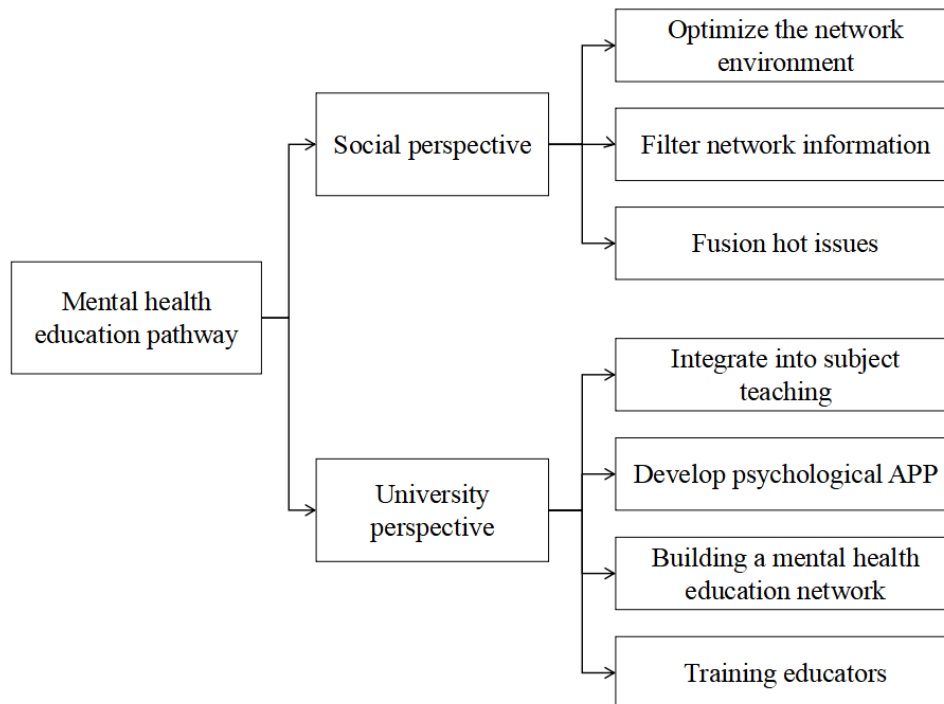


Fig.2 The Path Map of Psychological Fitness Education

4. Conclusions

From the operational mechanism of psychological fitness education, the original psychological fitness approach still plays an important role, but it is slightly weak in the modern media background. If we don't adapt to the new changes in the environment and inject fresh blood, we still insist on relying only on the explicit education that was originally instilled, which will also make psychological fitness educators unable to accomplish the established educational goals and tasks. Therefore, it is wise to change ways and means to break through the original educational model to adapt to environmental changes and conform to the law of development of the times. Combining with the background of the times, this paper analyzes the problems existing in the path of college students' psychological fitness education under the background of modern media. With the strong support and guarantee of universities and society, and the active exploration and application of educators, it is necessary to take the characteristics of modern media as the basis, take the learning needs of college students as the main body, and take the current situation of college students' psychological fitness education as the object. By optimizing the ways, methods and ways of psychological fitness construction, expanding and forming psychological fitness construction resources, communication power, attraction, social communication in universities, etc., we can solve the problem of psychological fitness education path construction for college students under the background of modern media.

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