

## On the Effect of Campus Psychological Situational Drama on Campus Culture Construction in Colleges and Universities

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**Abstract:** The construction of campus culture has a very important influence on students' study and life, and good quality of campus culture construction is also the basic condition for the improvement of education level in colleges and universities. However, from the current situation of college education, the construction of campus culture has not received due attention, and the application of campus psychological drama will play a very positive role in promoting the construction of campus culture. On the basis of analyzing the characteristics of campus culture construction, this paper expounds the positive effect of campus psychological drama in detail.

### 1. The Effect and Influence of Campus Psychological Situational Drama on Campus Culture Construction

Colleges and universities are the cradle of talent training and bear the important task of transferring talents for the society. Therefore, in the practice of education management in colleges and universities, any means of education management that can effectively improve the quality of talent training should be paid attention to. The construction of campus culture is a very important part in the practice of university education management, and the good quality of campus culture construction is also the basic guarantee for the development of college students' learning and comprehensive quality. But the construction of campus culture is not accomplished overnight, it needs to be created by teachers and students in the long-term education and development process. Campus psychological drama is an effective way to construct campus culture, and it also plays an obvious role in promoting the development of college students' mental health education [1]. Therefore, in the process of college campus culture construction, we should pay attention to the campus psychological drama, and promote the continuous improvement of college education quality.

In view of the current situation of college education, the campus psychological drama is the main content of campus culture construction, and the campus psychological drama is also an important embodiment of the level of campus culture construction. The good campus psychological drama can optimize the teaching and educating mode to a great extent, create a good learning and living environment for college students, and then improve the overall quality of college education. Through the campus psychological drama, the problems which are easy to be neglected in the process of campus culture construction can be displayed in the way of scene drama, so as to adopt the corresponding way in the process of campus culture construction [2]. In addition, in the process of creating and performing the campus psychological drama, college students can integrate their own feelings and ideas into it, which itself is a process of mental health education. Therefore, in practice, the campus culture construction based on the campus psychological drama is also a common and popular way, on this basis to explore and study the construction path, also can meet the actual requirements of college students to the maximum extent, to avoid the phenomenon of college campus culture construction and the actual situation of students. Therefore, it can be said that campus psychological drama is an effective way to construct campus culture.

## **2. The Effect and Influence of Campus Psychological Situational Drama on Campus Culture Construction**

Campus psychological drama is one of the forms of amateur cultural activities of college students. Its main purpose is to enrich the students' cultural life while carrying out certain mental health education for college students, to promote the formation of sound and perfect ideological and willful quality for college students, and to lay a solid foundation for their future study and growth [3]. In many colleges and universities, the enthusiasm of students to participate in campus psychological drama is very high, so the creation and performance level of campus psychological drama is also very high. Many college students through the participation in the campus psychological drama, not only to exercise and improve themselves, but also to understand some of the principles of life, for their own values and self-confidence also played a very positive role. From another point of view, campus psychological drama can greatly deepen the communication and communication between students, broaden students' horizons, and give college students the opportunity to contact different people and things, which has a very positive effect on the promotion and development of college students' comprehensive quality and the construction of campus culture.

(1) Campus psychological drama is conducive to giving full play to the autonomy of college students

For colleges and universities, in the past process of campus culture construction, generally are the corresponding rules and regulations formulated by university administrators and teachers, and the corresponding activities of cultural construction are basically teachers' unilateral ideas, but college students do not give full play to the role of autonomy in this process, but only according to the corresponding requirements of colleges and universities to participate passively. Because many college campus cultural construction activities do not meet the actual needs of students' learning and development, even many activities are more resistant to college students. Some students participate because of school pressure [4]. Therefore, in such a situation, many students on the overall evaluation of campus cultural construction activities are not high, colleges and universities in this area there are many aspects of confusion.

The main reason for this phenomenon is that colleges and universities do not take into account the actual situation of students in the process of building campus culture, pay too much attention to the results of campus culture construction, but ignore the students' initiative and enthusiasm, so it leads to the lack of student foundation in the construction of campus culture, and this form of campus culture construction is obviously unable to achieve the expected goal. But the campus psychological drama has a wide student base, the enthusiasm of students to participate is very high, so if the campus psychological drama is integrated into the campus culture construction of colleges and universities, it will greatly improve the enthusiasm of students to participate on the basis of the original, stimulate the enthusiasm of students to participate, help students to creatively carry out the corresponding activities of campus culture construction, and can effectively improve the comprehensive quality of students, which is very important to consolidate the foundation of campus culture construction in colleges and universities.

(2) It can effectively improve students' psychological quality and comprehensive ability

From the actual situation of college students, in recent years, affected by a variety of environment and factors, the overall level of mental health of students' information skills than before, showing a significant downward trend. Especially in the background of the rapid development of information technology, there are more and more channels for college students to obtain information, so all kinds of information will have a certain impact on students' psychology. This phenomenon is very important to the construction of campus culture in colleges and universities, and it is also a key problem that can not be ignored [5]. At present, many college students depend on the network to varying degrees, so in real life, many college students will have some social phobia, and the desire to communicate and communicate with other students is relatively low, and worry about failure, which is also the main obstacle to the construction of campus culture in colleges and universities. And in the whole process of the creation and performance of the campus psychological drama, the students will communicate and communicate

with each other, aiming at every link of the campus psychological drama, they need the relevant participants to communicate and coordinate, and this process exercises the students' communication and communication ability.



Figure 1 Psychodrama

At the same time, in the process of communication between students, it can also collide with different sparks, stimulate students' inspiration, and create a good atmosphere of communication and cooperation for students. In addition, the campus psychological drama needs college students to fully integrate into the role and understand the idea of the role in the performance process, which will also exercise and cultivate students' empathy ability to a large extent, help students to think in a different position, cultivate their own rich feelings, reduce psychological pressure, and thus resolve their own various mental health problems in the process of campus culture construction, these are very key problems in the process of college campus culture construction.

(3) It is conducive to drawing closer the distance between teachers and students and facilitating the development of cultural activities on campus

Teachers play a vital role in the process of students' learning and development. Although college students have come of age, because the ability and quality of all aspects are still in the stage of development, it is also impossible to leave the guidance and help of teachers. In the process of students' mental health education, the basic counseling methods are based on the actual problems of students, and adopt targeted methods to solve them. Each student's problems are different, but there are a lot of similarities. And solving students' mental health problems and helping college students develop positive psychological quality are also an important part of campus culture construction.



Figure 2 University campus culture construction

Therefore, in the campus psychological drama, the teacher can rehearse and show the typical cases encountered in peacetime, through the way of campus psychological drama, let the college students through the campus psychological drama to watch, understand the content, find common points from themselves, and actively find ways to solve the problem, which will greatly enhance the effectiveness of mental health education and campus culture construction.[6]. In addition, in the process of campus culture construction and mental health education, many colleges and universities adopt more traditional ways, and the distance between teachers and students is far away, so there is a big gap between the ways and methods adopted by many teachers and students, which is mainly due to the poor communication between teachers and students and the lack of practical

understanding of students. Campus psychological drama has built a good communication bridge between teachers and students, which is conducive to good interaction and communication between teachers and students, which plays a very obvious role in teachers' timely understanding of the actual situation of students, and then adopting a targeted way of campus culture construction.



Figure 3 Communication bridges

### 3. Conclusion

To sum up, college students are in the key stage of education, so the construction of campus culture has a very positive influence on students' learning and future development. Therefore, in the process of college campus culture construction, we should give full play to the positive role of campus psychological drama, strengthen the interaction and communication between teachers and students, optimize the form of campus culture construction, effectively improve the students' psychological quality and comprehensive ability, and promote the overall development of college students.

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