Problems and Countermeasures in the Practice of Peer Psychological Counseling in Colleges and Universities under the Background of Network Age

Huixu Cui

The Tourism College Of Changchun University, Changchun, Jilin 130000, China

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Abstract: The rapid development of self-media has a profound impact on college students' life and way of thinking, enabling college students to use and disseminate social and self-reported news independently, but it also brings certain challenges to peer counseling in colleges and universities. The solution of the problem depends on the turn of the times of peer counseling in colleges and universities, that is, based on the characteristics of the development of psychology, combined with the development needs of college students and the requirements of the times of mental health education, changing the inherent concepts, modes and tools of peer counseling in colleges and universities, so as to meet the needs of the times of mental health education, psychological construction and psychological harmony of college students. College students are the future elites of society. A healthy personality and a healthy psychology are the basic guarantees for success. Both the college students themselves and the college management team must pay attention to the mental health of college students. Therefore, it is necessary to combine the different characteristics of self-media to propose specific measures to innovate the peer psychological counseling model for college students in the self-media era, which has certain theoretical and practical significance.

1. Introduction

With the continuous development and innovation of science and technology, the network has become an indispensable element of life in today's society. The self-media platform with Weibo, WeChat and QQ as carriers has developed rapidly, which makes college students feel the network life system that is ubiquitous and meticulous [1]. They have a strong sense of self, but their ability to resist pressure is weak. Desire to be noticed and seek recognition, but righteousness lacks inclusiveness; Distinctive personality, unwilling to be explored by others. Colleges and universities should use the new media network platform to further improve the peer psychological counseling system, effectively intervene and deal with the various psychological crises of college students, fully meet the needs of college students for psychological counseling services, and comprehensively promote the continuous deepening of college peer psychological counseling. [2]. In view of the current problems that peer counseling in Colleges and universities lags behind the development requirements of the times, take the above characteristics of the times as the theoretical basis for the era turn of peer counseling in Colleges and universities, take the above developmental requirements of the times as the realistic conditions, and take the transformation of network tools such as we media as the application tools, so as to demonstrate whether the conditions for the era turn are mature, that is, theoretical possibility, practical possibility Tool possibility, etc. [3].

In recent years, with the expansion of college enrollment, the ratio of full-time psychological teachers to college students is not reasonable. In this case, peer counseling has become an important supplement to professional psychological counseling and counseling in college mental health education [4]. When discussing personal issues, college students entering the early adulthood are more seeking help from peers than adults. The characteristics of the times in the development of psychology, combined with the development needs of college students and the requirements of the era of mental health education, transform the inherent concepts, models, tools, etc. of peer psychological counseling in colleges and universities, so that it can meet the needs of college students' mental health education or psychological construction, and psychological harmony The demand of the times [5]. In the era of pervasive we media technology, how to deal with various

challenges in the we media era, grasp the mainstream of the times, turn passivity into initiative, turn risk into opportunity, realize the innovation of College peer psychological counseling mode and enhance the effectiveness of counseling is an urgent problem for college peer psychological counselors [6].

2. Characteristics and Challenges of Peer Counseling Practice in Colleges and Universities under the Background of Network Age

2.1 Advantages of Peer Counseling in Colleges and Universities

Peer counseling is a special form of counseling, which is different from mutual assistance between peers and professional counseling. Compared with professional psychological counseling, its advantages are: peer psychological counseling team, high acceptance, greater influence; Rich resources to help others, strong timeliness [7].Peer psychologists live with classmates, and can find out and help in time for the psychological problems of classmates around them. Some peer psychologists can even find some problems in the usual chat with classmates[8] .They are of great significance to the discovery of students' psychological crisis and the prevention of accidents. Even in the face of problems they can't solve, they will take the initiative to seek the help of teachers [9].

Some college students will suffer from depression, anxiety, suicide and other problems in the long run because they can't handle interpersonal relationships correctly [10]. These are essentially lack of help-seeking awareness. College students are happy to write online logs. Express your feelings and confide your feelings in the log. Students can report to the counselor in time after finding problems. In the process of peer psychological counseling, the students being counseled can obtain ways and methods to solve daily psychological puzzles and problems, and improve their physical and mental health. The counselor can also tap their own potential, seek self-worth and successful experience, and finally pass the students The positive interpersonal interaction and support between the two sides realize the mutual growth and progress of the guidance.

2.2 Challenges Facing Psychological Counseling in the Era of Self-Media

In the self-media era, the communication between people on the network spans time and space and becomes more timely and convenient, but at the same time, the opportunities for face-to-face communication between people are gradually decreasing. The emergence of self-media breaks the limitations of time and space and downplays the role of traditional media as "gatekeepers". The free release of all kinds of news and information has led to disorderly information content on the Internet. College students are in the stage of value formation, and they can discern when faced with messy news information. Ability needs to be improved, and in the self-media, people usually send some information about their daily life, which is less readable, and one person's time is limited. When college students spend most of their time in the application of self-media, then Attention to social news will decrease accordingly. An excellent peer counselor should have the following qualities: rich knowledge structure, correct self-concept, positive outlook on life, harmonious values, perfect personality characteristics, flexible skills, love and serious and responsible attitude, etc. There may be some difficulties in selecting the first batch of peer counselors. After becoming a systematic team, some main leaders in the peer counselor team can shoulder some of the burden of selecting personnel, so that those peer counselors who are full of love, sincerity and sense of responsibility can be selected as much as possible. For these students with weak professional knowledge, in a limited time, the focus of training is to cultivate their own psychological quality and some practical techniques of psychological counseling, such as letting them learn to listen and understand empathy. At least let them do psychological counseling without hurting others. This workload is very big and the time is very long.

3. Promote the Establishment and Improvement of Peer Counseling in Colleges and Universities

3.1 Counseling Health Education Course

College students' mental health education course, as an important means to popularize and publicize psychological knowledge and improve students' mental health level, has become a very important part of college mental health education. Building a self-media communication platform is an inevitable choice for the new characteristics of peer counseling in colleges and universities. To build a self-media platform for peer counseling in colleges and universities is to build a platform system integrating schools, colleges, classes and dormitories, integrate various resources of WeChat circle of friends, Weibo, QQ group and social networking sites, and form a self-media carrier force with complementary advantages and harmonious resonance, and strive to build an all-round, multi-dimensional and in-depth counseling platform, laying a good technical foundation for peer counseling in colleges and universities. The guarantee for building a peer psychological counseling service system is to establish an evaluation system and a supervisory mechanism. The effective operation of the peer psychological counseling service system requires a guarantee system to ensure the funding of peer psychological counseling work, timely evaluation and supervision of the work carried out by peer psychological counselors, and the establishment and improvement of effect evaluation and incentives Mechanism, focusing on the evaluation and reward of peer psychological counselors. In the mental health education of college students, we have actively explored and carried out peer counseling, built a multi-level peer counseling mechanism to ensure the development of peer counseling, and held rich forms of peer counseling activities to meet the diverse needs of students. The peer counseling mechanism is shown in Figure 1.
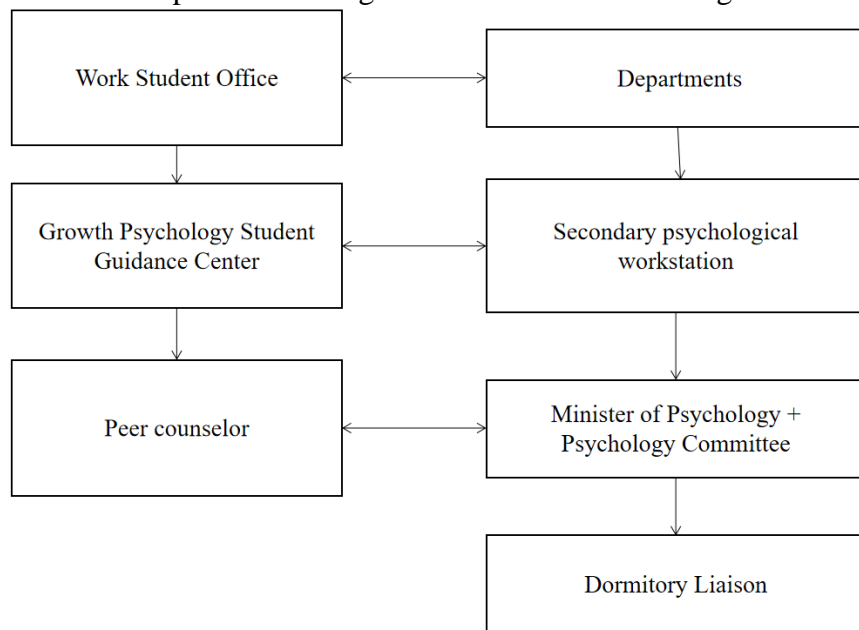

Fig.1 Peer Counseling Mechanism

The peer psychological counselors of the school mainly include class psychological committee members and dormitory psychological liaison. They take the class and dormitory as the position, pay close attention to the possible psychological problems and help needs of the surrounding students, report the problems in time after identifying the problems, and undertake the tasks of early prevention and later tracking and feedback of psychological problems. Pay close attention to the students' life, study, emotions and psychological trends and give feedback to the teacher in time. When it is found that some students are in crisis or have obvious abnormal psychological behavior, first of all, preliminary intervention and protection measures should be taken, and the situation should be reported to the counselor or psychological teacher at the first time, and the teacher should be assisted in the follow-up and feedback of students with psychological problems.

3.2 Improve the Ability of Peer Counseling Using Self-Media

College students in the new era have unique personality and pursue fashion. They hope to fully express their personality and show their charm. Therefore, with the continuous innovation and

development of science and technology, the single peer counseling method is no longer suitable for the diversified requirements of current college students. Colleges and universities should strengthen the training of peer counselors, improve the self-media application ability on the basis of helping counselors master the skills of psychological counseling, and conduct equal and open exchanges and interactions with students based on the people-oriented principle, so as to truly become "intimate partners" around students. To truly serve the students and the surrounding students, we must be among the students and truly feel their psychological activities. Figure 2 shows the evolutionary structure of college students' psychological crisis.
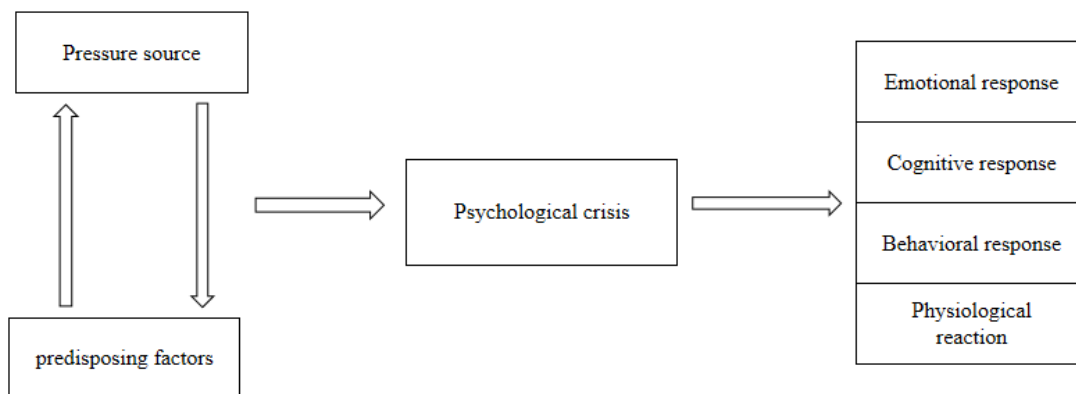

Fig.2 The Evolutionary Structure of the Psychological Crisis of College Students

The emergence and development of self-media has a great impact on the study and life of college students. In the self-media era, peer psychological counseling in colleges and universities has also encountered great impacts and challenges. Therefore, as an informal form of psychological counseling in college mental health education, self-media platforms should be actively used to give full play to its characteristics and bring the mental health of college peers into full play. The characteristics and effects of counseling will ultimately achieve the goal of improving the psychological quality of college students.

4. Conclusions

Peer counseling, as a new thing in college students' mental health education, has great development prospects and incomparable advantages over other mental health education methods. In the process of theory guiding practice, we should further study the realistic demand conditions and transformative application tool platform of the era of peer counseling, in order to promote the development of peer counseling and promote social psychological harmony.In the era of self-media, peer counseling in colleges and universities has also encountered great impact and challenges. Therefore, as an informal form of psychological counseling in college mental health education, we should actively use the self-media platform, give full play to its characteristics, and make the peer counseling in colleges and universities have characteristics and effects, so as to finally achieve the goal of improving college students' psychological quality. In the future practice, we should give full play to its advantages and make up for its shortcomings, so that peer counseling can play a more active role in college students' mental health education.

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