



# Analysis On the Problems of Mental Health Education for Chinese College Students

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## ABSTRACT

Although Chinese college students are separated from the group of children, they can not fulfill the responsibilities and obligations of adults. As a special group, their mental health has always been the most concerned problem of the society. With the frequent occurrence of campus crisis events, the state has paid more and more attention to the mental health education of college students. As college educators, how to accurately grasp the problems of students' mental health and give timely help and guidance has become an important task in college education reform. Colleges and universities have responded to the call to carry out psychological counseling and education for college students, and achieved certain results, but there are still many problems. This paper explores the problems existing in the current college students' mental health education, and puts forward solutions and corresponding countermeasures to further promote the development of College Students' mental health education and comprehensively improve college students' psychological quality and comprehensive level.

**Keywords:** College Students, Mental Health Education, Countermeasures, Psychological Quality

## I. INTRODUCTION

Notice of the Party group of the Ministry of education of the Communist Party of China on printing and distributing the guiding outline of mental health education for college students in July 2018. The main content is to emphasize that mental health education is an education to improve college students' psychological quality and promote their physical and mental health and harmonious development. It is not only an important part of the talent training system in colleges and universities, but also an important content of Ideological and political work in colleges and universities. \*\*\* The guiding opinions on Strengthening Mental Health Services jointly issued by the Ministry of education and other 22 departments and the working requirements of the implementation outline of the quality improvement project of Ideological and political work in Colleges and universities issued by the Party group of the Ministry of education of the Communist Party of China. This content highly reflects the state's attention to college students' mental health.

There are countless college crisis events in which college students hurt others or even themselves because of their own psychological state and mental disorders, which has not only brought great adverse effects to contemporary college students and their families, but also attracted extensive attention from all levels of society. The pressure of college students comes from many aspects such as family, school and society. At the same time, the physiology and psychology of college students are still in the development stage. The accumulation of pressure is easy to cause a variety of psychological problems. Without reasonable intervention, the all-round and healthy development of college students will become empty talk. Therefore, strengthening college students' mental health education is not only an important way to implement national quality education, but also a powerful means to promote the all-round development of college students. This work is urgent and has a long way to go for colleges and universities.

## II. RESEARCH METHOD

This research mainly adopts the literature collection research method: that is, a large number of data analysis and collection are carried out through various network information resources such as China HowNet, various data at home and abroad are consulted, and the previous research results are summarized, analyzed and summarized, which provides a relevant academic reference for the writing and research of the article.

Secondly, it uses the case study method. Through field investigation, it takes Qujing Normal University in Yunnan Province, China as an example to carry out investigation and research.

Moreover, through the conversation method, we can understand the actual psychological state of college students, so as to more intuitively understand the psychology of college students, and then make comparative analysis.

### III. DISCUSSION

#### 3.1 Problem in College Students' Mental Health Education

##### 3.1.1 Professional mental health education courses are insufficient

Mental health education for students is a long-term process. Setting up professional mental health education courses in colleges and universities is conducive to dredge students' psychological confusion and promote students' healthy growth. At the beginning of freshmen, the school should carry out adaptive mental health education for freshmen and scientifically guide them to adapt to campus life as soon as possible. Carrying out career planning education among graduates is conducive to their better integration into society and moving to work as soon as possible.

##### 3.1.2 The school does not pay enough attention to the mental health education of college students.

Some schools only focus on academic aspects of College Students' education, too much pursuit of training professional and technical talents for the job market, but ignore the comprehensive training of talents. In recent years, the Ministry of education has gradually upgraded its attention to college students' mental health education, and issued a large number of relevant documents on College Students' mental health education. The documents generally require colleges and universities to pay more attention to college students' mental health, and do a good job in college students' psychological counseling and mental health knowledge popularization according to today's reality. Furthermore, colleges and universities have gradually incorporated mental health education into the main body of school education planning, established a special mental health education department, and set up a psychological counseling office to carry out corresponding teaching and practical activities. However, from the perspective of the overall educational results, the mental health education departments and psychological counseling offices in some colleges and universities are in vain. The emphasis on College Students' mental health education is only on paper, and the development of practical activities related to mental health is also in a state of hot and cold. The school can not persistently carry out mental health education for college students, and the existing mental health education only stays in theoretical knowledge without targeted in-depth teaching.

##### 3.1.3 Students have insufficient understanding of mental health.

Many college students can not correctly understand the term mental health, and even stay away from psychological counseling. Some college students believe that if their own psychology is diagnosed as having problems, it is a difficult thing to say. They even think that they are different from ordinary people. Without the guidance of mental health knowledge, such college students will hide their own problems. Some college students can't receive psychotherapy in time or resist psychotherapy after learning about their psychological problems, so they are eager for the effect of psychotherapy. These attitudes towards psychological problems are not conducive to college students to solve psychological problems as soon as possible. There is also a kind of phenomenon in colleges and universities. Ordinary students pay too much attention to the students who have received psychological counseling, which leads to the increase of pressure on the students who have received counseling and leads to adverse effects, which also shows the lack of mental health knowledge of the whole group of college students. In today's fast-paced society, everyone will have some psychological imbalance more or less. Finding and actively solving it in time is the correct attitude towards mental health. On the contrary, the lack of understanding of mental health is likely to lead to more serious mental diseases.

##### 3.1.4 Insufficient investment in school mental health education

The hardware and software of the school need financial investment, such as the introduction and guarantee of psychology related teachers. As most colleges and universities focus on professional curriculum construction and ignore mental health education, many schools lack qualified psychological counseling teachers. In some schools, psychological counselors are part-time professional teachers. Their lack of professionalism affects the development of mental health education. The main reasons for this are insufficient investment and too few teachers. A student needs psychological counseling. If the psychological counselor set up by the school is his own teacher, he will not consult even if he encounters psychological problems. In this way, the psychological health counseling cannot achieve the corresponding effect. Without professional psychological counselors, schools can not comprehensively analyze students' psychological problems, let alone solve students' problems. Nowadays, although most schools have established psychological counseling rooms, psychological catharsis rooms, psychological counselor posts and professional facilities, they only pay attention to the students' professional course results under the influence of traditional educational ideas, and do not put mental health education and professional course education in the same important position.

##### 3.1.5 The teaching means of mental health education in schools are insufficient.

Even though colleges and universities have gradually set up courses related to college students' mental health education, and mental health teachers teach systematic theoretical knowledge of mental health to college students, the teaching methods are not mature, and there are teaching problems such as lack of timely communication with college students and insufficient standardization of classes in the teaching process, And in the teaching process, it only provides services for a few college students, pays too much attention to problem students, and then ignores the problems of most normal students. In addition, due to the weak professionalism of psychological teachers, it is difficult to impart knowledge systematically and flexibly, and the teaching methods are too old-fashioned, which makes it difficult to stimulate the learning interest of college students.

### **3.2 Method to Solve the Problem Existing in College Students' Mental Health Education**

#### **3.2.1 Strengthen the construction of teachers of mental health education and provide mental health awareness**

In terms of team building, we should adhere to the principle of a small number and ability, and equip teachers specializing in college students' mental health education, college counselors and teachers of Ideological and political education courses as backup part-time teams. Full time and part-time personnel should actively participate in the unified training in accordance with the requirements of national standards to ensure that everyone works with certificates. At the same time, according to the psychological status of college students, they should provide professional management and services, consciously and pertinently guide the education work, and effectively cultivate a professional team within the school. Enhance work awareness and deepen mental health education. In addition to arranging mental health education courses, the school makes full use of after-school time to carry out psychological counseling, and strengthens the training of psychological counselors to improve their psychological counseling skills, so as to help students better find psychological problems, analyze psychological problems and solve psychological problems [2]. Give targeted guidance to students' psychological problems. For example, emotional problems, learning pressure, economic pressure, love emotion and career planning. In addition, radio and newspaper columns are used to strengthen education and publicity and popularize mental health education knowledge.

#### **3.2.2 In view of the lack of teaching means of mental health education in schools, this paper puts forward the corresponding countermeasures.**

In the process of developing college students' mental health education, colleges and universities should build a perfect psychological system. Carry out comprehensive and complete mental health education for college students, carry out psychological education for all college students in the school, and shift the focus of mental health education to students' developmental problems. Taking teaching classroom as the main channel of College Students' mental health education, while innovating teaching means. For example, we can set up a large number of lectures on College Students' mental health education courses, popularize theoretical knowledge related to mental health to students, and stimulate college students' interest in mental health education; For another example, we can carry out mental health learning groups to find cold knowledge about mental health and compete in the classroom, which can also be regarded as a way to encourage college students to learn mental health-related knowledge independently. In addition to the above two teaching methods, mental health associations can also be established to learn more mental health knowledge free of charge during the league. The school can provide League members in the association with the qualification of obtaining psychological counselor certificate free of charge, so as to encourage college students to actively participate in community activities.

#### **3.2.3 Strengthen the construction of campus culture. Campus culture is the soul of a university**

School spirit is not only an important part of campus culture, but also an important condition affecting the physical and mental development of college students. Colleges and universities should comply with the development trend of mental health education and improve campus culture. A good campus culture can imperceptibly improve college students' personality, optimize college students' psychological quality and enhance college students' self-confidence. Colleges and universities can comprehensively strengthen the construction of campus culture by enriching campus activities and building a school spirit supervision team, strive to cultivate college students' optimistic and healthy life attitude, and promote the harmonious communication relationship between college students, so as to reduce the occurrence of College Students' psychological problems.

## **IV. CONCLUSION**

1. College students have a variety of mental health problems, but most of the problems are caused by the environment. For example, the guidance of school mental health education is not timely and unscientific.
2. College students need to have genuine talent and practical learning, but also need to have a good psychology to adapt to the society. The mental health education of college students is related to the physical and mental health development of college students and the future development of society. To solve the problem of College Students' mental health education, we should take corresponding countermeasures to solve the problem, so as to effectively promote the development of College Students' mental health.
3. With the rapid development of social economy, the employment competition of college students is becoming more and more fierce, and the requirements for talents in the employment market are becoming more and more strict. In this highly competitive social environment, colleges and universities should pay more attention to the mental health education of college students, constantly innovate the teaching means of mental health, and improve the professional level and cultural literacy of mental health teachers.
4. Further improve the level of College Students' psychological quality, promote the healthy development trend of College Students' psychology, guide the all-round development of College Students' morality, intelligence, physique, beauty and labor, and provide an inexhaustible driving force for the development of Chinese college students' mental health education.

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