

## **Analysis on the Present Situation of Psychological Quality of College Students in Contemporary Private Colleges and the Study of Mental Health Training**

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**Abstract:** An important aspect of the construction of a harmonious society is to promote people's psychological harmony. This paper studies the problems of psychological harmony education for private college students, applies the concept of psychological harmony education to the mental health education of private college students, and explores the optimal path of psychological harmony education for private college students, which can further cultivate the healthy and coordinated development of students' psychological quality.

### **1. Introduction**

The psychological harmony of college students in private universities is an important content and value orientation of harmonious campus construction, and an important aspect of achieving social harmony. Integrating the theory of psychological harmony education into the mental health of college students in private universities can enrich the theoretical connotation of mental health research and provide a new way for private colleges to carry out mental health education.

### **2. The origin and connotation of psychological harmony education**

The concept of "psychological harmony" originated from the American positive psychology in the 1990s. It advocates helping people to maximize their potential and achieve a good life by stimulating their own positive power and excellent quality. Professor Meng Wanjin believes that psychological harmony is to use positive methods and content to shape the positive spirit, always optimistic and exude the spirit of spring vitality; and Wei Rong and Wu Libing summarize psychological harmony education as "to improve individual psychological quality, pursue individual psychological quality and health, Equilibrium, harmony, development, and the realization of the unity of truth, goodness and beauty". The Sixth Plenary Session of the 16th CPC Central Committee also clearly pointed out: "It is focused on promoting people's psychological harmony, strengthening human care and psychological counseling, guiding people to treat themselves, others and society correctly, treating difficulties, frustrations and honors correctly. Strengthening mental health education and Health care, a sound psychological counseling network, shaping a self-respecting self-confidence, rational peace, and a positive social mentality." "Psychological harmony education" means to achieve a harmonious state by maintaining a harmonious state between the inside and the outside. Coordination between emotions, intentions and behaviors can tap people's own positive factors and potentials, stimulate their own inner positive qualities, achieve their own inner peace, and promote the harmonious education of people, people and society. Different objective reality conditions combined with different life experiences and physiological characteristics of individuals have created different psychological characteristics of people. The changing characteristics of the human psychological activity itself determine the volatility of the individual's mental health status. The psychological development of private college students themselves has significant fluctuation instability. Therefore, in school education, we should be good at grasping the dynamic psychological characteristics of educational objects, and combine traditional and positive mental health education to study, not to ignore the psychological problems of students, and actively cultivate students' excellent psychological quality.

### **3. The status quo of psychological problems of private college students**

Good interpersonal relationships are an important part of the process of student growth and socialization. However, due to interpersonal relationships, the complexity of society and the simplicity of students' psychology, college students are often frustrated in interpersonal relationships. A considerable number of college students lack experience in interpersonal communication, lack the ability and courage to express their own interaction with others in public, and hinder the formation of a good circle of interpersonal communication. Some students have problems with themselves and others, difficulty in deep communication with people or lack of close friends, or conflicts and conflicts in communication due to personality factors. At the same time, due to the lack of normal interactions between individuals, it is easy to cause suspicion, embarrassment, etc., which is not conducive to the healthy growth of students.

Under the "stormy period" of puberty development, college students are extremely rapid in physiology and have basically matured. However, due to their low experience and lack of social experience, their understanding of life and social issues is often erratic, coupled with the unique temperament and ideals of youth. Confused and intertwined, it is easy to appear all kinds of psychological contradictions, it is easy to be interfered and affected by various external factors, self-control and self-adjustment ability is low, leading to psychological deviation and strange behavior. The general performance is as follows: some college students have anxiety and fear, emotions are too depressed, and anxiety is uneasy all day; some college students are easy to use emotions and moody.

The main task of college students is to learn. They are most concerned about the problem of academic achievement, and the misplacement of environment and status has brought a lot of psychological burden to college students. After entering college life, some students found that their advantages in high school no longer exist, facing a severe situation of re-differentiation combination, resulting in a sense of loss. Some students have failed to master the university's learning methods after entering the university, which leads to a series of psychological problems such as tiredness, inferiority and decreased self-confidence. The employment pressure of private college students is particularly heavy, and it is difficult for graduates to find a satisfactory job. Since the private schools have just started and people lack a certain understanding of private colleges and universities, coupled with some problems exposed by private colleges and universities, they are not favored by people in the society, which has caused certain pressure on students in private universities. How to strengthen the mental health education for private college students has become an urgent concern and solution.

### **4. Analysis of the causes of mental health problems of private college students**

Contemporary young college students are at an important stage of physiological and psychological development. Physiological development is basically mature and psychological development has not yet been determined, especially the contradictory state of emotional richness and emotional instability. The social transformation, reform and opening up, economic transition, the convergence of Eastern and Western cultures, and fierce competition in the market have caused profound changes in the ideological concepts and lifestyles of college students, causing a great tremor in their psychology. All these kinds of confusions, confusions, uneasiness, and tensions that have changed to the changing environment have increased significantly. The psychological impact of social change on growing college students is stronger and more complicated than in any previous era. . Various physiological factors, psychological factors and social factors are intertwined, which can easily lead to imbalance in the psychological development of college students, leading to various mental illnesses. This article believes that the reasons for this situation are mainly the following:

The survey shows that compared with public colleges and universities, private colleges and universities have a lack of self-confidence and strong awareness of rights protection. These students are two prominent problems that affect mental health. Some students are also in colleges and

universities, but they are intertwined with inferiority and self-esteem. Accompanied by resentment, the tremendous psychological pressure of vanity and dependence. Although the characteristics of college students' mental health problems are consistent, the particularity of mental health problems caused by the differences between students' sources and educational models in private universities should be highly valued and carefully analyzed. Only then can we The education content and educational approach of mental health of private college students are constructed in a targeted manner, and the effectiveness of mental health education is improved.

Many of the private college students are only children, and their living conditions are relatively superior. Due to the parents' high expectations of their children, excessive protection and care, resulting in poor children's ability to live and dependence, resulting in abnormal cognitive and emotional development, resulting in the current college students' psychological weaning period, physiological and psychological development is not balanced. For a long time, schools and parents often only pay attention to the intellectual education of students, but neglect the cultivation and training of students' psychological quality. It can be said that the psychological problems of contemporary college students are latent when they enter the school. Although the new campus living environment creates good conditions for students to self-regulate their psychological problems, many students do not grasp this favorable opportunity. Once they are experiencing excessive psychological stress or psychological fluctuations, psychological problems will recur.

## **5. Countermeasures for the Mental Health Problems of Private College Students**

School psychological counseling is an important way to improve students' mental health and optimize their psychological quality, and is also an important part of psychological quality education. With the passage of time, psychological counseling has been recognized and accepted by more and more people, and more and more colleges and universities have begun to set up psychological counseling institutions. Counseling can guide students to alleviate inner conflicts and conflicts, resolve their worries, and develop their physical and mental potential. It can also help students to correctly understand themselves, grasp themselves, and effectively adapt to the external environment. In recent years, psychological counseling institutions have been continuously improved, and various forms of services have been added, which has become the most effective way for college students' psychological quality education.

Conducting a new mental health survey to achieve early detection and prevention of psychological problems The premise of carrying out psychological quality education is to understand the state of mastering the psychological quality of students, so as to propose educational measures and programs in a targeted manner. Each year, the freshmen are surveyed for mental health. The "Psychological Health Questionnaire" is used to screen out students with psychological symptoms, and they are invited to go to the psychological counseling center to further analyze and diagnose through interviews. According to the interview analysis, different types and degrees of different problems are adopted. The response measures prevent problems before they occur, and enable early detection and timely intervention of psychological problems, so that students can get effective mental health guidance at the beginning of enrollment.

Infiltrating mental health education into the teaching of various subjects. Psychological quality education through various subjects is an inevitable requirement for the development of each subject. The teaching process of each subject includes extremely rich psychological education factors, because the teaching process is the content and dominance of cultural knowledge, ethics and ideological values accumulated in the history of the society. In the process of imparting knowledge, teachers can focus on the students' psychological needs, stimulate students' interest in learning, and dig deep into the educational significance of knowledge. They can transform the knowledge, experience and skills formed by human history into their own spiritual wealth. Internalize into the students' thoughts, values of life and good psychological qualities, and take root in them for a long time. 3.4 Opening a compulsory course for mental health education, enhancing the psychological quality of self-education ability is inseparable from the mastery of the corresponding knowledge, systematically learning the psychological, health, health and other aspects of knowledge, helping

students understand the law of psychological development, master the psychological adjustment methods, Enhance the ability to self-educate. The effect of mental health education depends to a large extent on the initiative and enthusiasm of students' self-education, and depends on the level of students' self-education. Therefore, mental health education is to focus on developing students' self-education ability.

## **6. Conclusion**

Strengthening the emphasis on psychological harmony education in private colleges and universities is the premise. It is the foundation to establish and improve the psychological harmony education management network of private colleges and universities. It is the driving force to coordinate the operational mechanism of various elements of psychological education. It is essential to build a characteristic campus culture brand of private colleges and universities. The path, to play the overall advantage, in order to achieve the best psychological harmony education effect. Of course, in the future research, we should pay attention to the investigation and research of psychological harmony education in private colleges and universities, and sublimate the theory in practice, so as to realize the virtuous circle and dynamic development of psychological harmony education for private college students.

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