

The Influence of Outward Bound Training on Mental Health of Medical Students

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Abstract: Outward bound training has unique effects and advantages in improving the ability of medical students to withstand pressure, communicate with others, cooperate with others as a team and explore innovative social adaptability. Therefore, correctly understanding and analyzing the psychological status of medical students and strengthening mental health education have become the inevitable requirements the era development. Based on the author's learning and practical experience, this paper firstly summarizes some psychological problems existing in the current medical student group, then analyzes the influence of outward bound training on the mental health of medical students, and finally discusses how to reasonably set the contents of extended training in the psychological education of medical students.

1. Introduction

Mental health is a good and continuous mental state and process, which is manifested as the vitality of life, positive inner experience, good social adaptation, and can effectively exert the individual's physical and mental potential and positive social function. Outward bound training is a specially designed and challenging course that uses a variety of typical scenarios and activities to allow teams and individuals to undergo a series of tests, enhance their physical fitness, hone their perseverance to overcome difficulties, and foster health. Cultivating the psychological quality and positive attitude of life is an experiential learning method to enhance team awareness [1]. Modern health concept covers physical health, mental health, social adaptability health and moral health, which is the progress of human health concept and the result of social development. Introducing outward bound training into the curriculum system of medical health education in medical colleges and universities is an extension of the social function of outward bound training in school sports. It is also an active exploration and innovation in medical college sports pursuit of students' physical and mental health and social adaptability [2].

2. Some Psychological Problems Existing in Current Medical Students

2.1 Weak psychological will

From the high school education to the quality education of the university, there is a very big difference that the students are transformed from collective management to self-management, and the school has changed from leading to guiding in this process. It is precisely such changes that make it difficult for many students to adapt, and some institutions do not pay enough attention to the education and guidance of students' psychological quality, which causes the students' psychological quality not to get good exercise, especially for the changes in learning and life become unable to adapt. Some students become weak in the face of difficulties and tests. These psychological weaknesses are undoubtedly a fatal wound for medical students who are about to participate in the fierce market competition.

2.2 Lack of sense of unity and cooperation

Today, team spirit is no longer a strange term, people have gradually realized the importance of team spirit. But for the changing society, the pace of education reform in Chinese universities is

always slow. In the course of student curriculum and activities, colleges and universities do not pay much attention to the cultivation of students' team consciousness. In addition, the activities of medical students in colleges and universities are more individual actions, while group activities are relatively less[3]. For this reason, medical students lack the sense of unity and cooperation.

2.3 Lack of self-challenge spirit

The spirit of self-challenge and indomitable spirit becomes more and more important today as the market competition intensifies. This is also an indispensable spirit for modern talents. Among the universities and colleges in our country, medical students lack the courage to face difficulties and hardships, especially the spirit of self-challenge. The lack of this spirit will be a hidden trouble for the medical students who are about to undertake the important task of building the motherland.

3. Influence of Outward Bound Training on Medical Students' Psychological Quality

3.1 Enhance the ability of medical students to overcome fear and interpret themselves

In the quality development training activities for medical students, there is a sentence worth thinking about, which is: "it is not you can't, just you dare it, it is the problem of your ability, but your mental problem". This sentence fully illustrates a problem, a person's psychological quality is very important in the growth of medical students. For example, many of the extreme sports in our real world that cross the boundaries of canyon, if the extreme sports are put on the safe ground, many people can do it, but why can't they finish those extreme sports in a dangerous situation? The reason lies in people's psychological factors. Contemporary students grow up in a comfortable living environment without experiencing any hardship. Since there is no exercise, it is inevitable that once you encounter difficulties, you will have a tendency to retreat. However, after outward bound training, such as taking part in the movement of "broken bridge in the air", that is, jumping on the board of 6 meters high to another board, the height of 6 meters is naturally frightening, but in fact, as long as you effectively control your own psychology, decisive, and be brave to take that step, you will be successful. Therefore, the quality outward bound training of students is helpful for them to constantly interpret themselves in the training activities, understand themselves, improve psychological literacy, and enhance students' ability to resist setbacks[4].

3.2 Cultivate good communicative trust ability of medical students

The only child is a label of contemporary medical students, because they are surrounded by the environment of love, care and indulgence since childhood, and then some bad habits are formed, such as lack of love, selfishness, isolation and capricious. After participating in quality outward bound training, they learned how to cooperate with each other in the team, how to communicate well with each other, and how to establish a trust relationship. In the team training, while they enjoy happiness, they also bear sadness. In such a team atmosphere, they gradually build a relationship of love, understanding and trust between each other. For example, in the trust back fall activity project, in order to successfully complete the task, we must have the consciousness of team and good psychological quality. Everyone in the team must have a good relationship of trust. A team without trust cannot succeed. In the quality outward bound training activities, members of each team, accept each other, understand each other, and trust each other, so that the activities of fighting side by side naturally completed.

3.3 Cultivate the confidence of medical students in challenging pressure

In World War II, not many people survived the harsh conditions of Nazi concentration camps in Germany. Most people broke down when they got into that environment. But Frank survived. He said that he survived because in his mind, he always believed that people were in a certain environment, and the environment could not be changed, but people could change themselves and choose their own actions, so as to fight against various pressures in prison. That is to say, the attitude people have in tough environment is very important. In the quality outward bound training activities of medical students, the training activities have certain risks, which cannot be denied. It is

natural for medical students to have pressure to participate in these activities. The original intention of designing these dangerous activities is not to pursue thrilling and exciting, but to challenge medical students' psychology in quality outward bound training activities. Here are some ideas worth thinking about, such as "challenge, not avoidance, is the best strategy for dealing with stress" and "challenge is a form of psychotherapy". That is to say, in the face of difficulties and dangers, adopt a positive attitude to cope with them and achieve a successful experience in overcoming them. At this time, the existence of pressure is not necessarily a bad thing, as long as positively response, it can improve their confidence on the contrary. Such activities as rock climbing, skiing and horseback riding are all dangerous, but people will experience success and gain confidence after experiencing these activities.

3.4 Cultivate the ability of medical students to overcome laziness

Traditional education teaches students something stylized. Under these stylized education, students' thinking activities tend to be stylized. Encounter a problem, if you do not make innovation breakthrough, then you will gradually developed a kind of laziness, and the lack of a positive and aggressive response to the psychological [5]. This is not conducive for students to cope with a variety of problems after entering the society. In the quality outward bound training of medical students, through taking part in various activities which are full of danger and stimulation, it is helpful to improve the psychology of medical students to solve difficulties positively and innovatively, effectively overcome the mental laziness, and cultivate the healthy psychology of medical students.

4. How to reasonably set the content of outward bound training in the psychological education of medical students

The purpose of outward bound training is to "hone the will, cultivate the sentiment, improve the personality and smelt the team" through the use of natural environment and well-designed activities. This kind of training mainly are above the water, on the field and on the site three forms; It usually includes four main contents: (1) Vigorous physical training and outward bound training is usually carried out outdoors, which means that some physical requirements are put forward for participants. (2) Successful psychological outward bound training is a training process aimed at helping students improve their core values. Through training courses, students' potential can be effectively expanded, their psychological quality can be enhanced and strengthened, and their noble personality can be built. (3) Self-challenge outward bound training emphasizes the stimulation of students' potential. Through training, students' awareness of self-challenge will be continuously strengthened, so as to enhance their perseverance and indomitable spirit. (4) Team cooperation outward bound training is a set of training courses that shape the vitality of the team and promote the growth of the organization. It is a set of outdoor experiential simulation training specially designed to meet the needs of team building. Training content is rich and vivid, has a profound meaning, and inspired by experience as a means of education. Students participate in the training will be their lifelong unforgettable experience, it let the team members can have more profound experience between individual and collective, between subordinates and superiors, as close as lips and teeth of the relationship between individual and individual, so as to inspire the more high learning, team work enthusiasm and fighting innovation, finally make the team more cohesive force.

5. Summary

The outward bound training course is a new project of college physical education, which is characterized by the improvement of psychological quality and social adaptability in experiential activities. The outward bound training course in college physical education meets the needs of college talent training. Colleges and universities are not only the education places to improve the overall quality of medical students, but also a stage for medical students to improve their ability to adapt to the society. In the important stage of improving the quality of students in higher education,

the adoption of this effective activity mode can play an important role in the cultivation of students in colleges and universities, forging the quality of students who never admit defeat, dare to face challenges and the spirit of teamwork and the courage to go forward.

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