

## Research on the Current Situation of College Students' Mental Health and the Education of Socialist Core Values

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**Abstract:** In recent years, the crimes of college students have emerged, which makes colleges and universities pay more and more attention to the mental health education of college students. College students' mental health education should be consistent with the current socialist core values. This paper analyzes the current situation of college students' mental health, and expounds the concept of college students' mental health education and its relationship with socialist core values. It also discusses the socialist core values education method based on college students' mental health.

### 1. Introduction

In order to meet the needs of the cultivation of contemporary talents, colleges and universities not only need to carry out intellectual education, but also need to carry out moral education. In the moral education, internalizing the core values of socialism and improving the mental health of college students is the fundamental task of talent training in colleges and universities. To this end, relevant staff should strengthen their understanding of the group of college students, control their mental health status, and promote the education of socialist core values.

### 2. The Current State of Mental Health of College Students

In the age of the Internet, college students' horizons and visions have become unprecedented. The openness in the network environment and the freedom of the university campus have made the individualized psychological characteristics of college students more prominent. Compared with the middle school age, the autonomy and personality characteristics of college students are more obvious, and they have unique insights for all types of things. However, because college students are still very experienced, their ideas are not mature and they still need the guidance and guidance of teachers. At the same time, college students have strong secularity. They are in the transitional stage between students and the public. This leads them to imitate others in their behavioral habits. Moreover, most college students are very susceptible to interference from the external environment in their ideological views. This also makes their mental state often in an unstable phase. If you are affected by bad speech, it is easy to have deviations in thoughts and behaviors, which leads to self-cognitive errors and makes big mistakes. On the whole, the current psychological state of college students is still unstable, and their self-regulation and guiding ability is not high. It is necessary to be guided and helped by teachers to be clear about self-recognition and have a healthier mentality.

### 3. College Students' Mental Health and Socialist Core Values

The socialist core values are the concentrated expression of China's socialist core value system. Its content expresses the basic characteristics and fundamental nature of the system, and is the key content that every Chinese person needs to learn. Promoting the education of socialist core values is the unshirkable responsibility of every university and the fundamental need to complete the goal of contemporary talent training. To this end, college teachers must face up to the relationship between

socialist core values and the mental health of college students.

Ideas have an impact on people's mental health, and vice versa. Having a healthy psychological quality is the fundamental premise for college students to learn and practice the core values of socialism. Under a healthy psychological state, college students will be more enthusiastic about life, and they will be more positive and optimistic when learning and socializing. Stronger. Under this circumstance, college students have higher acceptance of correct ideas and ideas, which is very conducive to accepting and understanding the core values of socialism. Promoting the internalization of socialist core values by college students is an effective way to help college students develop a healthy psychological state. By learning the mainstream values of the society, college students can more clearly define their own position and form a healthy social psychology. Therefore, the mental health of college students and the core values of socialism complement each other, and the two can promote each other and jointly promote the all-round development of college students [1].

#### **4. Education Based on the Socialist Core Values of College Students' Mental Health**

Every college student is an independent individual. If they want to identify and accept a kind of values or ideas, they need to find out the common characteristics of the college students' groups, and use this as a basis to promote the internalization of ideas and achieve educational goals. In order to promote the socialist core values and make them smoothly internalized into the personal values of contemporary college students, we must seize every educational opportunity to achieve deeper teaching, and the most important of them is the psychological education at the university level. Therefore, college teachers should carry out the internalization of socialist core values based on the mental health of college students, carry out innovative practice in the process of mental health education, enrich the cognitive, emotional and practical experience of college students, and internalize the core values of socialism.

##### **4.1. Innovative interpretation of socialist core values**

In order to effectively carry out the education of socialist core values, college teachers must help college students correctly interpret this value and deepen their cognitive experience. Today, government departments are vigorously promoting socialist core values. Propaganda slogans or values are suspended in roads or buildings. Although many college students have been able to recite their contents in their entirety, they have not deeply understood the connotation of socialist core values. The root cause of this problem is that college students' cognition of socialist core values only stays on the content of ideological and political education courses, and is not connected with the actual life of individuals. This leads to the internalization of socialist core values among college students. Difficulties [2].

Based on this, college teachers should innovate the interpretation mechanism of socialist core values, make them more life-oriented, combine with college students' mental health education, realize the effective penetration of socialist core values from mental health teaching, and effectively improve college students. The group's perception of this concept. Take the teaching of socialist core values in a university as an example. In order to help college students correctly interpret the core values of socialism and enhance their cognitive experience, the school has realized the organic integration of mental health teaching and socialist core values teaching. In practice, the relevant teachers guide them to establish a healthy psychological state, and guide them to correctly recognize the socialist core values. Through the analysis of social cases, the psychological problems of criminals are interpreted, and the relevant content of socialist core values is introduced to make them more life-oriented and visualized, so that students can deeply understand the connotation of ideas and complete knowledge absorption.

##### **4.2. Looking for internalization power of socialist core values**

The socialist core values are a correct value that can lead people's thoughts and behaviors and promote their healthy development. Under the appropriate emotional experience, this concept is

more easily accepted and understood. Therefore, college teachers must find the internalization motivation of socialist core values, use “emotion” as a medium to deepen the emotional experience of college students, walk into the heart of college students, and find appropriate ways to achieve the internalization of relevant concepts. In order to enhance the emotional experience of the students, college teachers can complete the teaching by creating a situation, and achieve smooth communication and communication between teachers and students.

For example, in order to gain a deeper understanding of the students' inner feelings, a university teacher can obtain the psychological state information of the students in the form of questionnaires in the mental health education classroom. Not only that, but the teacher also led the students to watch pictures or videos that reflect the psychological state of the students, and organize psychological activities such as essays and class meetings. Through a wealth of activities, the distance between teachers and students is brought closer. Moreover, the teacher created a way of teaching in a situation, which created an extremely relaxed and pleasant atmosphere for the students, so that they can let go of the defense and communicate effectively with the teachers; and introduce the content of the socialist core values, so that the students can be more Deeply experience the truth contained in it, and complete the internalization of socialist core values based on emotional perception.

#### **4.3. Building a Socialist Core Values Practice Mechanism**

The fundamental purpose of promoting the education of socialist values is to enable university students to practice the core values of socialism in practice, to improve their mentality, and to enable college students to have a healthy psychological state. Therefore, when carrying out relevant education, colleges and universities must expand the practice path so that college students can experience the core values of socialism through their physical practice. Based on this, college teachers not only need to integrate socialist core values in the classroom teaching of mental health, but also introduce this concept in practice. For example, the practice teaching of mental health education in the form of outdoor development training and psychological theme dramas, so that students can fully participate. In these group practice projects, students need to achieve both physical interaction and psychological interaction. The conflict of values and correct concept guidance appearing in the process are more effective. Therefore, college teachers must strengthen the practical experience, give play to the practical educational significance of mental health teaching, and complete the internalization of socialist core values.

### **5. Conclusion**

In short, protecting the mental health of college students and promoting the education of socialist core values are all tasks that contemporary colleges must accomplish in the development process. Based on this, college teachers should do a good job of analyzing and summarizing the current situation of college students based on their current mental health status, and clarify the key points of moral education. In practice, we should realize the internalization of socialist core values with diversified teaching forms and perfect teaching systems, so that they can give full play to the leading role of education and lay the foundation for promoting the improvement of college students' mental health.

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