

# Practical Application of Group Counseling in College Students' Mental Health Education

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**Abstract:** College students' psychological problems are generally affected by learning experience, personality, family education and EQ level. The gradual application of group counseling can increase students' practical application ability of psychology. Generally, the problems of study, self and interpersonal communication of college students are consistent to a certain extent, which brings some troubles to college life. Therefore, it is particularly important to carry out the teaching mode of group consultation in colleges and universities. This paper puts forward the practical application of group counseling in college students' mental health education from three aspects: strengthening the construction of teaching team, taking students' needs as the starting point of teaching theme and enriching the content of group counseling activities, hoping to improve the teaching effect of group counseling.

## 1. Research background

### 1.1 Literature review

Group counseling is a form of counseling that provides psychological help to counselors in group situations. In the mental health education of College students, students' sense of experience and learning initiative in teaching content are usually increased. Peer education can enhance students' learning appeal and help college students' mental health growth (Li, 2011). Psychological health education of college students plays a very helpful role in the growth of College Students' mental health. If the school can introduce psychological counseling technology into the teaching classroom, and through teachers' active attention to students' inquiry and listening, it will help students in the psychological classroom to maintain the learning atmosphere, but also can ensure the good effect of teaching (Wei, 2014). The teaching mode of group consultation is beneficial for students to learn the content of interpersonal communication through the group, and at the same time, it can improve students' self-awareness. Under this teaching mode, students can learn psychological related knowledge and content in the process of experiencing and practicing, and it is helpful for students to quickly apply the knowledge they have learned to practice. It is also helpful for students to improve their ability to solve mental health problems in real life (Deng, 2017). Teachers should make proper use of group counseling in the course of College Students' mental health education, which has good teaching effect and students' absorptive ability. However, this teaching mode requires higher teaching ability of psychological teachers, which requires teachers to constantly improve their control over the classroom (Cheng, 2018).

### 1.2 Purpose of research

At present, group counseling has been integrated into the course of mental health education for college students, and group counseling has developed rapidly in Colleges and universities in recent years. Group psychological counseling is one of the effective ways to ensure that college students can improve their learning efficiency in psychological class. The implementation of this teaching mode has a high demand for group consultation leaders. They must have strong consultation skills, and often accept strict training and professional courses. At present, college students' mental health education has been paid attention to a certain extent, but it is still not very popular. Psychological knowledge learnt by college students in the classroom has not been well utilized in many cases to

solve practical problems in life. In daily life, college students usually face interpersonal communication, love or vocational learning problems, but they can not deal with the resulting psychological problems, nor can they alleviate the psychological pressure brought by these problems. Therefore, the article studies the application of group psychological counseling in college students' mental health education is particularly important.

## **2. Performance of psychological problems among college students**

### **2.1 Learning psychological problems**

College students' professional course learning, although sometimes affected by some of the high school foundation, but professional course learning still has to start from scratch. College learning career is an important period affecting the future development of each college student, and students' learning psychological problems are more prominent at this stage. At the beginning, when entering the University for professional courses, many students will still adopt the learning mode of high school, or have bad learning habits, resulting in the decline of academic performance, which leads to students' low interest in learning and learning anxiety (Xu, 2009).

### **2.2 Self-psychological problems**

There are many students in universities who do not have a clear self-awareness, have a strong sense of self-centeredness, and there is a widespread problem of selfishness. Because many colleges and universities now judge a student's quality one-sidedly by his or her achievements, it has caused great psychological pressure to the students. If students have some inferiority complex, it will make them feel weaker than others, leading to students' continuous denial of their ability. Therefore, some students will be silent, and some students will be particularly irritable sometimes. This is the effect of inferiority complex. College students all want to be recognized and concerned by others, but if the external evaluation does not meet their needs for a long time, students will constantly make negative evaluation of themselves, and will establish a negative self-defense mechanism in their hearts. Such emotions can lead to anger and aggression when they encounter discontent (Wei, 2010).

### **2.3 Psychological problems in interpersonal communication**

The interpersonal circle of college students mainly includes classmates, friends, parents and teachers. Therefore, in the college students' group, the psychological problems of interpersonal communication mainly arise in these aspects. Some students lack initiative in interpersonal communication, which will lead to the shrinkage of interpersonal circle. The continuous development of this situation will lead to students' unwillingness to communicate with familiar people. And sometimes there is a lack of trust between university teachers and students, students are unwilling to reveal their psychological problems, and ask teachers for help. Moreover, college students' self-restraint is not enough and self-discipline consciousness is not strong, which leads to indifference in interpersonal relationships. Sometimes it will lead to college students' interpersonal psychological barriers.

## **3. The foundation of the application of group psychological counseling in college students' mental health education**

### **3.1 College students have a tendency to live in groups**

College students generally like to get support from the group, but also pay more attention to the evaluation of the members of the group. They are accustomed to carrying out community activities and learning together in College life. In view of this situation, the teaching mode of group counseling in schools can provide students with a sense of security in communication with their classmates. In the process of learning and communicating with their classmates, college students tend to gradually begin to explore themselves.

### **3.2 College students have a common growth topic**

The growth problems faced by college students are similar, including interpersonal problems, academic problems and career choices. So when college students talk to each other about this problem, they will have resonance. Students continue to enrich their campus life by participating in group activities. They can also find more ways to solve problems in the process of chatting with their classmates. Therefore, it is easier to cultivate students' learning ability, social ability and so on through students' groups in college students' groups. Similarly, group counseling will bring more obvious teaching effect in mental health education when you go to school.

### **3.3 College students have similar problems.**

When college students face the problems in campus life, the general pressure comes from the school or parents. So in the process of college students' self-growth, they will have similar psychological problems and troubles. Group counseling can let college students tell each other problems and troubles in a psychological group. While understanding the solutions, it can make college students feel that this problem exists in the process of many people's growth and weaken their loneliness consciousness. The teaching mode of group psychological counseling can enable many college students to discuss and solve some psychological problems in class time.

## **4. The practical application of group psychological counseling in college students' mental health education**

### **4.1 Strengthen the teaching team building**

The characteristic of group counseling is to develop the course through group situation. In the course of class, many people communicate with each other, which will determine the class atmosphere of the team. Therefore, in the normal performance assessment process, students who take the initiative to answer questions or actively participate in discussions will be given credits. In the process of team psychological counseling, students' enthusiasm will be improved as a whole, which has a good effect on students' psychological quality training. Moreover, group counseling is a democratic mode of counseling, which can stimulate students' collective sense and competitiveness in the classroom. If we can add the link of group discussion and group debate in class, we can strengthen students' practicality and learning initiative.

### **4.2 The subject of the lecture is based on the needs of the students**

Teachers need to care about students' opinions on classroom learning in the process of teaching, and understand what kind of knowledge students want to get in the classroom. And teachers can use the big discussion link of curriculum to discuss with students and improve the structure and content of curriculum. Such a way will increase students' sense of participation and responsibility in the curriculum, and at the same time, it can provide targeted psychological counseling for students. For example, some students will have biases in their evaluation and have inferiority problems. Teachers should start teaching content according to this psychological state.

### **4.3 Enrich the content of group consultation activities**

There are many forms of group consultation, such as visiting video lectures, group exchanges and so on. Therefore, teachers need to prepare the curriculum carefully. There should be more interaction between teachers and students in class. By discussing the problems students are eager to understand, they can increase the classroom activity. For example, dream analysis, some memory tests, or tacit understanding tests between students, etc. Teachers can also incorporate educational animation into the classroom, or add video lessons on documentaries such as inferiority, depression and obsessive-compulsive disorder to the curriculum. In view of the inferiority of some students, teachers can also set the classroom content as the model of students' praise each other, so that students can find their own advantages and disadvantages from the eyes of others, and conduct more correct self-evaluation.

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