

## **Analysis on the Present Situation of Mental Health Education and Teaching Strategies of College Students**

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**Abstract:** With the development of the times and the popularization of information technology, people's access to external information becomes very convenient, which brings great convenience to people's life, but it also brings bad influence to people at the same time. For example, the social atmosphere has gradually become materialized, and when people accept this materialized information, it is inevitable that they will be affected by themselves, especially college students, who have a certain understanding of the society, but have not entered the society, lack a deeper understanding of the society, and easily have a certain impact on the mental health of college students. Therefore, paying attention to the mental health education of college students has become the focus of teachers' education in colleges and universities at present. College students, as young people who are about to enter the society, face the pressure of emotion, employment, interpersonal communication and so on, continue teachers' correct guidance, promote college students' mental health growth, and face all kinds of problems encountered in study, life and society positively and optimistically. The text puts forward some suggestions according to the present situation of mental health education of college students in order to help college students to establish a positive and optimistic health mentality.

### **1. Current Situation of Mental Health of College Students in Developed Countries**

The mental health education of college students is not only paid more attention to at home, but also paid special attention to the mental health education of college students abroad. Especially with the rapid development of the times, the social pressure is increasing, and the burden on college students is becoming more and more heavy, which has brought about an impact on the mental health of college students, and even led some college students to produce psychological disorders and diseases, causing themselves and harm to others. It brings a lot of trouble to the family and society, the school. Therefore, paying attention to the mental health problems of college students has become the key object of society, school and family. Healthy psychological state refers to: self-awareness, self-confidence, clear mind, positive optimism, encounter setbacks will not blindly escape, love others, love life and so on. Therefore, it is very important for college students to develop mental health education. This paper analyzes and discusses the present situation of college students' mental health[1].

In some developed country colleges and universities, the mental health education of college students is paid attention to early, rapid development, and even the concept of mental health originated in developed countries, such as the United States as early as the decade of the last century to launch mental health services. The research on mental health in the United States, the United Kingdom and Japan is different and the research direction is not the same. However, their concept of mental health education for college students is always "serving students ", not "managing students ", taking students' thought as the center and respecting students' rights and development wishes.

American in the development and construction of mental health education in colleges and universities, adopted the way of professional certification, that is, through the study of psychology and other related knowledge, and admitted to the American LACS certification, but also by the

American Psychological Association to carry out mental health education for students. Such a way of mental health education in colleges and universities not only makes teachers have excellent professional knowledge, but also enables teachers to solve the psychological problems encountered by students effectively.

## 2. Mental Health Status of College Students in China

Compared with the research on mental health education in developed countries abroad, the domestic mental health education not only studies late, starts slowly, but also develops relatively slowly. The causes of this phenomenon are related to domestic education and traditional thinking.

The research scope of mental health education in China is very extensive, whether from the mental health of students, or from the overall development of students, are more important. There is a big gap between professional and quality and standard of mental health education and developed countries. At present, there are still many colleges and universities to the construction of mental health education only stay in counselors and student management, not only lead to the lack of professional mental health education in colleges and universities, the quality of mixed, but also to a certain extent, the psychological barriers of students can not be effectively resolved[2]Therefore, it is necessary for domestic colleges and universities to build professional mental health education positions, employ mental health education personnel with professional ability (Fig .1-1), and assess their educational quality in order to strengthen mental health education in colleges and universities and promote the healthy growth of students.



Figure 1 College students

At present, due to the problems of great regional differences in our country, the mental health education in domestic colleges and universities, each region also appeared different educational methods. Every local economic development and education environment is inconsistent, so that the rich places have sufficient funds and attention to the construction of mental health education, while the relatively backward places have a relatively weak concept of mental health education, and the funds are relatively insufficient, so it is difficult to effectively carry out mental health education in colleges and universities. For example, in Shanghai, Beijing, Shenzhen and other places, we pay more attention to mental health education (Fig .1-2), and the development of mental health education in colleges and universities is relatively fast, and the professional ability is relatively high. In addition, in these economically developed places, people pay more attention to mental health, and the concept of mental health keeps up with the development of the times, which makes them more receptive to mental health education and play a certain role in its popularization and development. In the places where the economy is lagging behind, the mental health education of college students is not only slow to develop, the funds are not enough, the school does not even have professional mental health education personnel, even the school and parents, the local society does not attach importance to mental health education, resulting in many students' psychological barriers can not be solved, there are unpredictable losses, even many people do not know the

concept of mental health education[3].



Figure 2 College students

### **3. Strengthening the Teaching Countermeasures of Mental Health Education**

#### **3.1. Awareness-Raising on Mental Health Education**

Colleges and universities need to raise awareness of mental health education, pay attention to the work of mental health education, set up mental health guidance posts within colleges and universities, formulate corresponding rules and regulations, and build corresponding mental health guidance system. In addition, it is necessary to support the work of mental health education financially, thus ensuring the development of mental health education and promoting the all-round development of students' mental health.

#### **3.2. Professional Training of Mental Health Teachers**

In the light of the current problems in mental health education in China, on the one hand, we should strengthen the professional training of current mental health teachers, enhance teachers' professional ability and theoretical knowledge in mental health education, and urge mental health teachers to consciously learn the relevant knowledge and skills of mental health education. On the other hand, when the school hires the mental health teacher, it needs to hire the professional mental health teacher, check their professional ability and theoretical knowledge, and verify whether they have the relevant capital certificate and certification. In addition, it can also enable teachers with strong professional ability to carry out mental health exchange meetings, actively share professional knowledge, and the use of professional skills to promote the common progress of mental health teachers groups.

#### **3.3. Construction of Compulsory Mental Health Education Courses to Raise Students' Awareness of Mental Health**

Colleges and universities can build compulsory courses of mental health education in subject study, popularize students' understanding of mental health, and strengthen students' understanding of mental health. Because contemporary college students and parents generally think that only "people with psychological problems, can go to psychological counseling ", this concept is now most have, parents, students have a backward understanding of mental health education, resulting in their psychological barriers can not be effectively resolved, have a bad impact. By carrying out compulsory courses on mental health, colleges and universities will effectively popularize the knowledge of mental health education. On the one hand, it will enable students and parents to correctly understand what mental health education is, change their backward ideas, and enable them to effectively receive the help of mental health education[4]On the other hand, through the students learning mental health knowledge, in their own psychological disorders can self-regulation, self-guidance, enhance students self-healing ability.

### 3.4. Improving Students' Mental Health From the Environment

Good learning environment and campus culture have ideas to improve students' psychological quality, students' psychological quality is more easily affected by it. For example, the campus with strong learning atmosphere, for students, will promote the growth of students' learning style, so that students are willing to learn, independent learning. This way is the school spirit imperceptibly affect students, promote students, help students. Therefore, schools can hold regular lectures on mental health knowledge, or carry out psychological exchange meetings (Fig .1-3), so that students can share their confusion, and students can enlighten each other and help each other to promote the growth of students' mental health.



Figure 3 College students

### 3.5. Mental Health Education Through the Internet

Many college students don't want to confide their confusion and psychological problems in front of people, but they say their psychological problems and puzzles for online reasons[5]Therefore, the mental health education of college students can be carried out not only in the actual teaching process, but also on the Internet. As a place of information, people are less bound in front of the network and have a strong ability to accept and confide in it, such as social software such as WeChat and QQ, in which many students talk about ideas, ideals, problems and puzzles. Colleges and universities can carry out mental health education in response to this phenomenon and build interesting, service and innovative mental health education websites or online psychological counseling channels, So that students can talk their own mental health problems through the network without concern, can get effective psychological treatment and correct guidance, so that students in this relaxed communication environment to confide their voices, close the distance between mental health teachers and students, improve the effect of mental health education.

## 4. Summary

To sum up, the development of mental health education for college students is a project that needs to persist in development for a long time, to build a perfect mental health education system, to employ professional mental health teachers, to strengthen the training of original mental health teachers, to promote teachers' professional ability growth and learning, and to change the backward mental health education concept of students' parents. In addition, universities and the Ministry of Education need to strengthen the investment of mental health funds in colleges and universities, devote themselves to the sustainable development of mental health education, pay attention to the mental health of students, and improve the mental health quality of college students.

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