

How to Strengthen the Psychological Health Education of Private College Students under the New Situation?

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Keywords: Multimedia; Private colleges; College students; Psychological health education

Abstract: The rapid development of network technology, new media and big data has accelerated the arrival of the "Internet +", and this new situation has caused significant changes in people's ideas and behaviors, especially has a profound impact on the formation of values of private colleges and universities. It is a comprehensive and systematic project to strengthen the value education of private college students under the environment of "Internet +". All social systems must work together to build a green and environment-friendly network space for the healthy growth of college students. Based on the author's learning and teaching experience, this paper first analyzes the psychological characteristics of private college students under the new situation, then discusses the influence of "Internet +" on the ideological and political education of private college students, and finally puts forward the countermeasures to strengthen the psychological health education of private college students under the new situation.

1. Introduction

Network technology has been recognized as an important part of the functions of colleges and universities, and the cognition and development of network technology and other consulting technologies by colleges and universities and their internal human subjects directly determine the survival and development of colleges and universities and their internal related subjects. The network environment, which is born with the network technology, not only brings revolutionary convenience to the contemporary college students, but also has an inestimable impact on their world outlook, outlook on life, values and other moral cognitive ways and life value system, especially for private college students[1]. Therefore, only by classifying the status quo of college students' values under the network environment, can it be possible to improve the pertinence, scientificity and foresight of the value education of college students.

2. Psychological Characteristics of Private College Students under the New Situation

2.1 Weak psychological endurance

Private colleges students have distinct personalities and are self-centered. The phenomenon of virtualization and utilitarianism in interpersonal communication is common. Because the network culture has the characteristics of anonymity, virtuality and disorder, which exactly meets the psychological needs of college students, and the network brings them a lot of virtual pleasure. When college students encounter setbacks in real life, they often choose the network as a refuge from reality. The communication in the Internet is isolated from the real society and cut off from the real interpersonal relationship. If we rely too much on and sentimentally attached to the network world emotionally, it will be detrimental to the interpersonal communication in the real society. If we do not take effective measures in time to improve the psychological quality of private college students, the consequences will be unthinkable. In order to prevent, reduce and solve the psychological health problems of private college students and improve their psychological quality, psychological health education is indispensable.

2.2 Unclear motives for surfing the Internet

The proportion of college students using the Internet is very high, and the Internet has become an indispensable part of college students' life. Whether college students' online behavior is healthy or not is directly related to the progress of network civilization and even the whole future social civilization. Private college students are young, energetic, emotionally rich and weak-willed, which are the special groups in the rebellious period of youth[2]. Their values have not yet been shaped and will inevitably be affected by the values contained in the network. While the network information is vast, the good and the bad are intermingled. If college students do not have the ability to distinguish the advantages and disadvantages of information, they will easily lose themselves in the flood of information, and it is difficult to form a correct outlook on life, values and world outlook.

3. The Influence of New Media on the Ideological and Political Education of Private College Students

3.1 The negative influence of new media on private college students

The group of private college students is different from that in public colleges. They have their own characteristics. They generally have low scores in the college entrance examination, lack of enthusiasm for learning and self-restraint ability. At the same time, they are more likely to accept new things, but also lack of corresponding discrimination ability. The influence of new media on private college students is enormous. Improper use of new media will affect the academic and physical and psychological health of college students. The use of new media dependence has seriously affected the learning of students. Now every student is a netizen, every mobile phone is a mobile terminal. Many students take a mobile phone in class, walking and eating. Some students browse news for information through their mobile phones, while others kill time by playing mobile games. There are countless examples of college students indulging in the Internet and abandoning their studies. At the same time, excessive addiction to the Internet will seriously affect the eyesight and physical health of college students. Bad thoughts on the Internet seriously affect college students' values, outlook on life and world outlook. Hedonism, nihilism and money worship on the Internet will seriously affect the world outlook and values of college students.

3.2 The negative influence of new media on private colleges

The phenomenon of replacing class, replacing bedtime, replacing labor and so on increases, which seriously disturbs the normal teaching order. Because new media has the characteristics of convenient information release, hidden identity of information publishers, and rapid information sharing, many students make full use of this feature and use "substitute" business model. Through the investigation of several private colleges and universities in Dalian city, Liaoning province, I learned that each college has several private classes groups, and all the people in the group are anonymous, who publish information for the class to find a substitute, and the two sides communicate privately and negotiate the price according to the time and place[3]. The same goes for replacing bed, labor and so on. Due to the anonymous contact between the two parties, it is not easy to be found by the school, which brings a lot of inconvenience to the management of the school. Some schools complained about this phenomenon to the Tencent official and asked to dismiss the group, but the application was mostly ignored. This kind of phenomenon, on the one hand, disturbed the normal teaching order of the school, on the other hand, also encouraged the students to develop bad study habits. At the same time, many students get rid of the supervision of the school by finding someone to replace them, which to some extent increases the hidden danger of students' personal safety. Online lending, online gambling seriously affect campus security. In recent years, it has been reported that college students commit suicide due to online lending on campus. Recently, another media reported that some online lending platform for female students can not afford to repay loans and make a "naked loan" incident. Internet football gambling is also a phenomenon in college campus, which seriously affects the security and stability of campus to a

certain extent.

4. Countermeasures to Strengthen the Psychological Health Education of Private College Students

4.1 Countermeasures at the national and social level

First, the state should face up to the struggle in the field of ideology and create a pure network position to defend the values and beliefs of college students. "The state should seize the commanding point of the spread of ideology, strengthen the construction of Marxist network position, and use the network platform to spread Marxism-Leninism, Mao Zedong thought and the theory of socialism with Chinese characteristics.", "It is necessary to firmly grasp the guidance of online public opinion, carry forward the value of the main theme of socialism, unify our thinking with socialist core values, enhance our confidence, and rally our strength. This is the need to build an unbreakable socialist spiritual defense line and a powerful weapon to prevent the ideological and cultural infiltration of western hostile forces." Moreover, the society strengthens the network laws and regulations construction and the technical supervision system. The relevant government departments should strengthen the construction of the network legal system, speed up the formation and improvement of the network management system of network laws and regulations, administrative supervision, public supervision, and social education, and further promote the work of rectifying network vulgarity and pornographic and obscene information. They also should cut off the profit chain of harmful information dissemination, severely punish criminals who disseminate obscene and pornographic information, unscrupulous media and journalists according to law, and create a clean and optimized network environment to escort the healthy growth of college students.

4.2 Countermeasures at the school level

First, construct the systematic engineering of network moral education. First, the construction of network hardware platform should be improved to enhance the service function of the website. Through the campus information resource database and communication platform such as chat room, message board, BBS and other ways, timely grasp students' ideological trends; Establish the database of student study information, life information and student work information, collect students' opinions and suggestions on teaching, library, dormitory, teachers and so on, and adjust the service in time in order to guide them to use the network correctly. Second, it is necessary to create a network education system platform with rich content, authoritative knowledge and optimized quality. Through the construction of network culture quality library and network culture classroom, such as the point reading of famous books, hall of fame, and online academic salon, so that students can enjoy literature, film and television products and the elegant appearance of famous people without leaving home through the network[4]. Second, strengthen the construction of moral education team. The education level of moral educators directly influences the trend of college students' values. Therefore, private colleges and universities should strengthen the quality construction of moral education teachers, according to the idea of "optimize the structure, improve the quality, and stabilize the team", and by conducting multi-level, wide channels of training, learning and exercising, to build an ideological and political education work and management team with strong ideological quality, who is familiar with education working rules of ideology and politics, network technology and network language and laws, and combined with full-time and part-time work. Thus correct the college students' incorrect online speech in time and accurately, regulate the online thinking and behavior of college students, and guide the correct public opinions.

4.3 Countermeasures at education practical level

In the real classroom environment, teachers should pay attention to the network dynamics, do not avoid or cater to the hot issues that have great influence on the network, take the initiative to reproduce video, analyze cases, and participate in interaction, so that students can get rational improvement in the fierce collision. We can really infect students with good atmosphere, guide

students with the strength of theory, and enlighten students with good interaction[5]. In the virtual network environment, teachers should pour their true feelings into their students and abandon the high way of discipline. They should not only go to the students in the classroom, but also go through various channels such as E-mail, QQ, Weibo, WeChat and so on, to enhance the credibility and persuasion of the guidance of education and teaching, shorten the distance between time and space, and promote the multi-direction communication between teachers and students, so as to enhance the credibility and persuasion of education teaching guidance.

4.4 Countermeasures at the level of students' main body

In the efforts to create a good network environment, the state, society, family and school only create an external environment for college students to access the Internet, which is the law and the external causes. Improving college students' self-discipline is the key to solve the problem. Therefore, it is necessary to guide college students to observe network morality in practice. In online games, self-supervision, self-regulation and self-reflection should be conducted, and educate college students by conducting special lectures, forums, radio broadcasts, cultural promenade, club activities, etc, in order to improve their self-education, management ability and moral self-discipline, consciously resist the temptation and impact of bad network information.

5. Summary

The Internet is inseparable from modern people's life. For private colleges, it is particularly prominent to strengthen the value education for college students. Only when the state, society, family, and school really join hands, through the comprehensive education, positive guidance, the rule of law network, humanistic care and other ways of joint management, it is possible to provide a full range of green network space and time for the healthy growth of college students.

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