Research on Methods and Paths of Mental Health Education and Management for College Students Based on Network Platform

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Abstract: In recent years, the mental health of college students has become the focus of the whole society, and has been highly valued by the society. Mental health education and management of college students is one of the important contents of current higher education. Continuous strengthening and improving mental health education and management of college students and their paths are helpful to promote the healthy growth of the minds of college students. This paper analyzes and studies the advantages of online mental health education, and proposes to foster strengths and avoid weaknesses, give full play to the advantages of the network, and use network resources to open up new positions for college students' mental health education. In order to solve the current problems, this paper studies the methods and paths of mental health education and management for college students and explores new management methods and new modes.

1. Introduction

With the progress and development of the society, people's material life is increasingly rich. At the same time, the fast-paced lifestyle and increasing external competition have made contemporary people lose their original peace of mind and suffer from anxiety, depression, loneliness and other negative emotions [1]. As a special social group, the complex changes of society, concept, emotion and character have caused psychological stress, psychological crisis or psychological barrier. College students' study in school is not only limited to the knowledge level, but also rises to the ideological superstructure height of mental health education and other aspects [2]. With the rapid development of the Internet, the Internet has become an indispensable part of college students' life, study and communication, providing a new stage and opportunity for college students' development and success [3]. In recent years, all major colleges and universities have increased their efforts in mental health education, but the results are not very significant. Campus tragedies such as college students' killing and suicide still occur from time to time. Therefore, we need to deeply reflect on the deficiencies in current education and innovate the path of mental health education. This paper attempts to analyze and solve the problems existing in college students' mental health education and management from an all-round and multi-angle perspective, and reasonably and effectively explore the correct method and path research.

2. Significance of Mental Health Education and Management for College Students

Nowadays, with the relatively superior material conditions, it is of great significance to strengthen the mental health education and management of college students for individuals, society and the country. Due to the relatively loose management environment of the university, students need to consciously participate in the learning process, which is undoubtedly a kind of indulgence for those students with poor self-control [4]. Mental health education for college students helps college students establish mental health awareness, correctly understand themselves, and cultivate positive and upward mentality, sound personality and good personality quality. General secretary Xi Jinping delivered an important speech at the national health and health conference, stressing that the people's mental health education level should be...
通过心理优化和人格提升，个体不仅能够保持健康的心理状态和良好的心理素质，而且能够实现德、智、体、美全面发展，提高学生的综合能力和素质。从当前情况看，大学生的心理健康教育主要集中在学校层面，家庭和社会的关注度不高，其功能未能充分发挥，使得学校在开展心理健康教育时，往往较为被动，缺乏整体的协同努力。大学生是未来社会发展的支柱力量，仅仅有知识而忽视心理健康教育是不完善的。国家在全面推动经济发展的同时，不能忽视心理健康教育和管理，大学生的心理健康教育和管理对于学生、社会和国家都有着深远的意义。

3. 网络时代大学生心理健康教育的显著优势

3.1 扩展教育平台

网络最大的优势在于其开放、免费和高速运行的特点，打破了时间和空间的限制。在新媒体时代，网络连接了世界，新媒体平台为我们提供了一个与世界交流的工具。无论你是谁，无论你的职业是什么，只要你在说话，总有人在倾听甚至回应。作为一种新媒体，新媒体改变了人们的生活方式和思维习惯。新媒体的到来为信息传播提供了条件，从传统的报纸、电视台等媒体的舆论场，到互联网和“自媒体”等新媒体的舆论场，这种线上的心理健康教育极大地突破了传统教育模式的时空限制，为大学生提供了更广阔的教育和交流空间，极大地扩展了心理健康教育的平台，为大学心理健康教育的发展带来了机遇。利用新媒体的优势，克服其缺点，对于大学心理健康教育的路径选择提供了一种可行的方法。

3.2 丰富教育资源

有效的心理健康教育需要利用丰富的心里教育资源。新媒体改变了人们的生活方式和思维习惯。新媒体的到来为信息传播提供了条件，从传统的报纸、电视台等媒体的舆论场，到互联网和“自媒体”等新媒体的舆论场，这种线上的心理健康教育极大地突破了传统教育模式的时空限制，为大学生提供了更广阔的教育和交流空间，极大地扩展了心理健康教育的平台，为大学心理健康教育的发展带来了机遇。利用新媒体的优势，克服其缺点，对于大学心理健康教育的路径选择提供了一种可行的方法。

3.2 强化教育政策

有效的心理健康教育取决于使用丰富的心理教育资源。新媒体改变了人们的生活方式和思维习惯。新媒体的到来为信息传播提供了条件，从传统的报纸、电视台等媒体的舆论场，到互联网和“自媒体”等新媒体的舆论场，这种线上的心理健康教育极大地突破了传统教育模式的时空限制，为大学生提供了更广阔的教育和交流空间，极大地扩展了心理健康教育的平台，为大学心理健康教育的发展带来了机遇。利用新媒体的优势，克服其缺点，对于大学心理健康教育的路径选择提供了一种可行的方法。
resources. The Internet provides inexhaustible educational resources for college students' mental health education. New media technology has unique advantages in information acquisition, selection and utilization, making new media gradually become a new form of mental health education in colleges and universities [10]. As builders and successors of socialism with Chinese characteristics, college students are shouldering the arduous task of the great rejuvenation of the Chinese nation. Only when they are healthy in body and mind and have both ability and political integrity can they not be afraid of difficulties and persevere, thus becoming the future and hope of the country and the nation. The information content on the network not only involves all aspects of psychology and social life, and broadens the learning vision of college students, but also through the organic combination of words, pictures, audio and video, animation, etc., fully mobilize students' various sensory collaborative activities, making learning more vivid, interesting and impressive. Therefore, we need the leverage of mental health education to support the important duties and missions of college students to gradually become mature and independent and grow up healthily. It is not only conducive to the healthy growth of college students and the maintenance of campus harmony and stability, but also has thoroughly implemented the spirit of the party's “19th national congress” and laid a solid talent foundation for the ultimate realization of the “Chinese dream”.

3.3 The Effectiveness of Education Has Been Improved

The spiritual core of the Internet age is freedom and equality. In the network world, there is no difference in status and status between people, which is a relationship of equality and mutual assistance. Compared with the traditional face-to-face psychological counseling and consultation, using new media has three advantages that cannot be compared with traditional methods. First, it is helpful for this work to be carried out in a large scale and even to cover all the objects. Secondly, it can effectively avoid the delay in solving the problems caused by factors such as face and embarrassment. As the network has been developing, the traditional research on mental health education in the new media environment has been at the primary stage of network development. From a vertical perspective, there is a certain lag because it does not keep pace with the times and does not analyze the new situation in today's form. Internet mental health education is different from traditional mental health education. It especially highlights the idea that education takes students as the main body. College students receive mental health education online by actively seeking help according to their own needs rather than passively accepting knowledge infusion. The theoretical exploration and practical operation of the new media have their own particularity in the actual work under the new media environment. It is the sublation of traditional mental health education and the guarantee to promote the professional development of mental health education in high schools. With the help of BBS, e-mail, online chat and other means, communication, equality and mutual assistance with others are realized, which not only fully embodies the essential characteristics of “self-education” and “self-help” in psychological education, but also effectively improves the effectiveness of psychological health education.

4. Explore the New Ideas of College Students' Mental Health Education and Management in the Network Era

4.1 Pay Attention to the Research of College Students' Online Mental Health Education

At present, college students' online mental health education is facing many new problems, which deserve our in-depth study in theory and practice. Although the Ministry of Education has issued relevant documents in recent years regarding the formulation of standards for the mental health education of college students and the construction of management teams, there are many unsatisfactory aspects in actual implementation. Through the integration of psychological health education resources, such as the establishment of professional psychological websites, the development of online psychological counseling and online psychological testing, and the appreciation of psychological movies, the teaching practice of combining reality with reality can be
established in all aspects and through various channels to further enhance the psychological quality of students. Research on elephants should be strengthened. To study the psychological characteristics and laws of college students in the internet age, and to study the main causes of college students' internet addiction, etc., in order to provide scientific practical guidance for the education of internet mental health. The third is to strengthen the method research. College students' mental health education curriculum is an important channel to popularize mental health knowledge and analyze and solve mental problems. Lack of reasonable and effective mental health education during college will seriously affect some students with mental health problems. Therefore, colleges and universities should strengthen the awareness of full-time participation in mental health education for college students, and gradually form a mental health education teaching team with full-time and part-time teachers as the backbone, counselors, head teachers and student cadres as the main body, and all teachers participating together.

4.2 Constructing a New Model of Dynamic Network Mental Health Education and Management

Dynamic network is an inevitable outcome of the development of human society and has the characteristics of virtuality and universality. The dynamic network should be combined with the mental health education of college students to give full play to its essential characteristics. To establish a rich and colorful educational resource base, for example, the information obtained from the online massive open online course can be shared through Baidu cloud disk making links and shared to friends circle, QQ space, etc. Through holding online mental health lectures, opening up online mental forums, and launching online mental health education essay collection activities, mental health knowledge will be widely publicized and popularized to attract students to participate with wonderful dynamic images and rich contents, thus cultivating students' correct mental health concepts. Based on the virtual characteristics of the dynamic network platform, an online mental health education consultation platform was opened in official website, and members of the mental health education team in the university answered students' mental health problems online. In addition, teachers of specialized courses should be encouraged to set an example. While imparting professional knowledge, they should also focus on shaping students' will and beliefs. Asking questions anonymously through the online counseling platform can not only receive psychological health counseling but also avoid revealing personal information. Among them, the establishment of thematic mental health education website should present its knowledge, ideological content, interest and service. In the process of online mental health education, the key for teachers is to promote the combination of online and offline education mode, so as to ensure the orderly development of mental health education in colleges and universities in terms of operability and effectiveness.

4.3 Strengthen Self-Education and Self-Management of College Students' Online Behaviors

Combining self-education with external education, self-discipline with heteronomy, and carrying out network mental health education mainly based on self-education and self-management are effective ways to prevent college students from network mental disorders and network behavior anomy. Therefore, in the new media environment, colleges and universities should be good at grasping the psychological needs of students, and perfect and study the web page design, function browsing, interactive forms, language habits, etc. But also can increase the collection of information on real cases of mental health education teaching, continuously improve the quality of teaching, and then form a more unique new mode of education and teaching. Colleges and universities should establish a two-way microblog communication platform from the horizontal to the side and from the vertical to the bottom, and at the same time ensure that the microblog management center comprehensively manages and supervises the radiation scope of various organizations and concerned content during the operation process. Therefore, mental health educators in colleges and universities must change the traditional mental health education concepts and modes, and provide “guidance” and “choice” to college students instead of “persuasion” and “indoctrination”. Psychological education and counseling for online college students should focus on advocating self-education, focusing on fully mobilizing their enthusiasm and consciousness of self-education and
self-management. Clear the important value and significance of mental health education, and form a profound and independent understanding of the concept, content and value of mental health education to provide a good platform and environment for college students' mental health education.

5. Conclusion

Education is the cornerstone of national rejuvenation and social progress, and moral cultivation is the fundamental task of education. There is no doubt that the ideological and political education in colleges and universities has a great responsibility and a glorious mission in the process of promoting social progress, realizing the rejuvenation of the nation and achieving the goal of moral education. Only college students with mental health can establish correct world outlook, outlook on life and values, contribute to the country and society with their own abilities, and have beautiful and broad development space. In order to cater to the impact and influence of new media, colleges and universities should assess the situation, set up new media thinking, actively give full play to the advantages of new media in terms of educational concepts, teams, carriers and mechanism construction for the use of mental health education in colleges and universities, and provide practical and beneficial exploration for promoting the development of mental health education relying on new media.

References


