

## **Analysis of Psychological State of Higher Vocational Students and Countermeasures of Mental Health Education in the New Era**

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**Keywords:** Higher vocational students; Mental health; Countermeasures

**Abstract:** In the new era, students in higher vocational colleges will bear more psychological pressure compared with other undergraduate college students, and there are big problems in their mental health. Therefore, the mental health of students in higher vocational colleges is a concern of modern society. This paper analyzes the causes of mental health of students in higher vocational colleges, proposes effective measures for solving mental health of students in higher vocational colleges in the new era, and uses existing resources to provide mental health education to students in higher vocational colleges, so that students can face their mental health and improve their psychological quality in a timely manner.

In the new era, the psychological pressure of students in higher vocational colleges has been generally higher than that of students in ordinary colleges. These pressures are caused by social problems such as academics, interpersonal relationships, and employment, which have a great impact on students. Therefore, we should understand and analyze the psychological problems and psychological state of students in higher vocational colleges timely, and enlighten them according to the characteristics of group psychology to stimulate their psychological potential and solve problems of mental health effectively. Solving the problems of mental health of students in higher vocational colleges is an important topic in mental health education in higher vocational colleges.

### **1. Psychological State of Students in Higher Vocational Colleges**

In our country, nearly one-fourth of college students have difficulty in mental health. The popularity of mental health has a great relationship with the current social situation in our country. The reasons for mental health problems are described as follows.

#### **1.1 Academics**

Vocational college students will have more or less academic pressure, and they will feel inferior to undergraduate college students psychologically. Due to the family expectations, they will have great pressure during their studies, and these pressures are likely to cause psychological problems. Every student's main task is to study, but students will have some psychological pressure because of the change of learning environment and status. Part of the pressure comes from themselves. Students will have higher requirements for themselves, especially college students. In order to make themselves more competitive in the future, they will choose some supplementary courses besides major courses. There are many exams at the university such as CET-4 and CET-6, National Computer Rank Examination, and Teacher Qualification Certificate Examination, which are all helpful to the future development. But if students have been in this state for a long time, they will be in a high load state for a long time. Not only will the learning effect be poor, but also the phenomena like nervousness, test market, and depression will occur.

#### **1.2 Interpersonal Relationships**

University is a small society, in which there will be many complex interpersonal relationships. Although interpersonal relationships have become wider, college students may easily be frustrated in such relationships. This is also because they lack basic interpersonal skills, and it is easy to create unnecessary conflicts with others in actual interpersonal communication, leading to mental health

problems. In the collective life of the university dormitory, students will have some contradictions due to factors such as personality, preferences and daily habits. This kind of problem is particularly prone to the new stage. In the face of an unfamiliar environment, they will always feel lonely and have the sense of loss, which will affect the relationship. University is like a small society, and students do not have a particularly accurate understanding of their future, and they will have contradictions for various reasons, such as cognitive factors, personality factors and ability factors. In places where the university is concentrated, the problem of dormitory will become a major factor affecting the interpersonal problems of college students.

### **1.3 Employment**

The emergence of employment problems began with the financial crisis in 2009, and many enterprises laid off workers, resulting in job losses. With the continuous expansion of college enrollment in our country, the number of graduates has risen in a straight line, which is a major cause of employment pressure. College students who have just entered the society will certainly not have smooth sailing and will encounter obstacles everywhere. Because the gap between ideal and reality is too big, many college students can not accept it, resulting in mental health problems. The employment pressure of students in higher vocational colleges is greater than that of undergraduate students. Therefore, students in higher vocational colleges are prone to have mental health problems.

### **1.4 Emotional Factors**

Emotional factors come into being when entering adulthood. College students' emotional problems are generally twofold. After adolescence, students are in the embryonic stage of emotion, and at this time it is easy to have emotional problems. But when the ideal emotions and reality conflict, college students will be overwhelmed and unable to extricate themselves, or even will choose to be suicidal. Emotional problems play an important role in college students' mental health.

## **2. Countermeasures to the Problem of Mental Health Education for College Students in Higher Vocational Colleges**

College students' mental health education is of vital importance to both society and individuals, which requires the management of higher vocational colleges to attach great importance to college students' mental health problems and use all available resources to solve college students' mental health problems. The preventive solution of mental health problems needs to be strengthened to comprehensively improve the mental health of college students, such as, popularization of mental health knowledge in mental health classroom teaching, regular implementation of various forms of mental health education practice activities, various forms of psychological counseling (face-to-face, WeChat, telephone, etc.), crisis intervention (crisis intervention of extreme events).

### **2.1 Publicizing the Knowledge of Mental Health Education Vigorously**

From elementary school to university, students have not had a good theoretical analysis of mental health education. When students encounter mental health problems, they do not know how to overcome or solve them, nor do they actively seek help, which has caused contemporary college students to be very upset when faced with mental health problems, and do not know what to do. There is also a misunderstanding of modern society. When someone goes to receive psychological counseling, he will be considered to be an abnormal person. This is why many people do not actively seek psychological counseling when they encounter mental health problems. Therefore, mental health education is very necessary for college students. Mental health education needs to be widely publicized in higher vocational colleges. If it is a necessary, relevant courses of mental health education can be offered to enable students to have stronger psychological adaptability.

### **2.2 Popularizing Mental Health Knowledge**

The course of "*Psychological Health Education*" is offered as a compulsory course in the

freshman of the whole school. As the main channel for popularizing mental health knowledge, it accelerates the construction of course content, teaching methods, and teaching ability of teachers. It also develops online and offline course resources and platforms to help students participate more flexibly in the classroom and provide personalized learning solutions for students. By mastering the relevant theories and methods of psychology, we can improve the self-regulation ability of students' psychological distress.

### **2.3 Actively Carrying out Mental Health Education Activities**

Whether mental health education can be carried out in depth and widely promoted depends on the participation enthusiasm of college students. In order to enable the students of higher vocational colleges to pour into the mental health education activities wholeheartedly, the organizers of mental health education activities need to mobilize the interest of college students to participate in to facilitate the mental health educators to deal with the mental health problems of college students in a timely manner. When dealing with college students' mental health problems, mental health associations need to give full play to the advantages of teamwork and cultivate team consciousness, which can also effectively stimulate college students' interest in mental health activities. Psychological health associations in higher vocational colleges can become a bridge between students and counselors, so that students can get better results of mental health education.

### **2.4 Establishing a Psychological Counseling Network Platform**

In the new era, psychological counseling is an effective way to solve psychological problems. For psychological college students, psychological counseling can provide timely assistance to college students. With the continuous development of network information technology in China, information technology has also provided an important platform for psychological counseling. Besides face-to-face counseling on psychological problems, it can also solve mental health problems through the network. Establishing a mental health consultation platform in the network system of higher vocational colleges can solve students' mental health problems in a timely and effective manner. With the psychological counseling network platform, college students can communicate with mental health counselors through the network, and the network platform can also protect the privacy of college students. Students in higher vocational colleges can better understand themselves through the psychological counseling network platform, so that they have a clear understanding of their future.

## **3. Conclusion**

College students have a great influence on the future development of society. The mental health problems of college students are closely related to their study and life. The problems of college students influence the development trend of the whole society. With the continuous development of our society and science and technology, the competitive pressure of the talent market is increasing day by day, and the social pressure on college students is also increasing, which has had a big impact on the mental health of college students. Therefore, in the new era, higher vocational colleges need to use reasonable methods to effectively deal with the mental health problems of college students. Higher vocational colleges can use modern information technology to carry out mental health education, so that the psychological quality of college students in higher vocational colleges can be improved. The author believes that targeted mental health education institutions can be set up in the higher vocational colleges, and a strong mental health education teacher team can be introduced to solve the mental health problems of college students based on the mental health status of college students.

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