

Research on College Students' Mental Health Education in the Network Environment

Bin Tan

Bengbu University, Institute of Literature and Education, Bengbu, Anhui, 233030, China.

bbxytanbin@163.com.

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Abstract: The 21st century is an era of Internet informationization. The Internet network is involved in various fields of society at an extremely fast speed. From the current social situation in China, we can see that the use of Internet in colleges and universities is a relatively frequent area. Therefore, the impact of Internet environment on the mental health of contemporary college students is also what people have to think about. The impact of the Internet environment on college students is two-sided. It has both positive and negative impacts that can not be ignored. We must face up to the different impacts. Therefore, it is very necessary for contemporary college students to implement mental health education network, it is also an urgent requirement for realizing the modernization of college students' mental health education. It is a key factor to change the mental health education model. It is also necessary to follow certain principles and management norms to ensure the network-based mental health education is in a positive balance for a long time.

Mental health education is a module that colleges and universities attach great importance to, but since its formal implementation in colleges and universities, traditional mental health education has occupied a dominant position. Since the long-term development of the traditional model of mental health education, with the joint efforts of schools, society and families, a set of face-to-face activities have been formed for individual college students or groups. However, in recent years, the educational work departments and colleges in various places have carried out explorations on the mental health education of college students, and found that in the mental health education of college students in the network environment, the traditional education model has not adapted to the development of the contemporary social situation^[1]. The rapid development of the network society has brought new opportunities and challenges to the mental health education of college students. The colleges and universities are the information-intensive areas of the Internet. The pattern of information globalization brings new situations, new problems and new phenomena to the mental health of college students, and it also provides a broader development for the mental health of college students. Strengthening the mental health of contemporary college students is also the party's educational policy. It is not only an important link in the implementation of higher quality education, but also an important way to promote the formation of good quality for college students, so that college students can develop themselves in an all-round way.

1. The Current Situation of College Students' Mental Health Education in the Network Environment.

The network environment is not a real one, but a virtual one. Moreover, the network is open, and the content is diverse and relatively complex. Everyone has different perceptions. Therefore, the network environment is also a complex environment. College students will have a conflict in the face of pluralistic values. In the face of different values, some of students have low social resolution because they do not have enough social experience, which can not directly identify some negative impacts, or cause a wrong guide to their own development, and will directly affect the social values of college students themselves. College students who have been communicating in the network environment for a long time often neglect the interpersonal communication in real life, which

makes them lose certain social ability ^[2]. Network environment is an environment that can not communicate directly face to face. It is often indirect when communicating, and will make some people with bad feelings freely express their negative opinions in the network world, which will not only lose the correct values, but also bring pollution to the network environment. Compared with the communication in the real society, the network environment is easier to make people feel more satisfied when communicating, and students are more willing to indulge themselves in the online world, which greatly prolongs the time for college students to use the internet. It leads to the introduction of bad habits in the network into real life, but also ignores the interpersonal relationship in real life, which is harmful to the future development of students after their entering into the society.

2. Problems in College Students' Mental Health Education in the Network Environment

2.1 Lack of Management System for College Students' Mental Health Education in Network Environment.

Mental health education in the network environment is a complex project. It is not only to supervise and educate students in colleges and universities, but also to put the government and the state into the policy branches. All aspects work together to form a cooperation and integrate all aspects of resources. In the network environment, it is difficult to form a complete mental health education system for college students. It not only costs a lot of money and energy, but also takes a long time. It is impossible to achieve a certain effect in a short time. The network environment is very complex and changeable. Many colleges and universities have not yet identified a core of mental health education for college students. They have not carried out surveys on the real needs of mental health education for college students and the characteristics of modern social network environment. Therefore, they lack a set of targeted management system and a holistic arrangement of mental health education for students in school ^[3]. It is not excluded that some colleges and universities have formed a set of management system for mental health education of college students, and set up a special education website. However, due to the lack of technology, the effect of real implementation is not ideal. There is also a lack of mutual cooperation between the major universities, and there is no more communication to form blind autism, which will not achieve the desired results. Therefore, it is necessary to strengthen the cooperation and communication between universities or the state and the government, understand the characteristics of the network environment, and establish a complete management system.

2.2 Analysis of College Students' Mental Health in the Network Environment.

The network environment is extremely attractive for college students, and it has the characteristics of concealment. The university is an easy stage of school regulation. The time is sufficient, and the college students are an individual with their own thinking ability. They have a clear purpose for the content they want to choose, and they have their own judgment on the content of the virtual network environment. However, in the complicated environment of the online world, some college students are not simply pursuing the purpose of online content. They are not simply looking for information and learning online, but more about games and entertainment, both of which take up most of the time online. What the network environment can bring us is very vague, the purpose is no longer single, and the blindness is constantly enhanced. Another problem is that the values of college students have shifted, because college students are lack of social experience, and their personal outlook on life, values and worldview are still in a less mature situation ^[4]. Therefore, in the network environment, the self-values of some college students who lack self-judgment will be distorted and passively misled, resulting in certain distortion of students' behavior and thinking and mental health problems.

3. The Main Ways of College Students' Mental Health Education in the Network Environment

3.1 Establishing the Correct Network Mental Health Concept for College Students.

In the network environment, it is necessary to strengthen the mental health of college students. For schools, it is necessary to establish a correct network mental health concept, and to continue to innovate the mental health concept according to the continuous development of the network information society. There are different between each student in development characteristics. In the mental health education, the individual differences should be taken as the starting point, and the mental health education should be popularized for each person's characteristics. In addition, it is necessary to integrate mental health education into the daily life of students, and to strengthen the popularity in life, so that they can have the ability to distinguish in many online worlds, clarify the aims and the dual influence of the online world, and cultivate students' good habits of using the network. Furthermore, it is important to strengthen students' cognitive ability to solve common problems in the online world. When encountering network mental problems, they can maintain clear thinking ability and be able to face various network mental health problems in a correct and scientific way.

3.2 Establishing College Students' Correct Concept of Network Mental Health.

In order to establish a complete network mental health education system, schools can first offer courses on the direction of mental health. In the courses offered by colleges and universities, there are some courses with mental health education, but some schools still do not have corresponding courses for elective courses. If the conditions of schools permitting, mental health education should be taken as a formal compulsory course to teach to attract students' attention and strengthen students' mental health ability. In addition, the school can also enrich the teaching content of online mental health education, which mainly includes the following aspects. First of all, the university formulates standardized network regulations and joins the network mental health assessment system to prevent students' mental health problems in a standardized system. Secondly, it can combine mental health education and compulsory curriculum teaching imperceptibly, so that students can access mental health education in any subject. Besides, the school's network environment should be regularly checked, he norms for the use of the network should be formulated, the content of network education should be regularly innovated, and bad network information should be managed and strengthened.

From the above, we can formulate a complete mental health education system to form a systematic management and strengthen the values of college students and improve their comprehensive quality comprehensively.

4. Conclusion

To sum up, this paper is an analysis of college students' mental health education in the network environment. In the network information society, there are new requirements for the mental quality of contemporary college students, and colleges and universities attach great importance to the development of mental health education. The current situation of college students' mental health education in the Internet world in China is that college students have fallen into the Internet world, and their discrimination ability is insufficient, so it is easy to lose the correct values. The problem is that students' aim is not single, and their social ability to the real society is constantly weakening. In view of the existing problems, this paper puts forward the ways to establish the correct concept of network mental health of college students to ensure the good mental health of college students to the greatest extent.

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