

Formation and Development of Mental Health Education Model in Chinese Colleges and Universities

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Abstract: At present, under the common influence of various external and internal factors, the psychological problems of college faculty and students in our country need to be solved urgently. Especially for many women, in their daily work and learning process, they often encounter some problems in the service or management process, which leads to their psychological problems. If these problems are not solved properly for a long time, they may become more and more serious, reaching an uncontrollable level. Therefore, our country also has a new analysis and summary of the development of mental health education model in colleges and universities, in order to better solve a series of mental health problems in colleges and universities in our country.

1. Introduction

In fact, mental health education in China began as early as the second half of the 20th century. And because of the increasing number of years, many different education models have been formed in this period. Mental health education mode refers to the simple expression and summary of various forms of mental health education under the support of a specific concept. At present, the mental health problems of university staff have become more and more obvious, so it is necessary to adopt a new education mode in view of this phenomenon, and must be based on previous education experience, so as to ensure that the new education mode can adapt to the existing mental health problems in Colleges and universities, and better promote the development of mental health education.

2. The Significance of Developing Mental Health Education Model in Colleges and Universities

At present, the speed of China's development in all aspects has been growing very fast, which is also increasingly demanding for people. Therefore, people are under more and more pressure, and this pressure can not be relieved and solved for a long time, it is easy to produce a variety of mental health problems. In the current form, mental health education has become a very important part of all countries, because for many talents, not only requires them to have excellent strength, but also requires their psychological quality to be strong enough, so as to promote the development of the country. Therefore, the development of mental health education in various countries is very important.

If we want to solve people's mental health problems fundamentally, we must ensure that they have good psychological quality. The formation of these psychological qualities is closely related to their early learning. This stage of learning refers to the period of University learning. Of course, mental health education for college students is not only for them to better adapt to future work, but also for their actual needs in real life. At present, because of various reasons, the mental health level of college students in our country has been declining, and the number of dropouts and suspensions has been rising because of psychological problems. Therefore, mental health education for university personnel is an urgent task.

3. The particularity of mental health education in Colleges and universities in China

3.1 Pay attention to the organic combination of mental health education and ideological and Political Education

(1) Psychological health education in China's colleges and universities is basically a close combination of education and ideological and political education, which can also be said to be a unique feature of my colleges and universities. Of course, this is to achieve twice the result with half the effort, so that the psychological health education in Colleges and universities has more educational advantages.

(2) Through the combination of the two, it should not be difficult to see the ultimate goal of mental health education in Colleges and universities, that is, to promote the comprehensive development of students, especially for the cultivation of their psychological quality. This aspect is different from ordinary psychological education, which is not only limited to eliminating the basic part of students' psychological problems. It also fully shows that mental health education in Colleges and universities is not only a process of psychological education for students, but also a process of Ideological and political education. The ultimate goal of the combination of the two is to achieve the balance and unity of the two.

3.2 Pay more attention to the all-round development of College Students' quality

(1) The general requirement of mental health education in Colleges and universities in China is to promote students' all-round development through such education. Therefore, this requires not only that education reflect the psychological development of students, but also that on this basis, we should add other aspects of morality and even politics, so that we can truly achieve all-round development.

(2) The requirement of mental health education in Colleges and universities is different from that of general medical education, which is higher than that of medical education. Medical education may only help patients solve their psychological problems, so that they can return to normal life. But colleges and universities hope that through this education, students' various potentials can be further developed and rapidly improved. This is more conducive to students to deal with their own interpersonal relationships, handle the relationship with society, and better promote the further development of society. Only in this way can we truly achieve the treatment standard of mental health education in Colleges and universities.

3.3 The process of health counseling is more complex

(1) The mental health education model mentioned above is quite different from that of general medical education, which makes the consultation process of higher education more complicated. This consultation process is to be able to deal with students' psychological problems. Of course, this consultation process includes not only the treatment of students' psychological problems, but also the solution of life and value problems.

(2) The general mode of higher education is basically divided into two stages. First of all, the part of psychological consultation, in this part of the content, is to provide consultants with a certain ideological support, so that they pay more attention to the meaning of their lives, more accurately understand their own value of life. The second part is the process of education. In this process, it is indispensable to guide the counselors' values, and to make full use of the correct values as a guide, so as to solve the psychological problems existing in the counselors' hearts. The educational model of colleges and universities combines these two aspects, that is, they want to give counselors psychological treatment, but also want to give them appropriate guidance, so it is a very complex educational process.

3.4 Special psychological counseling methods

Psychological counseling is actually the ideological guidance to the people with psychological problems, and to the people with psychological problems. This process has very clear content about value guidance. So there is a big difference between it and the psychological counseling part, and the difference is essentially different, not just the literal micro-differences.

4. Some Problems in the Model of Mental Health Education in Colleges and Universities in China

4.1 The theoretical research is weak.

(1) The research on the theory of mental health education model in Colleges and universities in China mainly focuses on the classification of models. And because the backgrounds of various educational models are different, they can be divided into four different models. From this, we can see that our country still has deep efforts in the classification of educational models. But professional researchers have little understanding and Research on the concept and function of patterns.

(2) From another point of view, the construction of mental health education model in China's colleges and universities is generally based on practical experience. However, this kind of education mode, which relies solely on experience, lacks the theoretical foundation to support it. Although the education model based on practical experience is more conducive to the development of the school education model, it is also convenient to solve the psychological health problems of school counselors. However, due to the serious lack of theoretical support, in the later development process, there will certainly be some problems that are difficult to solve simply by experience.

4.2 The practicality and popularization of educational model are weak.

(1) As a truly valuable model of mental health education, it should be highly popularized. However, at present, the education mode of our universities has the problems of weak popularization and poor operability. In view of these two problems, they are mainly reflected in two different aspects.

(2) In some areas where economic development is relatively slow, that is, relatively backward, it is difficult to implement the education model constructed by those developed areas. Because many colleges and universities in developed areas use a lot of high-tech equipment, and personnel management and other aspects of cooperation is also adequate. But for the relatively backward University areas, they do not have enough funds to meet these external conditions, so it is impossible to build the same education model as these universities.

(3) Another point is that the construction of mental health education model in Colleges and universities in China is mainly based on the actual situation of the schools themselves. But in fact, there are obvious differences among colleges and universities, so it is very likely that the teaching mode adopted by one school is not suitable in another school, and it can not be implemented in other colleges and universities. Therefore, it is very important to construct an educational model with strong popularization and operability in view of the current situation of universities in China.

4.3 The concept of integration of educational model is very vague.

(1) Taking the road of integration is the direction of future development of mental health education model in Colleges and universities in China. Because the mode of mental health education in China is very complex, only by taking the road of integration can we truly achieve the ultimate goal of education. At present, many colleges and universities in our country are trying hard to integrate each part, and the integration actually includes two levels of different meanings.

(2) Firstly, it is necessary to integrate all kinds of ways of implementation in the teaching mode, secondly, it is necessary to integrate all kinds of teaching modes, so that the development of mental health education mode in Colleges and universities can be better promoted by combining the development-oriented teaching mode with the medical-oriented teaching mode. However, at present,

the concept of mental health education model in Colleges and universities in China is still very vague, and the results of integration are somewhat unsatisfactory, which has not achieved the established goals at all. Therefore, it still needs continuous efforts and exploration from all sides.

5. The Development Trend of Mental Health Education Model in Colleges and Universities in China

5.1 From Micro-psychology to Macro-Psychosocial Development

(1) The traditional mode of mental health education in China has its own strong limitations, that is to say, this mode of education is only limited to the micro-field of college students' psychology, and then constructs the whole mode of education development. Although the educational model formed in this way is reasonable to some extent. Because it is built for college students, and can accurately solve the problem in different ways according to each student's psychology.

(2) But because this teaching mode only starts from the micro-field, there are many problems that are difficult to consider. In colleges and universities, not only college students have certain mental health problems, but also many college employees have the same problems. Especially for some women, this problem is very obvious. Of course, because the education model of mental health in Colleges and universities is not only limited to individual counseling and teaching for each counselor, but also considered from the overall background. Only in this way can we better solve the psychological problems fundamentally and give full play to the educational function of the educational model.

5.2 From Unilateral Development to Comprehensive Development

(1) At present, the mode of mental health education in Colleges and universities in China only focuses on the education of students' psychological level. This means that colleges and universities lack attention to their ideological and other issues. At present, the knowledge about mental health has basically been popularized. In the past, a series of psychological problems caused by the development problems are no longer so prominent, but the following problems are about future life development and life value.

(2) Therefore, all these require that the development of health education model in Colleges and universities should not be confined to the psychological level, but should also make progress to other aspects. Especially at present, the phenomenon of mental health problems has gradually emerged among University staff. For some female university staff, their social pressure is more huge, and the psychological problems caused by various aspects of the squeeze are very obvious. These problems can not be solved only by traditional teaching mode. Therefore, if colleges and universities want to solve these problems for their employees, they must pay more attention to all-round development and exploration.

5.3 Special analysis according to different conditions of each consultant

Because for every consultant, they may have different majors or positions, which means that they have different psychological problems. Therefore, in order to solve these problems adequately, it is necessary to analyze them according to the different specialties or occupations of each consultant, so as to promote the development of mental health education model in Colleges and universities in China more quickly.

6. Conclusion

Therefore, we must attach importance to the development of mental health education model in Colleges and universities, and solve the psychological problems of teachers and students in time. We must not let these problems affect their future development. Of course, the mode of mental health education in Colleges and universities is also conducive to the development of colleges and universities themselves. It can also accumulate experience for the development of psychological

education in the future, and strive to create a more innovative mode of education.

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