Research on the Construction Strategy of a New Model of College Students' Psychological Education in the Network Environment

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Abstract: The development of the network with the times and the progress of society have gradually become an indispensable part of the study of college students. However, due to the great uncertainty of the network itself, it will bring different degrees of negative effects to college students while bringing positive effects, which will cause some psychological problems for college students. This paper first expounds the connotation and characteristics of network education, and points out the influence of network environment on the mental health of college students and the significance of the construction of new models of college students' psychological education in the network environment, then analyzes the significance of the construction of new models of college students' psychological education in the network environment. Finally, this paper puts forward the construction strategy of the new model of college students' psychological education in the network environment, looking forward to helping the psychological education of college students in the network environment.

1. Introduction

As a new way of communication, the network has penetrated into all aspects of life and study of college students with the development of science and technology and the progress of society. Due to the openness and interactivity of the network, the network has gradually become an important platform for teachers and students to exchange and learn in schools. However, compared with the traditional education methods, the complexity of network education has a negative impact on the mental health of college students while it has a positive impact. Therefore, it is an important project to construct a new model of college students' psychological education in the network environment to give full play to the advantages of the network to have a positive impact on college students' psychological health education.

2. The connotation and characteristics of network education

Network education is a new type of education model guided by teaching thought and modern learning theory, based on the network, and giving full play to the resource advantages of the network to organically combine the network and education. Openness, repeatability and autonomy are its main features[1].

2.1. The autonomy of network education

There is freedom of learning time and space for network education. As long as there is an environment where students can access the Internet, they can study at any place and time. The content and time of learning can also be chosen according to their own actual situation. The process of teaching and learning can be carried out at different times through network technology to break through the time and space constraints of education.

2.2. The repeatability of network education

The network can store a large number of high-quality resources to constantly increase and enrich the learning content for students. Students can also make repeated use of rich educational resources,

which is conducive to students' long-term learning[2].

2.3. The openness of network education

As an open education model, network education is quite different from traditional education. Its emphasis lies in learning without a serious classroom atmosphere. As long as students have a network environment, they can choose to study at any time, and they can learn repeatedly according to their own needs. Network education can also provide a rich learning environment, use multimedia technology to make ideological education on students more intuitive and vivid[3].

3. The influence of network environment on college students' mental health

3.1. The influence on the cognitive ability of college students

Due to the sharing and openness of the network, a variety of resources and different senses of worth are uneven in the network environment, which easily affects the sense of worth of college students. While, due to the limited ability of discriminating, college students are easily affected by bad influences to form a wrong sense of worth.

3.2. The influence on the psychological development of college students

College students are more likely to express themselves fully in the network environment, thus inducing situations of indulgence and arbitrariness. This is quite different from their actual behaviors. If college students meet their incorrect senses of worth in the network environment for a long time, it will have a bad influence on their own psychology and behavior.

3.3. The influence on the interpersonal relationship of college students

College students are indirectly communicating with people in the network environment. To a certain extent, the network environment allows college students to better reflect their true side. However, if college students are in the network environment for a long time, they are prone to have negative mentality towards the real interpersonal communication. This is due to the lack of emotional and perceptual experience of communication in the network environment, which in turn causes psychological problems such as loneliness, depression and stress to students[4]. After all, the exchange and communication between college students on the Internet can not be compared with the real communication in reality. Although it is also possible to build a friendly relationship with netizen, it is easy to produce a cold and alienated situation and then cause psychological problems.

4. The significance of constructing the new model of college students' psychological education in the network environment

4.1. Help college students build a correct sense of worth

The Internet is the channel through which college students access information in most cases. However, the three reflections of college students have not been fully formed, and the supervision of the network in China is not comprehensive, so college students are easily affected by the bad information in the network. At the same time, the time of interpersonal communication among college students in reality has been greatly reduced due to the widespread use of WeChat, Weibo and QQ, which has resulted in the decline of interpersonal communication ability of college students. The Internet filled with some content of pornographic violence or bad pushes sometimes will also have adverse impact on the health of college students. Therefore, constructing a new model of college students' psychological education in the network environment can help college students to build a correct sense of worth, thus to promote the healthy development of college students' psychology[5].

4.2. Improve the thinking ability of college students

Most students spend a lot of time on network information acquisition because of the advanced

and rich information resources in the network environment. The reason why students are unable to form a relatively systematic thinking is mostly that they do not seriously think about problems. For example, when a student receives a task assigned by a teacher, such as writing a report or writing a thesis, the student usually chooses to search for answers and essays on the Internet first, and then the result offered to the teacher is often pasted and copied patchwork. In terms of cultivating students' thinking ability, this is extremely unreasonable and has a negative impact on the improvement of the overall quality of college students. Therefore, colleges and universities need to build a new model of college students' mental health education in the network environment to improve students' thinking ability.

5. Problems in college students' psychological education in the network environment

5.1. Lack of ability to distinguish things and lack of a correct sense of worth

The college stage of college students is an excessive stage from school to society. At this stage, the sense of worth of college students are not fully stereotyped, and because of various reasons, the outside world is easy to influence their senses of worth. In addition, college students often have limitations on their views and perceptions on some things. Due to the freedom and sharing characteristics of network resources, personal speech and opinions are unconstrained on the network, which also leads to some untrue information and various senses of worth in the network environment. All these will affect the formation of college students' correct sense of worth to a certain extent[6].

5.2. Highly dependence of the emotional needs on the network

College students are at the stage of being susceptible to the environment and age, and their greatest characteristics at this stage is that they have a lot of emotional needs. College students can usually find a sense of identity about things happened in real life on the Internet. The network environment provides a platform for college students to express their true views and ideas. College students can express their emotions through the Internet. While, As a double-edged sword, the network environment also makes college students' interpersonal communication has certain one-sidedness due to its virtual nature while helping college students to alleviate psychological pressure and promote the development of college students' mental health. If college students engage in interpersonal communication on the Internet for a long time, it will be extremely unfavorable to the interpersonal communication in real life, and even serious negative effects will occur, which will cause the adverse consequences of college students to escape from reality and indulge in network.

6. Strategies for constructing a new model of college students' psychological education in the network environment

6.1. Update the idea of college students' psychological education

The organic combination of network moral education and ideological and political education with college students' psychological health education is the core content of building a new model of college students' psychological health education in the network environment. In addition, psychological health education for college students should also adopt a scientific way of education of combining the rules of psychological development of college students to play the advantages of traditional education and network education. For example, psychological problems such as college students' depression need to be solved by traditional mental health education[7].

6.2. Choose the appropriate education method and perfect the content of psychological health education

In-depth understanding of college students' inner thoughts is the basic condition for teachers to carry out mental health education for college students. In order to improve the content of college

students' mental health education, we must first know the psychological characteristics of current college students and choose the teaching methods that meet the actual situation of college students to conduct psychological education for college students to guide the development of college students' psychology in the right direction. In order to improve the self-discipline ability of college students, guide college students to use the network scientifically and correctly, improve the resolving ability of college students and encourage college students to actively face the pressures and difficulties in life and learning, colleges and universities can regularly organize seminars or hold a competition to use the network correctly in the name of the network. At the same time, when teachers are educating students in mental health for college students, students who have already had a certain degree of psychological problems should be paid special attention to their daily behaviors and thoughts, and fully utilize the advantages of the network to do ideological education, thereby improving students' ideology and morality to promote the development of college students' mental health.

6.3.   Diversified psychological education model

Modern college students are more likely to accept the network psychological health education with the emergence and rise of network technology. As a special mental health education, network health education is more suitable for contemporary college students mainly in the following two aspects: Firstly, when conducting mental health education, teachers can consider it from the perspective of college students and choose the education mode that is suitable for college students and they are willing to accept. Teachers can ask students set up psychological education columns on the Internet, and then allow students to be responsible for planning, design, layout, etc. After completing this column, students will have a deeper understanding of mental health knowledge. Second, in order to know the inner world of college students, colleges and universities can set up specialists to provide network psychological counseling services[8].

6.4.   Strengthening the faculty of mental health education

College students' mental health education in the network environment not only has more complex tasks, but also a lot of workload has been increased. Faced with the complex and changeable forms of mental health education in the network environment, colleges and universities should build a faculty that is in line with the network environment mental health education. In order to improve the ability of mental health education teachers to access new things and the professional level of mental health education, colleges and universities should regularly train them on mental health professional knowledge and skills. In addition, colleges and universities should also ask mental health education teachers to think more about problems from the perspective of students, to know their inner real thoughts and mental health situation, to actively communicate with students, and to actively track the mental health of students, combining mental health education with network environment to make the mental health education of college students be practiced.

7. Conclusion

In summary, college students are important human resources in China, so it is of great significance to carry out mental health education for college students. Due to the interactivity and openness, the network has become an important platform for teachers and students to learn and exchange ideas. Constructing a new mode of psychological education for college students in the network environment is very important to strengthen and improve the mental health education of college students. Colleges and universities can better carry out mental health education for college students in the network environment by renewing the idea of psychological education of college students, choosing appropriate education methods, perfecting the content of mental health education, using diversified psychological education models and strengthening the faculty of mental health education. Rome is not build in one day. The mental health education of college students is not a one-off effort. It requires long-term efforts in education to improve the quality of college students' mental health education, thus guiding students to build a correct world view, sense of worth and life

philosophy.

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