

A Study on the Integration of Mental Health Education and Mental Health Thought among College Students

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Abstract: With the further development of higher education in university stage in our country, more and more colleges and universities pay more and more attention to students' mental health education and mental health care thought. In view of the current research of college psychological education in our country, it can be found that the goal of mental health education is the same, and the education carried out by combining the characteristics of the two in the process of education is more conducive to the advantages of college education. Efficient mental health education can help college students to improve their cultural literacy, promote their overall physical and mental health development, and help them to establish a correct outlook on life and values. Therefore, it is necessary for colleges and universities in our country to do a good job in the organic integration of college students' mental health education and mental health care thought, so as to realize the high-efficiency psychological education in colleges and universities in our country.

1. Introduction

It is the main goal of college students' mental health education to improve their psychological quality in the current university stage of our country. Colleges and universities improve students' adaptability to society and self-development ability through psychological education to realize students' sustainable development. Mental health education can improve students' personality and quality and promote their overall development in the process of cultivating students' various skills. Systematic psychological education includes emotional attitude education, knowledge and ability as well as improvement of problem mindset. Mental education in health is the core content of quality education. College teachers need to improve the quality of moral education and the quality of quality education by optimizing students' own character.

2. The Significance of the Integration of Mental Health Education and Mental Health Thought among College Students

For college students, college students' thoughts are relatively jumpy and have extensive connection with various external things. Contemporary college students have a strong sense of self-independence, often like independence and do not want to obey the arrangement of others. Secondly, because of the existence of self-consciousness, college students often have the mentality of resisting the traditional methods of mechanical education, but college students are not good at self-management. In this situation, mental health education is very practical, college psychological teachers guide and help students to meet their own needs from the perspective of psychology. Secondly, psychological teachers can help them form a correct outlook on life and values from the perspective of students, and educate them to face difficulties when they encounter problems.



Figure 1 Common psychological problems of college students

For contemporary college psychological teachers, the image and particularity are the main characteristics of mental health education. If the mental health education is combined with the mental health care thought, the original rigid content can be lifelike, and the learning environment of teachers and students will be relatively easy. The main content of mental health education is to help students maintain efficient mental state, pay attention to the maintenance of good mental state, mental health education is mainly to the personality of students, emotional management and interpersonal relationship education, is a supplement to the mental health education of college students. The charm of teacher's personality is also very important, good psychological teacher's personality charm will have an important positive impact on students, and provide students with great spiritual strength. Teachers can understand the characteristics of physical and mental development and the psychological needs of students from the perspective of psychology, analyze and diagnose students' psychological problems in time, provide positive and scientific guidance for students' psychological development, let students learn to adjust their own psychology correctly, and finally help students cultivate a positive and optimistic personality. Learn to accept their strengths and weaknesses, and lay a good foundation for students' future development.

The combination of mental health care thought and mental health education can enrich the content of mental health care thought and be more beneficial to the pertinence and effectiveness of mental health education. To popularize students' psychological knowledge and conduct specific behavioral training through mental health education courses, in order to help students establish mental health awareness, optimize students' psychological quality, improve their psychological adaptability, improve their ability to adapt to society, and prevent students from experiencing psychological crisis in time, let students learn to deal with emotional regulation and self-management, solve communication skills and personality development problems, improve their physical and mental health, and help students eventually become qualified talents needed by society to achieve sustainable personal development.

3. The Direction of the Integration of Mental Health Education and Mental Health Thought of College Students

According to the investigation of the current state of mental health education of college students in China, it can be found that some students are not satisfied with their current living conditions and lack of happiness in their study life. As college students, they will face all kinds of pressure when they study in school life, and often do not know how to solve it. Most students believe that the state of money's reputation seems more closely related to happiness[1]. However, the most important supporting factor of happiness is to establish good interpersonal relationship, and the importance of college students to interpersonal relationship is not enough. In fact, the importance of interpersonal relationships has exceeded the students' imagination. People spend most of their time in interpersonal relationships and relationships except for rest time. Therefore, the integration of mental health education and mental health care in colleges and universities must pay more attention to the interpersonal relationship. The curriculum of mental health education attaches great

importance to students' theme is students' world outlook and outlook on life. The main directions of mental health education are the emotional management of students, the development of personality quality and the improvement of personality. Content theory indoctrination and ideological education are the subjects of psychological courses. Mental health education is mainly about analyzing state and skill learning. Mental health education enables students to improve their own shortcomings through learning, management, the ability to face setbacks, the ability to face pressure, and the ability to communicate and collaborate in a team spirit, so that students can fully develop and improve their ability to adapt to society.



Figure 2 Mental problems among college students through mental health education

4. The Role of Mental Health Education of College Students in Mental Health Care

4.1. Realize College Students' Reasonable Understanding of Self

In the process of mental health education for students, mental health education plays a fundamental role: by learning mental health courses, students can learn reasonable cognition, emotional management, communication skills and interpersonal communication. This is very useful for students to maintain a good state of mind, mental health education and mental health care thinking geometry == combination will achieve better learning results. Efficient combination of students to play a fundamental role in their own development cognition. The mental health of students is the basis of all kinds of learning, and the mutual deterioration of mental health education and mental health care thought in colleges and universities can help students to have a rational understanding of their own psychological state.

4.2. Encourages the Learning Enthusiasm of College Students in the Learning Process

The formation of some ideas of college students is often dominated by psychological needs. In mental health education, teachers can use mental health education to adjust students' life values and attitudes according to their actual situation, and guide them to form cognitive and psychological needs. reasonable and have a good psychological state. Encourage students to be diligent and enterprising, which will lead to their self-esteem and self-reliance, and be able to cope with the difficulties they encounter in their study and life[2].

4.3. The Practice of 3. Realizing the Mentality Education of College Students

The goal of ideological and political education is to have a strong independent consciousness of college students. In a student's happy mood, it is easy to express feelings and be willing to accept

the truth. Therefore, ideological and political education can use mental health content to understand students' emotional characteristics, do ideological work well in advance, and make students treat the things around them correctly.[3].

5. The Ways of Combining the Mental Health Education and the Mental Health Care Thought of College Students

5.1. Active Development of Mental Health Courses in Colleges and Universities

Colleges and universities should provide systematic mental health education courses to enable students to fully accept the learning content of mental health education courses and ensure the integrity and integrity of students' mental health learning content. Only by providing systematic courses can students better understand mental health knowledge. According to the characteristics of college students, colleges and universities need to cultivate students' adaptability, educate students to establish the concept of lifelong learning, and learn to communicate with others and work in a team. Through learning psychological knowledge and targeted behavior training to help students develop mental health awareness, optimize psychological quality, improve psychological adaptability and social life adaptability, and prevent and alleviate psychological problems. Help students improve their ability to cope with environmental adaptation, self-management, emotional regulation, communication and cooperation, personality development and job search, and improve their mental health[4].



Figure 3 Unable to close the path of counseling in colleges and universities

5.2. Pay Attention to the Effective Adjustment and Maintenance of Students' Psychological Quality

In the ideological education of mental health care, college mental educators must pay attention to the cultivation of students' psychological quality. Good psychological quality is also the basis of learning other subjects, and mental health education can cultivate students' good psychological quality. Only by carrying out the education of students' mental health, can we achieve good learning results, help students make overall progress, and realize the mutual promotion and development among subjects. The mental health education of college students is extremely complicated and difficult. After entering the university, students must do mental health study work. Psychological educators in colleges and universities need to create a harmonious learning environment for students and strive for mutual communication and common development among subjects.

6. Conclusion

In the development of students' various skills in the university stage, mental health has a limiting and promoting effect on the development of other qualities. Psychological quality is the positive foundation of individual continuous progress, high quality talents must have high professional ethics, good professional skills, good personality and good social adaptability. The mental health teaching work is the teaching thought which takes the university student as the main body, simultaneously combines the mental health care thought teaching with the mental health teaching, causes the student to have the healthy mentality and at the same time has the positive psychological

quality. College teachers should pay attention to the influence of mental health education on mental health care, make college students pay attention to it, and finally realize the efficient development of college students.

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