

Research on Methods of Improving Psychological Counseling Efficiency Based on Students' Development

Shuxin Tan

Shenzhen College of International Education, Shenzhen, 518000, China

2206775893@qq.com;

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Abstract: As a base for cultivating high-quality talents, the mental health status of college students plays a vital role in improving their learning ability, ideological and political quality and realizing their life value. Nowadays, with the continuous development of science and technology, the Internet has gradually penetrated into all aspects of students' lives, and student management is facing severe challenges. How to improve the quality and efficiency of student management has become an important issue that universities need to ponder. Based on the perspective of students' development, this paper focuses on how to improve the consultation efficiency in the process of students' psychological consultation from different angles.

1. Introduction

With the increasing employment pressure, many college students have mental health problems. While psychological counseling technology seems simple, it is actually very skillful. The application of psychological counseling technology in student management can have a very positive impact on the development of college students' psychology and personality [1]. Because mental health education started late in China, all localities are in the stage of active exploration and practice, and there are very few counselors with psychological professional background in universities, it is inevitable that one way or another does not meet the professional requirements in psychological counseling, which affects the effect of psychological counseling and hinders the development of mental health education in the long run.

At present, with more and more schools carrying out mental health education, it is undoubtedly of great significance to seek a universally applicable model for guiding the practice of educators [2]. As a model focusing on the development of all students, psychological counseling plays an increasingly important role in school psychological education. Therefore, based on the perspective of students' development, this paper discusses the methods to improve the efficiency of psychological counseling.

2. Importance of Psychological Consultation

On the basis of innate qualities, a person's personality is gradually formed in the interaction between individuals and the outside world under the influence of family, school and society [3]. Adolescence is a period of personality development and shaping, so it is of great significance to ensure the normal development of personality at this stage. Once personality is formed, it has certain stability. Unstable personality is an unhealthy and imperfect personality, which inevitably leads to personality problems.

2.1 Identify Pressure

Stress is a special relationship between individuals and people, things and things in the environment. This relationship between individuals and people, things and things in the environment is assessed as having psychological burden, or exceeding the concept that it can bear, and endangering their health and individual comprehensive interests, which is called stress. These stressful events often become psychological counseling events. We can find out students'

personality characteristics that cause psychological distress from the results of personality questionnaire from the aspects of students' words and deeds when talking with students, the situations faced by students, their experiences and the materials provided by teachers and parents.

2.2 Correction of Personality Development

An important reason for students' anxiety is that they are too worried about the harm of what has happened and the unfavorable aspects of what will happen. Students' anxiety again and again makes them focus on what they do, so they often succeed. Therefore, they also habitually use anxiety to arouse their higher level of stress, so as to form habitual anxiety personality [4]. However, with the growth of individuals, the number and complexity of problems are increasing, and habitual anxiety can no longer meet the needs of study and life. Because anxiety is accompanied by strong motivation, and strong motivation is not conducive to the completion of complex tasks. Therefore, students must understand how anxiety is formed, otherwise anxiety will not help to solve things.

From here, we can see that there are many common methods to correct students' bad personality characteristics. For example, the above three methods can also be used to correct students with depressive personality and horrible personality. In addition, take part in extra-curricular activities, so that students don't judge heroes only by their studies, so that students can have a correct attribution in the face of failure, cultivate autonomy in participating in activities, cultivate good qualities of optimism, cooperation and humor, and learn interpersonal skills.

2.3 Intervention on Personality Development

In any crisis situation, people usually adopt “problem-oriented” method and “emotion-oriented” method. The former is a way to make plans and implement them effectively; The latter is a way to try to reduce emotional pain, such as looking on the bright side. A very important contribution of psychological counseling to personality development is to develop students' problem-oriented strategies [5]. By grasping and guiding students to vent their bad emotions in the same way, psychological counseling can help students get rid of the interference of bad emotions, face up to problems and base themselves on solving them.

3. Internal Contradictions in the Development of College Psychological Counseling

3.1 The Contradiction between Demand and Service

Basic contradiction is the decisive contradiction among all kinds of contradictions. Understanding the basic contradiction of things is not only an important task for human beings to understand things, but also a basic way to solve inherent contradictions and promote the development of things. The basic contradiction running through the development of college psychological consultation is the contradiction between the development needs of college students' mental health and the lack of services. At the present stage, it is mainly manifested as the contradiction between the growing demand for mental health development of college students and the insufficient supply of professional psychological counseling services.

As the basic contradiction of university psychological consultation, the contradiction between the development needs of college students' mental health and the lack of service not only runs through the whole process of university psychological consultation development, but also determines other contradictions in the development process of university psychological consultation, which exists objectively and for a long time. The service provided by university psychological counseling is an important condition for the all-round development of college students. Without the service supply of university psychological counseling, the all-round development of college students cannot be effectively realized [6]. Undoubtedly, the contradiction between service demand and service resource supply has become the decisive force of all contradictions in the development of university psychological consultation, which is the basic contradiction in the development of university psychological consultation.

3.2 The Contradiction between Value Intervention and Value Neutrality

Value choice is the most substantial step in the process of “value orientation”, because the psychological distress of visitors is often manifested as the difficulty of value choice [7]. According to the subjective and objective conditions of visitors, help them weigh the advantages and disadvantages of various choices, and guide them to choose values or goals that are more conducive to physical and mental health and development and more realistic. After clarifying the value or making corresponding change choices, the consultant further guides the visitors to identify with the determined value orientation, and strengthens or guides the change of the visitors' life patterns, so that the value choices made can be continuously reflected in the visitors' actions.

3.3 Contradiction of Professional Identity of Psychological Counseling Workers

The contradiction of professional identity of college psychological counseling workers is manifested in two aspects: one is that ideological and political educators lack professional identity in college psychological counseling, and the other is that psychological background counselors have multiple identities in college psychological counseling. To transform this contradiction, we should strengthen the sense of career belonging of university psychological counselors and clarify the development direction of professionals.

4. Methods of Improving the Efficiency of Psychological Consultation

4.1 Reversing the Wrong Cognition of Teachers, Students and Parents on Psychological Consultation

Psychological consultation developed late in China, but as a profession, it happened in recent years, so people have some misunderstandings about psychological consultation. Most people who seem to need psychological counseling may have mental illness, shady privacy or moral quality problems. But psychological counseling is normal, just like people need to seek medical advice when they are not feeling well. The duty of psychological counseling is to help people solve mental health problems, effectively correct unreasonable misconceptions or overcome mild psychological barriers, etc., help people build a healthy lifestyle, effectively coordinate interpersonal relationships, and strengthen adaptability [8].

Psychological consultation is a technical and professional profession, which is different from ordinary mental health courses or mental health education. Consultants must receive special training and obtain the national psychological consultant certificate. To carry out psychological counseling in secondary vocational schools, it is necessary to effectively improve students' moral level and ideological consciousness, effectively combine with psychological counseling, pay attention to cultivating students' ideological level, and supplement and promote the effective development of moral education.

4.2 Professional Construction of Psychological Counseling for Counselors

It is of great significance for the sustainable development of the counselor team and the improvement of the overall work efficiency to carry out the professional construction of psychological counseling for the counselor team.

The psychological support system is based on the level of college students' mental health, which is developed in four levels and focuses, as shown in Figure 1. Firstly, the scientific and standardized psychological tests are used to test the mental health level of college students, screen out students who may have psychological problems, and interview them. Then, according to the interview situation and evaluation results, students are divided into psychological intervention levels according to the severity of psychological problems, and appropriate psychological counseling theories and techniques are selected to implement mental health education and psychological counseling activities with different contents.

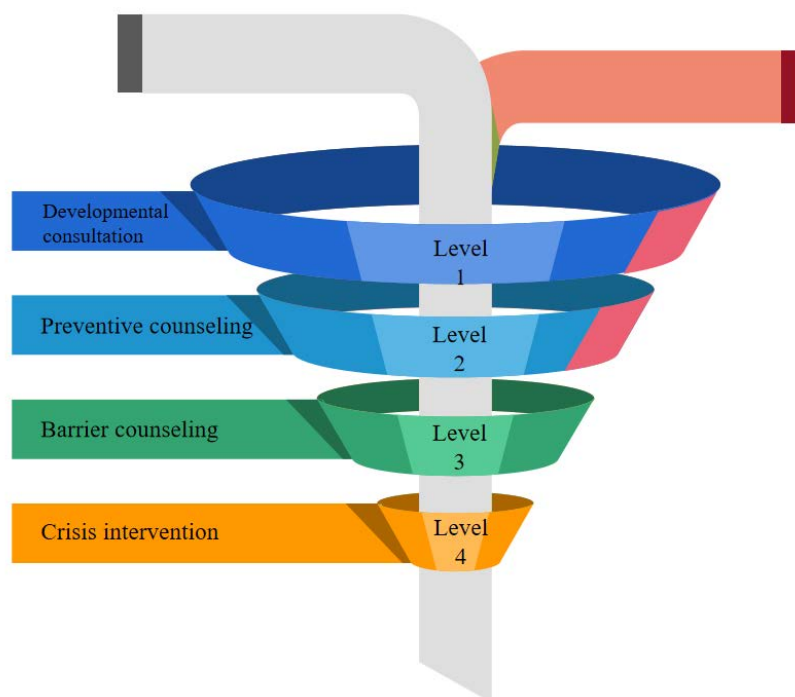


Fig.1 Four-Level Psychological Support System Model

(1) Sustainable development

Ideological and political education pays attention to the education of students' thought, morality and belief, while mental health education pays attention to the cultivation of students' cognition of the objective world and the ability of behavior regulation, which is embodied by the psychological structure and personality characteristics composed of basic elements such as thought, belief, morality and will. Therefore, the professionalization of psychological counseling among counselors can not only improve students' psychological state and cultivate students' healthy psychology, but also make ideological and political education reasonable and fruitful. Correct world outlook, outlook on life and values play a guiding role in college students' psychological quality, which is the premise of improving college students' psychological health. Therefore, when helping college students, ideological education and psychological counseling should be coordinated and organically combined, so that they can play their roles effectively.

(2) Improve the overall efficiency of counselors' work

Psychological counseling can grasp the specific situation of students' emotions, emotions, temperament, personality and other aspects from a deeper level, take an intrinsic, multi-level and step-by-step orientation for the educational objects, and adopt different educational methods for students at different levels, so that the work of counselors can be close to the actual study and life of students. Close to the social reality and hot issues that college students care about, so as to enhance students' subjective consciousness and self-control ability, cultivate and improve students' initiative, autonomy and creativity in ideological and political education activities, and finally enhance the effectiveness of counselors' work in a harmonious atmosphere and harmonious interpersonal relationship.

Psychological counseling must respect the subject status of counseling objects and stimulate their subjectivity. It is necessary to enhance students' subjective consciousness, cultivate students' subjective ability and stimulate students' general requirements for subjectivity. In counseling, psychological counselors should treat students with an equal attitude, help each other and grow together on the basis of equality, take the healthy growth and all-round development of students as the starting point and purpose of their work, and take the cultivation and development of students' subjectivity as the core task and implement it.

4.3 Building an Online Psychological Consultation Platform

Psychological consultation system is to provide a convenient system for students to carry out psychological consultation and guidance in school information management. Therefore, psychological consultation system must meet the characteristics of simple operation, complete functions and easy to learn. At the same time, it needs to protect information security, and must protect students' privacy and ensure the security of the system. Therefore, it is necessary to develop a simple and powerful online real estate information management platform.

Several key technologies, architecture patterns, development tools, development languages, etc., which may be used when designing the system, are briefly expounded. It includes JAVA language, B/S structure, dynamic WEB technology JSP, server Tomcat technology, Struts framework and Hibernate framework, etc. By understanding the main technologies, we can develop the specific design of the system.

On-line psychological counseling system can adopt C/S (Client/Server) architecture system as the foundation, build an application client with Android platform as the running system, conduct data communication by means of Web service, and adopt an open content information management system to manage data information of the server. The system architecture diagram of the system is shown in Figure 2.

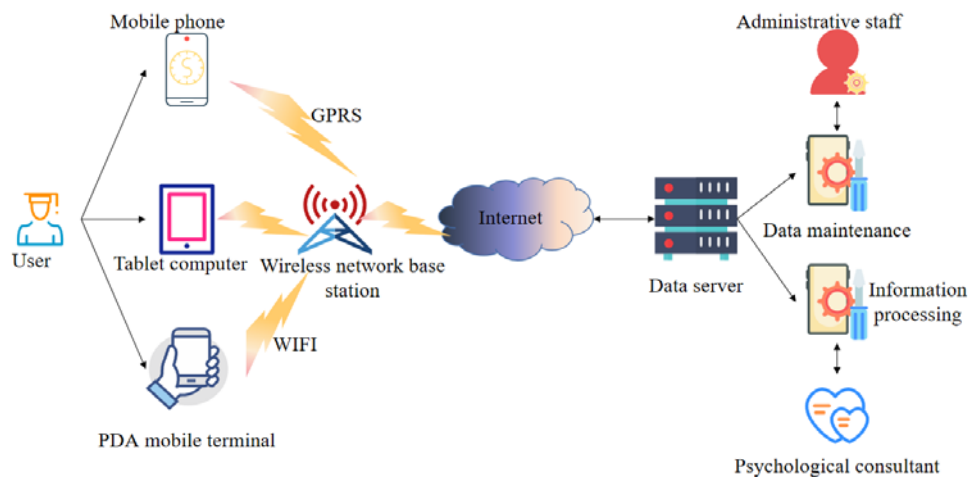


Fig.2 Architecture Diagram of Online Psychological Consultation System

(1)Client

The client is based on the Android system platform, does not belong to different terminals, and communicates with the server disconnected from the network in different ways. For example, when deployed on the mobile phone, the client of the system will use GPRS mobile network data communication to interact with the Internet; Deployed on tablet computers and PDA mobile terminals, WIFI wireless network is used to connect with the Internet for interaction. After submitting relevant user requests through the client, the client communicates with the network, then interacts with the server, and finally realizes data interaction.

(2)Server

The server is acted by the data server of the psychological counseling center, which realizes the request processing of accessing data from the Internet, completes the authentication of the request from the network and creates the feedback of data access information. The database is accessed through the server to achieve the final data storage and processing. The psychological counselor processes the psychological counseling information online through the PC, and the data is maintained by the staff of the psychological counseling center.

4.4 Construct the Pattern of Implementing Mental Health Education in the Integration of School, Family and Society

Students don't live in a vacuum. Their thoughts, ideas, emotions and behaviors are influenced by the surrounding people and environment. If school and family are regarded as an ecosystem closely related to students, then teachers, parents and students are the elements of this system, and the elements are closely related. Sometimes the problems are manifested in students, but they are rooted

in the psychological and behavioral health of teachers and parents, which will directly affect the psychological and behavioral health of students.

Organizational management system refers to the institutional setup and management system construction scheme of university psychological consultation, which is a three-dimensional network of university psychological consultation organizations composed of four levels of organizational setup: management supervision, central core, support and assistance, and self-help. See figure 3 below for details:

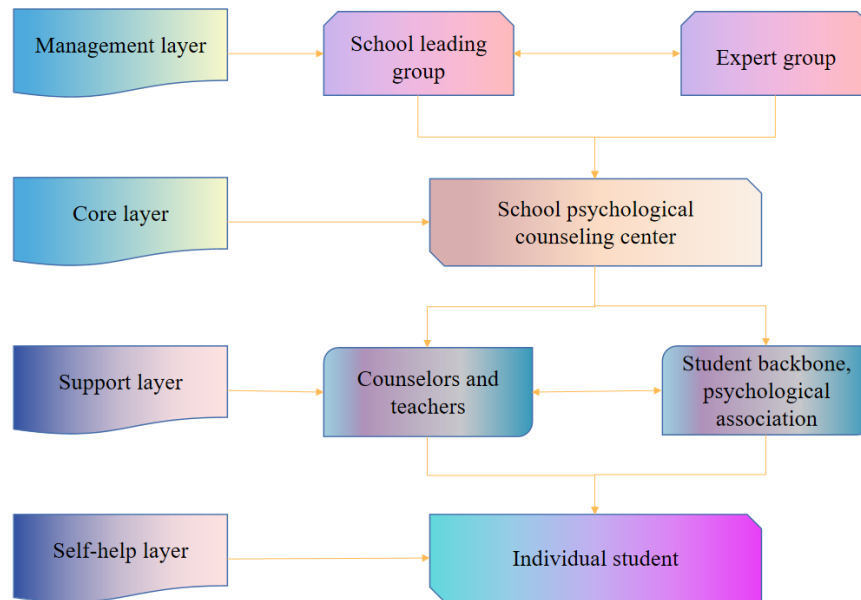


Fig.3 Schematic Diagram of the Organization and Management Mode of University Psychological Consultation

Management supervision layer. University psychological counseling must be supported by leaders and managers, which is a necessary condition for the development of university psychological counseling. Therefore, strengthening and perfecting the management institutions of psychological consultation in universities and strengthening their management functions are the top priority in the development of consulting institutions at present. The central core layer and psychological consultation center are the core institutions of mental health education and consultation in the whole school. It is responsible for the formulation of work plans, the implementation of specific tasks and the coordination among organizations at all levels. Support and assistance. College students' psychological counseling involves all aspects. It is obvious that only relying on a few staff members in the psychological counseling center is insufficient in strength and needs strong support and cooperation from various forces within the school. Self-help and mutual assistance. College students are recipients and beneficiaries of psychological counseling services, but they should become active participants and builders of psychological counseling and education in universities. The ultimate goal of hard work at all levels is to serve college students and provide them with a good mental health environment and support system.

5. Summary

For many years, it is difficult for pedagogy and psychology theory to enter schools, teachers and the public. Many teachers have studied psychology in normal colleges, and then studied psychology in their continuing education. However, in the educational practice, they do not know how to use psychology to solve practical problems. Therefore, psychological counseling must be supported by parents, schools and other teachers. In the process of implementing the professionalization of psychological counseling, it is necessary to carry out scientific management and professional training for psychological counselors, enhance their professional spirit and professional ability, and enhance their core competitiveness. In this sense, psychological counseling has opened up a wide

world for realizing the theoretical value and cultural mission of pedagogy and psychology, and has set up a bridge between educational theory and educational practice.

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