

Research on Mental Health Education for College Students from the Perspective of New Media

Li Wei

Jilin Agricultural University
College of Foreign Languages
Changchun, China

Ding Xiaodong

Jilin Agricultural University
College of Economics and Management
Changchun, China

Abstract—The purpose of this study is to strengthen mental health education of college students from the perspective of new media and to focus on cultivating students' positive, optimistic and healthy mental quality, which is an important way to ensure college students' mental health. We use questionnaire approach, statistical analysis method and comparative analysis method, comprehensively analyze the new situation, new problems and existing weaknesses of college students' mental health education under the background of new media. And we conclude the opportunities and challenges brought by new media to college students' mental health education, and obtain the new characteristics of college students' mental health under the background of new media. The results suggest that carrying out mental health education with the help of new media can increase the centripetal force and effectiveness of mental health education of college students. This is of great significance in mental health education of college students.

Keywords—New media; College students; Mental health education; Research

I. INTRODUCTION

College students are the future and hope of our country, contemporary college students to adapt to the increasingly fierce social competition, not only to have extensive scientific and cultural knowledge, but also have the healthy body and good psychological quality. "We need to increase basic research on mental health issues, do a good job in popularizing knowledge about mental health and mental illness, and standardize and develop mental health services such as psychological treatment and counseling," Xi Jinping stressed this at the national health and health congress. College students' mental health education is not only related to the growth of students, the realization of students' self-value, but also related to the progress and development of the whole society.

The mental health of college students has become one of the important factors restricting the construction of harmonious campus and the development of higher education [1]. In recent years, due to psychological diseases, mental disorders and other reasons, cases of students who do not hesitate to harm themselves and others occur from time to time and have an upward trend, and these cases all bear the characteristics of The Times under the background of new media. With the continuous development of the information society and the popularization of network technology, China has

comprehensively entered the new media era, and the changes brought by new media are still intensifying [2]. On the one hand, the influence of new media on college students' physical and mental health is various and positive. At the same time, it also has negative effects. For example, when the rapid development of new media technology is not in the same development process with people's psychological development, there will be role dislocation, personality disorder, self-loss and conflict, moral anomie and Internet addiction among Internet users. On the other hand, under the background of new media, college students' mental health education faces more complex environment and arduous tasks, which are both opportunities and challenges.

The development of new media technology can not only expand the activity space and coverage of mental health education, but also enhance the early warning function of mental health education. However, new psychological problems emerge in an endless stream among college students, which further complicate their psychological work. The fundamental purpose of mental health education in colleges and universities is to help students improve their mental function, cultivate good mental quality and shape a sound personality. In order to ensure the psychological health of college students, colleges and universities should actively abandon the negative impact of the new media era, conform to the development of The Times, give play to the positive role of new media, and create a new platform for health education. Under the new situation, the mental health education of college students is facing new situation and new problems, which is an important task for colleges and universities.

II. CHANGES BROUGHT BY NEW MEDIA TO MENTAL HEALTH EDUCATION IN COLLEGES AND UNIVERSITIES

A. New Opportunities Brought by New Media to College Students' Mental Health Education

New media brings more development space for college students. First, the development of new media has brought all-round and multi-angle information to college students, providing them with an environment and opportunities to enrich and improve themselves. The use of new media strengthens the connection between college students and their relatives and friends, and provides college students with a new way to vent their psychological pressure. Second, the virtual

nature of the network provides the possibility for college students with loneliness disorder to open their hearts. They can find empathy among the numerous information on the network and relieve psychological pressure. Third, the network as a medium of interpersonal communication, can help in the reality of interpersonal communication to alleviate the lack of state, psychological state to relax.

New media can enhance the early warning function of mental health education. The extensive use of new media can expand the scope of mental health education. By carrying out various online education and publicity activities, it enriches the forms of mental health education publicity, imperceptibly improves college students' mental health knowledge level and mental endurance, and enhances their mental quality and anti-risk ability [3].

B. New Situations and Problems Faced by College Students' Mental Health Education from the Perspective of New Media

When the rapid development of new media technology and people's psychological development are not in the same process of development, there will be network users appear role dislocation, personality disorder, self-loss and conflict, moral anomie, Internet addiction[4]. Therefore, it is particularly important to make clear what kind of new situation and what kind of new situation and new problems college students' mental health education is facing.

The impact of multiple value system leads to the loss of college students' values. The college stage is the key period for college students to form systematic values. However, in the new media era, the social value system is diversified, and the information is complex and the good and bad are intermingled. On the one hand, our country's network regulation speed does not match with the development of new media, on the other hand on college students' values education in colleges and universities, leads to many unfavorable to the values of college students' mental health gradually into the campus, students don't know how to identify, how to choose, to have set up the correct values. Many college students have problems such as lack of clear value system, complex emotions, lack of self-confidence, and anxiety and panic caused by pressure of study and employment.

The change of communication style leads to the decline of college students' interpersonal skills. In the new media era, more college students choose to maintain interpersonal relationships through the Internet. The virtuality and interactivity of the network can cross the boundaries of time and space, which makes college students more inclined to use voice and text in the process of interpersonal communication and expands the social scope to a certain extent. However, on the one hand, this kind of non-face-to-face fragmentary and one-sided communication ignores the expression of emotional appeals, which may lead to college students' addiction to the Internet for a long time and their interpersonal communication stays on the Internet. In the real world, they are reluctant to show their emotions, and their social skills are severely reduced, which may lead to personality disorders such as autism. On the other hand, college students can freely indulge

their emotions in the virtual space of the network, and gradually develop too strong dependence on the network, which is easy to induce inferiority, anxiety, lack of sense of security and other psychological problems caused by interpersonal trust crisis, which is not conducive to the psychological health of college students.

III. SHORTCOMINGS OF COLLEGE STUDENTS' MENTAL HEALTH EDUCATION FROM THE PERSPECTIVE OF NEW MEDIA

A. Insufficient Cognition of Strengthening Mental Health Education with the Application of New Media

In the current mental health course teaching process, many education managers have deviation in their regular understanding of current mental health education, and teachers and education leaders have insufficient research and management of mental health education teaching, which is an important reason for the ineffective improvement of mental health teaching efficiency. Specifically, in the process of college education, a lot of the time not enough emphasis on mental health education, the mental health education combined with new media application understanding does not reach the designated position, education concept is obsolete, curing, small amount of information, expression, often just to instill some theoretical knowledge to students, such as how to guide students through the psychological predicament, how to guide students to form a correct concept of life and so on, these boring theories tend to make some of the students has negative feelings on the mental health education, effect nature is not good. In the process of education, there is no timely embedding of new media technology, and traditional education models and methods are still used for education, which is not vivid enough and disjointed from students' realistic thoughts and psychology, which easily leads to the absence of various modern cultures in the process of college students' mental health education.

B. Lack of Psychological Health Education by Means of New Media

On the one hand, under the influence of new media, college students' psychology is complex and changeable, and it is difficult to master the rules and characteristics of college students' psychological development. This situation leads to the inadaptability of the traditional mental health education ideas, education methods and education methods of college students, which results in the reduction of the effectiveness of mental health education[5]. On the other hand, the traditional educational concept is still adopted in the teaching process, and the characteristics of new media will not be combined. New media is rarely used in the teaching process. Current college mental health curriculum, or in a traditional classroom education is given priority to, little application of various modern teaching means and the integration of new media, the digital technology such as network technology, video technology booming today, it is difficult to adapt to the demand of the college students a thorough knowledge of the new media attention, and therefore difficult to arouse the enthusiasm of students, make mental health education become dull, student interest degree is not high.

C. *Teachers Engaged in College Students' Mental Health Education have Insufficient Proportion and Low Comprehensive Quality*

In the implementation outline of the project to improve the quality of ideological and political work in colleges and universities, it is proposed that "teachers specializing in mental health education should be provided with a teacher-student ratio of no less than 1:400". Although many colleges and universities have allocated teachers majoring in mental health as required, some counselors with professional knowledge of mental health education for college students have been selected as part-time teachers. However, with the number of college students with mental health problems increasing year by year and the number of college students with psychological counseling increasing year by year, it is difficult for teachers of mental health education to meet the psychological needs of college students.

At present, many colleges and universities to work in the college students' psychological health education of full-time and part-time teachers not system, targeted business training, which leads to a lot of mental health education teachers' new media related theory insufficient reserves, speaking skills can't change the direction of the college students' psychological development, psychological health of teachers comprehensive quality to a great extent, affect the quality improvement of the psychological health education in colleges and universities[6].

IV. CONSTRUCT A NEW PATH FOR COLLEGE STUDENTS' MENTAL HEALTH EDUCATION FROM THE PERSPECTIVE OF NEW MEDIA

A. *Optimize the Environment and Create a Good Atmosphere for College Students' Mental Health Education*

To optimize the campus environment, it is necessary to strengthen the construction of campus culture and create a good environment for the psychological health of college students. In order to form a positive and healthy atmosphere and a relaxed environment, the school should carry out various forms of recreational and sports activities and academic activities to strengthen the construction of campus culture, which is conducive to deepening students' self-understanding and fully developing their personality and improving their adaptability. The network new media should strive to practice the socialist core values, carry forward the excellent traditional Chinese culture, sing the main melody in the diversity, reflect the mainstream values in the diversity, and spread the positive energy of the network for the healthy growth of contemporary college students and the young generation[7]. The whole society should regulate the order of media, strengthen management and guidance, purify the environment, make the new media culture consistent with the requirements of the construction of advanced socialist culture, and provide a good environment for the psychological growth of college students.

B. *Construct the Network Format and the Whole Process of College Students' Network Mental Health Education*

According to the changing trend and developing law of college students' mental health, we should establish a horizontal to the edge, vertical to the end of the network format, the whole process of mental health education[8].

The system of horizontal curriculum should be established scientifically. On the one hand, psychological health education courses covering all college students should be set up, so that college students can learn psychological health knowledge scientifically, view the mental health status correctly, eliminate the fear of psychological problems, and actively deal with mental health problems. On the other hand, we should carry out the curriculum system for different grades to enhance the matching degree between mental health knowledge and students' needs. To help college students form a sound personality, establish healthy values, in the need of psychological self-help or psychological help can be timely and effectively make a correct judgment and put into the correct behavior, to achieve the effect of both self-help and help others.

Rational construction of vertical hierarchy system. Aiming at the psychological problems of college students at different levels, a four-level mental health education system has been established, which consists of full-time teachers in the school psychological counseling center - college counselors, class teachers - class psychological commissioners - dormitory directors [9]. In the case of moderate depression and anxiety, full-time teachers from the school psychological counseling center with practical experience and complete psychological expertise should intervene from a professional perspective. Students in learning, communication, development and other aspects of general psychological problems, by the basic psychological knowledge of the instructor or head teacher to deal with; In the students due to specific events caused by the occasional psychological disorders, by the class psychological commissioner or dormitory director for help. The vertical and stratified work system creates multi-channel space and approaches for the school to understand and master the students' psychological status dynamically, provides the smoothest and most humanized channels for college students to seek psychological support, and provides a powerful organizational guarantee for the implementation of college students' mental health education.

C. *Highlight the Subject and Improve College Students' New Media Literacy and Enhance Their Discrimination of New Media Information*

Guide college students to correctly understand network new media, make good use of network new media, and identify diversified sources and channels of network information resources; Through the college students' moral cognition, moral emotion and will, faith, etc. The interaction of the psychological characteristics and build a self education, training, edify, good atmosphere of self-adaptation, cultivate the spirit of moral self-discipline, building humanistic spirit of the new media era, building fit the new media development system of mental health education, to guide college students to health digital life.

V. CONCLUSION

In the new media era, it is helpful to study the mental health education of contemporary college students.

A. Construct network format and whole-process network mental health education mechanism for college students

Through the construction of horizontal curriculum, vertical network format of college students mental health education mode, improve the overall mental health education of college students; To promote the healthy development of students' psychological quality, the whole-process training mode of in-class, off-class and online-offline is constructed.

B. Bring mental health education into the network ideological and political education system

The work of mental health education and network ideological and political education will be deployed together to promote long-term. Colleges and universities should establish a three-level network for mental health education in schools, colleges and classes to ensure the solid and effective promotion of this work.

C. Create a new pattern of mental health education based on the new media platform

The combination of personality training and general grasp, the combination of facing the whole and focusing on the importance of mental health education for college students, research and summary of the characteristics of student groups and high-risk students, enhance the pertinence and effectiveness of mental health education for college students.

ACKNOWLEDGMENT

This work is supported by

(1) The social science research project of the 13th five-year plan of Jilin provincial department of education (ideological and political special project) "Research on Psychological Health Education of College Students in the Context of New Media" (project number: JJKH20190965SZ)phased research results.

(2) Social science research project of the 13th five-year plan of Jilin provincial department of education (ideological and political special project) "Innovation Research on Ideological and Political Education of College Students in the Context of Big Data Era"(project number: JJKH20190969SZ)phased research results.

(3) The general planning subject of the 13th five-year plan of education science of Jilin province in 2017, "research and practice on the improvement of employment ability of college students with" double poverty "under the background of" supply side "reform" (project number: GH170257) phased research result.

REFERENCES

- [1] Chen Wenjun and LiYajiu, "Research on the Management Mechanism of College Students' Mental Health Work Under the New Media," in Education and Teaching Forum, PP. 11-12, November 2016.
- [2] Cui Zongmin, "Research on the Influence of Mew Media on Students' Mental Health," in Education and Teaching Forum, PP. 235-237, December 2017.
- [3] Chen Huan and WangXiaoyue, "Research on the Teaching Reform of College Students' Mental Health Education from the Perspective of New Media," in Journal of Higher Learning Research, PP. 66-67, July 2017.
- [4] Wang Qing, "Discussion on Psychological Health Education of Science and Engineering Students from the Perspective of New Media," in Modern Business Trade Industry, PP. 159-160, October 2017.
- [5] Cheng Meihua, Liu Qingrui and Bai Rui, "On Mental Health Education and Training of Creative Talents in Colleges and Universities," in Journal of Northeastern University(JCR Social Science Edition), PP. 79-83, January 2012.
- [6] Song Shuying, "The influence of new media environment on college students' mental health," in The Press, PP. 137-138, August 2015.
- [7] Chen Ruiling, "On the psychological health of college students in the new media era," in The Press, PP. 119-120, May 2016.
- [8] Zhang Wenwen and Zhang Jiatian, "The influence of new media on college students' mental health," in Journal of Kaifeng Institute of Education, PP. 159-160, December 2015.
- [9] Li Xiaoxia, "The application of WeChat public platform in college students' mental health education in the new media era," in Journal of Shandong College of Agricultural Engineering, pp. 140-141, October 2018.