Research on College Students' Mental Health Education Innovation from the Perspective of Big Data

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Abstract—**With the development and progress of science and technology, big data technology provides new ideas and new paths for mental health education in colleges and universities. At present, there are many problems in college mental health education, such as neglecting college students' mental health education, the implementation of college students' mental health education is not in place, and the effect of college students' mental health education is not ideal. In response to the call of the country and the times, this paper studies large data used to determine the precision of college students' mental health problems, the use of big data way of innovation of college students' psychological health education guidance, the use of large data set up a sound security and supervision mechanism, university teachers, and takes advantage of the large data integration resources, so as to improve university students' psychological health education work of scientific and systematic.**

Keywords—big data; college students' mental health education; educational innovation; psychological problems

I. INTRODUCTION

With the emergence of psychological problems of college students, it is urgent to strengthen the psychological health education of college students. In recent years, the integration development of psychology and information technology has entered a new stage. Big data technology provides a lot of real and valuable research information data for psychological research and greatly promotes the innovative research of psychology. In the "13th five-year" education plan, the party and the government have issued several special documents to put forward requirements for college students' mental health education, and issued a series of documents on college students' health education, providing strong policy support for the development of college students' mental health education. Therefore, colleges and universities should attach importance to psychological health education of college students, make full use of the advantages of big data, improve the operation mechanism of psychological health education of college students, and promote the development of psychological health of college students.

The information storm brought by big data is transforming people's life, work and thinking. Big data has opened a significant era transformation. More data does not necessarily mean more information. Information needs to be informative, which helps us make critical judgments and decisions about further development. Information extracted from huge amounts of data is not necessarily valuable and available to people, so it needs to be transformed into useful information. In practical application, big data and psychology are closely but inseparable. Psychological theory guides the analysis and application of big data.

In order to keep up with the development of the times, to meet the aspirations of for large data talents, the Chinese academy of sciences institute of psychology in combination with its first-class scientific research and technological advantages, to teach students about big data psychology professional workshops, big data workshop psychology course is unique in China at present will be combined with a large data of the new professional psychology, aims to raising has the broad solid professional knowledge and the big data processing ability and the management of multiple data capacity of senior talents, in order to better return on society and serve the society. How to effectively apply big data, cloud computing and other new information technology, create value and wealth, create the future, is a great opportunity and challenge.

II. THE CURRENT SITUATION OF COLLEGE STUDENTS' MENTAL HEALTH EDUCATION

In recent years, all sectors of society and the country attach great importance to the psychological health of college students. Meanwhile, the development and progress of big data technology provide strong practical support for the integrated development of psychology and big data. In the 13th five-year plan for education development, the party and

the government have issued several special documents to put forward requirements for college students' mental health education, and issued a series of documents on college students' health education, providing strong policy support for the development of college students' mental health education. Therefore, this paper studies large data can be integrated with the college students' mental health education development concrete application, the research goal is to make college students' mental health education with the technology of data fusion from theory to practice, to break the psychological health education research, lack of scientific data analysis and old psychological education teaching mode, the innovation of college students' psychological health education teaching diversity, times and novelty, and make the college psychological health education work more targeted and effectiveness.

At present, the policy on psychological health education of college students is improving day by day, financial support for research is increasing, and the policy system on psychological education of college students is also gradually established. However, there are still many problems such as neglecting the mental health education of college students, the implementation of mental health education of college students is not in place, and the effect of mental health education of college students is not ideal.

Since the ministry of education issued a notice on the construction of mental health education for college students in 2011, colleges and universities across the country have opened compulsory courses on mental health education for college students. However, there are still many mental health education construction works in colleges and universities, which is only in the initial stage. Some colleges and universities have many problems, such as insufficient attention, insufficient investment, and insufficient investment of psychological education teachers, which make the mental health problems of college students unable to be solved. In addition, some universities do not give full play to the role of big data technology in guiding and implementing the mental health education of college students when the mental health education of college students is initially carried out, so the effect of mental health education of college students is not ideal.

A. The Attention Paid to Mental Health Work Is Insufficient

To carry out psychological health education for college students in colleges and universities requires certain financial, material and human resources support, professional psychological education teachers, specialized management institutions and scientific big data application mechanism system. But traditional treatment of some colleges' and universities' students mental health problem has only old ideas and limited resources, leading to college students' psychological health education work related resource input is not enough, and that part of the college students' mental health education in colleges and universities only stay in theory, and the insufficient attention is unable to make the college students' psychological education work from theory to practice so as to promote college students' psychological quality improvement.

B. The Implementation of Education Work Is Not in Place

In recent years, both the party and the state attach great importance to the mental health education of college students, and in a series of related documents issued successively, they all put forward the requirements for the compulsory mental health education of colleges and universities, but there is no relevant supporting guarantee and supervision mechanism to implement. In addition, the academic circle mainly focuses on the government's attention to the mental health quality of college students, and various universities have opened courses of mental health education, but there is no mention of the specific results of its implementation or the specific case analysis of students. This is precisely because of the lack of the corresponding supervision mechanism and the lack of a unified evaluation standard for the psychological education effect of college students, so the implementation of mental health education in some colleges is not in place, and there still exists some problems.

C. Psychological Education Effect Is Not Ideal

Mr. Wang Xiao Kang said: "facing the needs of college students' mental health education, there are still problems in the overall construction of college students' mental health education teachers, such as insufficient quantity, low professional level and unstable team. To a large extent, the unsatisfactory effect of mental health education of college students is due to the lack of attention, the lack of relevant guarantee and supervision mechanism, the lack of unified evaluation standard, the imperfect construction of teachers, the low professional level and quality of teachers.

Therefore, in order to promote the enhancement of psychological education of college students, the country and colleges and universities should do the following things. First, college leadership attaches great importance to psychological health education of college students. Only when the university leadership really attaches importance to the construction of mental health education of college students in ideology and action, can it strengthen the overall planning and leadership of mental health education of college students in the management of school affairs, and promote the improvement and innovation of relevant departments and corresponding management mechanism of the university. The second is to establish and improve the guarantee and supervision mechanism of psychological health education for college students. The party and the state should improve the corresponding supporting construction in order to ensure the implementation of college students' mental health education in place and in a scientific and feasible manner, relevant supervision institutions and relevant supervision mechanisms should be set up. Third, the construction of college students' mental health education teachers should be strengthened. Countries and universities should increase financial input to ensure funding for training and training institutions, training professionals engaged in the work of mental health, for part of teachers' professional level is not high or on-the-job does not have to continue training for the psychology of teachers' professional knowledge training, make them master or master professional knowledge of psychological health education,

so as to improve the overall quality of the contingent of teachers in colleges and universities.

In recent years, all sectors of society and the country attach great importance to the psychological health of college students. Meanwhile, the development and progress of big data technology provide strong practical support for the integrated development of psychology and big data. In the 13th five-year plan for education development, the party and the government have issued several special documents to put forward requirements for college students' mental health education, and issued a series of documents on college students' health education, providing strong policy support for the development of college students' mental health education. Therefore, this paper studies large data can be integrated with the college students' mental health education development concrete application, the research goal is to make college students' mental health education with the technology of data fusion from theory to practice, to break the psychological health education research, lack of scientific data analysis and old psychological education teaching mode, the innovation of college students' psychological health education teaching diversity, times and novelty, and make the college psychological health education work more targeted and effectiveness.

III.   RESEARCH STRATEGY OF PSYCHOLOGICAL HEALTH EDUCATION INNOVATION OF COLLEGE STUDENTS UNDER THE BIG DATA THRESHOLD

A.   Using Big Data to Determine the Accuracy of College Students' Mental Health Problems

One is the methods of big data available through the school network center background system for students to the type of browsing the web surfing the web and the length of the judge, so that to understand the psychological status of students in - a degree, if students view the web page is the leisure entertainment, shopping and so on aspects of the site for dating, and browsing the site for a long time, then the school will be real-time block these websites, the practice to a certain extent, have the effect of a reminder to the students. At the same time, big data can also pay attention to the health of the webpage visited by students on this basis. If students are found to browse unhealthy website information, mental health education staff in universities can take corresponding measures. Second, the college counseling team can use big data to do the questionnaire or interesting psychological test, to the students in their daily life speech network platform for mental health or not, and the speech data statistics and analysis of the mental health status, to determine the precision of college students' mental health problem.

B.   Making Use of Big Data to Innovate the Counseling Form of College Students' Mental Health Education

First, colleges and universities should strengthen the training of data talents. Psychological counseling teachers should not only have conceptual quality, but also have practical skills, that is, they should timely find out students' mental health problems through big data and take

corresponding measures. Second, universities should establish a platform for the psychological consultation, for some the need for psychological counseling students enthusiastic help, for example, the institutes WeChat public, official weibo account number, etc., let the students to participate in the public operation, give full play to the creativity of the student cadre, allow the public to become a psychological coaching center, let the role of psychological coaching center was strengthened. At the same time, we often push healthy and interesting information on the public platform, create an atmosphere that attaches importance to the development of psychological health, gain the trust of psychologically frustrated students and provide them with accurate and effective treatment; Third, universities can make use of big data to innovate the teaching mode of psychological education, so as to prevent and prepare for the future. For example, flipped classroom is adopted for teaching, which organically combines the mental health education work with the characteristics of big data and promotes the comprehensive development of students. Through the big data platform and the Internet, the initiative of classroom is returned to college students, so that students can effectively interact on the big data platform and the Internet, cultivate students' interest in learning, and mobilize students' enthusiasm in learning.

C.   The Use of Big Data Technology Enhances the Effect of Psychological Health Education for College Students

Compared to the traditional psychological education, and the application of large data make mental health teachers not only accurately obtain the students' psychological reactions of data and information, but also broaden the channels for mental health counseling, and the most important is that big data can also be according to the mental health status of the school, and most of the students timely push some health information actively, make positive guidance work, nip in the bud. Therefore, this paper calls on mental health teachers to conform to the trend of the times and mobilize all kinds of resources by using big data, so that psychological education can achieve better results.

D.   Establishing and Improving Guarantee and Supervision Mechanism by Using Big Data

The universities cooperate to establish a mental health education database, which combines information on mental health education of college students by using the ability of large data collection, collation and processing information, so as to provide reference for colleges and universities to carry out mental health education work. At the same time, the universities enter in the database the specific case analysis and implementation methods of students' mental health education, and the information resources between the universities share information resources, but also play a role of mutual supervision. It is necessary to use the characteristics of big data to establish a psychological information database to fully guarantee the effective implementation of mental health education in colleges and universities, and promote the professional and scientific development of mental health education in colleges and universities.

E. Integrating the Resources of College Teachers with the Advantages of Big Data

The central leadership group with comrade Xi Jinping as general secretary, keeps pace with the times, proposes in the proposal of the 13th five-year plan: "implement the national big data strategy, promote the development and sharing of data resources", and leads the whole country to embrace the era of big data. "The age of big data is about to unleash huge value, so that our choice of big data concepts and methods is no longer a trade-off, but an inevitable choice for the future."

It is a necessity to use the massive data and information processing function of big data to transform data into knowledge sharing, establish a teacher psychology research resource sharing platform, and this platform brings together the country's authoritative psychology experts and psychological research institutions, and part-time teachers receive regular professional training and supervision on the platform to improve their professional level and academic quality in psychology. On this basis, it is necessary to improve the ability of part-time staff to screen analysis platform, early warning tracking platform, active intervene platform application ability, while part-time teachers should be skilled in using online teaching platform for teaching, actively promote the flip classroom and other new forms of teaching, and strive to build a full-time teacher skilled in colleges and universities, specialized combination, professional complementarity, relatively stable, high-quality college students mental health education and psychological counseling teachers.

IV. CONCLUSION

Using big data to carry out health education of college students innovative research is "much starker choices-and graver consequences-in" thought in the practice of college education development planning and development of college students' mental health education mode for innovation. Improving the pertinence and effectiveness of college students' psychological quality has important guiding significance, and students' psychological health education for colleges and universities can provide new ideas and thinking. The mental health education of college students under the threshold of big data is a powerful supplement to the healthy education of college students under the 13th five-year plan, and also a specific application of big data technology and health education research of college students. In the age of big data information, colleges and universities should seize the opportunity of the development of the times, face up to the current situation of college students' mental health education, promote the integrated development of big data technology and college students' mental health education, innovate the mode of college students' mental health education with the advantage of big data, and promote the development of college students' mental health education.

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