

Analysis and Suggestions on the Current Situation of Mental Health Education and Social Psychological Service System in Ethnic Areas——Take Baise City as an Example

Bei Song, Guipin Que*

Baise University, Baise City, Guangxi, China 533000

**Corresponding author. Email: 313222527@qq.com*

ABSTRACT

This research combines the concept, connotation, and characteristics of social psychological services, and analyzes the current status of psychological health education and social psychological services in Baise City. The study found that the hardware facilities of mental health education and psychosocial services in ethnic minority areas have begun to take shape, but the software facilities are insufficient; the coverage of psychosocial services is incomplete and the public recognition is not high; the psychosocial services are mostly problem-oriented and lack preventive, proactive, and Systematic; the type of psychosocial services is single, and the service content cannot meet people's actual needs. In response to the above problems, the following countermeasures are proposed: establish a specialized and specialized psychosocial assistance center; specialize and complement each other, optimize the team, and build a professional talent team; create a "national characteristic" social psychological service brand; comprehensive orientation, entire process, and entire population Social psychological education activities are intended to provide references for the construction of social psychological service systems in ethnic areas.

Keywords: *Mental health education, Psychosocial services, Ethnic regions.*

1. INTRODUCTION

Improving the social psychological service system, timely channeling bad emotions, and improving people's mental health are important content of building a harmonious society and an important way to promote social sharing and promote social co-governance. In October 2015, the "Thirteenth Five-Year Plan" formally proposed the comprehensive construction of a "Healthy China" strategy, strengthened the construction of the basic system of social governance, improved the construction of the social psychological service system and the relief mechanism, and the crisis intervention mechanism; the 19th National Congress of the Communist Party of China further pointed out: strengthen The construction of a social psychological service system fosters a self-esteem, self-confidence, rational peace, and a positive social mentality; the Fourth Plenary Session of the 19th Central Committee once again emphasized the improvement of the social psychological service system and crisis intervention

mechanism, and perfected the comprehensive mechanism for the multiple prevention, mediation and resolution of social conflicts and disputes.

At the same time, the State Council issued the "Opinions of the State Council on the Implementation of the Healthy China Action", established the Healthy China Action Promotion Committee, and issued a series of documents such as the "Healthy China Action (2019-2030)", which fully demonstrates that the Party and the government have a great role in the people. The people's mental health issues have been emphasized. The response to the epidemic once again highlights the importance and urgency of the construction of the psychosocial service system. We must deeply analyze, seriously reflect and focus on solving the basic and systemic problems in the construction of the psychosocial service system, and promote The professional and specialized development of social governance and social emergency management.

2. THE BASIC CONNOTATION AND FUNCTION OF THE SOCIAL PSYCHOLOGICAL SERVICE SYSTEM

Social psychological service refers to the promotion of the application of psychological knowledge and principles in social governance by vigorously building a mental health service system, thereby enhancing the sense of gain, happiness, and satisfaction of the broad masses of people (Chang Hongyan, 2018). The social psychology service system corresponds to the development psychology, education psychology, especially the mental health service system. It mainly works from the perspectives of easing social emotions, calming social mentality, resolving social conflicts, preventing and controlling social crises, and creating a harmonious social atmosphere (Fan Bin, 2020;Chen Sha, 2020). Such as psychological crisis intervention agencies, emergency expert committees, rescue teams established by relevant departments.

In short, the construction of a social psychology service system should include a set of work systems and work models, which can be institutionalized and systematically investigated, understand public opinion, monitor changes in social mentality, study the deep-seated causes that affect social mentality, and study accidents and group behaviors. The social and psychological factors in the system are used to adjust

Table 1. Summary Table of Mental Health Education and Service Institutions in Baise City

Competent authority	Specific psychological service agencies
Education sector	Psychological counseling centers are set up in all elementary schools, junior high schools, and high schools. Psychological Counseling Center for Junior Colleges and Undergraduate Colleges. Propaganda Department Civilization Office, Mental Health Service Team. Emergency management department, psychological assistance. Women's Federation, Women and Children Care Center.
Government department	Psychological rescue team of the Red Cross. The Spiritual Defense Service Department of Baise City. The Municipal Youth League Committee and the Civil Affairs Department carry out psychological activities. Propaganda Department Civilized Office Baise City Minor Mental Health Counseling Center. Psychological centers in various neighborhoods
Medical department	Department of Psychology in various hospitals (Second People's Hospital, City People's Hospital).
Social Psychological Service Agency	Baise Chuxin Psychology Studio, China Psychology Baise Service Station, etc.

Data source: The author organizes based on the interview results

As shown in Table 1, the departments currently engaged in mental health education and services in Baise City are mainly concentrated in education departments, medical and health departments, government departments and psychosocial service institutions. The specific analysis is as follows:

relevant policies in a timely manner, improve working methods, create a fair and just social governance model, shape a clean and upright social atmosphere, and minimize the general psychological distress caused by emergencies. Psychological problems such as psychological disorders.

3. ANALYSIS OF THE STATUS QUO OF PSYCHOLOGICAL HEALTH EDUCATION AND SOCIAL PSYCHOLOGICAL SERVICE RESOURCES IN BAISE CITY

Data is collected through semi-structured interviews. Statistics show that the main departments that can provide psychological services in Baise City are: education departments (all primary and secondary schools, vocational education, higher education), medical institutions (psychological departments of various hospitals, people in Baise City). Hospital, Second People's Hospital, Affiliated Hospital), government emergency management department, others (Baise City Red Cross Psychological Assistance Team, Women's Federation Children and Women Care Center, Youth League Committee Baise City Youth Care Center 12355 Hotline, Civilization Office Mental Health Service Team) And sporadic community psychological center services (see Table 1 for details).

(1) Mental health education and services in the education sector

The psychological services provided by the education department of Baise City are mainly embodied in the psychological counseling services offered in colleges, junior high schools, primary schools, and kindergartens. Although current primary and secondary schools, including semester education, already have part of the hardware for psychological

services, such as psychological counseling rooms, most of the psychological teachers who are not equipped with professional teachers are generally substitute teachers. It is difficult to have professional psychological counseling services. There are psychological counseling services. Most of the consultation rooms are idle, with insufficient psychological service capacity, insufficient development of psychological activities, and a waste of psychological service hardware resources.

Compared with basic education, Baise's colleges and universities have more complete psychological service capabilities, teachers, and hardware. For example, Youjiang Medical College for Nationalities has set up a psychological counseling center for minors, Baise College has set up a psychological counseling center for college students, and at the same time, Baise College There are specialized psychological teachers, offering courses in the field of psychology such as "Mental Health Education Courses", "Psychological Counseling for Middle School Students", "Psychological Counseling for Primary School Students", and "Psychology". However, these college resources are only for the students of the school. It is open to the citizens of Baise, and fewer people actively open to serve the society, and the psychological service resources of universities are not fully utilized.

(2) Psychological service departments established by government departments according to their job responsibilities

Relevant departments of the Baise City Government have set up psychological service departments based on their job responsibilities, such as the 12355 Youth Psychological Service of the Youth League Committee, the Children and Women Care Center of the Women's Federation, and the Psychological Rescue Team of the Red Cross, but these departments do not have their own professional teams, and most of them use When purchasing services, the quality of services and the scope of services are very limited. The interviews learned that when an emergency occurs, the government needs to temporarily set up a volunteer team, and there is a problem of inconvenience in the deployment of social psychological services.

(3) Psychology department established by medical department

The medical department of Baise City has set up a psychology department, which is mainly open to provide psychological consultation services to the whole city. The Department of Psychology of Baise People's Hospital and Baise Second People's Hospital have professional teams, equipped with psychological CT, physical and mental feedback music relaxation therapy chairs, psychology Treatment sand table and other equipment, psychological diagnosis and treatment

technology and psychological testing comprehensive software and training system. Carry out various psychological tests, psychological consultation and treatment, suicide and psychological crisis intervention, and psychoanalysis and treatment. For neurasthenia, obsessive-compulsive disorder, sleep disorders, children's behavior disorders, hyperactivity, etc. However, medical departments mostly provide therapeutic interventions. They provide inadequate guidance and counseling services for general social psychological problems, insufficient psychological counseling on family education, intimacy, parent-child relationships and other social public psychological consultations, and adjustments to the general public's mood for public emergencies and public society. Insufficient behavioral intervention.

4. SUGGESTIONS FOR BUILDING A SOCIAL MENTAL HEALTH SERVICE SYSTEM

4.1. Establish Specialized, Specialized, and Systematic Psychosocial Assistance Centers

Strengthen the unified leadership of service agencies and promote the sound development of the psychological consulting industry. From top to bottom, relevant government departments will take the lead to establish a department responsible for the city's psychosocial work, arrange a special plan for the development of psychosocial consulting services, integrate it into the local comprehensive economic and social development plan, and provide financial allocations, taxes and fees for psychosocial services Policy support such as reduction and exemption, and evaluation and assessment of social psychological services carried out by various departments.

Fully connect and use existing psychological resources such as the psychological department of the hospital, the psychological health education centers of primary and secondary schools, the psychological centers of higher schools, the youth mental health centers, the Women's Federation Children and Women's Mental Health Center, the Red Cross Psychological Rescue Center and other existing psychological resources to establish inter-department , A cross-industry expert committee, experts include psychiatry, clinical and consulting psychology, medical psychology, social psychology, social work, etc., to give full play to the decision-making consulting role of expert think tanks and provide technical support and guidance. Innovate the management mechanism of professional psychological counseling service institutions, and strictly formulate management systems such as access conditions, reasonable fees and professional levels. Strengthen the social and psychological risk early warning and handling

mechanism, and improve the social psychological crisis intervention and ease of capacity.

4.2. Professional and Complementary, Optimizing the Team, and Building a Professional Talent Team

Strengthen the team of professionals in psychosocial education, psychological medical services, and psychosocial services, and recruit a team of professionals specializing in psychosocial assistance. Relying on existing resources, encourage the acquisition of "dual-teacher dual-ability" psychological counseling teachers to serve the society, and encourage practical and compound high-level psychosocial assistance applied talents.

Make full use of social resources, absorb professionals from schools, medical institutions, and psychological counseling institutions as volunteers, and enrich the front-line work teams in communities, schools, and enterprises. Establish a social psychological service think tank, optimize the management of social psychological service volunteers, establish a personal information database of volunteers, and continuously optimize the entry, assessment, reward, punishment and exit mechanism of volunteers, and improve the overall quality of the team and the level of social psychological service capabilities. Encourage and support psychosocial service organizations and expand the team of psychosocial services.

4.3. Creating a Social Psychological Service Brand with "national characteristics"

Through a variety of ways of publicity and guidance, social psychological services and media communication are combined, and public welfare special columns are opened to create a friendly, mutual trust, and positive social atmosphere. Gradually standardize the psychological impact in decision-making, the evaluation process, improve the policy release, interpretation and guidance mechanism, accurately grasp the interests of various social groups, stabilize the people's psychological expectations, and enhance the people's sense of gain, happiness, and security.

Establish a public service platform, integrate service hotlines, unify ports, develop special activities, create a social and psychological service brand with national characteristics, open hotlines, public accounts, carry out mental health knowledge preaching, and form mental health management awareness. The Social Psychological Service Center manages all psychological work in a unified manner, establishes a brand publicity role, enhances society's trust in psychological assistance, strengthens social

psychological assistance and focuses on social issues, and helps people truly solve psychological needs and problems in reality.

4.4. Carry out Psychosocial Education Activities in a Comprehensive Direction, the Whole Process, and the Whole Population

Carry out social psychological service activities in categories and levels, carry out psychological knowledge popularization activities for the general public, carry out psychological interventions for key populations, carry out psychological safety support services for special populations, and manage and treat patients with severe mental disorders. Strengthen the psychological counseling and guidance of social members, improve the psychological counseling network, and guide people to treat themselves and others, groups and society correctly, treat difficulties, setbacks, gains and losses, and honor and disgrace, and organically integrate personal value orientation with the needs of social development. Give full play to the role of colleges and universities and other professional institutions and group organizations such as industrial youth and women's leagues in social psychological assistance and guidance, incorporate mental health education into the curriculum system of schools at all levels, and strengthen mental health counseling and education.

5. CONCLUSION

Research shows that the mental health education and social psychological service system in ethnic areas is not perfect. How to change the public's poor perception of psychological science and mental health? How to conduct regular psychological surveys and social psychological monitoring? How to conduct research on the public's social mental health and common psychological problems requires further in-depth research on mental health services to provide a scientific basis for psychological intervention strategies.

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