



# Research on Mental Health Education of College Students Based on Group Psychological Counseling

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**Abstract.** In the present process of the mental health education in colleges and universities, a growing number of college teachers attach importance to the way of group psychological counseling. Combining group psychological counseling with the conduction of undergraduate mental health education, it is effective to improve the efficiency of mental health education of college students, assist college students to develop more objective and more rational understanding of themselves and the world, and positively improve social relationships around them, thereby improving students' ability of psychological endurance and gradually growing in the deepening process of understanding themselves and the world. According to this, through deep research on the development plans of mental health education of college students based on group psychological counseling, in order to improve the working quality of mental health education of students and provide some valuable references for encouraging all-round development of students.

**Keywords:** Group counseling; College students; Mental health; Educational research.

## 1 Introduction

During the continuous development of higher education in China, psychological problems of college students have become one of major concerns that many teachers pay attention to. In the process of university development at this stage, because some teachers ignore mental health education, a considerable number of college students have shown shortcomings in regulating ability of mental health. In the face of difficulties and setbacks, students cannot effectively regulate emotion and then it is likely to give rise to various mental problems. Thus it can be seen that improving teachers attention to mental health education of college students is necessary. However, in the current process of health education in colleges, it shows inadequate effectiveness in commonly personal consultation of mental health which could not meet the natures of a huge number of students in colleges with inadequate effectiveness. Therefore, it is essential to apply mental health education to mental health education in colleges.

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## **2 An overview of mental health education model**

Conducting group psychological counseling by psychology teachers in colleges means being based on students' characteristics and objective environment in colleges and taking groups as the main object to conduct psychological counseling. Under this model, different members within the group can enhance communication, constantly observe others and aware of themselves so as to improve their cognition to objective reality and personal relationship, further improving the development of students' mental health. As a result of a later start in mental health education in colleges, the practice of mental health education in colleges in the way of group psychological counseling has existed for a short time. However, compared with commonly personal consultation of mental health, group psychological counseling has such features as efficient and flexible, consequently it has been valued by more and more psychological teachers[1].

## **3 The role of psychological health education**

### **3.1 To build a harmonious society**

Under the background of the deepening of the new curriculum reform, the mental health problem of college students has become one of the problems that many educators should focus on. This is because college students are faced with greater learning pressure, and students are in the young age, their psychological characteristics are sensitive and changeable. Carrying out high-quality mental health education at the university stage is an important way to deepen the reform of quality education and an inevitable requirement for building a civilized and harmonious society[2]. College students are successors to the socialist cause of the motherland, and only to form a good and healthy psychological state can bring important influence for the ability to future study and step into the developing society of students.

### **3.2 To improve the quality of education**

From the perspective of colleges and universities, it is very important to carry out high quality psychological health education. For example, in the actual study and life, many students are easily excited when they encounter problems, and it is difficult to carry out effective emotional regulation and self-control, which has a great influence on the management of the school. In order to promote the construction of a harmonious campus and create a good learning environment for students, the school should pay much attention to students' psychological health education work, establish a restraint system, and encourage teachers to explore an effective mode of psychological health education, so that students can live in a relaxed and happy learning atmosphere through their university careers [3].

### **3.3 To promote the growth of students**

In the growth process of college students, healthy psychological quality is an important basis to promote the growth and development of students. If the student's mental health is not enough, it is difficult to cope with the pressure brought by the busy study. At the same time, it is difficult to effectively cope with the setbacks and adversities in life. College is the most innocent period for students, and many children still live in the ivory tower in college. Because of their shallow life experience, their psychological ability is weak, and they are often at a loss when facing common problems such as learning pressure, interpersonal conflicts and even family conflicts[4]. In view of this problem, we should actively adapt to the psychological health education model of college students, give full play to the important role of communication, focus on the psychological changes of students in the growth process, promote students to face the problem, give positive psychological guidance to students, cultivate their positive and optimistic personal mentality, and improve the effectiveness of psychological health education work.

## **4 The role of group psychological counseling**

### **4.1 Group psychological counseling can promote students' communication**

The most prominent feature of group psychological counseling is to build an effective communication channel among members, improve students' individual cognitive abilities through others' evaluation and feedback and promote students' awareness that "personal experience is not an exception" according to their objective reality, so as to fundamentally weaken students' sense of loneliness and inferiority[5]. In the process of group psychological counseling work, the interactive atmosphere among students and the cooperative activities between teams have a certain infectious and cohesive effect, and students with potential psychological problems can cooperate and encourage each other in group activities, so that they can gradually get out of their personal psychological problems, form positive psychological attitudes, help students establish a wider range of interpersonal relationships and continuously enrich their interaction experience. Thus, students can improve their adaptability to personal interpersonal relationships and activity environment.

### **4.2 Group psychological counseling can reduce the cost of counseling**

Compared with the traditional individual psychological counseling mode, the most obvious feature of group psychological counseling is that the number of participants is large, so the use of teachers' counseling space and time is more efficient, which can effectively save the resources needed to carry out mental health counseling work[6]. In addition, the application of group counseling mode in the process of college counseling work can effectively change the problem of insufficient number of professional counseling teachers in the process of college counseling work, which has the education characteristics of low-cost and high-efficiency and is more valuable in practice.

### **4.3 Group psychological counseling can promote the development of students**

Under the model of group psychological counseling, mental health teachers counseling teachers can create educational situations that are closer to students' real life, so that mental health education work can be effectively related to students' real life and deepen students' understanding and cognition of mental health knowledge. Currently, many students who participate in group counseling have certain negative emotions, so in the process of group counseling, students can effectively release these negative emotions, form a sense of belonging and security in the team, create a positive atmosphere of mutual growth and progress in the process of mutual understanding and help and achieve a healthy personal psychological development.

## **5 Research on mental health education of college students based on group psychological counseling**

### **5.1 Carry out mental games and mobilize students' participation**

In the process of group psychological counseling, teachers can use games as a medium for students to communicate with each other, project students' inner world in the form of game questions, discover the characteristics of different psychological activities of different students, and carry out targeted psychological counseling work[7]. In this pattern of activity, it can effectively improve students' participation in psychological counseling work, and make psychological counseling education work more interesting.

Taking the author's mental health education work as an example, in the process of guiding the application of the group psychological counseling model, I carried out the "sincere praise" game counseling activity--I asked all students to form a circle of 10 people, and then asked the members of each group to sit in the center of the circle in order to receive praise from other members, and other members should look directly into the eyes of this classmate during the praise process, and then say three advantages of this classmate. In doing so, I required that the attitude between students must be sincere. Then in such a game activity mode, every student can discover their own strengths in the process, so as to form a personal understanding in the process of communicating with others, and at the same time narrow the distance between different members[8].

### **5.2 Construct activity scenarios and promote students' communication**

When carrying out group psychological counseling work, mental health teachers should guide students through multilateral interaction, and provide students with more harmonious and convenient conditions in terms of interpersonal communication by constructing a life-oriented education situation for students, and promote students' communication and exchange with the external environment. In a harmonious communication environment, students can further feel the equality in the process of interpersonal communication, which is an important form of eliminating students' negative psychology and promoting students' perception of life.

For example, in the process of carrying out mental health education, I designed "Hello, Stranger" learning activities for students, so that students can actively communicate with members of the team who have never communicated before, and promote students' positive interpersonal communication and exchange. Then in such an interactive situation, students will form a certain identification with themselves and the communication object: everyone is a "stranger", but students will become no longer strangers in the team activities, and at the same time, under the promotion of the situation, students can change the traditional negative psychological model and improve the effectiveness of mental health education activities.

### **5.3 Deepen students' cognition through activity evaluation**

According to the Maslow's hierarchy of needs, individual psychology has the main needs of communication, identification, respect, belonging and love, and the philosophical psychological needs are diverse, corresponding to different social behaviors. At the same time, the satisfaction degree of these psychological needs has an extremely important impact on individuals' mental health. In the process of higher education work at this stage, because college students' personal family environment is superior, many college students' collective consciousness is not enough, many college classes don't have strong cohesion and sufficient centripetal force, which prevents many college students from finding the so-called "belonging" in the class. As a result, experience and education work and mental health education work have difficulty playing the due role. In view of this problem, we can make students reshape their personal views and deepen the cognition of the surrounding environment in the process of continuous information exchange and feedback analysis through group psychological counseling activities.

Taking the author's mental health education work as an example, in the process of group psychological counseling work, for the lack of students' collective consciousness, I designed the "we together" psychological counseling activity in the process of counseling and guided students into the class environment through a clear theme, making students form the collective consciousness and responsibility consciousness, actively participate in various activities of construction of the class and realize that in the class they're irreplaceable.

## **6 Conclusions**

To sum up, in the process of continuous development of higher education in China, mental health education is an extremely important work. High-quality mental health education work can not only promote improvement and development of students' personal personality and make students more mature, but also let students develop good values so as to lay a foundation for students' future growth and development path. However, in the current process of colleges' and universities' mental health education, due to the large cardinal number of students, it is difficult to carry out individual psychological guidance work effectively, and the lack of mental health education resources leads the actual education and guidance work to have difficulty playing the due effect.

In view of this problem, we can adopt the mode of group psychological counseling, through the form of classroom activities, class construction and games, to improve the students' participation in the mental health education work, fundamentally arouse the enthusiasm of students to participate in mental health knowledge learning and practice, thus laying a good spiritual foundation for the students' future growth and development path.

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