

Students' Mental Health Education Situation and Ways of implementation

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Abstract—The University should establish a mental health curriculum guide as the main channel for the school-based counseling center positions. Moreover, students are work force for the main routine psychological education and college students' psychological community mental health education is to supplement the working mechanism of college students, and constantly to improve leadership system. We should work earnestly to cultivate high-quality talent, a solid, sound foundation for future national talent building.

Keywords- *Mental Health Education; Working Methods; Mechanism*

I. INTRODUCTION

Good mental health is for learning, and realizes the value of life to improve the ideological and political qualities, which has a crucial role. Universities must therefore attach great importance to mental health education, college students understand the psychological development of the law, and constantly explore new working methods and mechanisms to effectively carry out education and training work earnestly high-quality talent, and lay a solid nation-building for the future and improve the talent base.

II. SITUATION OF THE MENTAL HEALTH EDUCATION

A. *Understanding of Mental Health Education of College Students Has Vague Connotation*

Since the mid-1980s, Chinese universities have set up psychological counseling agencies students, mental health education. Many people are the main objective of locating mental health education in minority college students who have mental problems; they focus efforts on counseling and treatment. There is a lack of prevention of mental illness and psychological development of the concept of education, mental health education connotation lack comprehensive and correct understanding.

B. *The Importance of Mental Health Education for the University Is Lack of Sufficient Knowledge.*

Due to lack of mental health education and scientific understanding of the laws, it is coupled with its own characteristics. And the impact of school mental health education by short-term effect on the behavior of some of the leadership and management leads to mental health education in college students' work that is not high, the way of the implementation of educational organization and leadership cannot be guaranteed.

C. *There is a Deviation of Recognition in College Students' Psychological Health Education Assessment*

In recent years, faced with a new environment, new issues appear in the psychological aspects of college students of more and more problems, and there is an upward trend. However, due to different sampling of various mental health institutions, the proportion of college students for a range of mental health problems exist in the assessment of differences, a direct impact on the way is to carry out mental health education colleges and universities to make mental health education that do not have very good development. We should precede from the actual school, for a wide range of psychological investigation and intensive research and analysis, sample the use of scientific criteria to determine the mental health status of college students to provide accurate and effective data reference for mental health education.

III. CONNOTATION OF MENTAL HEALTH EDUCATION AND IDEOLOGICAL AND POLITICAL EDUCATION

Colleges and universities in recent years are strengthening and improving the mental health education works that are carried out in an active exploration with many efforts and it has achieved some successes and significant results. Now, the uneven development of this work meets the needs of the community. Following are the major issues: First, it is lack of awareness of its importance. Yet this work is into the proper position, the scale and intensity of mental health work in schools cannot meet the needs of students. The second is the new situation tasks under the mental Health Education, objects, and other characteristics and laws that still lack sufficient knowledge and research, the lack of effective response measures. The third is the construction of mental health education work force that is not enough. Due to the lack of uniform rules and clear requirements, it is coupled with the implementation of some school policies that are not in place. And the system is not perfect, the current prevalence of mental health education are in colleges and universities that the number is less than normal, uneven level of team instability and other issues, it is greatly affected the psychological quality health education. The Fourth is the leadership system and working mechanism of psychological health education that needs to further establish and improve. Currently Mental Health Education of College Students is representing the presence of institutions that are not perfect, the preparation is not implemented, the division of labor is not clear, management is not in place and other issues generally. While many colleges and universities have established a mental health education and counseling of specialized agencies, but affiliation is not clear, the work lacks of scientific and normative deficiencies.

Psychology is a human innate in the human brain that can spontaneously produce things outside of a cognitive feedback. With the development of different individuals in contact with the environment, different individuals will form different psychological traits. Mental health education is in the process of individual natural development to be outside interference ideology, save adding positive factors, they abandon negative factors, the formation of a healthy, positive, good psychological quality. And they eliminate the negative impact of mental illness, and promote the healthy development of individuals. Mental health is a major role in education that is to guide and control. Psychology Professor Song Guoqiang pointed out: "Mental Health Prevention with good psychological quality education includes culture and mental illness, the two complement each other is nothing more than the purpose of promoting mental health education. The students are to form a good psychological quality, and to promote the healthy development of the individual." And thought as a rational knowledge, it is a perceptual processing and sublimation. Ideological and political education in philosophy, political science, sociology, ethics, etc., is the theoretical foundation, which belongs to the category of social science. Ideological and Political Education of Contemporary College Students, by the national interests of our national ideology, are the ruling faction that represents national interests and influence, with high political and national. Our ideological and political education of college are students, it is so that students formed the world, life and values remain relatively consistent with the ideological and moral development of our society to improve their political consciousness and moral qualities, and to emphasize the idea that is correct, moral, law-abiding. It is an important part of China's construction of socialist spiritual civilization, it is also to promote the foundation and guarantee the development of China's socialist construction.

Cross the psychological and ideological Mental Health Education and ideological and political education work, a unified whole, comprehensive human development is a very important aspect of personality and ideological progress in improving overall development. Integration of psychological education and ideological education, in line with the characteristics and laws of mental activity and thinking activities are intrinsically linked, which are reflecting the scientific outlook, political view of the concept of human unity. After the integration of education, it is to fully grasp the nature of man, it is a more coordinated manner to promote the comprehensive development of the educated and the progressive improvement of personality. Integration of psychological education and ideological education of optimization will enable both education and concerted efforts, the overall effectiveness of the two educational plays, which is to carry out two separate educations that are unmatched.

Colleges and universities are to develop a positive self-concept of students' education, to help students form a psychological healing power. Positive psychology emphasizes that everyone has the possibility and capacity development, they emphasize to solve their own psychological problems and promote their positive role in the growth of talent potential in everyone. New Era Students'

ability is for full self-education that is necessary. Self-education, in short, is to educate them, and its basic structure is the correct understanding of self and acceptance of self and self-regulatory initiative of three parts, the ability to self-education is a source of mental health, development and motivation of college students. You can set up public psychology courses and lectures to popularize knowledge of mental health, and in the process, you should do more to make a positive interpretation from the front, in order to help students learn to interpret negative events with a positive point of view. Positive psychology needs that everyone should believe in the power of the psychological healing power, it should be an open and enjoy the vision to see the potential, motivation and ability to themselves and others.

IV. ESTABLISH A POSITIVE CONCEPT OF MENTAL HEALTH EDUCATION

Positive psychology is directed at the negative psychology, negative psychological models to rule for nearly a century, which is questioned and challenged. Positive Psychology and a positive orientation of psychological research are concerned with human positive psychological quality; its emphasis is on human values and human care, with a new attitude interpretation of Psychology. [10] As a new concept, the purpose of positive psychology is the study of human beings having a positive quality; its attention is for human survival and development, which fully embodies the humane care of humanity, harmony and unity scientific. As educators, they should advance with the times, accept and understand the concept of positive psychology advocated humanity, change something about mental health education of cognitive errors, the traditional mode of mainstream psychology should take a critical attitude towards inheritance.

"Development-oriented, education-oriented" philosophy is calling for full implementation of quality education. The fundamental goal of university education is to improve the overall quality of students, training for socially useful talents. Quality of talent is including ideological and moral qualities, scientific and cultural qualities and health quality, health, including physical health, that is including mental health. For students, the psychological quality directly affects the overall quality of not only personal, but it is also to the success of China's modernization, which is related to the future of the Chinese nation. Students currently with the main way the Psychological Training are the psychological health education. Colleges and universities are to establish "development-oriented, education-oriented" concept of mental health education, the development of psychological health education may be rooted in the soil of quality education among so firmly to grasp the correct direction, and give full play to improve the overall quality of students the active role in making quality education more productive.

For the scientific concept of development, mental health education is for the times and for innovation in today's fast-changing society, people's ideas. The lifestyles are subtle, it especially changes in students' growth environment, like the rapid development of the Internet, university enrollment, job market, etc., physical and mental quality of college students put forward new requirements, but also for mental health

education work presents a new challenge. In particular, the impact of the digital age is the Internet as a symbol of the traditional moral psychology that is enormous. Because of the presence of anonymity and virtual state, most people are very casual, to show a large degree of psychological weightlessness. They are thinking that they can freely seek consolation, and then indulge in the network of life leading to the weakening of the real life. The capability is even insane to the network life to produce psychological dependence. The Students often drifted between reality and virtual to take a different behavior under different moral mask, they will also lead to a split personality to a certain extent; this reality moral status of the network is to our mental health education to set up a new obstacle after another, and a new challenge.

We should establish the scientific development concept to guide mental health education of college students, young college students are not only to grasp the law of growth, but also to the times, innovative thinking and approaches to respond to changes in the external environment for the development of students' thinking, living, learning and other aspects of affection. Social development, scientific progress and the network have become part of the mainstream of life in today's young college students, we must follow up times, mental health education are to promote technological innovation, optimize network resources, the reality of life and the online world is into one continuous whole; it is a creative manner mental health education.

V. DEEPENING MENTAL HEALTH EDUCATION RESEARCH CONTENT

There is research on mental health education, and Chinese scholars are mainly from the aspect of mental health education content, there are approaches, models, college students' mental health, mental health of college students and self-concept. Mental Health research methods are to the study; it can be seen that Chinese scholar's research on mental health education is still relatively thin. Relatively speaking, we think that mental health education research needs to be further deepened. And all students should be as an object of Mental Health Education Research, which is based on education. We should be focusing on guidance for problem students studying at the university campus and commonly encountered in life to be concerned. The content of mental health education research involves life issues. There are various aspects of learning problems, career problems; but also we should take into account the very small number of students with disabilities psychological diagnosis and intervention for correction. So that students can correctly self-understanding, enhance their self-control, the ability to withstand setbacks and adapt the environment to achieve the real purpose of education and research in the psychological health of college students.

VI. CONCLUSIONS

For the scientific concept of development, we must establish long-term development concept and build a long-

term focus on professional development of teachers. It is to implement sustainable development; we can only improve and perfect their teachers, in practice, it is to carry out a mental health education. Currently, mental health education of college is in the following categories: psychological counselors, ideological and political counselors, medical workers and other management personnel are part-time staff, all aspects of personnel as "man operation" with the less so education is less desirable. Some part-time educators have not thought through counseling professional training. They know little about psychology, psychological testing and counseling methods, and they are unfamiliar with technology. Due to the fact, that problems of college students are not allowed to be mistaken for those who had ideological and political education that can be directly engaged in psychological counseling. The ideological and political education of staff are not trained in psychological counseling that often affects Moral thinking patterns, contrary counseling principles, specific rules and requirements, and thus counseling objects has negative effects.

We should strengthen the mental health education that is an urgent requirement for strengthening and improving the ideological and political education work to strengthen and improve the ideological and political education of college students. It is to develop the ideals and beliefs, ethics, behavior, mental health at all levels in full swing. For college students, college is a critical period of their outlook on life, the formation of values and ethics in the growth process will inevitably encounter various difficulties and contradictions, the formation of this or that psychological problems. These psychological problems are often intertwined with the formation of their ideological and political ideas together influence each other. Colleges and universities are to improve the ideological and political work, we must attach great importance to college students' psychological health education, firmly grasp the ideological pulse and psychological characteristics of college students, follow the laws of education and mental health education ideas. As we know, the mental health education and ideological education are closely linked together, so that the two complement each other and promote each other.

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