

# **On the Application of Group Counseling in Psychological Health Education of Vocational School Students**

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**Keywords:** Vocational colleges, Mental health education, Group counseling, Application.

**Abstract:** The mental health education of vocational school students has always been the focus of education. How to improve the mental health of vocational school students has drawn wide attention. Group counseling plays an important role in promoting the implementation of mental health education and enhancing the quality of education. Therefore, the application of group counseling can be strengthened in the process of carrying out students' mental health education in vocational colleges, so as to promote the improvement of mental health education quality and effectively enhance the effectiveness of education.

## **1. Introduction**

From the 1990s, in order to maintain the healthy growth of students, many vocational colleges in China started to promote the implementation of mental health education, and tried to introduce group counseling in the practice of organizing mental health education, hoping to promote the continuous improvement of mental health education, to provide students with high-quality mental health education and guidance services, to promote their healthy development, and to turn them into high-quality personnel through training with the help of psychological counseling. Therefore, with the further development of vocational education in the new era, it is necessary to contact the psychological changes of vocational school students. It is necessary to explore the optimization and application of group counseling, to enhance the characteristics of the times in mental health education, to promote the development of psychological health education, to provide students with Good psychological education service.

## **2. The Content of Group Counseling**

Analyzing group psychological counseling in details, it specifically refers to the psychological guidance and counseling services provided for students in the situation of team education related to the students' psychological characteristics, the law of psychological development and their psychological problems, which is a special form of psychological education with positive effects on the mental health education of the students. In the practice of education, individuals can deepen their self-awareness, self-analysis and self-acceptance by means of interpersonal communication and interaction among team members, constantly observe and learn in the team and improve the relations with others, and adjust their own behavior, etc., ultimately to achieve development in their mental health. The reasonable introduction of group psychological counseling methods in the course of practicing talent cultivation in vocational colleges can not only cultivate the psychological quality of vocational school students, but also promote the construction of harmonious interpersonal relationships among students, so as to ensure that students' individual potential can be fully tapped and to provide corresponding guarantee for students' professional life and future development. It is worth mentioning that group counseling, as a basic form of mental health education, has obvious differences from general individual psychological counseling. In order to promote students' self-realization in vocational education, in the process of implementing group counseling, relevant educators should be clear that the main purpose of psychological counseling is to help vocational school students correctly face difficulties and obstacles they encounter in the process of growth and

career development so that vocational school students can always maintain a positive and optimistic psychology state in the face of the study and life in vocational colleges, have a correct view of future career development, and have the courage to overcome the difficulties and obstacles in the future professional life, etc. that is, in a word, to ensure the psychological health of students. Therefore, it is necessary to correctly understand the importance of group psychological counseling in the personnel training of vocational colleges, to actively explore appropriate measures to promote the optimization and application of group counseling, to provide high quality psychological education and counseling services to vocational school students, and to provide a good support for the overall optimization of personnel training in higher vocational colleges.

### **3. The Importance of Applying Group Counseling to Mental Health Education in Vocational Colleges**

The application of group counseling to mental health education in vocational colleges can provide good support for the optimization and innovation of mental health education and promote high quality mental health education for vocational college students. This paper analyzes the application value of group psychological counseling and finds that the importance of applying it to psychological health education in vocational colleges is mainly reflected in the following aspects:

First of all, applying group counseling can relieve students' hesitation about mental health education and improve its application effect in vocational schools. With the help of group counseling, students can communicate appropriately while receiving mental health education, have less misunderstanding of psychological counseling, accept mental health education more easily, participate in the practice of mental health education and be inspired in these activities, so that the effect of mental health education will be gradually increased.

Next, service range has been further expanded with a large number of service targets. After the introduction of group psychological counseling mode, teachers of mental health education in vocational schools can provide mental health education guidance service for students at the same time, which is different from the traditional one-on-one guidance mode. It promotes the further expansion of its coverage and strives for the ideal practical results of mental health education and guidance [1].

Thirdly, the application of group counseling can promote the improvement of students' emotional experience in the process of mental health education, and ensure that students can change the bad psychological state, form a positive self-awareness, and face their professional learning and career development with a optimistic attitude in the future, so as to form a correct self-cognition and self-orientation after receiving the guidance of mental health education, which provides a solid guarantee for the healthy development of students in the future.

Finally, group counseling can increase the students' interesting and interactive experience in the process of mental health education. Students obviously have more enthusiasm in participating in mental health education and can feel the concern of other students in the group, which plays an important role in building a good interpersonal relationship among students and the effect of psychological aids.

It can be seen that the application of group psychological counseling in the psychological health education of vocational schools is of extremely importance. In the new era of gradual promotion of educational reform and development, in order to ensure the comprehensive optimization of personnel training in vocational colleges, we should actively explore the effective development of group counseling in the reform and innovation mental health education. Also, we should create a good education environment for students, promote further improvement of students' ideological and political awareness, ensure the effectiveness of personnel training in vocational colleges, and strive for social and economic development to provide the appropriate personnel support while promoting the development of vocational education in our country [2].

#### **4. The Optimization and Application of Group Psychological Counseling in the Mental Health Education of Vocational School Students**

Based on the deep understanding of the connotation and value of group counseling, related to the current needs of mental health education in vocational schools in our country, teachers should focus on the future development of students and the psychological state of vocational school students, try to appropriately introduce the group psychological counseling mode, assist the optimization and development of mental health education, promote the exertion of group psychological counseling and the further improvement of the quality of personnel training, and makes correct guidance for the future development of vocational school students.

##### **4.1 With adaptive group counseling to guide students to clear action goals**

In order to effectively ensure the application effect of the application of group psychological counseling in the practice of mental health education in vocational schools, it is necessary to formulate targeted counseling strategies according to the different states of vocational school students, gradually improve the current status of mental health education, maximize the effect of groups counseling and provide students with high-quality mental health education services. Based on this, after the freshmen enter vocational schools, we can introduce adaptive group psychological counseling to help students quickly adapt to the life of vocational colleges, form correct learning attitude and form a new understanding of education guidance and learning activities in vocational education, guide students to correctly handle interpersonal relationships, explore the application of group psychological counseling in mental health education through "walking into a new life" and "interpersonal relationship training", so that new students can form a preliminary understanding of self-development status after entering vocational schools, establish a clear learning objectives and behavioral norms according to their own future development direction, and steadily complete the role conversion of freshmen. In this way, the direction for students in the vocational education stage of development will be clear [3]. At the same time, while implementing students' mental health education, the rational application of group counseling can improve students' ability to handle interpersonal relationships, ensure that students can correctly handle the class relationship among students, and create a harmonious collective atmosphere and enhance students' sense of identity and sense of belonging in class. In addition, the introduction of adaptive group counseling on the freshmen's arrival can help teachers grasp the psychological status and overall situation of freshmen more accurately and provide reference for follow-up education and teaching.

If the teacher organizes freshmen to participate in the group psychological counseling activity "self-portrait", freshmen show a strong enthusiasm for participation and actively complete the description of self-portrait according to the teacher's instructions. In this process, not only can students deepen the understanding of each other through communication and analysis of their self-portrait based on between students, but also the teacher can grasp the student's overall situation according to their expression, develop targeted counseling programs and guide students to make clear the future learning and development goals, so that the effect of group counseling has been further improved.

##### **4.2 Psychological counseling for special groups helps students to actively face life and learning**

Vocational students are complicated in source. Some students suffer some psychological attacks and have a bad mental state due to their failure to enter undergraduate colleges. Some students also have low recognition of vocational education, so they lack enthusiasm in learning just for a future job. In response to this situation, teachers in vocational colleges can apply special psychological counseling to students with common problems in the mental health education process, use focus therapy and rational emotional ABC therapy, etc. in practical implementation of group counseling, so as to guide students to gradually form a positive and optimistic learning status and promote their healthy growth. In the process of carrying out the special group psychological counseling activities, homogeneous counseling activities such as "My dormitory, my home", "My career, my pride" and "Self-improvement of poor students", etc., can be organized to make students with common

psychology problems form a correct psychological cognition and a more scientific understanding of the differences among students, accept the differences and excavate their own superior resources. In this way, students can relieve their negative emotions under the guidance of active instruction, correctly handle interpersonal relationships in their daily life and study, enhance their confidence in learning and face life optimistically.

Take the special counseling group "Self-improvement of poor students" as an example, teachers should guide students to correctly face the poverty and find their own advantages. For example, on the one hand, teachers show students how the poor students can be recognized by others and finally succeed, so that students can form a normalized understanding about poor students; on the other hand, teachers can also show students the living conditions of poor people in poor areas who are unable to go to school. It enables poor students to cherish the current educational life and guides them to change their poverty through their own efforts. In this way, under the guidance of the group psychological counseling, poor students can adjust their psychological status, actively participate in learning activities, strive for self-improvement and achieve ideal career development results, which lays a solid foundation for the future development of students.

#### **4.3 The introduction of psychological counseling group to promote the growth and development of students**

In vocational schools, teachers' main purpose in application of group counseling for mental health education is not to improve the psychological status of students for their better performance in learning, but to promote their development by improving students' learning and living conditions. Therefore, when applying group psychological counseling, it is development that mental health teachers should pay much attention to. Only when teachers introduce developing group psychological counseling can the actual effect of mental health education and students' growth and development be guaranteed[5]. Meanwhile, vocational college teachers' comprehensive implementation of developmental group counseling can effectively remedy the shortage of mental health teachers and promote the coverage and guidance effects of mental health education significantly. In the process of practical organizing developmental group psychological counseling, students can be openly recruited through interviews and screening, and then students can be classified into small growth groups such as "My emotions my call", "Thanking parents and pay back society", etc., and appropriate guidance will be given to them to guarantee their healthy growth in special groups. Better still, they are able to continue the psychological growth in their life, forming a special group psychological counseling effect. For example, in developmental group counseling, some students think that they should continuously learn about interpersonal communication; some think that they should cherish their affection and friendship with heart of gratitude; others feel that they are being concerned about and their self-control and restraint significantly improves with the concerns.

### **5. Conclusions**

To sum up, psychological counseling plays an significant role in psychological health education in vocational schools, which helps to improve the quality of mental health education and the psychological quality of students, raise the level of ideology and morality and encourage students' future development. Therefore, it is necessary to further strengthen the importance of group counseling in the new era, to explore its optimization and application in mental health education in vocational colleges, to assist teaching activities in colleges and universities, to provide good support and protection for the students' future development, and to promote the personnel training of our vocational colleges in a new level of development.

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