

Analysis on the Way of Developing Mental Health Education on College Students Through Physical Exercises*

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Abstract—With the rapid development of the society, the increasing pressures of employment, study, work and life faced by contemporary college students and the various endless mental health problems on college students have become an urgent problem to be solved by mental health education workers in colleges and universities and brought unprecedented challenges and pressures to such workers. Mental health education in colleges and universities usually focuses on classroom teaching, individual consultation, group psychological counseling, various educational activities and referral treatment. In order to further expand the benefit of college students' mental health education, this paper explores the way of developing college mental health education by participating wide-range, easy-to-operate and effective physical exercises, so as to provide a basis for opening up new ways for college mental health education.

Keywords—physical exercise; college mental health education; way

I. INTRODUCTION

For college students, with the rapid development of the society, they are also facing a world changing from day to day and a highly competitive working environment in the future. Faced with increasing employment and academic pressures, the differences in mental health level of college students become more and more prominent. The problem becomes more and more complicated, directly affected the healthy growth of college students and the stability of campus and families. Mental health issues of college students has become a problem that cannot be ignored, bringing unprecedented challenges and pressures to colleges and mental health education teachers. Meanwhile, mental health education on students in colleges and universities usually focuses on classroom teaching, individual consultation, group psychological counseling, various educational activities and referral treatment. In order to further explore an effective way of developing mental health education for college students and expand the benefit of such education, this paper intends to explore the way of

developing college mental health education by participating wide-range, easy-to-operate and effective physical exercises, so as to provide a basis for opening up new ways for college mental health education.

II. STATUS QUO OF MENTAL HEALTH OF AND MENTAL HEALTH EDUCATION FOR COLLEGE STUDENTS

A. Status Quo of Mental Health of College Students

According to the survey conducted in Xi'an Peihua University, it is shown that more than 60% of the students concern about the various practical activities, community activities, classroom assignments, and very heavy homework assignments after attending the university; 45% of the students are not interested in the learning in university and mainly spend times in playing games and surfing the internet; 18% of the students are very dependent on others, have no self ideas or thoughts, have weak ability to resist failure and are in negative attitude; 37% of the students cannot fully understand themselves, neither know very clearly about their advantages and disadvantages nor know about their future goals, and even do not know about their own way of doing things; 10.5% of the students do not like their majors; 12.4% of the students can not understand partial courses of their majors; 35% of the students have bad relationship with their roommates and cannot understand other's thoughts; 8% of the students have economic pressures. The students who participated in the survey expressed that they have high pressure, irritability, anxiety, depression, helplessness and other issues.

At the same time, the mental problems of college students are also classified in grades via a series of surveys. As a result, it is found that there many mental health problems existing in freshmen in the university: first, as new students, they are inadaptable to the changes in environment, such as the climate difference between the north and the south; second, they are not adaptable to the learning manner, they are not learning as arranged and urged by teacher as in high school times any longer but are facing more free learning space and are required for proactive learning; third, their majors are selected blindly on the basis of talking or advice of their families or relatives or friends, without a deep understanding of the major, so that they are not interested in

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their learning content and feel endless bothering; Fourth, for many college freshmen, it is their first time to live in school so that they cannot adapt to living in groups in dorm as soon as possible; fifth, those paid more attention to learning than interpersonal communication in high school times may have no friends in university time and thus may experience isolation and helplessness and further lead to mental health problems; sixth, for some intrinsically introverted students, they may appear out of place in the university environment of very active learning, activity and working atmospheres so that they may have mental health problems; seventh, some students have very bad self-care ability — in the process of their growing up, they are taken care of by parents very much so that their subjectivity cannot be fully played and they have no self-care ability in life fully. In current society, there are many students of the like. Just like in Xi'an Peihua University, there are many cases: for instance, some freshmen select suspension of schooling for reason that they don't know how to hang mosquito net, fold a quilt, recognize the classroom as soon as possible, or even cannot take care of their personal hygiene so that their unpleasant smells cannot be accepted by the roommates; eighth, many college students experienced different family education styles and family atmosphere. Their family has indifferent atmosphere, lack of sense of warmth and democracy so that they have not that strong motivation to study for the family and may even cause their poor emotional expression ability, cannot well express their emotions, or cannot quickly understand emotional feelings of others and cannot put themselves to other's shoes, leading to disharmony of their interpersonal relationships.

For students not inferior to sophomore, they have basically adapted to the life and study in university, but they have further problems. For instance, they have large academic pressure, are unwilling to spend time in vain; they are constantly making plan and failing, fallen into disappointment. Moreover, many of them have fallen in love. At this stage, they may experience sweet and conflicts, making or breaking up between lovers, and various contradictions may also lead to their poor mental health conditions. For senior students going to enter the society, in addition to academic pressure, what they are facing more is the pressures of employment, postgraduate-entrance examination and emotional examination which may produce various feelings of ignorance, incomprehension, and entanglement.

Those are some of the current status of college students' mental health. Through the above survey, it can be seen that college students have various mental health problems. Such problem is a stumbling block for healthy growth of college students themselves and also a part to be overcome for college students in order to successfully pass university time and before entering the society. It is also key safety hazards for schools and families. So, the mental health problems of college students must be paid enough attention and need to be resolved.

B. Status Quo of Mental Health Education for College Students

At present, mental health education in colleges and universities mainly focuses on classroom teaching, individual consultation, group psychological counseling, various educational activities and referral treatment.

Among them, classroom teaching has been fully provided. Each college student can receive the mental health knowledge. Therefore, from the perspective of coverage, classroom teaching is irreplaceable for the popularization of mental health education. However, in classroom teaching, many creative activities cannot be fully carried out due to the restriction in its large-scale class teaching scale. At the same time, some teachers still adopt traditional teaching mode which has not that strong creativity and has bad practicality but too rich theoretic content. As a result, many mental health education classroom cannot create an active atmosphere, cannot mobilize students' interest and enthusiasm, in addition to students' lacking awareness of participation, resulting in poor teaching effect. For the popularization demand of mental health education, all psychological teachers need to further make innovation on teaching methods and pay attention to the effectiveness of teaching content, so as to enable all students really attend the psychological classroom and truly realize the original intention of classroom teaching.

Individual consultation is highly targeted and can solve problems one-on-one. It is an indispensable form of mental health education, but its coverage is too small due to its one-on-one characteristic.

Group psychological counseling has relatively large coverage, the form is flexible and the content is also innovative, attracted rich interest of students and achieved good teaching effect. However affected by traditional thoughts, some students cannot fully accept the form of group activities and are still impossible to open up their minds as soon as possible and integrate into the team. This is challenging for the team leader, so group psychological counseling also has its limitations.

With respect to the development of various types of education popularization activities, in recent years, colleges and universities provide popularized mental health education for college students via various forms of activities in order to improve the students' mental health level. In detail, the said activities may include: psychological knowledge contests, psychological scene play competition, psychological quality development, psychological comics contest, psychological essay contest, on-the-spot psychological counseling, psychological film appreciation, psychological lectures, psychological micro-film contest, psychological reading, psychological photography contest, psychological hand language contest, etc. The form of activity is constantly innovating. By participating in such activities, students have gained certain amount of mental inspiration and psychological knowledge. It plays an important role in the education of college students' mental health. However, the effect of the education popularization is generally too broad.

Although there are themes, they cannot be clearly reflected. So the education is not strongly targeted.

Referral treatment provides a certain guarantee for protecting the safety of students and school, but it is of very heavy economic burden for students.

In view of the obvious effects of the above various types of mental health education modes, they need to be further improved both in terms of educational effects and student coverage. In order to further expand the benefit of college students' mental health education and find a mental health education mode that can attract the interest of students and are easy to be accepted and participated by students, this paper intends to explore a new way of developing college mental health education by participating wide-range, easy-to-operate and effective physical exercises, so as to provide a basis for opening up new ways for college mental health education.

III. RELATION BETWEEN PHYSICAL EXERCISE AND MENTAL HEALTH

In life, it is not difficult to see that those who have long liked and insisted on physical exercise have better mental health condition than those who neither like nor do exercise. In addition to posing beneficial effects on the physiology of the human body, physical exercise can also have a very positive impact on people's psychology. The research found that doing appropriate exercise can better relieve people's mental stress and eliminate people's nervousness. Doing physical exercise can effectively fight against anxiety or depression. Many depressed patients benefit from it. Doing physical exercise can also improve sleeping quality. For insomnia, doing appropriate exercise may even be more effective than eating some drugs. In addition, physical exercise plays a very important role in cultivating people's perseverant personality and will of fearing of no hardship and consciousness of striving bravely.

Comrade Mao Zedong had an incisive explanation on the relation between physical exercise and mental health. For example, "doing sports is available to reinforce the body, enough to increase knowledge, regulate emotion and enhance will." That is to say, physical exercise and mental health are in a very close relationship. Physical exercise can exert positive influence on mental health. Scientifically doing physical exercise can promote the development of students' physical quality and provide a solid foundation for students' mental health. Researches have shown that physical exercise can have the following effects: first, it may enable students to experience success and failure in doing exercise, experience various emotions such as joy and pain, further realize emotional maturity, learn to control emotions and improve self-control ability; second, it may enable students to find their own advantages and abilities in doing physical exercise, make a reasonable and accurate evaluation on their advantages and disadvantages; third, it may enable people to learn the persistence, decisive, modest and enterprising quality, so as to help reduce or even eliminate insomnia and various stresses; fourth, it can make people feel close to each other by contacting with expressions, gestures, etc., and

enhance the sense of safety and self-confidence of participants, so that participants can maintain a good attitude, exerting its own positivity, creativity and initiative, ultimately enabling people to achieve healthy and harmonious development in a harmonious atmosphere; fifth, physical exercise is often a collective project, whether or not competition sports activities can all help make people learn to work together, understand each other, learn to put their minds in other's shoes, and cultivate students' interpersonal skills and improve their interpersonal relationships.

Therefore, treating physical exercise as a way to carry out mental health education for college students is fully reasonable and can be fully realized. Developing mental health education for college students by physical exercise not only opens up the way for mental health education, but is also very beneficial to strengthen the body of college student. Therefore, this way has a two-fold advantage for carrying out mental health education on college students.

IV. METHOD OF IMPLEMENTING MENTAL HEALTH EDUCATION THROUGH PHYSICAL EXERCISE

Through the above analysis, it can clearly recognize that physical exercise has a very positive effect on mental health. According to the physiological and psychological characteristics of college students, in this paper it is believed that mental health education can be carried out for students through the following physical exercise methods.

First, cooperating with sports department of the school to strive for creating the goal of physical education and psychological education and provide physical education teachers with relevant physical knowledge training so that they can integrate mental health knowledge into the teaching process;

Second, telling physical education teachers to pay attention to observe some of the students having weak psychological quality, poor self-confidence, lacking competition consciousness, and having passive attitude, require and encourage students to participate in different physical exercises, so as to improve the students' bad mental state and improve their self-confidence;

Third, cooperating with each department to carry out physical exercise related mental health activities such as psychological games, designing programs relevant to physical exercise with clear theme in the game so that students can be very clear that the purpose of participating in the exercise activity is to improve their mental health level;

Fourth, choosing a physical exercise method that is suitable for men and women and easy to operate and applicable to implement mental health education for college students. Researches have shown that playing table tennis can help students learn to overcome difficulties, learn to be diligent, learn to control emotions and learn to behave; those students good at playing badminton have obviously good mental quality and physical quality and also have positive thinking, stable emotions and high confidence; relay race and skipping can cultivate people's sense of self-worth and build up a strong will, quality of unity and cooperation and

harmonious interpersonal relationship; doing yoga can also make people calm down as it needs people to stretch the body, slow down the breathing and relax the spirit. Therefore, the above activities are the mental health education carriers that college mental health education teachers can use. Of course, basketball, football, volleyball, swimming and other sports are also helpful in improving people's mental health but they are not selected as the preferred methods for developing college mental health education in this paper as they are either different between man and women or difficult to operate or for other reasons.

V. CONCLUSION

To sum up, although mental health education teachers face great pressure with the year-by-year increasing of mental health problems of college students, the implementation ways and methods of mental health education can be continuously explored and innovated. Through the analysis in this paper, it is suggested to apply the above physical exercise methods to educate students of the university so as to further improve the mental health level of students.

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