

# The Mental Health Management of Cadets in Combat-oriented Training

Qi Xie<sup>1, a</sup>, Yufeng Zhang<sup>1, b</sup>, Lina Ru<sup>2, c</sup>, Hongfei Luo<sup>1, d</sup> and Chenlong Kang<sup>1, e</sup>

<sup>1</sup>Ordinance NCO Academy, Army Engineering University of PLA, Wuhan 430073, China;

<sup>2</sup>Wuhan University of Engineering Science, Wuhan 430200, China.

<sup>a</sup>xieqi\_hg@163.com, <sup>b</sup>shujian59@163.com, <sup>c</sup>78779376@qq.com, <sup>d</sup>hawk\_lhf@aliyun.com, <sup>e</sup>kcl21@qq.com

**Abstract.** With the continuous advancement of Chinese characteristics revolution in military affairs and the continuous development and improvement of talent training programs, higher requirements are put forward for cadets' training in school, especially for combat-oriented training. In the course of combat-oriented training in military academy, many cadets have anxiety and tension in the process of training, which affects the effect of combat-oriented training. This paper analyzes the causes of tension in the training of military cadets, and probes into such aspects as optimizing management methods, strengthening psychological education and guiding cadets.

**Keywords:** Cadets; Mental health; Combat-oriented training; Education fusion; Management measures.

## 1. Introduction

The military academy plays an important part in military and national defense construction, the development of combat-oriented training subjects in military academies is an urgent need to promote the in-depth development of the military combat-oriented training organization system [1]. Cadets are the main part of military academies. The learning and training of cadets at the military academy stage is not only related to personal growth and progress, but also related to the development and future of the army. In the training, cadets are prone to severe stress, anxiety and other psychological crisis, leading to many cadets forget the training rules and implementation steps in combat-oriented training, unable to achieve good results. In this paper, the causes of the psychological crisis state of the cadets and the problems existing in the current military mental health management was analyzed, the countermeasures of the above situations was studied, It is helpful to strengthen the management of the cadets' mental health, improve the cadets' psychological quality, enhance their achievements in combat-oriented training, accelerate the transformation of the combat effectiveness generation mode, and better adapt to the needs of the Chinese characteristics revolution in military affairs.

## 2. The Cause of Cadets' Psychological Crisis

### 2.1 The Difference between the Management of Military Academy and Local Universities

The management system of the military academy is relatively strict, in order to train the cadets to be Outstanding military personnel, the whole day is under the unified management of the organization, with heavy learning and training tasks, fast pace of life, strict managing requirements and heavy physical exertion, make cadets have less personal space. Some cadets will have a psychological gap after contact with local university students, some cadets, especially freshmen, may suffer from anxiety and depression.

### 2.2 The Simplicity of Growth Environment

Nowadays, many cadets are the only child of their parents, who grew up coddled by their families, before entering the military academy, they only focus on learning, which is the focus of their family and teachers, lack of frustration in growing up. After entering the military academy, they often feel uncomfortable with the highly organized management, when criticized or face setbacks, they would have obvious psychology crisis [2].

### **2.3 The Self Dissonance of Cadets**

The Cadets admitted by the military academy are often outstanding among their peers in comprehensive quality, Therefore, whether it is the external environment or self-knowledge, their self-evaluation is high. After entering the military school, they faced many more excellent cadets, heavy study and training, which impact to their own evaluation, make a severe self-cognitive dissonance.

### **2.4 Lack Combat-oriented Experience**

The combat-oriented teaching and training in the military academy is very close to the actual combat, and the simulation degree is high, the cadets lack of solid military theory, especially the freshmen whose personal military literacy are poor, cannot have a comprehensive understanding of combat-oriented teaching and training [3]. The tension and anxiety of daily life are more obvious at the beginning of combat-oriented teaching and training, as a result, various mistakes frequently occur, which makes it impossible for the cadets to achieve good results in teaching and training activities.

## **3. The Deficiency of Mental Health Management in Military Academy**

At present, in the mental health management of military academy's, whether in daily life or combat-oriented teaching and training, only parts of mental health management are considered, the management of mental health has not been considered as an independent part of the daily management of military academy, the cultivation of cadets' psychological quality is not regarded as an important part of the academy training program. The mental health management system construction is not systematic, lack of soldier's psychological quality targeted training for the cadets in battlefield environment, the lag of mental health management in military schools affects the effect of mental health education to some extent, also restricts the deepening and development of combat-oriented teaching and training.

### **3.1 Theory Lacks Innovation, Management idea is Backward**

At present, the military academy lags behind in the concept of mental health management, in management, the old methods and models are often used, fail to combine the states of mind and psychological characteristics of cadets in the new period to improve the management methods [4]. The military academy can accurately grasp various indicators that are easy to be quantified, such as cadets' physical state, learning and training, However, the cadets' state of mind, especially their personal emotional fluctuations, is not well understood, As long as there is no accident in the safety management, it regards that all kinds of psychological problems of cadets are just temporary inadaptation to military academy, As time goes by, it will disappear automatically. Therefore, the management of cadets' mental health stays on the surface for a long time, the psychological education is only limited to the teaching of some theories of mental health, did not have the thorough understanding, also did not establish the psychological file to carry on the long-term tracking to the cadets.

### **3.2 Incomplete Content of Psychological Education, Single Teaching Form**

The content of psychological education in military academy is relatively little, Psychology, psychological correction, psychological warfare and other theoretical content are taught much, but how to use the actual content of psychological counseling is few. There are many contents about daily education, but few about psychological education in the war environment, especially in the future informationization Local wars [5]. Cadets can't experience the practice and operation of psychological education in the actual situation, Cadets lack the training of how to maintain the stable psychological quality in the actual combat and psychological warfare, also lack the ability of self-regulation in psychological crisis.

### **3.3 Lack of Psychological Training in Teaching Content Setting**

In the process of teaching and training, military academy's often focus on the mastery of knowledge and the completion of tasks, in the process of training, there is lack of training on cadets' psychological behavior, ignores the improvement and growth of cadets' psychological quality, As a result, the comprehensive quality of some cadets are not balanced, they are often psychologically fragile, with poor tolerance and lack of collective consciousness of cooperation with others, When encountering unfamiliar training environment and major tasks, it is bound to lead to the psychological crisis of cadets, affecting the effect of combat-oriented teaching and training

### **3.4 The Mental Health Management Function of Practical Teaching and Training is Weak**

With the development of combat-oriented teaching and training, many military academies begin to pay attention to the mental health management in combat-oriented teaching and training. But at present from the upper organ to the grassroots units, failed to pay attention to this, usually considered only relate to psychology teachers[6], some military academy's even do not have full-time psychological teachers, the management of mental health is often held by the political instructors of the cadets company or the teachers of the political teaching and research office, Sometimes they even mistake the psychological problems of the cadets for ordinary ideological problem. At present, mental health management is only a concentrated instruction and guidance interspersed in practical teaching and training, didn't establish and improve the psychological counseling, mental health records, psychological problems intervention and tracking measures for cadets, as a result, cadets cannot form a better understanding of combat-oriented teaching and training, which obviously can't meet the actual needs of the new era.

## **4. Countermeasures to Alleviate the Psychological Crisis in Combat-oriented Teaching and Training**

### **4.1 Establish the Goal of Psychological Education, Strengthen the Cultivation of Soldiers' Psychological Quality under the Condition of Actual Combat**

According to the needs of integrated joint operations in modern warfare, the system construction of cadets' mental health management should be planned, define the goal of psychological education. While improving the prevention and treatment of psychological problems for cadets, guide cadets firm ideal and faith in learning and training, Correct value pursuit, develop cadets' psychological endurance ability, psychological regulation ability, make their ideological politics, scientific culture, military quality, physical and mental health have a balanced development.

On this basis, in view of the combat-oriented teaching and training requirements, the following aspects should be achieved: (1) Deepen and broaden the cultivation and training of mental endurance during combat-oriented training in psychological education, make cadets could keep stable emotions in complex, tense and critical environment, with little risis psychology, and quickly adapt to the battlefield environment. (2) make cadets having the ability to find out the psychological crisis and adjust it in time, and can use the psychological adjustment method to eliminate the impact of psychological crisis on individuals and team. (3) Build up cadets' political and psychological quality under the condition of actual combat, the cultivation of political psychological quality is the core of mental health management and the embodiment of soldiers' views on war and political ideas, give cadets the war education with the integrated joint operations, help cadets understand the nature of war, Firm revolutionary ideal, make firm political psychology character.

### **4.2 Innovative Management Philosophy, Establish Mental Health Files and Mental Evaluation Standards for Cadets**

Many cadets misunderstand the mental health, even if there is a psychological crisis, also do not want to help or treatment. In order to bring out the best effect of mental health management, the significance of mental health management should be understood, accepted and recognized by cadets

through lectures, counseling and other means. Mental health management is not only to alleviate the psychological crisis of cadets, but also to promote the steady development of cadets' psychological quality.

The implementation of mental health management should first establish a set of evaluation standards for mental health of military cadets according to the objective and content of mental education, develop the evaluation index of psychological quality, set the weight of each evaluation index to reach the comprehensive consideration of cadets' mental health. At the same time, we should also establish the management concept that mental health management should vary from person to person, establish corresponding mental health files for each cadet's mental state, and analyze and track them regularly. In addition, for different majors and positions, the mental health evaluation standards should be adjusted accordingly to meet the actual needs.

#### **4.3 Make Mental Health Management, Ideological and Political, Military Culture Education Infiltrate Each other**

Mental health management is not only the responsibility of psychological teachers or political instructors of the cadet's company, the psychological quality of the trainees is an important part of the overall quality of soldiers, which is closely related to and permeates with the ideological and political quality, military cultural quality and physical quality. Therefore, in the management of mental health, how to combine psychological education with political education, scientific culture and military training closely, infiltrate each other and develop together should be explored.

Firm ideal faith and correct value pursuit are not only the content of psychological education, but also the important content of ideological and political education, It determines the soldiers' political belief and is an important pillar to build a strong psychological defense line. The integration of psychological education and ideological and political education can present the independent content of traditional education to cadets from multiple perspectives, so that the educational content is no longer isolated and the cadets' cognition is more profound.

Military psychology shows that the improvement of soldiers' psychological quality depends on targeted psychological training under special conditions and circumstances[7], in combat-oriented teaching and training, usually contains the training content of soldiers' psychological quality, such as combat skills training, weapons operation, outside exercises and other subjects, Strengthen the psychological training of cadets in these subjects in a planned way, in the combat-oriented training, cadets will be exposed to all kinds of possible emergencies in the battlefield environment, through a large number of military training and psychological training, it can effectively alleviate the psychological crisis of cadets in the future battlefield environment, improve the psychological stability of cadets in complex and tense situations. In view of the future war, the combination of military quality education and psychological quality education can better meet the needs of integrated joint operations.

## **5. Summary**

In the context of the continuous development of combat-oriented teaching and training in army, it becomes more urgent to strengthen the management of cadets' mental health and improve their psychological quality in actual combat conditions. Strengthen mental health education, help cadets to adapt to the life of the military academy, firm ideals and beliefs, clear personal growth goals, remove the cadets' resistance. In the management, we should innovate the management concept to meet the needs of Chinese characteristics revolution in military affairs in the new era. In terms of personnel training, it has great significance to integrate psychological education with politics and military affairs, train cadets' psychological quality and cultivate their psychological adjustment ability under battlefield environment through practical training subjects, so as to improve the effect of combat-oriented training of army and make the combat-oriented training deeper and wider.

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