

# The Path Choice of University Students' Mental Health Education in the New Era

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## Abstract

Faced with the impact of the new cultural communication modes of informatization, digitalization and networking, as well as the normalized impact of epidemic prevention and control, many college students will feel psychologically depressed and uneasy to varying degrees. Some students suffer from depression and anxiety, even panic and other negative emotions. In the face of this situation, how to actively adjust their own psychological discomfort, develop a positive and healthy attitude, release the youth and vitality of college students in the new era, highlight the style of contemporary college students. Based on literature search, case investigation and work experience, this paper sorts out and summarizes the mental health status of college students in the new era, analyzes the existing problems of mental health education in colleges and universities, and tries to optimize the path of mental health education in colleges and universities. Assist college students' mental health development and provide some help.

## Keywords

New era, university student, mental health education

## 1. Characteristics of intellectual and psychological development of college students

(1) Characteristics of emotional development of college students. Due to the polarization of emotions, often present some contradictory characteristics, often make the emotions of college students present the following characteristics: first, the emotional experience is rich and colorful. Second, the mood swings are larger. Third, emotional experience is strong and impulsive. Fourth, emotional instability and controllability coexist.

(2) Characteristics of psychological development in interpersonal communication of college students. College students' interpersonal communication has the general characteristics of interpersonal communication, that is, social, historical, dynamic and other general attributes, but college students' own conditions and the special environment of the campus, decided that college students' cultural level is higher, physiological and psychological maturity, campus environment is relatively simple, so college students' interpersonal communication has different characteristics from other social members' interpersonal communication: First, equality is important. The second is full of ideals. Third, focus on spirit. Fourth, strong emotional color. Fifth, the independence is strong. Sixth, the desire to communicate is strong and psychological lock (Hu Kai, 2010).

(3) Characteristics of the development of college students' love psychology. Most students have a serious attitude towards love, but it cannot be denied that some students also have a variety of negative tendencies in love. Studies have shown that the love values of college students have some characteristics in love motivation, mate selection standards and ways, and the value orientation of love and marriage morality: first, the diversification of love motivation. The second is to advocate the importance of internal quality light external conditions of mate selection standards. Third, adhere to the independent way of mate selection. The fourth is to hold a tolerant love and marriage moral value orienta-

tion (Yuan Jie, 2018).

(4) Characteristics of college students' job-hunting concepts. In the new era, with the economic downturn under the normal epidemic prevention and control, enterprises have greatly reduced staff and employment opportunities. Therefore, college students are required to establish a good scientific concept of job hunting, rather than follow the crowd and follow others. There will be some who don't aim too high, some who want to study for the public, some who want to get rich overnight. Combined with their own professional characteristics and interests, combined with the current regional environment, combined with their own family conditions, the "employment first, then choose a career" into the employment practice. Start from the grassroots solid, hone their social practice ability and practical ability.

## **2. The main psychological problems of college students**

(1) Psychological problems of learning motivation. It is difficult to adapt to the learning rhythm and rules of the university, and the self-consciousness of learning is not high. Without the supervision of teachers, the learning efficiency is very low. I am very confused about how to plan my career development direction. I am not strong in learning initiative and cannot find the right direction. Unclear learning motivation and lack of interest in the major.

(2) Psychological problems in interpersonal communication. With the differentiation of college students' self-consciousness, they cannot understand themselves scientifically and grasp their own advantages and disadvantages. The contradictions and conflicts between "subject self" and "object self", "ideal self" and "realistic self" began to intensify. The "ideal self" is always perfect, while the "real self" is always a certain distance from the "ideal self", and often becomes the obstacle and resistance to the realization of the "ideal self". Their self-evaluation is often contradictory, sometimes objective evaluation of themselves, sometimes overestimate themselves or underestimate themselves; Sometimes I feel very mature, sometimes I feel very naive; Sometimes confident in themselves, sometimes dissatisfied with themselves and so on. In short, they have a biased perception of themselves. Personality mood is not stable, in the face of setbacks and difficulties, can not be treated and faced correctly, to a certain extent, resulting in interpersonal communication obstacles.

(3) Relationship and psychosexual problems. Most students have a serious attitude towards love, but it cannot be denied that some students also have various adverse tendencies in love. Studies have shown that college students' love values show the following characteristics in love motivation, mate selection standards and ways, and the value orientation of love and marriage ethics: The first is the diversification of love motives, the second is to advocate the importance of internal quality light external conditions of mate selection standards, the third is to adhere to the independent way of mate selection. The fourth is to hold a tolerant love and marriage moral value orientation (Pan Zhaoxia & Li Bingbing, 2019).

(4) Psychological problems caused by factors of family origin. One is the influence of the original family atmosphere. The atmosphere and environment of the original family play a key role in the growth and development of college students, and directly affect the personality development and mental health of college students. The normal family structure provides a complete foundation and space for the growth and development of students. With the opening up of second and third children in recent years, some only children no longer feel lonely and have a complete personality. But there are also single parent families, adoptive families, orphan families, reorganized families and so on. Such a family structure is more likely to be disharmonious, resulting in character defects and solitude to a certain extent. The second is the influence of family environment. A harmonious and warm home environment helps to enhance students' sense of security. Their perception of relationships and the world is no longer isolated and partial. Students who grow up in a warm and harmonious family atmosphere get enough love and care and are mentally healthy. Parents do not have a harmonious relationship, often quarrel and fight, in such a family atmosphere of students, often have a higher proportion of mental health. Third, the influence of family education. Parents are their children's first teachers, their words and deeds will have a subtle influence on their children. The way of parents' education and rearing is one of the factors that affect college students' mental health. At the same time, it is also influenced by parents' educational level and education style. Scientific and correct way of education, from an early age to set up a correct outlook on life, values, world outlook, then students' mental health level is higher. Improper way of education will cause certain psychological problems for students (Ma Jianqing & Yang Xiao, 2018).

## **3. The path choice of carrying out college students' mental health education effectively**

(1) Recognize where you are in your development. Developmental psychology divides human development into gestation, infancy and toddling, infancy, elementary school, adolescence, early adulthood, middle age, and old age. College is the stage of early adulthood. During this period, college students' physical motor skills and activity reached the peak, and their desire to explore the world and society became more and more intense. However, their understanding of

the society was still in a black and white state. In addition to the truth, the good and the beautiful, they were false, evil and ugly, which needed continuous training and accumulation in college. Individual commitment to study and extracurricular activities as well as the richness and diversity of the university environment are determined. Between teachers and students, between students, during learning, after activities, in class and extracurricular comprehensive influence. To build their own value system and life rules (Shi Changmei & Ma Jianqing, 2018).

(2) Build your own psychological ecosystem. Problems and challenges that seem to need to be faced in college: College is the best time in our life. Without the pressure of high school entrance examination and the nagging of our parents, we should build our own psychological ecological system while breathing the free air. In the face of various complex relationships, we should better cope with and look at these problems. If we can find coping strategies and solutions according to our actual situation, then our mood and mentality will be well adjusted and we can do what we want to do without violating the requirements of epidemic prevention and control. Perhaps this is also an opportunity for growth.

(3) Learn to manage and accept your emotions. In the face of the objective world and social environment, divided into three steps to develop their emotional management ability. The first step is self-awareness, which is a very important first step. Once you are aware, you are on the path to healing and life will become more possible. Just as all fear is caused by a lack of perception of the future world, each time the emotion rises, aware of what you are afraid of, what worries you have inside. Behind the emotions, they often point to one of our deepest fears and worries. It is the fear of being triggered by others that makes us anxious. It starts to extend into a lot of anger, sadness, tension, and then drives us to act out. The second is to learn to accept, all anxiety and irritability and other negative emotions will inevitably have its causes, that in addition to rational analysis of the relationship between events, more should let anxiety and irritability and other negative emotions fly for a while, learn to accept their existence, perceive their impact, when we recognize them, we will slowly through this period of negative emotions. Then find the reason and solve it. The last one is transformation. Once a fear or pain has been perceived and accepted, you can move to the third stage and let go of the old patterns, the repeated behaviors that the fear has created, and choose a new pattern of behavior. In the old environment, we are familiar with the past affairs and can be predicted. However, some accidents will usually change some of our views and habits, which can only be transformed into a new stage after changes.

(4) Formulate scientific and reasonable development goals to achieve self-value. Achieving goals is an important pursuit for realizing self-worth in college. Be good at setting scientific and reasonable goals with Marxist basic viewpoints and methods. When setting goals, we should divide them into stages, periods and distances. Draw expectations and ideal values in the outline of your mind, and carefully analyze the situation and environment you are facing. The last step is how to achieve it in combination with your interests and strengths. The long-term plan and goal is how to make and plan their future career. The long-term goal is like the compass and the enlightening star, guiding us forward and abiding by it all the time. The long-term goals and tasks are realized by short-term goals and tasks, such as certificate examination, CET-4 and CET-6, IELTS and TOEFL, teacher qualification certificate and other professional titles. You can also break it down to each grade and make short-term goals and plans to achieve your long-term goals. After this round of operations, our goals are becoming more and more specific and easier to achieve.

(5) Keep your expectations reasonable and learn to delay gratification. Everyone has his or her own wishes and expectations, ranking high in grades, passing CET-4 and CET-6 early, winning scholarships, being in good health and hoping to be praised by more people around. Everything goes smoothly and smoothly. However, reality often sets many obstacles in the way of our expectations, and blows and destroys our desires and expectations again and again, resulting in depression, loss, dissatisfaction, anxiety, irritability and other negative emotions. This is when you need to reorient your perspective, reinterpret roles, reinterpret events, recognize reality, and reorder values to delay gratification. Reposition yourself and ask yourself how you would handle and solve the problem if you were on the other side. Ask yourself if you can accept it. Objective and rational analysis of the current reality, which is beneficial and can be changed, and which cannot be reversed and transformed; Although some goals have not been achieved, the overall direction is still good, but there are some deviations in the process, we need to reorder values, learn to delay gratification.

(6) Improve their own philosophical quality, handle several relations, develop an independent and sound personality. The first is the causal relationship. In the daily study and life in college, there are always some unexpected and unexpected events. When facing problems, do not panic and worry, calmly analyze the causes of their occurrence, trace back to the source and understand the truth. Second, the relationship between chance and necessity, chance is inevitable in the inevitable, inevitable is inevitable in the inevitable, rational view of some setbacks in life, to learn to correct mistakes in time, if their efforts and struggle in the right, in line with the law of the track, will achieve their goals; The third is the relationship between appearance and essence, a deep understanding of "from here to there, from the outside to the inside, from the outside to the inside, from the rough to the essence, to the true" method, good at the use of dialectical rational objective perspective and thinking to understand and deal with the daily relationship, the surface of the beauti-

ful scenery can also mean behind the sad vicissitudes of life, so the students should look through the phenomenon to see the essence, master the deep rules and connections. Thus in the realization of their own life value on the road without consideration, indomitable.

In conclusion, the construction of college students' mental health system is a process of long-term accumulation and exploration, a process of continuous integration and collision between the subjective world and the objective world, a process of opposition and unity between ideal and reality, and a process of constant struggle with loss, depression, anxiety and restfulness. Therefore, it is necessary for contemporary young college students to use the basic standpoint of dialectical materialism to understand and change the environment, and eventually develop their own independent, rational and well-rounded personality.

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