

Exploration of the Mental Health Education Model of College Students — Taking a University in Shandong as an Example

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ABSTRACT

This paper takes a university in Shandong Province as the research object, collects relevant data by issuing questionnaires, discusses the definition of mental health and the standard of mental health, and analyzes the causes of college students' mental health problems. It is summarized into four aspects: family reasons, social reasons, school reasons and self-reasons, and gives targeted countermeasures and suggestions for the causes of mental health problems, and discusses the innovative model of college students' mental health education, hoping to promote the development of college students' mental health and provide theoretical guidance and practical suggestions to improve the overall mental health of college students.

Keywords: *College students, Mental health, Health education, Advice.*

1. INTRODUCTION

The world of the 21st century is a world of high-quality talents, and the development of the world is inseparable from the role of high-quality talents. College students are the hope of the country and the backbone of the country's development. However, under the background of the rapid development of China's social economy and culture, the impact of diverse social cultures and values has a severe test on the formation of contemporary college students' healthy psychology. The growth and development of college students face many new challenges and tests. The survey results of "Blue Book on Mental Health: Report on the Development of Chinese National Mental Health (2019-2020)" shows that among college students, 18.5% are prone to depression, 4.2% are prone to high risk of depression, and 8.4% are prone to anxiety. College students have strong mental health awareness, but the ability to maintain mental health needs to be improved [1]. College students' mental health education is an important way to shape college students' healthy personality and healthy psychology, and it is also indispensable to ensure the all-round development of college students. In recent years, the incidents of college students due to

mental health problems have been appalling. The "Mother Killing Case of Peking University Students", "Fudan Poisoning Case", "Ma Jiajue Incident" and "Guo Liwei Incident" have all caused very bad social impacts. Therefore, in this era, the mental health education of college students is particularly important.

This paper takes a university in Shandong as a research sample, collects relevant data by distributing questionnaires, and randomly distributes 1,000 questionnaires. A total of 659 valid questionnaires are returned, of which 449 girls participated in the questionnaire survey and 210 boys participated in the questionnaire. According to the survey, the proportions are 68.13% and 31.87% respectively, and the participation ratio of male to female students is close to the 3:7 ratio of male to female students in the college, which makes the survey results more explanatory.

2. DEFINITION OF MENTAL HEALTH AND STANDARDS OF MENTAL HEALTH

2.1 Definition of Mental Health

Mental health means that all aspects of the mind and the process of activities are in a good or normal state. The ideal state of mental health is to maintain a healthy personality, normal intelligence, correct cognition, appropriate emotion, reasonable will, positive state, appropriate behavior, and well-adjusted state. Due to the dual influence of heredity and environment, especially the parenting style of the original family during childhood, it is very important for the development of mental health [2].

2.2 Standards of Mental Health

Chen Guanglei (2005) believes that there are three main criteria for mental health: whether it is close to the average state of numerical distribution from a statistical point of view; whether it conforms to the accepted behavioral norms from a sociological point of view; whether it has symptoms of mental illness from a medical point of view [3].

Wei Jie (2013) believes that the mental health standard has 5 dimensions and is composed of 22 basic elements. Basic psychological abilities: sense of security, ability to withstand pressure, autonomy, ability to establish intimate relationships, self-awareness and acceptance; internal and external coordination and adaptation: good social adaptation, maintaining contact with the displayed environment, personality integrity and coordination, interpersonal harmony, psychological characteristics that are in line with age characteristics; emotional stability: stable and balanced mood, moderate expression and control of emotions, positive attitude; role and function coordination: normal intelligence, conform to social norms, meet basic needs, conform to the role assigned by social family school, self-esteem, have life goals and be realistic; good learning ability: the ability to learn effectively, have a desire for knowledge and learning interest, have the determination and motivation to achieve success in learning, learn to be successful, and apply what they have learned [4].

Du Xuemin, Dai Beiyu, Liu Zhengkui (2018) put forward seven standards for college students' mental health: self-acceptance and keeping an open mind; the basic attitude of life is optimism; the main body of emotions is positive; life is full of

hope and meaning; Full of love, good empathy; good sense of security and harmonious interpersonal relationships. The potential and creativity of life are manifested to a certain extent [5].

To sum up, the mental health standards of college students can be summarized as normal intelligence, emotional stability, sound will, goals and pursuits that are in line with reality, correct self-evaluation, integrity of personality, harmonious interpersonal relationships, and strong adaptability.

3. CAUSES OF MENTAL HEALTH PROBLEMS OF COLLEGE STUDENTS

College students' mental health problems are caused by many reasons. Jia Yuxia (2007) summarized the causes of mental health problems into five aspects: the incompatibility of interpersonal relationships and learning caused by role change, emotional distress and crisis, dependence on the Internet, employment pressure, and the lag of school mental health education [6]. Li Chunhua (2022) believed that family factors, social factors and self-factors are three important factors that affect the psychological literacy of college students [7]. Xie Wenliang (2022) attributed the occurrence of college students' mental health problems to the lack of comprehensive quality education in the family, the inability to integrate into the new campus life, and the impact of bad social culture on college students' values [8].

Summarizing the research of the above scholars, the causes of mental health problems are into four aspects: family factors, social factors, school factors, and self-factors. The results of the questionnaire survey show that 333 people think that family factors are the most important factor affecting the mental health of college students, accounting for 50.53% of the total number of questionnaires, more than half; 142 people think that their own factors are the most important factor affecting the mental health of college students, accounting for 21.55% of the total number of people; 109 people think that social factors are the most important factor affecting the mental health of college students, accounting for 16.54% of the total number; the remaining 75 people think that school factors are the most important factor affecting the mental health of college students, accounting for 11.38% of the total number of people.

3.1 Family Factors

It is universally acknowledged that parents play a very significant role in a person's growth process, and they are the first mentors in a child's life. Any parent attaches great importance to the education of their children, but many children are prone to psychological problems on account of the lack of correct education methods. Under the current environment of exam-oriented education, most parents blindly and strictly require their children to get good grades in exams, put the focus of education on the level of grades, constantly reduce the time for their children to play freely, and force their children to apply for piano and calligraphy. Moreover, nowadays parents and children lack communication, and children cannot feel the warmth of their parents and the family, which can make a child's personality become withdrawn and childish, and the child will become increasingly unwilling to communicate with others. The emptiness and nothing to do can easily lead to psychological problems when the pursuit of life is no longer as strong as before.

3.2 Self-factors

Self-factors are the internal factors that affect the mental health of college students, mainly including growth pressure, academic pressure and love/lorn experience. Among the 142 college students who believed that their own factors had the greatest impact on their mental health, 78 people believed that growth pressure was the factor that had the greatest impact on their own mental health, 54 people believed that academic pressure had the greatest impact, and only those who believed that the experience of love/lorn had the greatest impact on their mental health, there are 10 people, only a minority. Uncertainty on the way of growth and the pressure of studying and further education almost plague every college student. With the rapid development of society, the pressures brought by a strong sense of social responsibility and national mission to every college student can easily make people confused and overwhelmed. Timely dredging can also easily lead to psychological problems.

3.3 Social Factors

Social factors also have an impact on the psychology of college students. Society is a collection of individuals living together through various relationships, and it is the sum of the

relationships formed by people. Although college students have not yet entered the society, their minds have matured and they have entered the ranks of adults in age. In today's information age, the social environment affects the psychology of these college students all the time. Different social environments have different influences on the psychology of college students. The mental health of college students who live in a good social environment is generally better than that of college students who live in a poor social environment. Social culture and social values have a huge impact on the formation of college students' values, affecting their psychological health.

3.4 School Factors

University campus is the place where college students live, and the learning and living environment of the campus is an important factor affecting the mental health of college students. Basically, every university will offer elective courses of mental health education and hold mental health publicity activities for college students, which have a positive effect on the prevention of psychological problems of college students to a certain extent.

4. ANALYSIS OF THE RESULTS OF THE QUESTIONNAIRE SURVEY

The respondents of this survey are students from freshman to senior year of a university in Shandong. The ratio of male to female students participating in the questionnaire is close to 3:7, which is very close to the ratio of male to female students in the school, which is in line with the principle of sampling survey. The 659 questionnaires collected show that, firstly, a total of 562 college students have learned about college students' mental health problems, accounting for 85.28% of the total number; secondly, 402 college students have read the state-issued documents on college students' mental health problems, accounting for 61% of the total number; thirdly, 552 students have taken the mental health assessment scale for college students, accounting for 83.76% of the total number; fourthly, among the students who participated in the questionnaire, there were 218 students who felt that there were students with mental health problems around them, accounting for 33.08% of the total number of students; fifthly, the number of students who think their mental health is relatively healthy and very healthy are 272 and 281 respectively, a total of 553

students, accounting for 83.91% of the total number of students. Who think their mental health is average or even the worse number of students was 106, a figure is remarkably similar to the data on the College Student Mental Health Assessment Scale.

From the survey results, the following conclusions can be drawn: firstly, the popularization of mental health education in this university is relatively good, and most students have paid attention to the mental health of themselves; secondly, although the popularization rate of mental health education is relatively high, the number of students who think they have mental health problems around them account for 33.08% of the total number of people participating in the survey, which is a very high proportion. Excluding the possible overlap, the proportion of students who think their mental health is not good reaches 16.09%, which shows that the effect of the school's mental health work has not played a great role, and the number of students who may have mental health problems is high.

5. SUGGESTIONS ON IMPROVING THE MENTAL HEALTH OF COLLEGE STUDENTS

The formation of college students' mental health problems is the result of the combined influence of various reasons. Therefore, the mental health of college students requires the joint efforts of their families, society, schools, and themselves. Just because students receive education in colleges and universities, they cannot place all their hopes on the school level. Fighting alone often doesn't solve the problem, and can instead lead to a worsening of the current state of mental health.

5.1 Family Aspects

More than half of the college students believe that family factors have a huge impact on the formation of healthy psychology, and starting from the family is a good way to improve the mental health of college students. After entering the university, parents are basically in a situation of stocking their children's lives. For students who have been under the supervision of their parents, suddenly letting themselves freely choose what they want to do can easily lead to confusion and overwhelming. Parents and schools can form a joint mechanism. Although there is no need to over-interfere in students' lives as in middle schools,

they can communicate and share information about abnormal situations in students in a timely manner, so as to achieve early prevention, early detection, and early treatment. In addition, during the winter and summer vacations, parents should communicate more with their children, abandon the previous mode of examination-oriented education, and start to cultivate their children's comprehensive abilities such as social skills and social adaptability.

5.2 Social Aspects

All sectors of society should unite to create a healthy and green social environment for college students. Publishers and management departments at all levels should assume a sense of social responsibility, ensure that college students' books do not contain negative energy content such as violent pornography, and ensure the healthy development of the Internet and the dissemination of correct values. At the same time, play the role of radio and television, community volunteer work groups, etc., to guide the correct social atmosphere, if college students can live in a social environment with a good style, they will definitely be able to cultivate a positive and optimistic attitude, and actively appreciate the meaning of life. In this way, it is not easy to become confused and withdrawn, and naturally it is not easy to have psychological problems.

5.3 Self-aspects

According to the standard of mental health, first and foremost, all of the college students should learn to manage emotions well, and they must become the master of emotions instead of being dominated by emotions; additionally, they are supposed to set reasonable goals and achieve it through their own efforts. It is almost impossible for a person to live in a world without desires. But in fact, it is easy to fall into such a state, feeling that the world will become unreal, many extreme emotions will emerge in the mind, and psychological problems will also arise. Therefore, they must examine themselves in a timely and appropriate manner, identify strengths and expand them reasonably, meanwhile, discover the weaknesses and strive to correct them, so that you can become truly confident; finally, as college students, they must communicate more with others to create a suitability for themselves. Build a harmonious interpersonal relationship, make themselves feel cared for and needed, and treat life positively and optimistically.

5.4 School Aspects

The university campus is the main place for the activities of college students, the school should take the initiative to assume the corresponding responsibilities, and play a major role in promoting the mental health development of college students. Opening elective courses of mental health education and holding mental health lectures are common methods adopted by colleges and universities. However, from the analysis of the results of the questionnaire, this model cannot play a good role, and colleges and universities need to innovate education methods.

Firstly, the elective courses of mental health education and lectures on mental health are the most basic ways for college students to get in touch with mental health problems. Through these two methods, the knowledge of mental health can be popularized, so that college students can pay attention to this aspect of the problem; Secondly, contemporary college students are keen to use fragmented time to receive information. Colleges and universities can use developed online media, such as short video platforms, Weibo and WeChat public accounts, to update mental health-related knowledge from time to time and spread positive energy values, and let students improve their mental health literacy in the immersion of their eyes and ears; Finally, every college should recruit mental health professionals, and the ratio of the number of students to the number of professional teachers should not be higher than 1000:1. Only the theoretical guidance of professionals can be correct to carry out mental health education work. In addition, college counselors should also be organized to learn about mental health expertise. The youth of college counselors makes the communication between students and counselors more convenient and barrier-free, and counselors have always been on the front line of student education. They are more familiar with the situation of each student, and students are more able to tell their brothers and sisters. The general counselor and teacher open their hearts, and prescribe the right medicine according to the actual situation, which is very effective in solving the problem.

6. CONCLUSION

With the rapid development of society and the increasing pressure of college students, the risk of psychological problems of college students has increased significantly. In order to reduce the

possibility of psychological problems of college students, a psychological health prevention and supervision mechanism should be established. It is necessary to give full play to the roles of schools, families, society, and college students themselves, and build a multi-effect promotion mechanism with school education as the leading role and family education, social education, and self-education as the auxiliary, so as to improve the overall mental health of college students and promote the physical and mental health of college students' healthy development, cultivate mentally healthy high-quality talents for my country, accelerate the pace of China's high-quality development, and realize socialist modernization earlier.

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