

Cultivation of Psychological Qualities and Construction of Mental Health Education System for College Students

Ma Yuting

Arts and Law College of Xinxiang Institute of Engineering, Xinxiang, Henan, China

Abstract: With the intensification of social competition, the mental health issues of college students have attracted widespread attention. This article analyzes the current situation and impact of college students' psychological problems, discusses the importance of mental health education, and proposes strategies for the cultivation of college students' psychological quality and the construction of a mental health education system. By conducting mental health education courses, organizing a variety of practical activities, strengthening the integration of mental health education and moral education, providing psychological counseling and therapy services, and focusing on the collaborative education of family, school, and society, we can improve the psychological quality of college students and promote their comprehensive development. At the same time, this article also discusses methods for cultivating the psychological quality of college students, including classroom teaching and practical activities.

Keywords: College Students; Psychological Quality; Mental Health; Education System

1. Introduction

With the rapid development of the social economy, college students are facing increasing psychological pressure, and mental health issues are becoming increasingly prominent. On the one hand, the psychological problems of college students can have a negative impact on their learning and life, affecting their healthy growth. On the other hand, if psychological problems are not resolved in a timely manner, they may lead to tragedies and pose hidden dangers to social harmony and stability. Therefore, paying attention to the mental health of college students, strengthening the cultivation of psychological quality, and constructing a mental health education system have become the focus of attention for educators^[1].

Mental health education aims to improve the psychological quality of college students, prevent psychological problems, and promote their comprehensive development. To achieve this goal, it is necessary to have a deep understanding of the current situation and impact of college students' psychological problems, discuss the importance of mental health education, and research effective methods for cultivating the psychological quality of college students^[2]. This article will discuss the research status, cultivation methods, and how to build a complete mental health education system, providing strong support for the mental health development of college students.

2. Research Status of the Mental Health Education System

2.1 The Current Situation and Impact of College Students' Psychological Problems

With the intensification of social competition, the psychological problems of college students are becoming increasingly prominent. These problems mainly manifest in the following aspects:

2.1.1 academic pressure

College students face multiple pressures such as graduation theses, postgraduate entrance exams, and employment, resulting in excessive psychological burdens^[3].

2.1.2 interpersonal relationship problems

College students may have difficulties in adapting to new environments and dealing with interpersonal relationships, leading to anxiety, depression, and other psychological problems.

2.1.3 love and marriage issues

In terms of love and marriage, college students face difficulties in making choices and communication barriers, which may increase psychological pressure.

Economic pressure from the family is also a factor affecting the mental health of college students^[4]. Students from families facing economic difficulties may experience feelings of

inferiority, anxiety, and other psychological problems.

The psychological problems of college students have a serious impact on individuals and society. Psychological issues may affect the academic performance of college students and lower their overall quality. Psychological problems may cause interpersonal relationship troubles for college students and affect their social adaptability. Psychological issues may also induce various mental illnesses, causing serious harm to the physical and mental health of individuals.

2.2 The Importance of Mental Health Education

Mental health education, as an educational activity aimed at improving the psychological quality of individuals, is of great significance for the healthy growth of college students^[5]. The importance of mental health education is mainly reflected in the following aspects:

2.2.1 Mental health education helps improve the psychological quality of college students

Through mental health education, college students can learn to adjust their emotions, improve their interpersonal relationships, and enhance their psychological resilience, thereby improving their psychological quality.

2.2.2 Mental health education helps prevent the occurrence of psychological problems

Mental health education can help college students learn methods to cope with psychological problems, preventing and reducing the occurrence of psychological problems.

2.2.3 Mental health education helps improve the social adaptability of college students

Mental health education can cultivate college students' abilities to think independently, solve problems, and adapt to society, thereby improving their social adaptability.

2.2.4 Mental health education helps promote the comprehensive development of college students

Mental health education, in cooperation with moral education, intellectual education, physical education, and aesthetic education, promotes the comprehensive development of college students.

3. Methods for cultivating the psychological quality of college students

3.1 Classroom Teaching

Classroom teaching is an important approach for

cultivating the psychological quality of college students and plays an irreplaceable role. Currently, most universities have included mental health education in their curriculum system, helping students understand their own psychological characteristics and improve their psychological quality through mental health education courses^[6].

Mental health education courses should include the following content:

(1) Basic knowledge of mental health, enabling students to understand the importance of mental health and learn self-adjustment methods.

(2) Cultivation of psychological quality, such as emotion management, stress coping, and interpersonal communication.

(3) Prevention and intervention of mental illnesses, enabling students to understand the manifestations of mental illnesses and the corresponding measures, strengthening their awareness of psychological prevention.

In addition, teachers in classroom teaching should pay attention to the following aspects:

(1) Case-based teaching, guiding students to deeply understand mental health knowledge through vivid and lifelike cases.

(2) Interactive teaching, encouraging students to actively participate in class discussions to improve their engagement and enthusiasm.

(3) Practical teaching, integrating theoretical teaching with practical operation to help students improve their psychological quality.

3.2 Practical Activities

Practical activities play a crucial role in the cultivation of the psychological quality of college students. Practical activities help college students exercise their psychological quality in practice, improve their psychological adaptability, and cultivate a positive and optimistic mindset. The following are specific practical activities and their roles in cultivating the psychological quality of college students.

3.2.1 Volunteer activities

Participating in volunteer activities helps college students learn to care for others, cultivate a sense of social responsibility and empathy, and also enhance their self-confidence and self-esteem as they feel their own value while helping others.

3.2.2 Club activities

Club activities allow college students to find a sense of belonging and achievement in their interests and hobbies, cultivate teamwork spirit and leadership skills. In addition, club activities

also help college students improve their interpersonal communication skills and enhance friendships and trust among classmates.

3.2.3 Physical exercise

Physical exercise helps regulate emotions, relieve stress, and improve the psychological endurance of individuals. Studies have found that moderate physical exercise can promote the release of endorphins in the brain, making people feel happy and increasing their self-confidence^[7]. Through participating in physical exercise, college students can cultivate perseverance and patience, develop good living habits, and improve their psychological quality.

3.3 Integration of Mental Health Education and Moral Education

The integration of mental health education and moral education is an important approach to cultivate the psychological quality of college students. Mental health education aims to help college students resolve psychological problems, improve their psychological quality, while moral education aims to educate college students on establishing correct values, morals, and outlook on life. By combining the two, college students can form a sound character, laying a solid foundation for their future life.

In moral education, college students can learn qualities such as respect for others, honesty, tolerance, and humility, which are of great significance for the cultivation of psychological quality. Through moral education, college students can develop good psychological quality, improve their psychological adaptability, and better cope with the challenges and pressures of life.

The integration of mental health education and moral education helps improve the psychological quality and social adaptability of college students. Mental health education helps college students realize the importance of mental health, learn to adjust their emotions, and build confidence. At the same time, mental health education also helps college students develop good mental life habits and improve their psychological endurance.

The integration of mental health education and moral education also enhances the social adaptability of college students. Through moral education, college students can learn to communicate and cooperate with others, and develop a team spirit. Under the guidance of mental health education, college students can

better handle interpersonal relationships and improve their social communication skills.

To achieve the organic integration of mental health education and moral education, universities can take the following measures:

(1) Incorporate mental health education and moral education into the educational system, ensuring that college students receive systematic mental health and moral education during their time at university.

(2) Strengthen teacher training to improve the professional competence of teachers in mental health education and moral education.

(3) Organize a variety of practical activities to help college students exercise their psychological quality and develop their moral qualities.

4. Conclusion

This article emphasizes the important position of mental health education in contemporary college education through the discussion of the cultivation of college students' psychological quality and the construction of a mental health education system. Research has found that the current situation of college students' psychological problems is severe and has had unfavorable effects on individual growth and social development. Therefore, constructing a complete mental health education system, improving the psychological quality of college students, and promoting their comprehensive development are important tasks faced by educators.

This article proposes effective methods for cultivating the psychological quality of college students from three aspects: classroom teaching, practical activities, and the integration of mental health education and moral education. First, in classroom teaching, revising the curriculum and integrating teaching strategies for cultivating psychological quality can help improve the psychological quality of college students. Second, organizing campus cultural activities, conducting social practice activities, and creating psychological quality development training programs can help college students exercise their psychological quality and teamwork skills. Finally, integrating mental health education and moral education, strengthening the connotation of moral education, and improving students' moral cultivation can promote the integration of mental health and moral education and lay a solid

foundation for the comprehensive development of college students.

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