

The Current Situation of College Students' Psychological Problems and the Path of Psycho-Education

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Abstract: The mental health of college students is an important issue of common concern to the whole society. With the popularization of information technology and the diversification of information content, students are more susceptible to the interference of various kinds of information. At the same time, changes in the social environment make contemporary college students face pressure from various aspects such as academics, employment and family. According to the questionnaire survey and data analysis of students in college, there is a trend that the overall number of students' psychological problems is increasing and the severity is increasing. Therefore, psychological education is one of the most important educational contents of the current university, and the school needs to strengthen the students' value leadership as well as improving the path of psychological education.

Keywords: Psychological Education; Mental Health; System Development

1. Introduction

In the report of the 20th Party Congress, General Secretary Xi Jinping emphasized, "The whole Party should focus on youth work as a strategic task, arm young people with the Party's scientific theories, and inspire them with the Party's original mission." The issue of college students' mental health is an important topic of common concern to the whole society. the university issued the document "Notice on the issuance of the implementation of the basic construction of student mental health education work" in 2019, and set up a psychological crisis intervention working group. the Department of Academic Engineering carries out an annual student psychological census and special supervision of the standardized construction of mental health education work

[1-4]. However, the data show that the mental health of students is still not optimistic. In research, there are 83 students with psychological problems in 2021, 97 students with mental health problems and 3 with serious psychological problems in 2022. the statistics of 2023 show that the number of students with mental health problems rose to 148, and 52 students with serious psychological problems, accounting for 35.1%. In the 2023 survey, the main external reasons for students' mental health problems centered on school bullying (7 students) and poor family relationships (26 students), and 2 students self-reported that they were depressed due to a love breakup; 90% of the students with mental problems showed introversion and were not in tune with others. This shows that there is a trend of an overall increase in the number and severity of students' psychological problems [3-6].

Psychological education is a systematic process. Based on the psychological characteristics of current college students, students are guided to cultivate correct attitude on life, values and the world, actively participate in school and social life, and correctly deal with kinds of social relations. Especially in the age of information technology, it is necessary to innovate the mode of psychological education in colleges to cultivate students' correct cognition, so as to lay a foundation for colleges to comprehensively implement the fundamental task of "cultivating morality and educating people".

2. Innovating the Concept of Education and Strengthening Scientific Prevention

At this stage, college students are in a new era of information explosion and diversified cultural values, and all kinds of thoughts are influencing students' ideological concepts through the network. Therefore, it is very important to integrate the spirit of the 20th

CPC National Congress into the work of ideological education, to help young college students to establish the correct "three views", and set up the correct ideals and beliefs.

At present, the psychological parenting means in schools are still mainly offline one-to-many or one-to-one interpersonal communication methods. In the psychological census work, there are cases of introverted students who are not willing to accept counseling. In this case, the use of the Internet, VR and other multimedia support may open a new practice scene. With the help of tagging cards, message communication, forwarding videos and other ways that are easy to accept by young people, an equal interaction mode can be established, which can bring more personalized and real emotional experience for students. In addition, schools can utilize the network to do a good job of education for new students and establish a network early warning mechanism. For example, in the examination season, graduation season and other special time nodes, grasp the information of students' psychological dynamics, to help schools and teachers' early detection of clues, and timely guidance to prevent accidents due to academic pressure, examination pressure, and so on. We also should pay attention to the psychological problems caused by the change of seasons, the change of grades and majors, etc., so as to grasp the dynamics in a timely manner, and implement precise interventions as early as possible.

Improving the management of key group. Regular check-ups should be conducted once a month for various groups of students. Group counseling about depression and anxiety will be carried out in due course to enhance the pertinence, initiative and effectiveness of students' psychological crisis intervention. Counselors (class teachers) should visit all students' dormitories every month, and provide timely intervention and assistance to students with the signs of high-risk tendencies.

When applying various psychological parenting theories, we should draw on advanced Western psychological theories and views, and combine them with China's social and cultural background and students' psychological characteristics to prescribe the right medicine, balancing the roles of traditional Chinese culture, and Western

culture. While focusing on students' individuality, students should be guided to explore their own position in the collective and society in their experience, to appreciate and learn from each other in the community interaction, and to solve the psychological problems brought about by inharmonious interpersonal relationships of some college students due to their over-emphasis on self-individuality and self-centeredness.

3. Emphasizing Team-Building and Improving the Effectiveness of Education

School has been staffed with full-time psychological teachers not less than 1:4000 requirements. But some psychological teachers are non-psychology majors, and part-time psychological teachers' time and energy is not enough, resulting in the overall professionalism of the teaching force is not high enough, psychological counseling services are not enough to broaden the radiation of the profession. It will also lead to the problem that students do not attach importance to mental health courses and the effectiveness of education is not obvious.

In this context, it is necessary to strengthen the construction of mental health education teachers and establish a team of full-time and part-time psychological teachers with excellent skills. Firstly, the team of psychological teachers should be fully equipped and strengthened. It is necessary to increase the training of full-time psychological teachers, carry out kinds of training in ideological and psychological theory, and integrate the spirit of the 20th National Congress of the Communist Party into the study, so as to effectively improve the political literacy, moral quality and professional skills of full-time teachers, prompting them to have the necessary theoretical foundations and practical ability. Besides, It is also important to provide full-coverage training on basic knowledge and skills in mental health education for new counselors and classroom teachers.

Secondly, expand the path of professional development and improve the psychological training system for counselors. Experts should be invited to give personalized training lectures and carry out training work in a purposeful and targeted manner, so as to enhance teachers' understanding of psychological education and improve their

psychological parenting ability. In addition, college should encourage full-time teachers and full-time counselors of mental health education to study for psychology-related professional degrees to improve the level of scientific research. Faculties should set up research topics on mental health education, organize relevant applied research, and focus on strengthening the analysis and research on various psychological problems and psychological crises, so as to improve the scientific and pertinence of our work.

Thirdly, college should select outstanding workers in student mental health education. Strengthen the exchange of full-time teachers, counselors and psychological teachers, learn from each other's advanced experience, collaborate to complete psychological counseling, psychological counseling, psychological files, and work together to help solve students' psychological problems.

4. Improving the Education and Teaching System and Realizing Multi-Channel Development

College has set up the "Mental Health Education for College Students" course for all students. However, the current curriculum of mental health education is relatively single, and mental health curriculum system has not yet been formed. At the same time, psychological quality must be fully reflected in the teaching of various disciplines, but the teaching of existing disciplines has not yet been fully integrated into the psychological education section, resulting in a certain interval between mental health work and teaching.

To address this issue, first of all, the education and teaching system should be improved and the main channel of classroom teaching should be strengthened. the compulsory public mental health courses should be offered to all students, and the "Mental Health Education for College Students" (a compulsory course) should be taught, so as to give full play to the important role of course teaching in the mental health education of college students, which will help students get mental health knowledge and skills, establish a sense of self-help or mutual assistance, and learn to rationally face frustrations and difficulties. Besides, it is necessary to use the Internet resources, to extend the development of new courses, to enrich the choices of courses as well as

classroom interactions and immersion experiences. At present, many colleges have consciously opened a lot of popular courses, such as the psychology of love class, career planning class, etc. Our college can learn from the relevant experience and offer relevant courses by self or in cooperation with other colleges, so as to enhance students' attention to psychological problems and their interest in psychological courses.

Secondly, college should strengthen the counseling and consulting system, developing a second classroom that is close to the lives of students. For example, college can carry out group counseling on topics such as interpersonal relationships, emotional processing, and emotional love in conjunction with the "5-25" College Student Mental Health Festival, the new student enrollment season, the graduation and employment season. College should also make full use of the psychological assistance platform, standardize the process of regular psychological counseling services, and use information technology to enhance the accuracy and effectiveness of work. In addition, college can carry out a series of practical activities and related to behavioral shaping to cultivate students' good psychological qualities and equip them with positive ways of thinking and coping behaviors in the face of difficulties and setbacks.

Thirdly, college needs to strengthen the four-tier early warning network and establish a network of "school-faculty-class-individual". College should do a good job of connecting home and school by home visits and other means, improve the system of home visits for students, and strengthen the information connection between home and school. What's more, college should take the initiative to strive for the establishment of designated cooperative relationships with mental health medical institutions and establish a "home-school-medical" linkage model.

The report of the 20th Party Congress re-emphasized that "we should insist on educating people for the Party and educating talents for the country. " Psychological education has a unique value in the construction of ideology and politics in college. the value of psychological education lies in promoting the comprehensive development of students' personality, which is highly consistent with

Marx's doctrine of comprehensive human development, which proposes that human development is the harmonious and unified development of all aspects. Therefore, it is necessary to give full play to the efficacy of the ideological and political education of psychological education, strengthen the construction of psychological education teams, innovate the mechanism of psychological education, improve the system of psychological education practice activities, highlight the characteristics of psychological education, and actively explore a win-win model of cooperation, so as to promote the efficient work of psychological education in the school.

Acknowledgements

This paper is the phased achievement of the general scientific research project of Zhejiang Open University in 2023 (No.: XKT2023Y53).

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