

# Studies on Problems and Strategies of College Students' Psychological Health Education Viewed from New Media

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## **Abstract**

*With the development of new media technology, college students are increasingly affected by the network. However, the Internet also provides students with a new learning and living environment as well as the opportunity for college students' psychological health education. The current college students' mental health education has the problems such as education simplification, network vacancy, deficiency of educational main channel and monotonous teaching methods etc, therefore, improving self ability training, strengthening construction of teaching staff, effectively integrating teaching activities, constantly expanding network front and establishing and improving institutional framework have become valid strategies for improving college students' psychological health education.*

**Keywords:** new media; college students; psychological health education; problem; strategies.

## **1. Introduction**

With the continuous development of information technology, network has become an essential part of college students' life. However, as the result of college students' life philosophy and value beginning to take shape, and in the face of complex network environment, sometimes they can not make right judgments for some affairs. Therefore, the network not only brings convenience to college students, but also shows its drawbacks. In such environment, what measures to take to educate students' psychological health affects greatly. This article viewed from the analysis of the problems of College Students' psychological health education, and then put forward the strategies to strengthen college students' psychological health education.

## 2. The problems in College Students' psychological health education

**2.1 Education simplification.** Psychological health education simplifies, which mainly manifested as replacing psychological health education with ideological and political education, or replacing ideological and political education with psychological health education. They think that ideological and political education and psychological health education should be alternatively selected. Under the guidance of such idea, they either replace ideological and political education with psychological health education to appear generalization of psychological health education trend; or replace psychological health education with ideological and political education to simply deal with college students' psychology puzzle and illness even to preach and infuse main principles to deal with college students' psychological problems such as anxiety, depression and pessimism and misanthropy etc, Which will aggravate their psychological problems.

**2.2 Network vacancy.** With the popularization of campus network, the amount of Internet bars around campus is gradually increasing, which brings about increasing deficiency, and college students have also generated related psychological barrier. Some scholars regarded it as Internet syndrome which shows as amnesia, depression, dysphasia, headache and chest tightness, shortness of breath, frequent absent-minded and mood repression etc. Among college students, it mainly shows as network horror, network dependence, cyber love, interpersonal indifference, weariness, truancy etc, and some students even suffer psychological disorders and commit suicide. These problems have caught attention from schools and families. Colleges should carefully study the relations between network and psychological health, occupy network front and make full use of network to serve psychological health education. .

**2.3 Deficiency of educational main channel.** At present, in the aspect of curriculum provision, some universities just regard psychological health education as a part of political theoretical course. Before the reform of college political theoretical course, college students' psychological health education is just explained as a chapter or a lesson in *Ideological and Moral Cultivation*. After its' reform, College students' psychological health education is just reflected in third chapter in national textbooks *Ideological and Moral Cultivation*. Some colleges established college students' psychological health education course later, but the teachers rarely impart systematic knowledge to students as the result of less teaching period; and contents in class is divorced from reality, which emphasizes theory and ignores practice, so they can't achieve satisfying results or really solve practical problems in psychological health problems.

**2.4 Monotonous teaching methods.** Current psychological health education is short of consistency and systematicness; counselors are likely to be regarded as "firefighters" to take stopgap measures; in the aspect of educational methods, they have the problems of monotonous teaching methods and means lagging, neglecting active dredging of key groups' psychological crisis; in the aspect of system and mechanism, they are short of a set of steady and long-acting working system of psychological problems checking, psychological abnormality students' management, abnormal condition report in time, intervention, tracking and evaluation of psychological crisis, which urgently requires us to establish and improve combined system for college students' psychological health education management, and further coordinates factors on all sides such as society, family and colleges to jointly improve college students' psychological health education and forms strong force to promote the effectiveness of psychological health education.

### **3. Strategies on College Students' Psychological Health Education**

**3.1 Improve self cultivation ability.** Internet not only broadens the ways of college students' acquiring knowledge, but also enables them to grasp more information. Therefore, most college students regards internet as main channel to acquire more psychological health information with relevant places such as libraries having already gradually replaced by Internet. The prosperity of Internet enables college students' passive knowledge acquisition to convert into active acquisition. At the same time, their psychological health maintenance has also been changed into present active maintenance. Internet contains a lot of information, including much malicious information. So under such background, college students' psychology is influenced dually, with both advantages and disadvantages, for instance, some harmful behaviors such as cyber love、internet addiction as well as cyber crime etc exist among students. Therefore, teachers should scientifically guide students to appropriately make use of Internet to make it complete self-care working. Moreover, they should guide students to independently grasp relevant psychological health knowledge to enable it to construct high-level internet value.

**3.2 Strengthen construction of teaching staff.** Colleges develop effective psychological health education and communicate with students smoothly, with the foundation of possessing a team of high professional level teaching staff. But in practical life, most college students' Internet using ability is much higher than that of teachers. So it is essential to train teachers appropriately to improve teachers' Internet using ability. Therefore, colleges should map out reasonable training system, putting training core to relevant training such as educational technology theories and multimedia network technology on teachers. In addition, colleges should also require teachers to rapidly and expertly utilize various information tools such as office software as well as blog etc, and to apply internet technology to psychological education class to ensure college students establish correct value. Besides, teachers must give full play to timeliness of Internet information, take fast and effective measures to acquire effective information on college students' psychological health education and do further study on it, and constantly increase students' immune capacity as well as morality level on information to effectively guide college students to form higher information quality and keep healthy.

**3.3 Effectively integrate teaching activities.** Internet is a teaching auxiliary method, which enables students to directly and fully understand psychological health education contents. Therefore, teachers should, on the basis of students' needs, integrate psychological health education into teaching process under the help of internet to ensure that practice and theory connect with each other closely. Teachers should make full use of internet strengths to develop appropriate psychological health education on students, with the aim of cultivating talents with high comprehensive quality; they should try their utmost to reduce internet's harms to college students, at the same time, teachers should make use of active psychological hint strategies、moderately encourage students and reasonably make use of favorable factor to arouse students' interesting in learning. In the process of psychological health education, teachers must concretely explain influence caused by psychological health problems to teachers according to students' psychological features, and they must make college students realize what strategies to adopt to improve psychological health level, and what strategies to adopt to deal with psychological puzzle as well as self-control. In addition, teachers should do

representative case study on Internet in class, and urge students overall understand reasons and symptoms to ensure them keep positive and active mood in daily life.

**3.4 Constantly expand Internet front.** According to relevant studies, Internet is a relative important educational front with great advantages; it not only arouses college students' learning initiative, but also encourages them actively take part in teaching activities, besides, it still enables college students and teachers carry out deep interaction. Therefore, in order to ensure that the advantages of Internet technology can reasonably play, it is necessary to control over the commanding heights of the network effectively when colleges and universities carry out psychological health education for college students. In terms of current education situation of college students' psychological health, it is extremely urgent to expand psychological health education network front. They should constantly improve and perfect it, treat it as a focus, and increase the construction of psychological health education network system. At the same time, they should improve its system continuously and provide more qualified network services for students in the aspect of psychology help. In addition, our country need to pass relevant laws, and filter the adverse information on the network to provide students with a secure network environment, which can make the adverse effects caused by the network under control. They should try to give play to the advantages of the internet from various angles so that the network makes greater contributions to the development of college students' physical and mental health.

**3.5 Establish and perfect institutional framework.** For college education, online education has great influence, which is not only indispensable in classroom teaching, but also contributes to extracurricular teaching a lot. Therefore, universities should establish appropriate institutions in the campus network, enable students to understand psychological health content from multiple angles, master the skills of psychological health self-maintenance, improve the ability of self-regulation, and ensure well-rounded development of students who satisfy the demand for society. In current network environment, universities should take measures to carry out college students psychological health education, and the key point is to build cooperative relationship between relevant institutions and organizations, and communication between students. In addition, above psychological health education institutions must be built a private space. The relevant staff should effectively manage, gather the human resources together, and carry out psychological health education variously, effectively, and in all aspects, which provide effective instructions for psychological health education in universities.

#### **4. Conclusion**

In summary, facing the opportunities and challenges brought by current network, it has great significance to carry out effective psychological health education for colleges. The reasonable use of the network and taking it as a teaching aid tool can increase students' knowledge of psychological health, and help them establish the correct values. Therefore, universities must regulate relevant systems, put them in place specifically, emphasis on training teachers, increase college students' targeted education and guidance, and enhance students' ability to judge and restraint both side. So that it can help college students make the right judgments, take in helpful network information in the network environment, and set up the correct world outlook, life philosophy and values to help them become the useful talents in society.

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