Application of Information Technology in Mental Health Education in Primary and Middle Schools

Lin-Yan HU\textsuperscript{1,a} and Hao HUANG\textsuperscript{2,*}

\textsuperscript{1}Nanchang Institute of Technology, Nanchang City, Jiangxi Province, China
\textsuperscript{2}Jiangxi Industrial and Trade Vocational and Technical College, Nanchang City, Jiangxi Province, China

\textsuperscript{a}583436594@qq.com, \textsuperscript{*}499369703@qq.com

Keywords: Information technology; Primary and secondary schools; Mental health education.

Abstract. At present, the emphasis on mental health education for primary and secondary school students has reached a new height. Whether there are parents or schools, it is no longer only concerned with the subject matter of students, but also concerned about the psychological growth of students. In the current information environment, many primary and secondary schools have begun to integrate information technology into the classroom. The use of information technology to conduct mental health education for primary and secondary school students can not only promote the exchange of teachers and students, improve the mental health education platform, but also promote the healthy development of primary and secondary school students.

Introduction

In today's informatization development, the use of various information technology has greatly facilitated our daily life, simplifying life and improving people's work efficiency. Informatization in the narrow sense refers to the application of information technology. In a broad sense, informationization includes the application of information technology and the resulting changes in the basic structure of society. The continuous advancement in education has also largely benefited from information technology. The informatization of education emphasizes the popularization of information technology in education and teaching and the extensive application of information technology and education. It simplifies the traditional teaching methods and uses modern scientific methods to educate primary and middle school students.

The current main information technology used in mental health education is divided into three categories: (1) computer technology; (2) network technology; (3) communication technology. Through the operation of modern information technology, according to the psychological development of primary and secondary school students and the changing laws, combined with the knowledge of psychology, effectively develop and utilize information resources, cultivate the good psychological quality of primary and secondary school students, maintain good mental health standards, and improve mental health. Correct bad psychology and behavioral deviations, develop mental potential, and promote the overall and healthy development of the physical and mental health of primary and secondary school students.

The Platform Construction of Mental Health Education Informationization

In order to better carry out mental health education courses in primary and secondary schools, the use of information technology can improve the teaching quality of the courses to a certain extent, and help teachers to better enrich the content of classroom teaching.

Course Teaching

Multimedia Technology, using modern multimedia technology in the classroom for teaching assistance. This is one of the most mainstream teaching aids. With the deepening of the curriculum in primary and secondary schools, more and more courses can better complete the teaching tasks.
through multimedia technology, and can be more intuitively presented through video clips and PPT technology. Students teach content to improve students' attention in the classroom. In addition, through the multi-functional classroom, students can participate in the study, complete interpersonal communication, thinking training and other teaching, so that students can better understand the psychological knowledge.

Interactive Teaching Platform. Let the teachers and students exchange and learn through an interactive platform. The most convenient interactive teaching is online video distance learning. Students can communicate with the instructors online, saving daily time, and small class teaching provides more opportunities for teachers and students to communicate. In addition, there are many schools in primary and secondary schools that use interactive whiteboard teaching (IWB). Interactive whiteboard teaching is a touch-sensitive whiteboard connected by a digital projector and a computer. The main advantages of interactive whiteboard: First, it is a very good color and visual learning tool; secondly, it is also conducive to stimulating students' interest in learning, making students' learning easier and more convenient, and providing different students. The learning style; third, not only promotes the innovation of classroom teaching methods, but also facilitates multiple interactions between teachers, students and students; fourth, there are more and more technical platforms to support interactive whiteboard teaching; 5. There are already many network resource service and sharing platforms available today.

Network Psychological Counseling Platform

In the construction of the psychological counseling room, the construction of the network psychological counseling platform is also important, which enables the mental health education teachers to establish psychological files for the teachers and students of the whole school, which is conducive to the common development of the teachers and students of the whole school.

Implementation of the Psychological Assessment System. Through the development of the computer software system, various psychological assessment questionnaires are integrated into the software, which solves the shortcomings in the traditional psychological assessment. For example, the evaluation in the software can save manpower and financial resources, and at the same time, it is more convenient and quick to establish the student's psychological file, which is conducive to better obtaining the corresponding data when the data is called in the future. After each teacher and student has completed the psychological assessment, the results will be entered into the system. These results can be used as a basis for warnings issued by the early warning system, as well as for the head teacher and mental health education teachers.

Provide Online Psychological Counseling Services. Nowadays, more and more teachers in primary and secondary schools have obtained the certificates of third-level and even second-level psychological counselors, and they are able to conduct professional psychological counseling on students’ general problems to a certain extent. From the problems in the study to the problems in life, students can go to the teacher through the online online consultation platform to consult, which solves the problem of limited reception in the consultation room, so that those who need to consult but can not make an appointment, or hinder Face-to-face students have a new consulting platform. In addition, students can also leave a message to the psychological counseling teacher who was not online at the time, and can answer questions when the teacher is online. Online counseling is very necessary to address these issues. Its main advantage is that it is not subject to the constraints of time and space, and it is very convenient. Secondly, through online consultation, students have great choices and have good confidentiality. Especially for middle school students, they have a strong self-protection mentality, and network consultation has largely solved this problem.

Construction of Mental Health Webpage Columns

Nowadays, many primary and secondary schools in the city have their own official website, which not only can promote the school, but also have many teaching resources on the official website for parents and students to learn. The inclusion of a mental health page on the official website is also a general trend. Encourage students and parents to browse the knowledge of mental health education online, so that parents can better understand how to communicate with children,
and urge parents to pay more attention to students' mental health problems. Students can go to post interactions with other students in the column, so that students can talk and find friends to communicate. At the same time, in the webpage column, a library of psychological counseling resources for students at various stages is provided, so that after the students learn, they can make progress for their psychological counseling and therapeutic psychological counseling, so that every student can grow up healthily and happily.

Suggestions on Building an Informational Mental Health Education Platform

In the future, there is still a long way to go for the informationization of mental health education in various schools. Especially in the city, there may be better teaching conditions, but the local primary and secondary schools may not pay much attention to it. There are four main suggestions for the construction of the mental health education information platform:

Firstly, for the construction process of informatization, it is necessary to have a good supervision, otherwise it will easily lead to information leakage of students and teachers, so the construction of informationization will have a negative effect. Promote the information environment to be closer to real life through good regulation.

Secondly, the current network life is rich, students also know how to communicate online, then the school needs to educate students on network ethics, clean up the network environment, and let students do a qualified netizen online.

Thirdly, in the first-line primary and secondary schools in many cities, a large number of information media teaching equipment has been purchased, but teachers do not use much. This requires the school to train teachers and give full play to the role of online media.

Lastly, implementing a networked teaching of psychological quality education courses, so that not only can students be taught, but parents can also participate in the teaching process, which promotes the education of teachers throughout the family.

From this point of view, the establishment of a mental health education platform through information technology is a new model of primary and secondary education, which can not only expand the extension of mental health education, but also make contemporary mental health education diverse, and is the main educational work in the future and the direction of development.

Acknowledgement

This research was financially supported by Nanchang Institute of Technology 2018 Humanities and Social Sciences Project (Project No. NGRW-18-09) and Nanchang Institute of Technology 2018 Curriculum Reform Project (Project No. NGJG-2018-32).

References


