The Research About Education College Students' Mental Problems in Internet Age

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ABSTRACT

With the outbreak of the Internet age, college students' mental problems are presented some new characteristics. According to these characteristics, how to psychological issues guidance to college students has become one of the important issue which the current university education. In this paper, on the basis of analyzing the characteristics of the current college students' psychological problems for college students in the colleges and universities is discussed the problems existing in the system of mental health education. To solve these problems we put forward a kind of provide ways to establish college students' mental health education system. This paper discusses the structure characteristics of the education system, theory of the new era of college students mental health education has carried on the further perfect.

INTRODUCTION

The implementation of the education reform caused by factors such as college students face more and more competition, college students' learning and psychological pressure is also increasing during graduation [1]. To strengthen college students' psychological health education for students is important, not only for the current social stability and campus stability and economic development also has important value. Many colleges and universities of our country, the college students' mental health education system, also has obtained certain achievements in education. But in psychological health education for college students to implement system construction research results are very scarce [2, 3]. Combining with the psychological characteristics of current college students a provide mental health education system is very necessary. This article is under the background of the study of the current college students mental health education, puts forward a series of effective education concept and education method, in order to provide the way to establish the model of the college students' psychological health education, improve college students mental health level, will they train to become real high-quality talents, promoting economic development and social stability.
THE PROBLEMS EXISTING IN THE COLLEGE STUDENTS' MENTAL HEALTH EDUCATION

1) The current college students mental health problems mount

Education reform has been implemented for many years, every year the number of college graduates 67 million make university education has become a veritable popular education in our country. The number of college students has increased dramatically, and along with the economic and social development to a certain stage in the new period contradictions also appeared concentrated burst tendency. In the campus of frequent headlines about "ma3 jia jue2 event", "fudan student poisoning incident" and a series of extreme case also impact on people's nerves. Delve into the story of these events, lack of mental health education in colleges and universities is one of the most important one of the reasons [4-6].

2) The college students mental health education system is not perfect

Current on college students' mental health education in colleges and universities teachers a serious shortage of inputs, most colleges and universities counseling team construction of the school level, only rely on the team full-time teachers accept the students' psychological counseling. Only a small number of colleges and universities opened a compulsory course for psychological education [5]. For the problem students, targeted psychological health education system is more impossible. Will issue the student as an ordinary student mental health education is a common phenomenon.

3) College psychological health education structure is not sound

At present most of college psychological health education from belongs to the ideological and political education. While students psychological dynamic monitoring and crisis management by the counselor at the grass-roots level to carry out. The school mental health advisory body composed of a few teachers, mainly for the students' initiative. Whereas top-down education structure has not fully established. General education in colleges and universities of architecture, including schools and colleges, students' level 3. Basic stay in the condition of the main construction of primary school education and the prevention and control system. The rest of the level of education is of more forms. This kind of situation will lead to students with psychological problems can not find suitable talk with channel, or psychological problems caused by inferiority emotions affect their initiative to turn to a limited number of psychological counseling agencies [6]. At the grass-roots level, the lack of prevention and control system directly lead to can't in the early education for students with psychological problems channel, in the school education mode directly into question after the model of crisis response. Once the students' psychological problems into some kind of crisis, is necessary for the school reputation and great impact on other students' psychological.

4) Mental health evaluation system is not perfect

In 2001 the ministry of education on strengthening the opinions of the college students' psychological health education of institutions of higher learning "issued to universities, mental health education in the assessment link gradually in colleges and universities. Generally after the new students. In students' education in the late work is largely based on the student to carry on the test data screen problems related to the intervention. This evaluation USES disease more orientation of psychological scale, the scale is built on the basis of the general level of the
students knowledge and mentality. For students of monitoring also cannot do early found early involvement in early education.

5) College students' psychological problem event crisis and intervention system is not perfect

Effective comprehensive intervention for psychological problems of students education is a major means to avoid serious consequences. But most of the current colleges and universities in this system is not perfect. To students' daily behavior lack of real-time monitoring; College student affairs office, division of psychological consulting center in various departments such as the lack of targeted communication; Lack of consciousness of the students' psychological vulnerability, without someone to track research and intervention.

6) Curriculum system construction of midpoint not outstanding surface not extensive

The "point" in the psychological health education refers to the students focus on the problem of, and "face" is a comprehensive education for all students. True have psychological problems of students' behavior patterns are often uncertain, it can effectively through reverse implementation evaluation or disguise his inner world. So it is difficult to find the real "hot spots". When a problem arises is basically to turn into a crisis. And on the other side of the education also has a great deal of problems, such as many colleges and universities is not to include mental health education curriculum in compulsory courses, and at the same time very important daily behavior monitoring transition tend to rely on a line of the counselor.

COLLEGE STUDENTS' MENTAL HEALTH EDUCATION SYSTEM ARCHITECTURE

On college students' psychological health education needs on the basis of fully research emphasis on thought up, perfect institutional transformation, theory. During the establishment of the education system in the form of provide form a multi-level comprehensive education system, and actively play the role of counselors at the grass-roots level and student cadres. Establish well-targeted, prevention of mental health education overall architecture. To improve the fundamental aim of college psychological health level.

1) According to characteristics of students to establish mental health education architecture

To establish a multi-level learning according to the characteristics of the students psychological health education architecture. Such as the full implementation of schools - school - tertiary education architecture. At the school level to establish students psychological research and counseling center, a comprehensive overall college students' mental health education in schools. Full-time college set up psychological education consulting, teaching and research section, through comprehensive continuous assessment and compulsory education concrete implementation targeted psychological counseling, daily monitoring, crisis response. While in the level of students, cultivating the college student cadres, let the students as much as possible into the class, students find problems in time through daily contact, using students self education and college level of education and prevention and control to solve problems in time.

2) Change education idea, take the initiative to implement preventive education
The current college psychological health education for more after the first crisis intervention of the state. This response to social crisis prevention and control system directly copied to the universities crisis in the process of school construction of spiritual civilization and improve the students' real mental health purposes is very bad. Therefore need to change education idea, the implementation of preventive education actively, to solve problem at an early stage. Daily education system to bear the daily psychological problems of students. Through expert lectures and individual interview approach to problems, such as students' perceptions of home problem, and then screening YuFangShi is may cause crisis of students education, avoid social problems of university students' psychological impact.

3) In order to improve college students' psychological quality education for target

Previous psychological health education work more because of the shortage of teachers lead to major will focus on focus on students with problems. And students' psychological is a process of change, only improve the students' psychological quality can effectively reduce the probability of students' psychological problems. So on the concept of education need to change the past that kind of to solve the psychological problems, to avoid a crisis, but with the development in students focus on key issues at the same time, improve the level of the college students' mental health. To optimize the students' quality as the goal, fully excavate students psychological potential and build a healthy personality, and promote the all-round development of students.

4) Combined with modern media tools to implement all-round monitoring

Tool to rapidly make huge change in students' daily communication activity, in the past the same dormitory students often get together to discuss some topic in some collective activities, and now into each and every student to take a mobile phone in the play silently or chat with net friend down the network, close contact and communication are dwindling. This for students with psychological problems can cause more adverse effect. Even with the dormitory students around unaware of problem students is not normal. This is very bad for a school mental health education. But on the other hand, how to make full use of the move tool in the process of education has become one of the subject education workers need to face. The study found that the use of mobile phones WeChat tools such as to establish a real-time communication with students is an important way to identify problems in a timely manner.

5) Set up the classroom education combined with daily education counselor education system

The implementation of the current college students' mental health education class subject for professional teachers. The class teachers have professional point of view, but often face the students too much, it is difficult to a targeted group in-depth psychological counseling for college students problems. So in school - school - the college level in the tertiary education system can give full play to the instructors and students contact more, the students understand the comprehensive advantages, in the psychological health education of students subjective initiative into full play. College students' psychological health education and ideological and political education together. As a result of professional counselors in mental health education lack of professional training, therefore need to corresponding professional counselor training to become school mental health education system is
an important link in. Through the professional classroom education and real-time dynamic comprehensive daily guidance counselor can completely change the passive situation of mental health education of college students.

6) Provide the college students' mental health education model establishment and implementation

Against college students' psychological health education pattern in colleges and universities need to fully focus on key issues in the process of the students, thus in the "point" is not missing, focused, and establish a comprehensive mental health education and prevention and control system. With combination of self-help and his help, establishing the multi-level crisis intervention mode and plan, pay attention to the later work, after the crisis would reduce psychological problems caused by the crisis harm to a minimum. At the same time, in view of the current problems of social reality comprehensive reform classroom education mode, establish a multifaceted, multi-level and multi-channel, the combination of horizontal and vertical network classroom education mode, improve the level of psychological health of college students in an all-round way.

CONCLUSION

Based on the comprehensive analysis of the current problems existing in college students' psychological health education, on the basis of a provide college students mental health education in the form of architecture, discusses some advice targeted education. Through the implementation of the education system found that the system can effectively improve the level of college students mental health.

REFERENCES