Elementary Analysis of the Application and Influence of WeChat on Mental Health Education for College Students

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Abstract. When it comes to mental health education for college students, comprehensive quality is supposed to be put in the first place for them in comparison with psychological problems arising from class learning. The top priority is to keep the psychological quality and mental health development at the same level. Today’s world is highly technological with a variety of web new media, among which the impact of WeChat is outstanding which brings the traditional education model both challenges and opportunities. For that matter, mental health education should keep up with the development of the times with a fresh new perspective and original vision.

Introduction

“With the rapid development of domestic economy and progress of era, higher education in China is keeping up with the space as the scale of colleges is expanding and the total amount of college students are on the rise, as such, the management on students witnesses huge challenges. Times sees changes as well as social economy and the whole society, which exerts an influence on psychology of college students. Some students are found to hardly adapt to the advance of times as they are unable to properly deal with third minds in time or take some extreme actions resulting from distorted thoughts on other matters. That being said, what really matters is inadequate acknowledge of their own thinking, which does not necessarily mean something does go wrong themselves. In other words, most of college students refuse to invite positive communication with mental consultant on their own guard. Therefore, mental health education faces difficulties among them. WeChat is making its way into people’s daily life and its prevalence provides brand idea in mental health for college students.

1. What does WeChat has on Mental Health of College Students

1.1 The Definition and Characteristics of WeChat

“Launched by Tencent, Wechat serves as a non-paid APP that can be downloaded in smart phones supplying instant messaging services. Supported by different communication operators and operating system platforms, Wechat is available to send instant voice messages, videos, images and texts as well as group talks free of charge. "The following three points are its detailed features: 1, Unique function (sending voice messages, videos, images and texts; group talks to maximum of 10 people). 2, Multi-platforms (sending and receiving messages between mobiles with different internal systems, including iPhone, Android and S60) 3, Less cell phone traffic(images, voices and video optimization, about 1000 text messages with merely 1M cell phone traffic ).

1.2 The Positive Influence of Wechat on Mental Health of College Students

First, WeChat is good for college students to broaden their minds by getting news of global events instantly. WeChat acts as a huge information platform where various of matters come together at any time. Second, WeChat helps college students to release themselves and speak out their inner mind. As the characteristic of students in the 21st century is loud, individual and self-centered, the spreading function of WeChat is right for the emerging personal groups. Lastly, WeChat contributes to mutual interaction and free communication, which partly explains why WeChat is highly recognized among college groups.
1.3 The Negative Influence of WeChat on Mental Health of College Students

First, some false information on WeChat misled college students to large extent. However, a successful WeChat platform is supposed to selecting information. For college students, the most difficult part is that they are unable to tell right from wrong and more often than not, they're easily to be misled. Second, negative incidents impose a serious impact on the mental health of college students. The golden age of shaping good mentality is between 18 to 22 for college students. Similar to the real society, the bright side of WeChat leads college students forward to a correct direction while the dark side of it gives bad impact on college students. Lastly, irresponsible remarks on the Internet weaken judgement of college students to some degree. Against the backdrop of Internet, WeChat is booming like domestic population, however, it’s nonnegligible when dealing with the result of numerous items on WeChat that brings to college students mentally.

2. The Application of WeChat on Psychological Health Education for College Students

2.1 WeChat Breaks the Limits of Time and Space

It’s not hard to find that psychological health education by virtue of WeChat gets rid of space and time limits instead of traditional tutor-led teaching model. Hence, it’s bound to highly motivate students in school learning once students-oriented teaching model takes shape and puts into practice. When WeChat is regarded as a medium, students are accessible to a sea of learning materials and documents along with website links concerning psychological health. What makes WeChat stands out among bunches of media is that students can pose a question via private letter rather than face to face and the relevant reply can deal with the same way. In this way, the fear towards face-to-face talk is out of question. Meanwhile, it’s more convenient and efficient to get knowledge in mental health for mental health workers.

2.2 Self- psychological Test on WeChat

You can post text link on WeChat, or set up a column to provide psychological test for students, leaving them with a more accurate and scientific knowledge with test result. Compared to the old-fashioned psychological test, mental health workers is inevitable to send out paper for filling in person to person as mentioned above without further statements. Psychological test on WeChat allows less time in a casual way and saves much unnecessary paper.

2.3 Non-facial Communication on WeChat

In consideration of the special features of WeChat, information exchanges can be achieved directly and handled individually on WeChat. We should deal with different cases with different methods and prevent any delay that may leads to a worse result. As a matter of fact, some mental problems can be recognized through communication, which asks for corresponding approaches for problematic students. As for parents, they should spare their efforts to improve their mental health and collaborate with colleges in an active manner in handling all kinds of psychological works. Online psychological consultancy proves to be a better way as students believes their personal data will be kept confidential. Therefore, they act as what they are in daily life without any mental burden in the face of psychological tutors, which brings more authentic feeling of the suffers. Furthermore, it’s good to build a discussion part on WeChat for further communication focusing on psychological problems. In this way, some interesting psychological questions can be posted where anyone can express their own ideas compared to what others holds as well as improve one’s ability. In the process, mental health workers can direct people on a right track where there are fewer wrong psychological understandings.

Conclusion

Today’s society, our life is enlightened by the invention of WeChat and the frequency of WeChat usage rises up straightly ,Therefore, how to use these resources in a reasonable and efficient manner
is something that needs deeper thinking. What’s more, the quality of these resources is hard to tell, which serves as another challenge for countless students. As E-world is full of temptation that everything in it attracts people’s eyeballs, however, technological censorship is quite insufficient for the internet operators. In conclusion, there are two sides of coin, so WeChat is. As responsible psychological workers, they are required to select what contents are on WeChat so as to reducing the bad effect on college students. The new network media is seemingly superior to the old one, However we should draw up the merits of both sides rather than mere replacement to carry out psychological works. Project source of monographic study: “Problems and countermeasures of ideological and political education for college students under the background of WeChat culture advocated 13th Five Year Plan of Higher Education Community in Heilong Jiang province.”

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