College Students' Mental Health Education Horizon, College Counselors Role Positioning Research

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ABSTRACT

With the rapid development of economy in our country and the world economic structure change, society is in transition period, the increasing pressure, including education and employment of college students, college students' mental health is worrying, college students by reason of mental problems caused by damage to themselves or others has caused the attention of the society in different aspects. College students' psychological health education work and is now one of the important work of colleges and universities, and college counselors is closest to college students, in a line for a long time direct contact with the college students, the students learned all aspects of the situation, it is easier to grasp student's thought tendency, perceived performance students' abnormal psychology, is the psychological health education for college students, but they are not professional psychological consultants, in the process of students' psychological counseling fails to play a proper role. Therefore, how to in the process of college students' mental health education to the counselor right role is very important.

KEYWORDS

College students; Mental health education; College counselors; role

THE CONCEPT AND STANDARD OF MENTAL HEALTH

In 1946, the third international mental health conference pointed out that mental health refers to: "physical, mental, emotional very coordination; To adapt to the environment, can compromise with each other in interpersonal communication, have a happiness; Give full play to their abilities in jobs and careers, productive life." Many psychologists at home and abroad and the different aspects of their concerns, and to define mental health, to date, what is mental health not a unified, accepted definition. But think mental health is man's good psychological quality, is an indispensable part of people's overall health status.

Mental health standard is the embodiment of the concept of mental health, therefore, the domestic and foreign scholars have different standard. American psychologist maslow (Abraham H.M aslow) and dense terman (MittElman) put forward the psychological health of 11 standard: 1. Has a moderate sense of security; 2. With moderate self-evaluation;

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3. With moderate spontaneity and induction; 4. Can keep good contact with reality; 5. Moderate accept personal needs; 6. One's self; 7. To keep the full and harmonious personality; 8. A realistic life purpose; 9. Have the ability to learn from experience; 10. The group can establish harmonious relationship with others; 11. In not against the rule of group can keep his own personality. Throughout the domestic and foreign scholars on various views of mental health standard, we can still find in common than differences. Chinese scholars during the integrated all sorts of views, summing up the six standards of mental health: 1. The correct understanding of reality; 2. Self-knowledge, self-esteem and self-acceptance; 3. Self-regulation ability; 4. Ability to establish close relationship with people; 5. The stability of the personality structure and coordination; 6. Life enthusiasm and work efficiency.

COMMON COLLEGE STUDENTS, ANALYSIS OF THE PSYCHOLOGICAL PROBLEMS

Adaptation

College students adapt to the problems occurred in the freshman, just to the university freshman, the people around you, such as environment, teaching mode has changed, the college students to the new environment and life can't psychologically adapt well, causing some psychological problems. According to the survey, the university life was not adapt to the proportion of about 25%. On the one hand, college freshmen came home from his parents to live independently, total strangers in the new environment, without parents' care, not familiar with the company of friends, everything all want to deal with, for lack of ability to live independently as part of the college students this is a huge challenge. On the other hand, many students because of the high school has a clear goal is admitted to a good university, and by the university did not have the goal, after bored empty, interpersonal relationship is not established, so feel lost and confused.

The learning problems

After entering university, the University of learning from the time arrangement, curriculum, teachers' teaching and learning. Learning methods and so on various aspects have significantly different with high school, freshman set up specialized courses in general is less, more relaxed, the stress of high school, studying at the university of pressure loss, abruptly released from nervous learning phase, no longer someone supervision and force, some college students begin to indulge yourself, no goal, relax to own request, university mainly by self-study, however, is not so easy as they imagined, they will appear when the final anxiety, impetuous, denial of emotions, the students created a problem for university study way. And there are a few students are not interested in the selected professional, this makes them feel upset, lack of confidence, emotional ups and downs, to worrying about the future, some students can appear cut class, Internet addiction, physical and mental suffering, in the long term anxiety, inattention, insomnia, be agitated, lead to normal study, so as to cause mental illness.
**The relationship problems**

After entering university, college students away from their parents and once familiar friends and relatives, and the relationship between teachers and high school close, at this time, peer relations in college students' interpersonal relationship plays an important role, especially the students of the same dormitory. And the establishment of interpersonal relationship starts from the communication, active and appropriate communication result is the premise of the good interpersonal relationship. College students' interpersonal adverse mainly manifested in the following aspects: one is the pursuit of perfection of interpersonal communication. Expect to be able in interpersonal interaction, often suffering no good to himself, at the same time, and look forward to equal pay equal return; Second, the skills in communication. Some college students more introverted, not to like to talk, but eager to communicate with people, lack of skills in the process of communication, are rejected, will produce the psychological problems such as inferiority, eccentricity distress; Three is economic problem in communication. Exchanges have economization trend of college students and some college students economic co., LTD., and make friends, the lack of a certain degree, give yourself a lot of economic burden, which will have some psychological problems.

**Of sex and relationship problems**

Young college in good time, love is every college students yearning and the need to think about problems. Mature, university students' sexual development basic emotions in phase impulse, want to fall in love is also a normal phenomenon, but due to the lack of knowledge, combined with other factors, the influence of minority college students' sexual psychology and love cannot correctly understand and solve problems, thus fallen into confusion. Once brokenhearted, homosexuality and other related problems, will the emotion, self-awareness, interpersonal relationship, study and life impact, some even appear self-injury, self-injury and suicide.

**The employment problem**

With the increase of social employment pressure and fierce competition brings college students' psychological pressure. Especially after the enrollment expansion of colleges and universities, college students' employment pressure increases, competition is intense, there are even some difficulties, but in the process of choosing a career, college students on their positioning failure, lost their jobs, a far cry from what the reality and ideal, showed great blindness and ambivalence.

Many students at a graduation means unemployment, college students' psychological problems arising from the more prominent. Many senior students will cause the bad feelings such as anxiety, fear and anxiety, and the psychological problem of the rural family economic difficulties students is more serious.
UNIVERSITY MENTAL HEALTH EDUCATION, THE STATUS QUO

Lack of professional psychological counseling

In recent years, while most colleges and universities according to the national request has put psychological health education work, as an important part of school work, but there are still some universities due to various constraints not attach importance to mental health education, led to the deficiency of the education of mental health professionals, in Numbers far cannot satisfy the needs of the psychological health education work, therefore, hire a lot of part-time consultants, due to the nature of the part-time also determines the teachers professional enough, psychological counseling on the students tend to appear low degree of specialization, the guidance the effect not beautiful.

Single psychological health education work way

Although most colleges and universities set up mental health counseling center, every activity is often on college students' mental health and mental health of freshmen census test, set up student psychological archives, only screening suspected a problem however, college students, other students are not normal analysis, formal work, organization and management is not standard.

The heavy solution light prevention, popularization work enough

In the aspect of mental health education, the majority of colleges and universities to focus on students' mental problems, and no positive to do a good job of prevention. However, a psychological problem might help to a student, but there are still many students didn't go to the mental health education center for consultation, how to help the majority of students, is should be thinking about the problem of mental health education center, prevention is particularly important. Therefore, the school should take prevention as the focus of psychological health education, from the global set out to do a good job of prevention.

A COUNSELOR IN THE ROLE IN THE PROCESS OF COLLEGE STUDENTS' MENTAL HEALTH EDUCATION

The counselor is the propagandist of college students’ mental health education

As a basic moral education staff, instructors and students contact very much, to be able to understand the student's thought in the first dynamic and emotional state, therefore, the counselor in daily work can effectively promote the mental health education concept, in the form of rich and colorful, let students to understand and study the mental health knowledge, master certain psychological adjustment methods, at the same time, make students understand the school mental health education mechanism, to have a difficult time, find a professional counseling teachers.
The instructor was the discoverer of the college students' psychological crisis and handling

College student counselors often, to visit dormitory students, and student exchanges, can be found in everyday life and talk some abnormal behavior of students, as well as some emergencies and potential factors that can affect students’ emotion, counselors should have a certain knowledge of psychology, of common mental disorders and mental disability have certain ability to identify, to do a good job of college students' psychological crisis prevention and detection. At the same time, the counselor of the nature of the work determines the counselors in the process of crisis event processing is not only the participants, more important is an important assistant of professional psychological crisis intervention, and to help professionals to master more information, the parties to do a good job of contact and reassure the parents of students at the same time, the work for the parties to provide more aid, but also to do a good job of calm with dormitory, classmates, help class out of psychological shadow, therefore, instructors in college students' psychological crisis intervention plays an important role which cannot be ignored.

The instructor is a college student group psychological counselling activities organizer

Counselor is the mentor of class group psychological activity, must have the basic knowledge of psychology and master the basic theory, mastering lead class group psychological activity, the method of familiar with the relevant technology of the group psychological guidance, so as to effectively lead college students' psychological counseling group activities. Counselors should according to the classes students with professional and characteristic, according to different grade of different group psychological counselling activities, promotes the development of college students' mental health, already so can also help to increase the cohesion of the class.

Instructors in college students' psychological health education plays a very important role in the work, only by constantly improve the level of psychological health education of counselors, strengthen their knowledge of mental health education, to better to do a good job of college students' psychological health education.

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