



Research on Positive Social Psychological Guidance of Students in Colleges and Universities

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Abstract: In the current age of surging information and fast-growing development of economy, twenty, the average age of students in colleges and universities, is an important period for a person to rapidly become mature in both physical and psychological sides, and is also a vital moment to develop and form a complete outlook on life and values. During this period, students aren't totally independence. Their thoughts swing back and forth both between wonderful ideals and cruel reality, and between strong self-awareness and poor self-control. External environment will affect them and can great influence their ideological and psychological state.

There have been frequent occurrences in colleges and universities that a series of students have dropped out of school to go home and go for work in recent years. This is main because they have psychological or ideological problems, and moreover, students even commit suicide or kill others due to emotional or other problems. Many events reflect that there is great deviation of college students' psychological condition. Therefore, the education of psychological condition must be paid attention to from all society and schools.

In fact, the psychological problems of college students are because of the deviation of ideological and political education in higher education, which hasn't got enough attention. They are interdependent, and mental health education is close related with ideological and political education.

By starting from the basic elements, the author analyzes the reasons and relations of the current mental health education of students in colleges and universities. This article also excavates from the depths of the current mental health education, analyzes the performance of mental health problems of students, and throws concrete analysis results, seeking to guide them correctly.

During the process, this article proposes methods to correctly guide contemporary college students to take active and effective measures when facing emergencies. This article also presents practical theoretical basis and the way to effectively change students' ideological concepts to have correct mental health thoughts, hoping to guide them to carry out their studies correctly, which can be therefore given full play to the biggest and most effective role of psychological education.

Keywords: College Students; Mental Health Education; Correct Guidance

1. Current status of domestic research on college students' psychology

In the early 1980s, China put forward that ideological and political education should be scientific and academic. Since then, filial piety in ideological and political education has become a separate science. At the beginning of this century, the subject of ideological and political education of college students has developed rapidly in college campuses. At the same time, the state issued relevant policies to support the construction of the first-class discipline for doctors of ideological and political education. Besides, it paid close attention to the implementation degree of the national

key Marxist college construction and other projects. Since then, the subject of ideological and political education has developed rapidly and healthily in the fast lane.

Psychology is one of the theoretical supporting disciplines of psychological health education. In 1879, Feng Te, a German department scientist, established the first psychological laboratory in Germany, which undoubtedly marked the birth and development of psychology, and establish four psychological schools. This represented that scholars at home and abroad had been on the road of studying psychology and gave up their research.^[1]

In fact, the practice of mental health education is another dimension of mental health education, which mainly refers to the rules and characteristics developed by educators based on their own physiological and psychological needs. Through the use of such methods and forms of psychology, the physical and mental health education of college students can develop comprehensive and harmonious . In this all-round educational activity, mental health education should be strengthened at the same time to prevent students from psychological problems.

At the end of the 20th century, psychological crisis occurred constantly in China's colleges and universities. The occurrence of such cases as suicide by jumping off a building and killing others for emotional entanglement had made the national education departments, schools and experts begin to pay attention to it.^[2] The research on mental health of college students has become a hot topic.

Some explore the contents, modes and methods of psychological education in practical education activities on campus starting from the definition of concepts, and draw the conclusion that mental health education is the top priority of teaching activities.

Others dialectically demonstrated the importance and necessity of psychological education for college students in the fields of discipline mode, work construction and values. Mental health education is an important part of ideological and moral education in colleges and universities.^[3] The purposefulness and effectiveness of the two educations will help to dispel the obstacles of ideological and political and other learning emotions of students.

2. Research ideas of psychology of college students

It is necessary to trace the source from the essential connotation of college students' mental health after carefully reading the related works and theories of Marx and Engel's. This article analyzes the specific embodiment of mental health education and comprehensively discusses a series of achievements, shortcomings and their causes of mental health education. Besides, this article also explores the reasons and functions, as well as specific modes and steps in order to construct a new psychological education model, and achieve good practical results.^[4]

The detailed research contents are presented as follows.

(1) There is no clear contrast and the most basic dividing line for psychological research topics. This article compares, narrates and analyzes the subjective and objective, specific objectives, related contents and forming environment of college students' mental health education.

(2) Through reading and discussing a large number of Marxist-Leninist works and psychology-related books, this article draws the theory. By comparing the current situation of students' ideological and political education and the deviation in psychological education, this article also summarizes the great role played by psychological education from the theoretical and practical level, as well as the necessity of reality.

(3) By means of practical visits, data surveys, symposiums and other forms, this article focuses on analyzing the achievements, shortcomings and reasons of psychological education.

(4) Through social work, consultation and crisis intervention, the author finds and discusses the role, function mode and implementation steps of mental health education and explores the educational methods of psychological education.^[5]

3. Research methods of psychology for college students

3.1 Theoretical education method

Education method means that college teachers give oral publicity and education to students by reading various

professional books on psychology in class. This kind of education method is very effective in psychology education in developed countries. In China, research and prevention begins not that early, but not too late.^[6] In view of some unexpected events that frequently occur in university campuses, it is necessary to formulate rules and construct a sound and effective prevention system and response mechanism.

Special courses are offered in college classrooms. Moreover, various forms, such as media, videos, campus broadcasts, exhibition boards, windows, and special conferences, can be used to mobilize social forces to publicize and educate college students. In this method, college students can act flexibly and prevent some unexpected events from happening again.^[7]

3.2 Thematic discussion method

In the educational process of psychological in colleges and universities, special meetings on emergencies can be hold for students. In this kind of meeting, some outstanding problems can be discussed collectively. Besides, it is necessary to let everyone speak freely, exchange views, exchange opinions and brainstorm ideas at the meeting, so that students can learn right and wrong and solve problems.

Meanwhile, a fully preparation is a must. The meeting needs a special person to do things, such as make speech, guide the discussion process, put an end to digression, specialize in special discussions, solve difficult problems, let everyone be inspired, gain something, train college students to be realistic and reasonable, and achieve the effect of special meetings and benefit.

3.3 Case analysis method

Face-to-face communication and interviews are conducted with some students and teachers in the selected college questionnaire, and the problems and their situation are taken as realistic cases. Focus on these practical cases, so as to intuitively show the functional principles, modes and practical steps of mental health education in ideological and political education of college students, and provide theoretical reference value and blueprint for further research.

3.4 Interdisciplinary comprehensive research method

Psychological education of college students involves many subjects such as mental health, social ethics and ideological and political education. Therefore, if we want to correctly analyze the education of psychological health education for college students, we must involve these subjects and research fields. We should use the research theories and methods of these disciplines to solve the mental health problems of college students, and analyze and discuss them, so as to increase the reliability and factual persuasiveness of the research topics.

4. Make correctly guidance and psychological intervention for college students after major public emergencies

4.1 Psychological intervention and guidance

After a major emergency happens outside the school, correct guidance and active psychological prevention should be given to students.

They are at a young age, and have no fully mature judgment ability towards right and wrong. If their interpersonal relationship is not handled well in the communication with people, and the inner feelings are extremely bad and can't be vented. Then some psychological problems will easily occur. If they are stimulated by external things this moment, unpredictable and dangerous things will happen. At this time, teachers and student union cadres should communicate with actively in a timely manner.^[8] Actions includes to exchange views and opinions, show your care and love for them, organize to participate in various voluntary activities, know more friendly friends. Moreover, it is helpful to tell them not to follow the crowd blindly, but to have their own ideas and opinions. In this way, they can feel warmth and love, and get rid of bad thoughts, and moreover, have a healthy psychology.

4.2 Inspire students of the significance of their lives

In the theory of happiness, one important point is the extraordinary significance of the existence of life. Every independent human cannot live without group and social life. Everyone need to have a range of life circles. The significance of life lies in correctly interacting with people and obtaining social and life value.^[9] The significance of life

refers to the continuous growth. College students enter to university to study hard and to learn the good achievements and experiences of others. They need to avoid the lessons of others, and make their due contributions to the development and advancement of society.

College students should think more about the meaning of life, specially after heavy casualties. We should learn the shortness of life through events, and think about the true meaning of lives. So long as we make efforts to make short life more exciting and meaningful, it is the promotion and sublimation of lives.

4.3 Guide college students to have good habits

College students should have good habits that make them happy. Happiness is not only a simple feeling of an individual, but also an appearance that others can figure out. Whether a person is happy or not, others can easily feel it through communication. Everyone is more willing to associate with a happy person who can make people around him feel happy, too.

Only when we change our consciousness first, can we consider the positive direction and feel happy when thinking about problems calmly. When things happen, it is helpful to be positive and optimistic, to think more about the good, to think rationally and optimistically. In this case, pessimism and unpredictable things may be avoided from happening again.

4.4 Provide psychological counseling offices in campuses, and encourage students to read more books

A special psychological counseling office should be set up on the university campus, with experienced and qualified university teachers or specialized professionals as psychological counseling teachers. College students should be encouraged to have psychological counseling and receive psychological counseling.

The office is mainly responsible for actively and effectively educating students in psychology, telling positive thinking modes and methods to help students find out the psychological crux of problem students. Moreover, it is also responsible for making problem students have self-esteem, self-confidence and sunny life attitude.

Meanwhile, more books related to psychology should be put in the university's library. Teachers need to encourage students to borrow and read frequently, which guides them to have right outlook on life and values, and have their own correct opinions and good optimistic attitude towards some major emergencies.

It is also helpful to add more psychological counseling classes. When there are bad social behaviors in schools, teachers should educate the problem students about persuasion and mental health to let them know the improper behaviors they have done. Also, teachers can give them long-term psychological counseling until the problem students realize the improper behaviors and restore their self-esteem and self-confidence.^[10]

4.5 Invite socially successful people or parents to the university regularly and hold special seminars at the same time

Schools need to invite socially successful people or parents to hold special meetings regularly. Besides, video materials about psychology can be broadcast at the meetings, and invited people can throw speeches in order to actively prevent and publicize the psychology of students.

Through the application of these positive and effective measures, and by taking the successful people in the society as learning examples, the atmosphere is created which is conducive for students to studying hard, and doing more beneficial things to the society. Students will also learn to not follow others blindly, as well as to have a correct, positive and healthy outlook on life and world.

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