

# Constructing a New Mode of Mental Health Education for College Students Under the Network Environment

Nan Hu\*

Chongqing University, Chongqing 400044, China.

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**Abstract:** In the network era, contemporary college students have more convenient accesses to information. With the rapid development of internet technology, students have a broader latitude to develop. However, the diversity of information resources in the network environment may also have a negative impact on their mental health and even affect their normal learning and educational activities. Therefore, in view of the factors influencing college students' mental health under the network environment, this thesis puts forward some measures to construct a new mode of college students' mental health education.

**Keywords:** Network Environment; College Students; Mental Health

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## 1. Introduction

Nowadays, Chinese society has stepped into the network era. Interpersonal communication and daily life are mainly realized through the network. Against the background of internet era, the development of college students has been greatly affected. College students are the hope of China's future. We must pay attention to their psychological development and mental health and put forward reasonable and feasible measures to strengthen the mental health education.

## 2. The significance of mental health education for college students

### 2.1 Tap students' potential

The reason for carrying out the reform of college students' mental health education mode also includes the consideration of students' potential development. In college, a large number of students gradually show weariness, slackness and lack of confidence. Some students are bored with social intercourse, while some are worried about their future. The establishment of mental health education in colleges and universities also hopes that students can have a rational understanding of themselves, fully explore their own potential, give play to their own values and advantages, and finally shine in their own fields<sup>[1]</sup>.

### 2.2 Improve students' personality

College life can be regarded as the threshold of entering the society. During this period, students will receive much more edification of social thoughts than ever, which could have an important influence on their personality and values. The establishment of college students' mental health courses can help students resist the erosion of bad thoughts and promote their personality development. Specifically, in the mental health education, teachers will impart relevant knowledge to all the students, in terms of ethics, code of conduct, social environment and other aspects. Being exposed to such education with factors of improving individual personality could inform students of social development trend in imperceptible perception, strengthen their abilities of dealing with pressure and make them have a good adaptability in future competition in the society. Furthermore, the setting of mental health education focuses on supervising the formation of students' own values. In the critical period of personality improvement, students will gradually form their own unique personality characteristics, while universities need to present good values and ideologies for them in this process by which these positive factors can have an evaluation and regulation effect on the shaping of their personality and promote their comprehensive development<sup>[2]</sup>.

### 2.3 Promote the all-round development of students

The demand for all-round talents in today's society is increasing day by day, which requires contemporary college students to have excellent mental quality and comprehensive quality. Mental quality is the most important form of mental health, and reveals through the temperament, mood and personality. Objectively speaking, college students are now in a critical stage. Colleges provide students with the platform of acquiring knowledge and cultivating themselves. The development of mental health education can make students consciously improve their comprehensive quality, with a positive healthy mental outlook into the future jobs and finally become a member of the socialist construction<sup>[3]</sup>.

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### 3. To effectively construct the mental health education model for college students

#### 3.1 Follow the principle of taking students as the main body

Mental health education do not instill some inherent, advanced and healthy ideas into students, but encourage students to consciously absorb and accept the healthy ideas based on their career planning with the principle of taking student as subject. students' development based on their career planning. To meet this expectation, colleges and universities should respect the systemic principle of psychological health education. Besides, they should not only guarantee students' mental health and physical health, but also include the contents of psychological health education in the whole education system, which requires the full coverage of students in various majors<sup>[4]</sup>. Such mental health education should also help students master the knowledge of mental health and attitude adjustment method and realize self-regulating and self-prevention with a positive attitude towards study and life. Meanwhile, colleges and universities should improve hardware for psychological health education and set up a modern platform, allowing themselves to carry out mental health education propaganda, psychological counseling and treatment services to help solve students' problems in study and life and keep them stay in good mental health.

#### 3.2 Enrich the mental health education system

According to the present situation, mental health education in colleges and universities in China is inclined to adapt students to communicative relationship, academic performance and new environment<sup>[5]</sup>. Although, it has covered most of the common psychological problems of students, students still have some other psychological problems to be solved, such as how to adjust themselves to the wealth disparity between peers, the employment pressure, and the problems that produces due to only child policy. Faced with all these problems, colleges and universities should endeavor to continuously build mental health education system with more beneficial content, avoiding mental health problems from the root.

#### 3.3 Define the goals of mental health education

The main reason for carrying out mental health education for college students is to hope that students can devote themselves to the socialist construction process with a good mentality, noble moral sentiment and excellent professional quality and make a great contribution to the construction of a harmonious and prosperous society. However, due to lack of social experience, college students will have strong inadaptability in the early stage of entering the society. Only with strong self-adjustment ability can they gradually adapt to their career and realize their own value at work. Therefore, teachers should pay attention to the division of educational levels in the process of setting the goals of mental health education. First of all, it is necessary to provide psychological treatment for some students suffering from mental illness and help them recover their mental health<sup>[6]</sup>. Secondly, it is necessary to prevent mental diseases. In recent years, the group who suffer from mental illness, including depression, have gradually become younger and younger, and a great amount of college students suffer from depression. Therefore, teachers should popularize the knowledge of mental health to students through interviews, reduce the risk of suffering from mental illness, and keep college students away from troubles of illness. Nevertheless, in daily study and life, students will inevitably produce emotional stresses and confusions. Thus, teacher should use a series of activities to adjust and optimize the students' psychological health conditions and forwardly provide health counseling for them to ensure that they can pour out their problems and effectively regulate their emotions and stresses.

### 4. Conclusion

To sum up, the current network development has brought unprecedented challenges and opportunities to college students' mental health education. The rational development of network mental health education in colleges and universities can effectively improve students' proficiency in mental health knowledge and help them establish correct values. Therefore, under the network background, colleges and universities should establish and implement relevant systems, strengthen the cultivation of teachers' mental health, actively guide and educate students, which could effectively enhance students' self-discipline and judgment, urge them to correctly absorb and judge the useful network information from internet, and finally establish correct three views.

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