

A Study on Cultivation of Student Cadres of Medical Colleges Based on the Art Therapy——A Case Study of North Sichuan Medical College

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Abstract: Art therapy is a form of psychotherapy that uses art media as its primary mode of communication. This paper analyzes the mental health of medical student cadres and explores the influence of art therapy through the form of expression and advantageous characteristics of art therapy, so as to protect the physical and mental health of student cadres, and promote the application and development of art therapy in college students' affairs.

Keywords: Art therapy; Medical college; Student cadres

Fund projects: Teaching Reform Project of North Sichuan Medical College, The Importance of Art Education to Medical Students' Mental Health Education.

1. Research background

Art therapy, as a creative arts therapy profession, originated in the fields of art and psychotherapy. The British Association of Art Therapists defines art therapy as “a form of psychotherapy that uses art media as its primary mode of expression and communication.” The American Art Therapy Association defines art therapy as: “an integrative mental health and human services profession that enriches the lives of individuals, families, and communities through active art-making, creative process, applied psychological theory, and human experience within a psychotherapeutic relationship.” As an important part of psychotherapy, Art therapy is diverse, artistic, flexible, and interesting, which has a certain therapeutic effect on people with psychological disorders and mental problems. At present, with the rapid development of social economy and the improvement of people's living, people are paying more and more attention to health, and the requirements for medical services are also increasing year by year, which puts forward higher requirements for the comprehensive quality of medical personnel. At the same time, medical colleges and universities undertake the important task of cultivating medical talents for China, which increases the pressure and impact of medical college students in study, emotion, employment, social communication and many other aspects. Therefore, strengthening the education of medical students has become a key part of improving the quality of medical services. As important organizers, implementers and coordinators in student affairs, medical student cadres play an important role in college education.

In the 1980s, China drew on the experience of western countries and applies art therapy in medical treatment. In recent years, art therapy is becoming more and more easily accepted and recognized in college students' affairs. In essence, art therapy has the external function of personal inner psychology, personality and emotion, and plays an important role in the ideological and political work of students in medical colleges.

2. Analysis of medical college student cadres-Take North Sichuan Medical College as an example

The paper investigates the student cadres from North Sichuan Medical College and this survey was conducted by random sampling, 400 questionnaires and 380 valid questionnaires were distributed. The recovery questionnaire was 95%, and SPSS software was used for data statistical analysis. The questionnaire design mainly includes the motivation, self-evaluation and existing problems, so as to analyze the mental health of student cadres.

2.1 Motivation of student cadres

According to the survey results, 89.5% of the student cadres think that the purpose of being a student cadre is to improve themselves, 68.7% of the student cadres think they want to make more friends, 57.5% of the student cadres want to enrich their life, 34.1% of the student cadres want to obtain more certificates, and 21.3% of the student cadres think they can get a lot of “invisible benefits”. This shows that student cadres are generally positive, and a small number of people have utilitarian psychology.

2.2 Self-evaluation of student cadres

According to the survey, 82.5% of the student cadres said they increased their confidence and their abilities in the process of being

student cadres, but 29.1% of the student cadres thought they had a happy time in the process of work, but in many times they were helpless and depressed. After becoming student cadres, 91.9% of the student cadres think they are more busy, 79.9% of the student cadres think the responsibility becomes greater, and 11.9% of the student cadres think their statuses have improved.

2.3 Problems existing in student cadres

In the process of doing student affairs, 69.6% of the student cadres believed that there was a little gap, 45.8% of the student cadres thought that the biggest problem is the lack of enthusiasm and initiative, and 34.7% of the student cadres thought that the team is not cohesive, and 56.3% of the student cadres believed that support and encourage student cadres can mobilize their enthusiasm when dealing with students affairs. It can be seen from the survey that the mainstream of student cadres is positive. With the change of the external environment, the training of student cadres has also changed greatly, and there are also many problems: strong utilitarian heart, lack of systematic training and target guidance, strong self-awareness, sensitive interpersonal relationship, etc.

To sum up, it is of great practical significance to correctly understand and analyze the mental health problems of college student cadres in the new era, and actively thinking and taking corresponding measures is important to improving the mental health quality of medical students. The author summarized the reasons for the psychological problems of medical student cadres as follows: (1) At present, medical students live in an era of rapid economic development and a flood of massive information. Influenced by various social thoughts and trends, their hearts are empty, lack faith, value reality, pursuit of material enjoyment and obvious utilitarian tendency. (2) Student cadres' self-esteem is strong, sometimes lazy, susceptible to emotional infection. (3) Student cadres have distinct personality, strong thirst for knowledge and high personal development goals, but their psychological resistance ability is poor.

3. The influence of art therapy on college student cadres

3.1 Main forms of art therapy

Art therapy is a non-verbal visual performance art, which conducts psychological intervention and treatment through the artistic means of painting, music, dance, game, etc. As the main form of expression of art therapy, painting can express the inner emotions of patients and reflect the information in people's heart and subconscious mind. Unlike painting therapy, music therapy is a systematic, complete treatment process that involves all the material and activities related to music in the process of psychotherapy. In addition, dance therapy is also an effective psychotherapy method in art therapy, it takes the body as part of the finished language, showing inner, abstract thoughts and emotions through free dance and open movements in relaxation, understanding implied emotions in dance rhythm and rhythm.

3.2 Advantages of art therapy

Firstly, the advantage of art therapy is that it is a non-linguistic artistic way that can peep into students' inner activities and thoughts in an artistic way. Secondly, art therapy is more implicit and mild than other treatment methods, mainly reflected in the symbolic nature of artistic activities. Student cadres often take a negative avoidance attitude towards psychological communication, and artistic treatment can improve the situation. In the artistic creation activities, whether it is painting works or dance music, they can become the outlet of students' cadres to vent their emotions, so that student cadres can express their ideas in a more implicit and gentle way. Finally, artistic treatment can better help student cadres to establish the environmental relationship between themselves and the outside world, and achieve a state of balance and unity.

4. Psychological counseling strategy of art therapy for medical college student cadres

The application of art therapy in college student management has certain practical significance and reference significance, but for such a group of medical school student cadres, they should provide targeted and individualized services for student cadres when carrying out relevant art therapy activities. Specifically, three aspects need to be noted.

4.1 Fully understand and support student cadres and establish a benign relationship of two-way interaction

If there is no good relationship, it may arouse the rebellious psychology of student cadres. Therefore, it is crucial to establish a professional relationship with a good two-way interaction. Only on the basis of the mutual trust relationship can student cadres open their minds and freely express their true thoughts through art therapy.

4.2 Center on student cadres

Encourage and guide student cadres to actively participate in art therapy activities. In the process of art therapy, always pay attention to the state of student cadres, take student cadres as the center, the content of art therapy activities should be in line with the psychological characteristics of student cadres, and promote the mental healthy growth of student cadres. On the other hand, it is necessary to guide the student cadres to express their true feelings. For example, let student cadres interpret the painting works, the art therapist can fully understand the inner world and needs of the student cadres. At the same time, it helps art therapists to specifically understand student cadres and solve the problem of student cadres.

4.3 Analyze student cadres comprehensively and systematically

Taking painting art as an example, one or several paintings of student cadres are not enough to fully show all the needs and problems of their entire inner world. In the use of painting art therapy, it is necessary to avoid the judgment of student cadres through a single painting work, combine the multiple data of student cadres, such as the family structure, growth environment, social relationship, growth experience, etc. The painting content of student cadres of different ages is different. The same point is that painting can replace language communication. When analyzing the student cadres' paintings, the art therapists should not only encourage the student cadres to express and interpret themselves, but also need to combine many aspects of information, and they should not blindly listen to the expression of the student cadres. It cannot be concluded through the one-sided analysis of artistic treatment, only when the feedback and accurate interpretation of the whole process of student cadres' participation is comprehensive and systematic, can we

better help students cadres adjust their psychological state through art therapy, solve the problems of student cadres, and promote the healthy growth and development of student cadres.

5. Conclusion

In recent years, art therapy mode has been more and more used in students affairs in China. For student cadres, the intervention mode is more targeted and special. The use of art therapy in student cadres needs to clarify art therapy goals and steps, and it is also important to guide student cadres actively participate in activities. Only adhere to the principle of individuality, pay attention to the personality and characteristics of student cadres, stimulate the creative potential and interest of student cadres can get satisfactory results. At the same time, art therapists should accept, respect and understand student cadres, dig the student cadres inner real emotional needs, help student cadres solve problems, promote student cadres vent emotions, express themselves, adjust student cadres psychology, promote the healthy growth of student cadres. In addition, it is still necessary to constantly summarize the problems encountered in art therapy in the work of student cadres and further improve the role mechanism of art therapy in the affairs of student cadres.

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