

# Research on the Optimization Strategy of College Students' Mental Health

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**Abstract:** Due to the influence of study, life, employment, postgraduate entrance examination and their own physiological and psychological factors, contemporary college students will have psychological problems such as poor communication, depression and loss, learning slack and neurasthenia. The consequences are Internet addiction, smoking and drinking. This paper makes full use of the advantageous resources of colleges and universities, In carrying out reasonable psychological anatomy and relieving pressure, we should help students establish correct values and world outlook again.

**Keywords:** Psychological; Obstacle; College Student

At present, the mental health education of college students mainly refers to the work of mental health education. There are some common problems in the education system and concept, the construction of teaching staff and the joint construction of teachers and students. It is necessary to take necessary measures to further enhance the awareness of colleges and universities in the service and management of mental health education, Continuously promote the joint force construction of mental health education team from the institutional level, create a new working system of collaborative education inside and outside the school, promote the scientific development of mental health education in Colleges and universities from multiple angles and levels, and effectively provide necessary services for the growth and success of contemporary college students from the perspective of College Students' mental health education, Help to cultivate successors in the new era.

## 1. Improve the concept, system and service consciousness of psychological education in Colleges and universities.

Mental health has become a major problem faced by colleges and universities all over the country. Therefore, in terms of the content of mental health education, it should be aimed at college students of the current age group. College Students' mental health education has now become a compulsory course in major colleges and universities. Due to its weak pertinence, the course content needs to be further optimized according to the actual situation. In the content selection of the first topic, we should not only introduce the basic knowledge and basic problems of mental health to current college students, but also give full play to the advantages of the first classroom teaching and help contemporary college students establish correct values and world outlook by "guiding students to correctly understand righteousness and interests, group and themselves, success and failure, gain and loss"<sup>[1]</sup>. At the same time, we should pay full attention to the psychological differences of current college students, make hierarchical and flexible differences in the contents related to education and teaching through pre-school psychological screening, carry out mental health curriculum education by students and levels, and make extensive use of the relevant activities in the second classroom, Enhance the pertinence and effectiveness of College Students' mental health education.<sup>[1]</sup>

Improve service awareness, do the whole process of education, and pay attention to the connection and pertinence of College Students' Psychological Education from freshman to senior. The mental health problems of college students do not happen temporarily. The mental health problems of college students are caused by many factors, such as growth experience, family growth environment, school education and so on. Some students suffer deeply in the whole university stage because of the evolution of Freshmen 'psychological problems in the enrollment stage. Therefore, as educators in Colleges and universities, first of all, we should do a good job in mental health education in the adaptation period of college students in the enrollment stage, grasp their situation in all aspects of the school, and quickly solve the "problem of College Students' enrollment adaptability". Secondly, we should carefully summarize the mental health development problems faced by college students in their growth period, and To solve the psychological problems, we should design the methods and contents of education and teaching, carry out corresponding work in combination with the psychological characteristics of students at different stages of development, and improve the service level of psychological education in Colleges and universities.<sup>[2]</sup>

Realize the mental health education of current college students in life and experience. The dormitory where college students live is the source of the contradiction between life and learning, but from another aspect, it can also make full use of the important position

for mental health education. The dormitory living area is easier to realize the natural contact between College Students' mental health educators and students, enhance the natural awakening and timeliness of mental health education, and is more conducive to college students to put down their guard and solve their inner puzzles and puzzles in a relaxed atmosphere. At the same time, they can also obtain psychological strength and progress in self display and self growth through interactive and experiential mental health education activities such as psychological sitcoms in the second classroom. When carrying out this second class activity, we should strictly control the content and rhythm of the activity, and make the activity both targeted, interesting and professional by inviting relevant experts for online and offline guidance. In short, when choosing the form of College Students' mental health education activities, we must choose the activity mode that they are happy to accept according to the students' real demands and relevant requirements to enhance the effectiveness and pertinence of mental health education.

## **2. Improve the construction of mental health education team in Colleges and universities**

General secretary Xi Jinping once expounded the educator's ability to educate people, pointing out: "the preacher must first clear his way and channel himself."<sup>[2]</sup> In order to promote the comprehensive improvement of mental health education team in Colleges and universities, the key is to improve the "Ideological Education" ability of this team.

First of all, we should carry out necessary training, focus on the content and teaching methods, pay attention to and guide the morality and value in the process of College Students' mental health education, especially pay attention to the improvement of Marxist theory and relevant cultivation, so as to guide contemporary college students to strengthen Marxist views and Position and method. When they encounter relevant psychological obstacles, they can use this weapon to gain insight into the essence of affairs and fundamentally maintain a healthy and peaceful psychological quality. We should pay attention to the reconstruction of students' psychological balance. Only in this way can we fundamentally eliminate college students' psychological shadows such as anxiety and depression, peacefully guide them to maintain a peaceful and optimistic attitude before their success or failure in life, correctly deal with their interpersonal relationships, and continuously improve their ideological level in their own environment and social relations.

Secondly, we should improve the concept and awareness of mental health education of those who are in close contact with students, such as funding management center, dormitory management center and campus security office. Through relevant professional training, help them master the basic knowledge of mental health education at the stage of college students, respect students' personality characteristics and psychological needs in practical work, and be able to adopt correct working methods and methods, So as to eliminate or reduce the students' mental health problems caused by their lack of psychological knowledge or improper disposal methods.

## **3. Strengthen the joint force of mental health education in Colleges and universities**

As the main front of current college students' Education: campus, family, social peer groups and other environments will have a great impact on the development of College Students' mental health. Therefore, in terms of College Students' psychological education, colleges and universities need to strengthen the integration, systematicness and depth of educational subjects in mental health education, and tap the full function of mental health "education" for different educational subjects.

First of all, the relevant functional departments responsible for mental health education in Colleges and universities should assist and require the relevant departments in the school to clarify the responsibilities and functions of College Students' mental health education. They must pay attention to ways and methods in their work to prevent unprofessional working methods from causing students' related mental health problems. At the same time, all functional departments in the school should make it clear that they must take responsibility in the work pattern of mental health education, and take the initiative to cultivate their employees to understand and understand the psychological knowledge of college students.

Secondly, the family vacancy of College Students' family education subject must be improved. A person can grow up healthily, and the family has a decisive impact on it. Parents can observe whether their children are smooth in communication and whether their children's emotional control is normal in their daily life. They have natural advantages in mental health education of college students.

## **4. Conclusion**

This paper combs the problems of college mental health education in the growth process of college students, and points out that mental health education should better serve the "education" work in Colleges and universities, and the change characteristics in relevant concepts, contents, service methods and objects, work system, etc From the understanding of the law of mental health education and the all-round development of college students, especially from the perspective of mental health, this paper analyzes the motivation of the transformation of mental health education from students' concern to college education.

## **References:**

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