



Research on Informatization Teaching of College Students' Mental Health Course

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Abstract: As a public compulsory course for college students, the information technology plays an important role in the teaching of mental health. It can make the course more experiential and interactive, and guide students to study independently and realize thinking innovation to the greatest extent. This article aims to analyze the informatization of college students' mental health courses.

Keywords: College students; Mental health courses; Informatization

1. Introduction

Now that society has entered the information age, the development of network technology is even more prosperous. Its development is closely related to people's survival, from people's living habits to learning models to thinking methods and other aspects are deeply affected by information factors. In addition, various fields effectively use cutting-edge information technologies such as the Internet, cloud computing, and big data to optimize work and work more efficiently. In the context of informatization, network informatization technology has not only greatly changed our educational ideology, but also throughout the entire teaching process, and the teaching methods have also changed greatly. College students' mental health courses pay particular attention to the application of information technology. This is because information technology has a unique role in college students' mental health courses and can meet the critical needs of college students' mental health courses, so no other way can replace its important position. [1]

2. The Connotation of Informatization of Mental Health Course

Only by fundamentally understanding what mental health curriculum informatization is can it play its practical role in college students' mental health curriculum.

The connotation of mental health curriculum informatization mainly includes the following two:

Firstly, in a broad sense, informatization of mental health courses refers to that under the framework of informatization, people will familiarize themselves with the running methods, ways, methods, contents and ideas of mental health courses through computer information technology. Based on information technology, a brand new mental health course system for college students was established.

Secondly, in a narrow sense, informatization of mental health courses refers to informatization teaching of mental health courses, and specifically refers to mental health courses for college students based on informationization. It uses information network technology as a carrier to improve the teaching effect of mental health courses.

Informatization teaching of psychological health courses for college students can be understood as that colleges and universities use network informationization as a communication channel and a platform that can realize mental health teaching. All kinds of psychological education, psychological tests, counseling and consultation of general

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psychological problems can be completed through the online platform. If students have psychological confusion, they can also use the online information platform to independently inquire about mental health knowledge and get effective professional psychological counseling. In addition, using network information platforms, mental health teachers can also strengthen communication and cooperation to jointly improve teaching levels and abilities. Mental health teachers can also use the network information platform to exercise and improve their work ability, so as to provide college students with more scientific, professional and efficient psychological counseling. [2]

3. The advantages of Informatization Teaching of Mental Health Courses

The main content of the mental health course is that mental health teachers take college students' psychological errors as the starting point, use a variety of methods and means to formulate a scientific and effective education plan, guide students to develop in the right and good direction, and help college students establish a healthy mentality of self-esteem, self-esteem, rational peace, and positive. Network information has become an indispensable part of people's work, study and life. The network is convenient and fast to use. People are increasingly relying on it to continuously optimize network technology. In terms of transposition, the continuous optimization of information technology has improved the speed of the network. After applying network information technology to the mental health courses of college students, the network not only has the new characteristics of educating people, but also the mental health courses are more optimized. Mental health teachers can provide professional psychological counseling to college students from the aspects of personality shaping, behavior patterns, social adaptation, and physical and mental health, in order to discover new problems and new conditions of college students' psychological changes in the first time, so as to better play the positive role of the network environment in psychological education. [3]

4. Reasons for the Times of the Development of Informational Teaching of Mental Health Courses

Why should the teaching of mental health course be informatized? In summary, there are three main factors that promote the informatization of mental health course teaching.

4.1 The need for self-reform

As the pressure of life increases, people pay more and more attention to their psychological and behavioral problems, the need for psychological knowledge is increasing, and people pay more attention to the prevention of psychological problems of college students, so the psychological health courses of college students have an increasingly important role. However, the traditional mental health course teaching has been unable to better meet the actual needs, and the actual needs of people need longer training time, and they cannot highlight the individual needs. Coupled with the increase in mental health curriculum practice teaching activities, mental health curriculum teaching must seek more self-development methods to meet the urgent needs of contemporary society.

4.2 The impact of information network globalization

With the rapid development of information technology in an all-round way, many industries have begun to gradually realize informatization, and more new sources have entered these industry levels. Affected by the rapid development of information technology and the advantages reflected in information optimization, college students' mental health course teaching must form a new mode of thinking in order to keep up with the development of the times.

4.3 Restrictions on the needs of the contemporary information society

First, network applications are ubiquitous, and psychological problems are constantly emerging through the network. These new problems are eager to speed up the process of informatization teaching of college students' mental health courses in order to serve the psychological needs emerging in the network.

Second, with the gradual deepening of informatization, contemporary distance education has developed better and faster. In order to fill the gap in psychological health consultation for college students in distance education, and to realize psychological counseling and psychological education across time and space through the Internet, it is necessary to accelerate the informationization of college students' mental health course teaching.

5. An Important Factor Hindering the Development of Informatization Teaching of Mental Health Courses

5.1 Confidentiality factors

In the process of informatization, high confidentiality and well-informed are a set of opposites. The biggest advantage of informatization is that it allows people to quickly obtain all kinds of information. Whether it is personal data or other data, they can get information in seconds without being restricted by time, distance, or region. The issue of confidentiality of information is becoming increasingly important. Personal social background information, psychological file information, etc. are the most critical personal information confidential information in mental health courses. Although these important data are stored in the server, once encountering hacker intrusion, these personal important information will be scattered into all corners of the society, causing personal injury or large-scale group damage. To deal with the issue of confidentiality, we must not only design the highest level of confidentiality technical measures, but also properly handle the opposite of well-informed and highly confidential.

5.2 Factors for establishing resource information database

To realize the information teaching of the mental health course, a resource information database must be established. It is not easy to establish a resource information database that meets the standards and meets the individual needs of students. This not only requires a lot of financial resources, manpower, material resources and time, but also sophisticated program design and daily maintenance. Moreover, the maintenance and update of the resource information database cannot be achieved overnight, but a long-term work that has been going on since the establishment of the establishment and the end period cannot be foreseen. The reason is that the information in the resource information library needs to be continuously updated, and according to the development of the society and the individual needs of students, new information should be continuously collected and added. Therefore, the establishment of a special mental health resource information database is a long job, and it is also a job with higher difficulty, which must be paid attention to.

5.3 Intellectual property factors

Intellectual property rights and popularization of knowledge and popularization are easily confused and cause disputes. The establishment and application of resource information database and the dissemination of mental health curriculum knowledge will all involve intellectual property rights in the progress of informatization. Therefore, problems in this area need to be dealt with specially, otherwise, intellectual property rights may be entangled.

6. The Development Way of Informatization Teaching of Mental Health Course

Combine online mental health education with offline mental health education. The so-called "offline" and "online" of mental health education are actually a whole, but the ways and means of achieving mental health education are different. For "offline", it focuses on obstacle psychological problems; for "online", it focuses on developmental psychological problems. There are different perspectives on the two studies. Entering the network society, if the general psychological problems of college students' understanding of the outside world and self-appear, from the perspective of knowledge, they can start the guidance education from the Internet, or they can cut through the Internet to provide counseling and intervention. The combination of the two to carry out work is called "binary structure". Analyze the psychological problems of college students from the perspective of interconnection, whether it is online or offline, are generated through various factors. For example, if students have psychological problems in real life, if they turn to the Internet or vent through the Internet, they may be resolved or their problems may be further exacerbated. From the perspective of individual psychological problems, developmental problems are manifested as cognitive conflicts, and obstacle problems are manifested as mental unhealth or psychological abnormalities; the two have inherent deep-seated links. [4]

7. Conclusion

Informatization teaching of college students' mental health courses is an inevitable trend of college mental health courses. Students communicate with the mental health teachers anytime and anywhere through the Internet, which is in line with the lifestyle of college students in this era, and the information-based teaching covers a wide range, is convenient and efficient, and has unique advantages over other tools. Informatization of college students' mental health courses is more conducive to reforming the teaching methods of mental health courses and obtaining better teaching effects.

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