

The Construction of Students' Psychological Associations and Health Theory Education in Higher Vocational Colleges

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Abstract: Currently, one of the places where young people gather most is higher vocational colleges. Higher vocational college students with different training goals, different ideals and from different cultural backgrounds will inevitably create a rich and colorful campus culture, and the hobbies of vocational college students will become richer with the progress of society. At the same time, different ideals and different cultural backgrounds will also have a certain impact on the psychological status of students in higher vocational colleges. Psychological club activities of students in vocational colleges are an important carrier and effective form of mental health education in colleges and universities. They play a very important role in improving students' mental quality, strengthening their mental abilities, and strengthening mental health education. Based on this, this article studies the construction of psychological associations and health theory education for students in higher vocational colleges. This article first analyzes the current research status of mental health education and student psychology associations, and understands the problems and reasons in the construction of student psychology associations; then this article proposes a long-term mechanism to improve the construction of student psychology associations in higher vocational colleges, and a detailed analysis of the motivation mechanism, management mechanism and guarantee mechanism of student psychology associations is made. Finally, this article conducted a questionnaire survey on 200 students from a domestic higher vocational college. The main content of the survey is the student psychology associations of higher vocational colleges. The degree of help to the students and the degree of satisfaction of the students with the psychological club. The results of the survey show that the psychological clubs are still more helpful to the students, and the students are relatively satisfied with the psychological clubs.

1. Introduction

Mental health education is carried out in accordance with the needs of social and economic development, as is the mental health education of students in higher vocational colleges. Higher

vocational college education, like general education, is a kind of training that specializes in cultivating applied talents at all levels with the necessary basic knowledge, strong professional practical ability and comprehensive professional skills [1]. With the improvement of living standards and the renewal of concepts, mental health has been widely regarded as an important part of modern people's physical health. Regardless of the type of talents cultivated in higher occupations, good health is a prerequisite for cultivating their talents. No matter how talented a person, with a healthy attitude and a positive and optimistic attitude, they can play their talents in real life and fight for the society and the future [2]. However, in recent years of research, it has been found that a considerable number of students in higher vocational colleges have psychological problems. The inability to adapt to higher work pressures and the lack of effective coping skills and methods in the face of various setbacks has caused the students in higher vocational colleges. There are various health problems such as insomnia, memory decline, and even self-harm, suicide, etc. These problems have seriously affected the life and study of vocational students [3].

Chinese scholar Chen Yanni pointed out that the psychological association of college students is an important part of the mental health education system of colleges and universities. At the same time, the psychological association is also one of the campus cultural activities. Higher vocational colleges can strengthen the construction and management of student psychology associations through education guidance, organization management, skill training and guidance activities, and give full play to the role of student psychology associations in self-education and self-management [4]. He Xingmei pointed out that due to the peculiarities of vocational students themselves, the society is paying more and more attention to their mental health problems. As a result, a new type of psychological mutual aid organization, a psychological association, has emerged. The traditional professional teachers as the protagonists and the students are beginning to change completely [5]. Xue Xiaochen and others pointed out that vocational students are at the age of adolescence, their physical and mental development is in an imbalanced state, and many conflicts are prone to appear in interpersonal communication. If they are not properly resolved in time, it will seriously affect their physical and mental health. The interpersonal conflicts of vocational students mainly occur in the campus environment. As a form of effective counseling to improve relationships and promote adaptation and development through interpersonal interaction in a group context, psychological team support can effectively solve the problem of interpersonal conflicts among vocational students [6].

In the new period, the controversy encountered in the process of student psychological associations in higher vocational colleges has aroused the attention of researchers. As a psychological service organization, student psychological associations will have a positive impact on the management of interpersonal communication and self-behavior; regulating students' psychological emotions has a positive effect, providing theoretical supplements and enrichment for the education management and talent training of higher vocational colleges in our country. Psychological club activities of students in higher vocational colleges play an important role in student life and informal curriculum learning. The impact of student psychological club activities in higher vocational colleges on students' psychological education is no less than that of formal courses. In the construction of student psychological clubs in higher vocational colleges, the funding and status of the club should be highly valued [7]. In terms of the counseling of student psychology clubs in higher vocational colleges, it involves the requirements put forward by relevant management personnel of student psychology clubs, and improves the smooth communication between managers and students. The managers do a good job of time management in the management of student psychology clubs to improve students' psychology. The professional

knowledge and skills of club managers make student psychological club activities a feature of the school. From a macro perspective, the management organization of student psychology associations is a school organization, and from a micro perspective, it is effective in managing students. At the same time, student psychology associations in higher vocational colleges are also an important base for the growth of student cadres. The person in charge has become an excellent backbone of the club after a period of training.

2. The Construction of Students' Psychological Associations and Health Theory Education in Higher Vocational Colleges

2.1. The Development Trend of Student Associations in Chinese Universities

The social functions of college student associations are becoming more diversified. From a historical point of view, college student associations are the product of social and historical development, showing different development features and era functions in different eras [8]. For example, in the early 20th century, the background of the era was internal and external troubles, the disintegration of Wang Gang, and the separatism of warlords. Student associations naturally became important bridges and bonds for students to participate in politics and care about state affairs. Some well-known student associations actively created newspapers and periodicals to spread revolutionary ideas and express revolutionary enthusiasm, becoming a bastion of revolutionary battles. In peacetime, college student associations have already broken away from the theme of revolution. The main purpose of establishing associations is to expand interest, make social friends, and play a unique society in developing student hobbies, promoting the socialization of students, and developing social services. Members of college student associations have common interests, and they are very easy to form mutual influence and conscious progress in knowledge accumulation, skill improvement, personality tempering, and ideological edification. In the various colleges and universities, each member has an equal relationship with each other, and the creativity of each member can be maximized [9]. With the popularization of the Internet and the widespread use of new media, there are more and more carriers for college students to use the Internet, and the proportion of online clubs continues to increase. Some young students take advantage of new media technology and advantages to form cross-provincial and cross-school associations on the Internet privately. Without the unified management and supervision of the university management department, they are very likely to be induced by Western forces and spread at will. Non-mainstream values and other events that affect the harmony and stability of the campus.

2.2. Analysis of Problems in the Construction of Students' Psychological Associations in Higher Vocational Colleges

At present, our country is in a period of social transformation, and the students' desire for quick success and pragmatism are more prominent. The student psychology associations of higher vocational colleges gradually focus their activities on issues such as attracting leaders' attention, looking for entrepreneurial opportunities, and enhancing entrepreneurial skills. However, little attention has been paid to the key issues that determine the direction of life, such as enhancing ideals and convictions, guiding the direction of life, enhancing political identity, and strengthening Marxist beliefs. Due to the high mobility of student psychology club members, the various systems established by the student psychology club lack authority and execution, which will lead to the lack of cohesion of the student psychology club [10]. To carry out activities and maintain the

development of student psychology associations in higher vocational colleges, there must be sufficient and stable funding guarantees. With the increase in the enrollment pressure of some higher vocational colleges, the number of students has shown a downward trend year by year, and various educational resources are becoming more and more tense. The survival of higher vocational colleges has certain competitive risks. Higher vocational colleges have funds for student psychological club activities. The budget is small or no, and the membership dues paid by members of psychological clubs are very limited. This situation has led to the lack of basic survival guarantees for many students' psychological clubs in higher vocational colleges. In all student associations of higher vocational colleges, most of them are mainly for the students of the school. A basic prerequisite for them to carry out activities is to have a relatively stable venue for activities [11]. However, the management of these facilities in higher vocational colleges requires daily maintenance and long-term investment. The possibility of unconditionally free activities for student psychological associations is very small. The existence of this situation also severely restricts the realization of psychological associations in higher vocational colleges.

2.3. Analysis on the Causes of the Construction of Students' Psychological Associations in Vocational Colleges

Some higher vocational colleges in our country implement a highly administrative management system for student psychology associations. The characteristic of this management system in terms of organizational system is that the higher vocational colleges are responsible for the management of student psychology associations through the establishment of special departments and full-time teachers, and convey the management of the school. Will and spirit, the school directly or indirectly has the final decision on the personnel, activities, and development of student psychology organizations. This kind of management system has led to the modularization and administrativeization of the management of student psychology associations in higher vocational colleges. The bureaucratic management system has stifled the vitality and vitality of student psychology associations to a certain extent, and hindered the development prospects of student psychology associations. To a certain extent, it will constrain the innovation and creativity of student psychology associations in higher vocational colleges, and limit the flexibility of student psychology associations [12]. In recent years, the activity forms of some student psychological clubs have gradually moved towards a patterned and programmed vicious circle. These activities still stay in the inherent patterns of the past. The activity forms are far from adapting to the development trend of the times, and the activity content lacks expansion and innovation. As a group organization jointly established by students, the construction and development of student psychology associations in higher vocational colleges are inseparable from the attention and support of the party committees, youth league committees and other administrative departments of higher vocational colleges. Without this kind of support, the vocational college student psychology association will lack pertinence and developability in the long-term development plan.

3. A Long-term Mechanism to Improve the Construction Level of the Students' Psychological Associations in Higher Vocational Colleges

3.1. Motivation Mechanism to Stimulate the Construction of Students' Psychological Associations in Higher Vocational Colleges

Through effective use of the dynamic mechanism of the construction of student associations in

higher vocational colleges, the continuous enthusiasm of the members of the student psychology associations is ignited, and the internal driving force for the development of the student associations is stimulated. This kind of driving mechanism includes organizational motivation mechanism, cultural influence mechanism, and healthy competition mechanism. For student psychology associations in higher vocational colleges, the organizational motivation mechanism is the goal set up around the student psychology associations. The members of the student psychology associations have a reasonable division of labor, coordination and cooperation, and each assumes its own responsibilities and performs its own duties, and establishes accordingly. A reasonable form of authority structure, working together to achieve the common goals of the community. As the student psychological associations in higher vocational colleges have some irreplaceable value for students, the sustainable development of student psychological associations in higher vocational colleges will inevitably be accompanied by organizational changes and innovations. Organizational dynamics can be cultivated. Psychological club managers and educators of higher vocational colleges can infiltrate and influence the main content of the club's development, such as the philosophy, purpose, rights and obligations, culture, and function of the club, to the members of the club in an appropriate way. Let the members of the society understand and agree, enable the members of the society to accumulate, store, and increase the motivation to participate in practical activities, improve the enthusiasm of the students of higher vocational colleges to join the student psychology society, and meet the multi-level needs of the students of higher vocational colleges. To give full play to organizational motivation, not only must appropriate organizational motivation be cultivated, but it must also be reasonably distributed. This moderate motivation should be appropriately allocated to each department of the student psychology association, and even to every member of the student psychology association, so as to ensure that the organizational motivation fully functions.

3.2. Strengthening the Management Mechanism of the Construction of the Students' Psychological Associations in Vocational Colleges

Management mechanism refers to the process of combining the various components of an organization into a reasonable organic system according to a certain structure and composition mode, and finally achieving the tasks and goals determined by the organization and management. The external management mechanism of student psychological associations in higher vocational colleges refers to the specific elements of the management body, management system, management norms, management methods, management measures and other specific elements that directly affect the establishment and development of student psychological associations in higher vocational colleges, as well as the principles on which they operate and mechanism. It is possible to set up a supervision group for student psychology club activities to strengthen internal management supervision and activity supervision. Supervisors are composed of student psychology club management organizations in higher vocational colleges who select members from student psychology clubs. They are generally composed of student cadres who have a certain amount of work experience in student psychology clubs, and are usually strengthened by student psychology club management organizations in higher vocational colleges. Business training and management, its main task is to intervene in the relevant activities of the student psychology associations of higher vocational colleges, timely submit a written report on the supervision of the student psychology associations to the management department of the student psychology associations of the higher vocational colleges, and conduct an objective and comprehensive assessment of the

activities of the student psychology association Evaluation. The main motivation for students joining the student psychology clubs in higher vocational colleges is often to develop and improve themselves in the practical activities of the student psychology clubs. However, in actual student psychological club activities, the phenomenon of harming the legitimate rights and interests of student psychological club members has generally occurred. Effectively protecting the legal rights and interests of the members of the student psychology association has always been one of the difficulties in the management of the student psychology association in higher vocational colleges. The purpose of establishing student psychology associations in all higher vocational colleges is to serve the mental health of students. Therefore, the administrators of student psychology associations must always keep in mind the purpose of running the association, and give full play to the role of student psychology associations in higher vocational colleges through management.

3.3. Perfect the Guarantee Mechanism for the Construction of the Students' Psychological Associations in Higher Vocational Colleges

The guarantee mechanism for the construction of student psychological associations in higher vocational colleges refers to the organic mechanism of various external influence forces that play a role in the development of student psychological associations. Organizational behavior theory points out that the core of motivation lies in grasping and satisfying the inner needs of employees. Applying this theory to the construction of student psychological associations in higher vocational colleges, we believe that the core of motivating the operation of student psychological associations in higher vocational colleges lies in grasping and satisfying the inherent needs of student psychological associations in higher vocational colleges. The school student psychology association is a highly autonomous organization, and its normal operation mainly depends on the active participation of the association members, so the power of motivation should be applied to the student psychology association members. Since the growth background, educational background, and hobbies of the members of each student psychology club show different characteristics, the psychological needs of each student psychology club member are also very different, and it is impossible for the student psychology club to meet the different needs of each club member. Student psychology clubs should respect and meet the reasonable needs of club members as much as possible, but each club member must also obey the needs of student psychology clubs when necessary. System is the foundation of management, and a good management system is the cornerstone of long-term management. Therefore, the establishment of a good system and standard mechanism is an important part of improving the motivation mechanism for the construction of student psychological associations in vocational colleges. The main purpose of establishing and improving the system and standard mechanism is to regulate and adjust the behavior of student psychology association members by improving various rules and regulations, so that the behavior of student psychology association members meets the expectations and requirements of education management in higher vocational colleges and meets the needs of students in higher vocational colleges. The needs of the survival and development of psychological associations are to realize the purpose of the establishment of student psychological associations in higher vocational colleges.

4. Investigation on the Psychological Association of Students in Higher Vocational College

The purpose of the establishment of the vocational college student psychology association is to serve the mental health of students, so this article conducted a questionnaire survey of 200 students in a domestic vocational college. The survey content is about the psychological health of the student

psychology association of the vocational college. The helpful role of management and the degree of satisfaction of students with the psychological associations of students in higher vocational colleges. After the survey is over, the data will be processed and made into tables and graphs for data analysis. The formulas used in data processing are:

$$S_n = \frac{d}{2}n^2 + (a_1 - \frac{d}{2})n \quad (1)$$

$$s^2 = \frac{(M - x_1)^2 + (M - x_2)^2 + (M - x_3)^2 + \dots + (M - x_n)^2}{n} \quad (2)$$

4.1. The Help Situation of the Students' Psychological Associations in Higher Vocational Colleges

Table 1: The assistance provided by student psychology clubs to students

| Help degree | Number of students | Percentage |
|-----------------|--------------------|------------|
| Help a lot | 103 | 51.5% |
| Great help | 51 | 25.5% |
| Help in general | 37 | 18.5% |
| Little help | 9 | 4.5% |

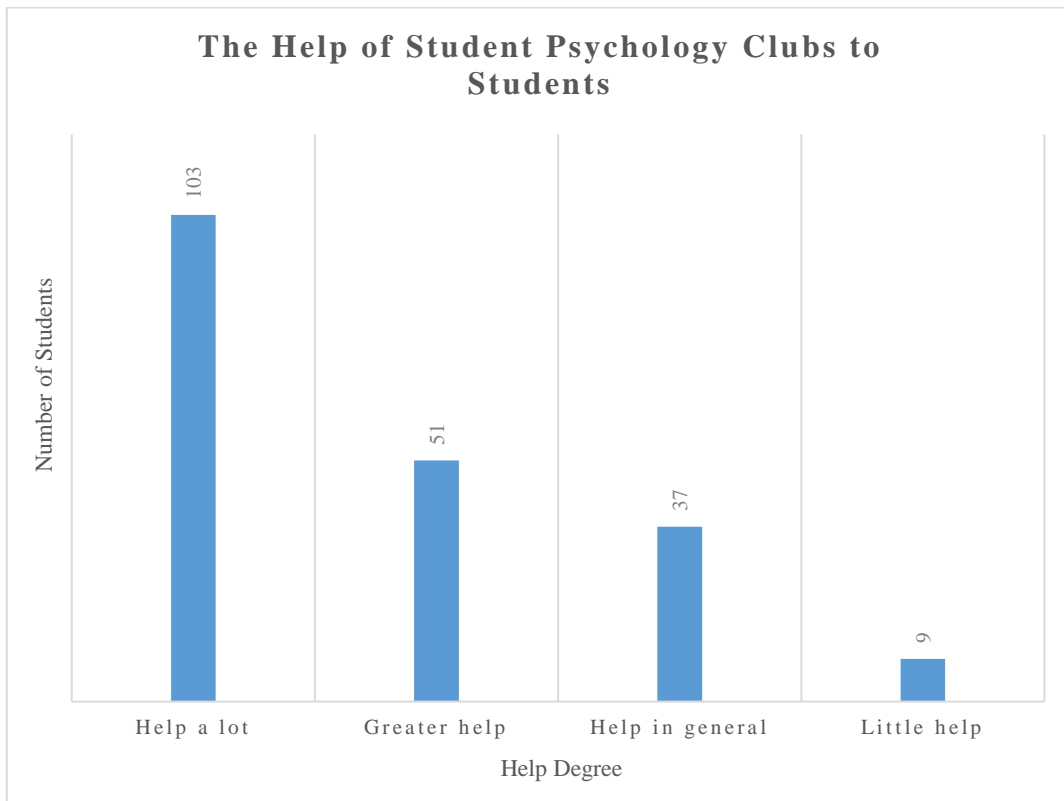


Figure 1: The help of student psychology clubs to students

According to Table 1 and Figure 1, it can be known that 200 students were surveyed on the degree of the role of student psychological clubs. The results of the survey showed that 103 students

believed that psychological clubs provided great help, accounting for 51.5%; 51 students believed that psychological clubs provided great help. The help provided by the association is larger, accounting for 25.5%; 37 students think that the help provided by the psychological association is average, accounting for 18.5%; 9 students think that the help provided by the psychological association is not much, accounting for 4.5%. Analyzing the survey data, there are 154 students who believe that the help provided by student psychology clubs is greater than that of the larger ones, accounting for 77%. A more in-depth investigation was conducted on those students who believed that they were generally helpful and those who were not very helpful. It was found that the mental health of these students was not optimistic, and more powerful mental health services were needed. Generally speaking, the establishment of student psychology clubs in higher vocational colleges is of great help to students' mental health education.

4.2. Satisfaction Degree of Students in Higher Vocational Colleges to Student Psychological Associations

Table 2: Degree of satisfaction of students with student psychology clubs

| Degree of satisfaction | Number of students | Percentage |
|------------------------|--------------------|------------|
| Very satisfied | 87 | 43.5% |
| Relatively satisfied | 81 | 40.5% |
| Generally satisfied | 19 | 9.5% |
| Dissatisfied | 13 | 6.5% |

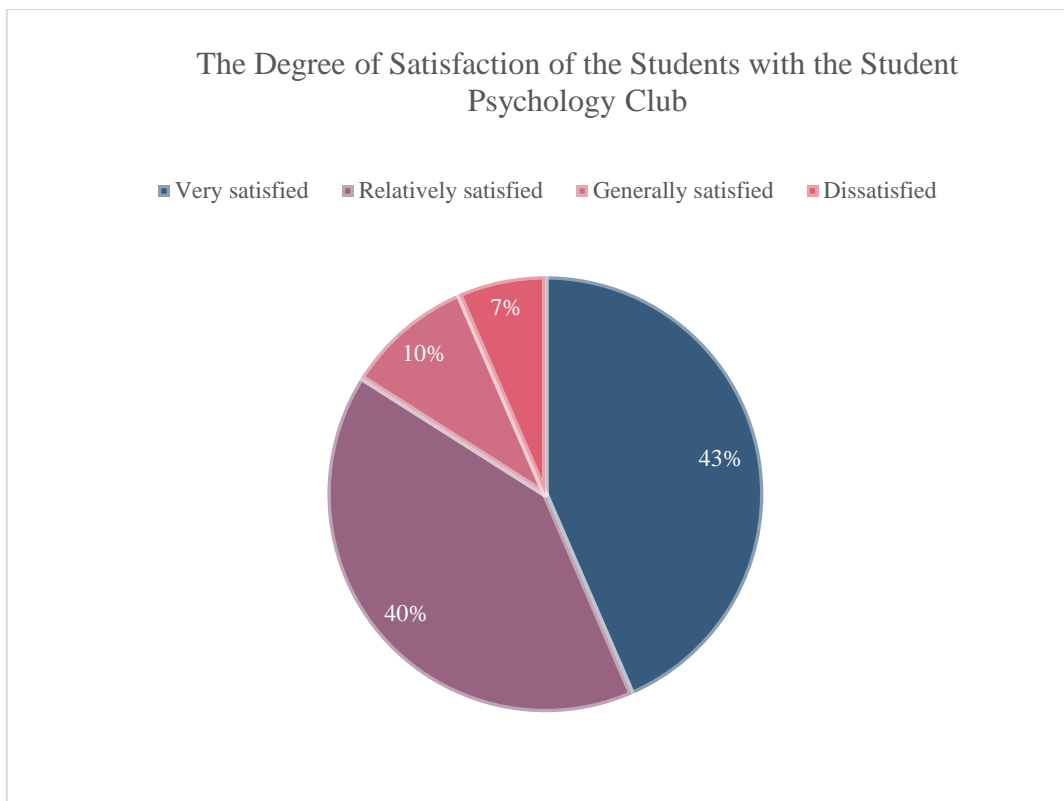


Figure 2: Degree of satisfaction of students with student psychology clubs

According to Table 2 and Figure 2, we have conducted a survey on the satisfaction level of the

psychological associations of students in higher vocational colleges on 200 students. The survey results show that 87 students are very satisfied, accounting for 43.5%; 81 students are quite satisfied. It accounts for 40.5%; 19 students are generally satisfied, accounting for 9.5%; 13 students are dissatisfied, accounting for 6.5%. Analyzing the survey data, there are 168 students who are more satisfied or above, accounting for 84%. A more in-depth survey of those generally satisfied and dissatisfied students found that these students did not like to participate in club activities and were relatively introverted. Generally speaking, the students of higher vocational colleges are quite satisfied with the psychological clubs.

5. Conclusions

This article is mainly aimed at the psychological associations and health theory education of students in vocational colleges. On the basis of combing related articles and materials, it tries to analyze the shortcomings and problems existing in the construction of psychological associations in vocational colleges. Then analyze the reasons, and put forward some long-term mechanisms to improve the construction of psychological associations in higher vocational colleges, and effectively improve the level of student psychological associations in higher vocational colleges. In a word, this article tries to put forward an optimization strategy of mental health education work that has a certain guiding significance for the construction of psychological associations in higher vocational colleges through investigation and analysis. However, due to the limited professionalism and limited time, the research of this article will inevitably have some superficialities and deficiencies, but it can play a role in attracting ideas, so that all sectors of society and higher vocational colleges can devote more attention to the psychological associations of higher vocational students.

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