

# *Research on Mental Health Education of Higher Vocational College Students*

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**Abstract:** with the continuous development of higher vocational education in China, the psychological health education of students in higher vocational colleges has been widely concerned. At present, vocational colleges are still faced with many problems in the aspect of students' mental health education. Vocational colleges must attach great importance to and solve these problems, so that students' psychological problems can be properly solved and their mental health level can be improved. This paper analyzes the current situation and existing problems of students' mental health education in higher vocational colleges, and puts forward corresponding countermeasures, hoping to make a modest contribution to students' mental health education.

## **1. Introduction**

With the rapid development of education and society in my country, students in higher vocational colleges face many severe challenges, such as independent learning, independent living, and social adaptation. These problems make the development level of students' mental health education have more and more influence in higher vocational education, and affect the sound development of higher vocational education<sup>[1]</sup>. At present, many higher vocational colleges have realized the importance of students' mental health education. However, there is still no effective improvement method, which makes it far from being able to meet the needs of students' all-round development, and there are many problems. The effective development of mental health education for students in higher vocational colleges has become an urgent problem that needs to be solved in all higher vocational colleges.

## **2. Current Situation of students' Mental Health in Higher Vocational Colleges**

It is generally believed that students in higher vocational colleges are less educated than students in ordinary colleges and universities. Most students enter higher vocational colleges because of unsatisfactory exams. These students tend to feel disappointed, decadent and even self-deprecating, so their mental state is poor, and they can't achieve the best state in learning, which also affects their interpersonal relationship<sup>[2]</sup>. Most students are unwilling to actively communicate when they have psychological problems. In addition, some teachers fail to pay attention to the students' psychological state in time, which causes the students' mental health

problems to become more serious. They close themselves and are unwilling to communicate with the outside world. With the development of the Internet, the time people spend using electronic devices such as mobile phones and computers has gradually increased. Especially for students in higher vocational colleges, leisure and entertainment methods such as surfing the Internet, games, chasing dramas, and brushing short videos have occupied most of their time<sup>[3]</sup>. More and more students compress their precious time in reality in exchange for virtual network time. This makes some students have problems with psychological barriers, hurting themselves or others.

### **3. Problems Existing in students' Mental Health Education in Higher Vocational Colleges**

#### **3.1 Teachers Lack of Awareness of Mental Health Education**

Among the students of higher vocational colleges, students who live on campus account for the majority. Moreover, the curriculum setting of higher vocational colleges is quite different from that of junior and senior high schools, with relatively few courses and more time for students to study independently<sup>[4]</sup>. Some students with weak self-control and introverted personality tend to indulge in the network after entering higher vocational colleges, ignore the interpersonal relationship in the real world, and become more and more unsocial. If teachers usually pay a little attention, this situation is easy to find. However, many teachers only care about whether the teaching task is completed or not, and do not care enough about students' mental health.

#### **3.2 Insufficient Attention to Mental Health Education Courses**

In many higher vocational colleges, compared with other courses, mental health education courses have less class hours and students pay less attention. And most of them are theoretical courses, lack of practice and application, so that students can not have a deeper personal experience of the theoretical knowledge in the book.

#### **3.3 Mental Health Education Conditions Are Not Sufficiently Guaranteed**

Many higher vocational colleges lack professional psychological counseling teachers. Even if some schools have psychological counseling teachers, these teachers are often ignored and their remuneration is not guaranteed, resulting in low motivation for work. At present, many higher vocational colleges only set up a psychological consultation room, and the construction of supporting facilities has not met the requirements, and it is difficult to improve the actual effect of mental health education.

#### **3.4 Network Ideological Education is Neglected**

In educational work, network ideological education is often ignored. Some students have poor self-control and rely on the Internet. The negative and violent information on the Internet can easily affect students' values. Higher vocational colleges lack of knowledge publicity on network hazards; students lack network security awareness and are vulnerable to network fraud, which endangers themselves, family and friends.

### **4. Strategies for Strengthening Mental Health Education of Students in Higher Vocational Colleges**

#### **4.1 Improve teachers' Mental Health Education Awareness and Professionalism**

First of all, teachers engaged in mental health consultation need to have relevant experience and professional qualifications to ensure professionalism. Secondly, provide professional mental health education and training for new teachers and counselors. Improve the teacher's sense of responsibility, and strengthen the teacher's active guiding role in the mental health of students. In addition, the training of mental health knowledge for dormitory managers should also be strengthened.

#### **4.2 Standardize the Mental Health Education Curriculum System**

To standardize the mental health education curriculum system in higher vocational colleges, it is necessary to construct a scientific and complete curriculum system based on the actual situation of the school and the mental health of students. Pay attention to improving the level of teaching teachers, increase teaching research and communication, and improve classroom teaching effects, so that students can have a healthy, positive and upward psychology, improve their ability to resist stress, and adapt to the social work and living environment<sup>[5]</sup>.

#### **4.3 Improve Mental Health Consultation Institutions**

Higher vocational colleges need to improve mental health consultation institutions, guarantee the hardware facilities for students' mental health consultation, and provide professional places for students' psychological consultation. In terms of funding, all higher vocational colleges should use special funds to ensure the funding standards for mental health consultation and improve the facilities of the psychological consultation room. Such as setting up psychological measurement room, activity room, catharsis room and other places, so that students can get professional consultation.

#### **4.4 Pay Attention to Network Ideological Education**

Higher vocational colleges should attach importance to students' online ideological education and push positive mental health knowledge and news through new media platforms, such as weibo, wechat, douyin, etc.<sup>[6]</sup>. Improve students' awareness of network safety and pay attention to the education of mental health. Actively carry out a variety of related activities to make students pay more attention to their own mental health. Strengthen the popularization of mental health knowledge to teachers and students to help students learn to regulate their emotions.

### **5. Conclusion**

In daily study life, schoolwork pressure, interpersonal pressure, etc., can easily cause students to have poor psychological quality and depression. Vocational college students, as professional technical talents, should have strong stress resistance and social adaptability in order to achieve better development. Therefore, higher vocational colleges should pay attention to the work of mental health education, so that students can get a healthy and good psychological development, and prepare students for entering the society.

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