

A Study of Students' Mental Health Education Based on College English Curriculum

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Abstract: For a long time, most college English teachers have focused on English knowledge teaching and language skills training, paying a little attention to students' mental health. Some psychological problems of students have seriously affected the effectiveness of English learning. This paper puts forward the strategies of college students' mental health education based on college English curriculum by combing the various psychological problems, psychological characteristics and causes of psychological problems of contemporary college students in college English curriculum. Only by paying attention to students' mental health can college English teaching achieve better results.

1. Introduction

Physical and mental health is the foundation of everything. With the development of the times, colleges and universities are facing rapid changes in the international and domestic environment, and the psychological needs of contemporary college students are increasing without corresponding satisfaction. Many students present various psychological problems. These problems not only affect the learning effect, but also affect their physical and mental health. In order to improve the efficiency of teaching, teachers should not only pay attention to students' external behavior, but also pay attention to students' psychological needs. The Ministry of Education issued the Guiding Outline of Ideological and Political Construction of Higher Education Courses. "It is proposed that the ideological and political construction of the curriculum should be comprehensively promoted in all colleges and universities, all disciplines and majors, focusing on the core point of comprehensively improving the talent cultivation ability,improving the awareness and ability of teachers to carry out the ideological and political construction of the curriculum, and systematically carrying out the education of socialism with Chinese characteristics and the Chinese dream the education of socialist core values, the education of the rule of law, labor education, mental health education....."[1] Mental health education is particularly mentioned here, which shows that mental health education is one of the most important contents of curriculum ideological and political education that domestic universities attach great importance to in recent years. It has been three years since the outbreak of the epidemic. Contemporary college students have spent three years in middle school or university in the epidemic, and they have more psychological problems than previous students.

2. Psychological Problems of Contemporary College Students in College English Curriculum

According to survey data, the proportion of depression among contemporary Chinese college students is close to 30%, which is a very serious problem and deserves the attention and reflection of educators. In addition, contemporary college students' lack of learning motivation, serious hollow heart and low sense of happiness is also some outstanding manifestations of mental health problems. In college English courses, students of different majors and classes have the following common problems in English learning.

2.1. Indiscipline in College Learning

Indiscipline is a prominent problem of many college students. Nowadays, everyone has smart phones, and all kinds of games and short videos are updated every day, bringing great freshness and temptation to students. Many students immerse themselves in the virtual world after class, playing games, watching movies, chatting with WeChat friends, playing Kwai, watching Tiktok, etc., so that a lot of class time and spare time is controlled by mobile phones, and they completely forget that their responsibility as students is to study. College English is a public course. For a long time, a large number of non-English majors have paid low attention to college English and their English scores have not been ideal. After entering the university, the daily life changes from "heteronomy" in middle school to "self-discipline", which tests the students' self-consciousness. When learning English in middle schools, students feel compelled to learn it even if they don't want to learn it. College English is only an ordinary public elective course, which has little impact on students' obtaining diplomas and degree certificates. Many students feel that public courses are not important and are unwilling to study hard. Some people even form "learned helplessness" [2] because of their poor English performance in middle school, and they just put it down or give up. In the middle school period, the curriculum arrangement was tight, the college entrance examination goal was clear, the learning task was heavy, and there was no free time to waste. After entering the university, the daily study arrangement is relatively loose and free. Students who are used to be constrained do not know how to plan their study and what to learn. Life and study lose balance and become confused. Once, the college entrance examination was used as a beacon of navigation. It is not easy to lose the sense of direction in learning. After entering the university, everything is a new start. Many students have no clear goals for employment and future development. They do not know what they really need and how to do to achieve their goals. They lack learning motivation, and it is difficult to form the habit of conscious learning.

2.2. Inadaptability of Learning Style

University is not the continuation of high school. From learning methods to learning content, it is a new beginning. The learning methods of various disciplines have changed greatly compared with those in middle school. "After entering the university, the teacher-led teaching mode has changed into the student-led self-study mode. The university has more emphasis on enlightening, deliberative and self-study education. The class teaching time is relatively small, the coverage content is relatively large, the teaching speed is fast and the span is large." [3] Many students are used to the fact that the middle school teachers ask them to recite words, dictate words and phrases, and do a lot of test paper exercises every day. After entering the university, students need to learn extensively and independently. However, some students are still waiting for the teacher to assign learning tasks. If the teacher does not assign tasks, they will not study and unwittingly waste a lot of learning time. College English learning mainly depends on students' independent arrangement, and teachers' supervision becomes less. Memorizing words depends on self-consciousness, completing homework depends on

self-consciousness, and preparing for various important exams also depends on self-consciousness. Freedom is a good thing, but it may be a bad thing for most Chinese students who are used to heteronomy. They are not adapt to the learning style of university. In addition to listening, speaking, reading, writing and translating required by the textbooks, college English learning also requires a large number of extracurricular intensive reading and extensive reading. Many students do not read extracurricular, so they often feel that they have not learned anything after a semester. In addition, the learning of middle school is oriented by the college entrance examination, focusing on surface information, emphasizing memory and recitation, which is all surface learning methods. However, university learning pays attention to the cultivation of students' internal learning interest and potential learning intention, emphasizes the understanding of knowledge, and also pays attention to reflection, which belongs to the deep learning mode. In addition to the regular basic knowledge learning, college English also needs to cultivate students' cross-cultural thinking ability, cultural communication ability, etc., which makes many students not adapt to the university learning style.

2.3. Interpersonal Problems in Learning

"A person can only establish his own value by placing himself in the social background and comparing himself with others." [4] Good interpersonal relationships will enable people to gain strong enthusiasm and strength, share and remind them when they succeed, and talk and inspire them when they fail. College students are more eager to communicate with each other than primary and middle school students. They try to broaden their horizons, enrich their knowledge, and learn to behave in the world through various kinds of communication, so as to show their talents in all aspects, gain stable emotions, and maintain sufficient self-esteem and self-confidence. When entering the university, students may be surrounded by strangers, without the company of teachers and students, friends and parents who were once familiar with them. The living habits of students from all over the country vary greatly, and the common language has not yet been established. It is difficult to get along with students and teachers in the new environment, and it is easy to feel lonely. An African proverb says, "If you want to go fast, go alone. If you want to go far, go together." [5] College English learning needs a lot of peer assistance and cooperative learning, and the lack of good interpersonal relationships is not conducive to students' active learning. Students show obvious "fear" in the process of English learning and expression, which is not conducive to the healthy development of learning.

3. Analysis of the Psychological Characteristics and Causes of Psychological Problems

3.1. Psychological Characteristics of Contemporary College Students

Chinese students have very heavy learning tasks in primary and secondary schools, little time for entertainment, little time to spend with their parents and family, and even no time to watch TV. Their physical and mental development shows an unbalanced state. Generally speaking, their physical development is ahead of schedule while their psychological development is lagging behind. In terms of age, most students are adults, but their psychological development is not yet mature. They can't figure out who they are and how to work for the future. So many students are still eager to play deep down, and some have not even finished their rebellious period. Many college students still spend their college life in a playful way, wasting valuable study time.

Contemporary college students have a strong sense of independence, but their cognitive ability is still immature. Even they choose their major not because they love it, but because their parents think it has a good job prospect. Therefore, many college students lack passion for professional learning, and lack the internal drive to pursue their dreams and realize their dreams. Some students are arrogant and dissatisfied with the current school. These students may have good academic performance, or the

school environment in middle school is better than the current university campus environment. They feel that they should not come to the current school. They are dissatisfied with the current environment and are also critical of teachers. Some students have shown abandonment. They regret that they didn't work hard enough and feel that they can enter a good school with a few more marks. Some students are numb to the current learning performance. They feel that they will take it as they come, and have no attitude towards anything. They feel that they can just muddle away. Some students behave freely and casually. They feel that they have finally escaped from the high pressure of high school. Now they can be free to fly and even "lie flat".

3.2. The Causes of Psychological Problems

Nowadays, society is highly developed, families are rich in material resources, lack of spiritual education, and many families lack the cultivation of children's overall awareness, resulting in many students' lack of social responsibility and clear goals. The examination-oriented education in primary and secondary schools has greatly hurt their feelings. They were forced by teachers and parents when they were young, and lack the ability of self-consciousness and self-discipline. Some people still have some problems with their outlook on life and values, such as the incorrect outlook on love and the lack of sex education. Since 2020, affected by the epidemic, many students have grown up in a "narrow" environment in the past three years. The lack of contact with the outside world and understanding of the real world is not conducive to their formation of a positive and correct outlook. At the same time, the international and domestic social environment and employment pressure also has a great impact on the formation of students' positive and healthy outlook, leading to various psychological problems among young people.

4. Strategies of College Students' Mental Health Education Based on College English Curriculum

In 2017, the Guiding Opinions on Strengthening Mental Health Services jointly issued by 22 departments including the National Health and Family Planning Commission and the Propaganda Department of the Central Committee of the People's Republic of China (GWDKF [2016] No. 77) proposed to "meet the needs of the people's mental health services to the maximum extent, stressed the importance of strengthening mental health services, and required that by 2020, mental health education and mental health promotion work should be carried out in all fields and industries, the awareness of mental health of the whole people has improved significantly." [6]

College English curriculum is a compulsory public discipline for first-year students in all kinds of colleges and universities across the country. College English course is a public course with a long learning time and wide coverage for non-English majors in various colleges and universities across the country. It plays an extremely important role in guiding students' physical and mental health, cultivating their souls, and cultivating talents. "Learning is the basis of survival, and our life cannot be separated from learning." [7] Learning in College, not only refers to the learning of subject knowledge, but also includes all aspects of physical and mental growth. In the era of "big foreign language", college English curriculum has the historical mission of "taking global development into consideration and China's development in mind", and should also have the era responsibility of "taking every student's physical and mental health into consideration and implementing the internal drive to stimulate students' learning". In addition to the study of necessary skills required for future work, how can modern college students increase their subjective well-being, enhance their internal drive, stabilize their emotional state, and improve their mental health have become issues that educators and schools need to focus on.

4.1. Guide Students to Establish Harmonious Interpersonal Relationships and Help Students Form a Correct View of English Learning

"The harmonious relationship between students brings the enthusiasm, friendship and warmth of college students, and contributes to the exertion of their talents and the comprehensive and healthy development of their personality..." [8] In college English teaching, teachers use the theory of positive psychology education to guide students to view the complex characteristics of English learning with a correct attitude, eliminate the "fear" mentality of students in the process of English learning and expression, and guide students to "transfer" the positive mentality into the process of English learning by cultivating students to correctly recognize the deep value of positive psychology education. Give full play to the maximum value of positive psychological education in college English learning. Optimize English teaching mode, reasonably integrate superior educational resources, create a positive and positive learning atmosphere for students, guide students to shape positive thinking, and effectively deal with various negative psychological problems in the process of English learning. Stimulate students' ideological awareness, cultural awareness and sharing spirit in the process of English learning, so that students' language growth potential can be fully and freely developed.

4.2. Give Full Play to the Advantages of Positive Psychological Education and Help Students Set Goals

In the process of guiding students to participate in English learning, give full play to the advantages of positive psychological education, help students formulate correct English learning goals, broaden the cultural space of students' English learning, and encourage students to develop the habit of continuous participation in English learning and independent expression. Through the comparison between the use of positive psychology and the non-use of positive psychology in college English teaching in different classes at the same level, the students' psychological health feelings and experiences are evaluated, and the effect of college English teaching is tested.

4.3. Use Mental Health Education to Help Students Establish Ideals and Beliefs

At present, many courses of ideological and political education pay special attention to ideological and political education, ignoring that mental health education is the premise of ideological and political education. Without physical and mental health as the basis, everything else is empty talk. There are some differences between college English class and general humanities class. It is not as theoretical as Ma Zhe and other courses. There are more opportunities for teachers and students to communicate and guide students to think, perceive and reflect. To teach and educate people, on the one hand, we should help students lay a solid professional foundation, on the other hand, we should help students achieve the goals of physical health, mental health and mental health. The feasible way to improve the efficiency of English teaching is to promote teaching by evaluating students' learning outcomes, and then summarize experience, providing practical basis for exploring the integration of positive psychology into college English teaching. Cultivate students' positive psychological quality, tap their psychological potential, and pay attention to preventing and solving various psychological and behavioral problems in the process of development. At the same time, cultivate students to form a positive thinking mode, maintain a positive emotional attitude, use positive language expression, and establish a sense of personal responsibility, value and happiness. Pay attention to the long-term education and physical and mental health development of students, cultivate talents for the country. College English teachers should understand the actual needs of students with their hearts, use educational methods that are suitable for the needs of contemporary college students, integrate positive psychological knowledge into English teaching, and meet the dual needs of college students

at the intellectual and spiritual levels.

4.4. Use English Learning Materials to Help Students Learn to Assume Their Responsibilities and Missions

If college students want to develop into people with clear direction and goals, they need to cultivate personal responsibility and social mission. It is stated in college English textbooks “To develop as ‘whole persons’ with clear directions and purposes, students need to cultivate responsibility, personal and social.” [10] What responsibilities and missions have Chinese college students been entrusted with in the new era. First of all, to shape a sound personality, teachers should improve and innovate English teaching, pay full attention to students' mental health, enrich students' knowledge of English learning, encourage students to actively participate in English learning and English application expression in an internal psychological way, comprehensively improve the quality of English teaching, and realize the comprehensive integration of English teaching and students' healthy psychological training. Cultivate students' sound personality and guide students to face difficulties and challenges in future life with a positive attitude. Through the analysis of psychological problems in the process of English teaching through college English reading and listening and speaking teaching, college English teachers are called upon to pay attention to students' psychological needs in teaching, and create a positive and healthy environment for students' English learning and physical and mental development.

5. Conclusion

In college English teaching, teachers' awareness of students' mental health needs to be strengthened; students' ability of emotional regulation and emotional intelligence need to be cultivated; the research design of college English teaching and students' mental health can be more diversified. This paper analyzes college English teaching problems through the specific performance of students' psychological changes in the teaching process, and understands the laws of college English teaching and students' psychological health. English learning is characterized by strong ideological and cultural awareness and innovation. Good English education activities need to integrate multi-disciplinary knowledge. Through systematic research on the existing English teaching model, integrating psychological health, interest cultivation and other contents, English learning will be expanded from classroom knowledge to practical application fields.

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