

Psychological Health Education of College Students under the Concept of "Four Complete Education"

Yunxia Zhao

Xi'an Translation Institute, Xi'an, Shaanxi, 710105, China

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Abstract: With the development of information network, the ways and channels for college students to receive information have increased, and the current network information is mixed, which will easily bring negative impact to college students. At the same time, college life is developing towards independence, and students are facing employment pressure and emotional pressure. In this case, some college students will have psychological problems, which will affect their personal life and work. In order to improve this situation, this paper starts from the concept of "four all-around education", briefly analyzes its concept and the existing problems of mental health education, and aims at the above related improvement measures, hoping to promote the improvement of college students' mental health level.

With the development of society, college students, as the reserve talents of the country, are increasingly required by the society, and the pressure they bear is also growing. In this case, carrying out necessary mental health education for college students can not only help college students relieve this pressure, but also help them improve their social adaptability, communicate peacefully with others, promote social stability and social development.

1. Four complete education concept

1.1. All staff education

All staff education refers to the mental health education provided by all teachers and staff in the university, covering the whole department of the school. This kind of education mode emphasizes the participation of all staff, maintains interaction with students in an appropriate way, does not abandon or give up any student, so that students can be concerned and guided when confused and necessary.

1.2. All round education

We should not only pay attention to students' knowledge literacy, but also pay attention to students' moral literacy. We should teach people, and we should educate people. The all-round education emphasizes the comprehensive development of students and the education and guidance of students in all aspects, including moral education and aesthetic education. In recent years, it is common to guide students to learn from the example by setting a spiritual example, from external education

guidance to internal self-motivation and emotional regulation, so as to improve the physical and mental health level and learning quality of college students themselves[1].

1.3. Whole process education

College students face different pressures at each stage. For example, in the freshman year, when they just graduated from high school to freshman year, they lack parents and teachers to tell them. The space for independence is greatly increased. Some college students do not know what to do in this suddenly relaxed atmosphere, and the pressure is doubled. At the same time, some students go to school in different places, away from the familiar cultural atmosphere, environmental atmosphere, etc., and suffer from the pressure from the new environment for a time, there will also be some psychological problems. The pressure faced by senior students is different from that of freshmen. Because of the employment problem, senior students are hesitant at the fork of the road between continuing to study and continue to work, which is also easy to bring some mental pressure. Therefore, we must pay attention to the growth of students in the whole process, pay attention to and analyze the difficulties and pressures faced by students at different stages and pilot projects, and adopt relevant publicity and guidance. For those with outstanding abnormal performance, they can focus on observation or one-to-one help. [2]

1.4. Comprehensive education

The directions of all-round education and all-round education overlap, both of which focus on promoting the all-round development of students. Through the construction of a number of education systems, all-round education can be achieved and students' comprehensive development and all-round development can be truly promoted. This point emphasizes that the comprehensive development of students should be infiltrated into the teaching work. In the daily teaching content, teaching methods and teaching process, moral literacy and ideological and political knowledge should be integrated to imperceptibly strengthen the psychological quality of students.

2. Problems in the Current Psychological Health Education of College Students

2.1. Formalism, difficult to play a substantial role

In the field of natural education, more attention has been paid to the mental health education of college students, and a number of documents have been issued to emphasize the importance of developing the mental health education of college students and guide colleges and universities to systematically carry out the mental health education of college students. However, at the current stage, the development direction of colleges and universities is still to focus on the professional quality of students. [3] Psychological health education for college students can only exist as an auxiliary elective course. The school pays less attention to it. The values passed to students are also not important for psychological health education. In this case, neither the teachers nor the recipients of psychological education pay attention to psychological health education, this kind of mental health education is undoubtedly a mere formality, and it is difficult to play a substantive role.

2.2. By analogy with moral education, teachers' professional quality is not high

As mentioned above, schools do not pay enough attention to mental health education, which is also reflected in the quality level of teachers arranged for mental health education. Most of the teachers of mental health education are transferred from ideological and political education, or even

served by ideological and political education teachers. And mental health education is a very professional course. If the teachers who teach are lack of professional theoretical knowledge, how can they provide students with professional mental health education? In addition, general ideological and political education teachers are more inclined to the construction of moral education. They confuse psychological education with moral education. They use moral education standards to generalize the entire mental health education. Not only will they not reduce the psychological pressure of students, but they will even use "morality" to kidnap students' cognition and strengthen their psychological pressure to some extent.

2.3. Emphasis on medicine and insufficient prevention of health education

College students' mental health education is a preventive education. Its existence is not only to help college students solve the existing mental health problems, but also to help college students prevent the possibility of psychological problems. In the past two years, the vicious events caused by the psychological health pressure of college students have occurred frequently, which to some extent has also increased the importance that colleges and universities attach to the psychological health education of college students. However, the development of this emphasis is more reflected in the willingness of colleges and universities to invest in medical intervention in psychological health education, rather than improving the existing level of psychological health education. This means that once college students have psychological problems, there will be professional medical intervention. When college students are in the process of deterioration psychologically, there is a lack of professional guidance and prevention.

3. Measures to improve college students' mental health education under the concept of "four complete education"

3.1. Create a good campus atmosphere and promote the participation of all staff

By guiding the outside world to participate, mobilizing the strength of all teachers and staff, and creating a good psychological atmosphere for the development of college students, we can effectively promote the improvement of college students' psychological health. Although external education and guidance are important, respecting the dominant position of college students also includes guiding and encouraging college students to overcome themselves psychologically and achieve the development of their own psychological health in a real sense. For example, we should guide college students to establish a college students' mental health association, conduct publicity and education in the whole school, and guide all staff to participate in the process of college students' mental health education.

3.2. Build a health education framework and a science curriculum system

The physical and mental health education of college students is inseparable. If you want to improve the mental health education, you must pay attention to the improvement of other courses. By building a health education framework and a scientific curriculum system, we can achieve all-round education. This requires teachers to constantly explore new teaching methods, and mental health education should also keep pace with the times. We should not just listen to the pulse, but also go into the student group and think about problems from the perspective of students. In addition, with the help of new media, we can actively publicize the knowledge related to mental health education, provide psychological guidance for students in a more private way, and solve their psychological problems.

3.3. Guide the growth imperceptibly according to the characteristics of the student stage

The college students under consideration have different pressures and problems at each stage, so the relevant psychological counseling room can be set up to allow students to test themselves and accept the help of teachers through psychological counseling in their spare time, so as to reduce the pressure encountered at the stage. In addition, teachers can give some general guidance in the classroom according to the characteristics of students taught at each stage. For example, when freshmen are just entering the university, teachers can focus on topics such as "how to relieve homesickness" and "how to quickly cope with the new environment" in the teaching process, which can help students find "peers" and relieve tension; second, it can help students find ways to eliminate anxiety.

3.4. Improve teachers' professional quality and correct teachers' educational cognition

If we want to improve the level of mental health education of college students, we must pay attention to the professional quality of educators. First of all, the school must recruit some professional teachers and talents, mainly psychological counterpart talents, and excellent compound talents are preferred to provide better mental health education for students. Secondly, for the existing teacher talents, schools can strengthen the professionalism of teachers through training and other relevant ways, improve the teachers' attention to the guidance of mental health education, guide teachers to integrate mental health education into other disciplines, so as to achieve all-round education in the teaching process.

3.5. Grasp the construction of network positions and increase the publicity of mental health education

The contemporary society is an information age with developed network and diversified information channels. In the present college life, there is a high dependence on information technology. College students can surf the Internet and play games to use their mobile phones to relax their tired mood in their spare time. At the present stage, the more serious is that college students also play mobile phones in class, and even some students have obsessive-compulsive disorder of mobile phones. For this kind of phenomenon, teachers in making reasonable innovative teaching content also need for students to carry out certain mental health education, face to face communication with students, to fully understand the students current physical and mental health development, make the students in full of positive social values to carry out their own university life, realize the reasonable teaching situation of full education. Current stage of college students personality, value to diversified, the traditional education model has a new form of growth of college students have psychological disconnection, so teachers in the professional course also need to design for students with time elements of teaching content, in order to fully mobilize students' attention to their own mental health cognition.

For example, universities can establish a website with their own college style characteristics for students, which includes chat pages, video pages, forum pages, and so on. Therefore, the fun of operating the same as mobile software can also attract students' interest in browsing the website, and the knowledge conveyed on the website is not the social knowledge that students see in popular software on mobile phones. It is a video content suitable for college students' mental health. For students who discover their own mental health problems, they can also communicate with professionals through the special consultation channel on the website, which can protect students' privacy and quickly help mental health consultants gain a certain understanding of their students' psychology, and then formulate reasonable guidance plans for students' mental health problems. To

help students form correct values, students will also fall in love with the school's dedicated mental health consultation website for students. At the same time, the school should also add development problems with correct values and positive social discussion in the website, so that more introverted students can participate into the communication and effectively solve the sensitivity of this kind of students. Occupying the network information position makes it an indispensable way to improve the level of college students' mental health education, and students can also realize the fundamental concept of four complete education in the website established by the school.

3.6. Deepen the curriculum reform of mental health education for college students

Modern colleges and universities need to actively mobilize all the favorable factors to realize the effective curriculum reform. Most colleges and universities will open college students' mental health education courses, because college students have time innovative thinking, so the course construction need is given priority to with practice, practical, theoretical knowledge teaching, in view of the common college students may appear psychological problems or doubts to explain or practice some guided the content of the psychological relief. College students' health education courses for students have certain correct values guide, effective view to implement the comprehensive education, and in the teaching process, teachers need for the current psychological problems in the age of the subject set, thus to relieve their heart doubts for students, thus improve the students' emphasis on mental health education courses. The mental health education course is not only to answer the questions of students' class time, but also includes to guide the problems in students' life, so as to present all-round education.

4. Conclusion

If you want to improve the level of mental health education of college students, schools must play a leading role. Only when schools really pay attention, can teachers and students pay attention together from top to bottom, and college students can truly play a dominant role.

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