

Innovative Analysis of College Students' Education in Mental Health under the Background of Big Data

Liu Hong*

Hubei College of Chinese Medicine, Jingzhou, Hubei, 434000, China

**Corresponding author*

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Abstract: In the process of social development, the era of big data has also arrived, and people's lifestyles and ways of thinking have undergone great changes. Big data itself has many characteristics, of which authenticity and high speed are the two most significant characteristics, in college students' education in mental health can effectively use big data to further improve the real effect and real quality of mental health consultation and diagnosis.

1. Introduction

The advent of the era of big data has brought new ideas to the development of all occupations, and the same is true for the education industry. In students' daily study and life process, big data technology has changed the traditional life and learning habits, and students can carry out further learning through the Internet according to their own learning needs. At present, in the education in mental health work of colleges and universities, the corresponding education and teaching work is carried out through the effective big data technology application, to further discover the psychological problems existing in students' hearts.

2. Big Data Background Creates New Opportunities for College Students' Education in Mental Health

According to the survey, it can be found that there are many factors affecting the mental health of college students, mainly by students' interpersonal communication, love, emotional and environmental adaptation. In the daily life of college students, any problem will have a negative impact on the physical and mental health of students. By understanding the psychological behavior laws and psychological behavior characteristics of college students, and according to the data and information advantages generated by students at different stages, it can help students solve their own mental health problems^[1]. In the past education in mental health work in colleges and universities, school psychology teachers will be affected by technology and other aspects, unable to fully understand students' mental health data, the various data involved are relatively scattered, cannot be used as a basis for promoting education in mental health work, and cannot further use data to serve students. Under the background of big data, big data has strong technical and massive nature, which can further break the limitations of children's education in mental health model, and colleges and psychological teachers can use students' mental health data to carry out corresponding psychological

guidance work. Only when colleges and universities and psychological teachers have mastery of students' psychological data can they carry out targeted psychoeducational work and further improve students' psychoeducational defence and intervention quality. In the study and life of college students, this stage is in the period of maturity of individual moral concepts and mature ideas in their lives, and their own psychological state is very susceptible to external influences, and negative psychological development will occur. As relevant departments and colleges and universities in China pay more attention to education in mental health, colleges and universities have gradually launched various effective psychological education practice activities, which can further prevent students' psychological problems and further promote students' physical and mental health development. Under the previous educational concept, the methods and intervention methods of your health education are relatively backward, and you cannot provide psychological help to students in time, and cannot solve the problems existing in students' psychology in time, which greatly affects the support effect of education in mental health. Under the background of big data, the speed of data dissemination is further improved through the effective application of various types of data information. In the process of carrying out education in mental health for students, the psychological data information of students can be used to further understand the psychological condition of students and students' thoughts and behaviors, break the non-system in the process of forgetting education in mental health, transform from passive help to active help students, so that students can get a good education in different education in mental health environments and improve the final learning effect. In the work of student education in mental health, big data has brought opportunities to this work, students' psychology is very vulnerable to external factors, the previous education model can no longer meet the current students' learning needs, psychological education health work is also the same. In response to this phenomenon, educators can effectively apply big data technology to further determine the factors affecting students' mental health and carry out effective mental health services for this situation. Through the effective application of massive data analysis capabilities, the real reasons behind all kinds of psychological data and information can be deeply explored, and the value behind them can be discovered, to carry out effective psychological service work for students and further improve the accuracy and effectiveness of mental health service work^[2].

3. Principles to be Followed in the Process of Innovation in Education of Mental Health in Colleges and Universities

3.1. Put Students in the Main Position

With the progress and development of science and technology, through the effective use of big data technology, all kinds of data information can be further excavated. In the process of scientific and technological development, it will bring great changes to people's lives and further improve people's quality of life. As the object and core of university education in mental health, the reform and innovation of education in mental health should take students as the main body, and further effectively implement the work related to students' mental health. Under the background of big data, colleges should take students as the main body, use big data technology to provide them with real and effective psychological services according to their actual performance during school, deeply explore all kinds of information and resources of students' mental health, and carry out real and effective mental health work on them, further improve students' psychological quality and ability development, and help students achieve good academic performance.

3.2. Expand the Right Value Leadership

In the process of carrying out education in mental health for college students, it is necessary to

meet the actual life needs of students. While providing students with education in mental health, it is necessary to provide effective services for students' mental health and further improve their learning quality. With the progress and development of society, the values and ideological outlook of contemporary college students have undergone great changes, and education work should be carried out to meet the psychological needs of students. With big data as the background, when carrying out psychological education work for students, it is necessary to carry out correct value guidance, carry out targeted psychological education work according to the actual psychological condition of students, further enhance the sense of identity of college students with educational work, and effectively promote the innovation and development of college teaching work. Through the guidance of values, it can help students move from immature concepts to mature concepts, further exert the value and significance of education in mental health, and let students form correct values in the process of learning. In the process of carrying out education in mental health, educators should uphold the correct value guidance principle, use network technology to deeply mine all kinds of data and information, further understand the problems existing in contemporary students' psychology, and carry out corresponding psychological counselling work according to the characteristics and advantages of network technology, further improve students' psychological quality, and improve the final mental health effect. In the process of carrying out psychological education for college students, psychological educators should first uphold the correct ideological concepts, carry out correct guidance to students through their own ideological concepts, further improve the final learning effect of students, and solve the psychological problems existing in students' actual life.

4. Innovative Measures for Education in Mental Health in Colleges and Universities with Big Data as the Background

4.1. Correct Awareness of Big Data should be Established

With the advent of big data era, you can obtain a variety of data and information through diversified opportunities, and understand the development of society and real life through various types of information. In this context, colleges and universities should continuously improve their awareness of big data, update their own ideas and concepts, and further carry out effective education through cloud computing and big data and other related content. With the development of society has changed, big data has brought innovation to education in mental health, and the effect of education work is further improved by establishing the correct awareness of big data. At present, in the education in mental health work carried out in colleges and universities, a large amount of data and information are used to further cultivate students' various types of thinking, and the psychological status data of students is further explored through the effective application of big data, to provide effective guarantee for the development of follow-up education work. With the advancement and development of big data, students' concept of mental health has changed, and colleges and universities can further enhance students' recognition of big data through the concept of big data. In the process of teaching, students can further participate in the collation and analysis of big data technology, and educators can understand the psychological condition of students in time through big data information, and provide an effective guarantee for follow-up education development.

4.2. Education in Mental Health Methods should be Innovated

With the advent of the big data era, the life and learning of college students will be affected by many things. The society development and change bring interpersonal problems and emotional confusion to students, which has a negative impact on students' all-round development and even adversely affects students' physical and mental health. At present, most colleges and universities in

China attach great importance to students' education in mental health work, in the past education in mental health work, generally use questionnaire survey to timely discover students' mental health problems, although this way to obtain certain teaching and research results, but in the actual education work, but also produced many restrictions. For example, in the process of selecting samples and analyzing data, teaching work in the past has used indoctrination to carry out teaching. At present, in the context of big data, to understand students' mental health problems as much as possible, colleges should change their own education in mental health models and promote the further development of various educational work. In the process of carrying out practical education work, colleges and universities can sort out students' psychological conditions and students' thoughts and behaviors by mining many data technologies and cloud computing methods, and organize them into data to innovate the subsequent development of various work. College teachers can further improve their own educational effects by applying many information technology and information data. For example, teachers can create a new health education guidance platform with students, and by using this platform to deeply explore students' mental health data information,^[3] to increase communication opportunities between teachers and students, and can timely discover students' psychological problems in learning and life. At present, most teachers have effectively used various new media platforms such as WeChat and Tiktok to carry out targeted psychological education work and achieved excellent teaching results.

4.3. Optimize the Content of Education in Mental Health

Under the background of big data, students can innovate and optimize their own learning methods to further improve their own learning results. In the work of education in mental health, college teachers should also innovate their own education models, and optimize and improve educational content through the effective use of network resources. First, college teachers can effectively use flipped classrooms to carry out corresponding teaching, further save teacher resources, and enrich their own educational content. Students can also further enhance their learning ability in course service work. Colleges guide students to carry out independent learning by effectively possessing the advantages of big data, broaden students' knowledge through online learning resources, and help students establish correct psychological concepts and ideological concepts.

5. Conclusions

All in all, the advent of big data has provided new opportunities and challenges, as has education in mental health. Psychological education teachers in colleges and universities should adhere to student-oriented, through the effective application of big data technology to deeply mine students' psychological data, carry out effective psychological education work, help students establish correct values, and promote students' healthy development.

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