

Exploration of Psychological Health of Vocational College Students and Campus Network Informatization Management

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Abstract: The psychological well-being of vocational college students and campus network informatization management is a focal issue in the current educational domain. Through surveys and analyses of the psychological health status of vocational college students, the current status of campus network informatization management and its impact on student psychological health were explored. Additionally, the correlation between psychological well-being and online behavior was investigated, and corresponding intervention and support strategies were proposed. Furthermore, drawing on experiences and practices from other institutions, the aim is to provide effective solutions for enhancing the psychological well-being and network informatization management of vocational college students.

1. Introduction

With the rapid development of society and the accelerated progress of informatization, the issue of psychological well-being among vocational college students has increasingly drawn attention. Simultaneously, campus networks have become an integral part of study and life in vocational colleges. However, the current status and impact of network informatization management profoundly influence the psychological health of vocational college students. This research aims to explore the relationship between the psychological well-being of vocational college students and campus network informatization management, investigate influencing factors, and propose corresponding intervention and support measures. It aims to provide valuable insights for the healthy growth of vocational college students and the management of network informatization.

2. Survey and Analysis of Psychological Well-being among Vocational College Students

(1) Methods of Investigating Psychological Well-being Issues

The investigation of psychological well-being issues forms the foundation for understanding the mental health status of vocational college students. Quantitative surveys typically employ questionnaire forms, designed to address various psychological health issues, including but not limited to anxiety, depression, and stress^[1]. These surveys collect data through large sample sizes, allowing for an objective and systematic assessment of the overall mental health status of vocational college students. Qualitative surveys, on the other hand, utilize methods such as in-depth interviews

and focus groups to delve deeper into psychological health issues, understanding students' experiences, feelings, and underlying reasons. Qualitative surveys provide richer background information and a deeper understanding, complementing quantitative surveys and aiding in a comprehensive grasp of the characteristics and status of psychological well-being issues among vocational college students.

(2) Prevalence of Psychological Well-being Issues among Vocational College Students

The widespread prevalence of psychological well-being issues among vocational college students primarily stems from the combined effects of multiple factors. Academic pressure is one of the significant contributing factors leading to psychological well-being issues among vocational college students. The specialized nature of vocational education subjects, heavy workload, intense coursework, and assessment pressures result in significant academic stress for students. Additionally, life stressors, such as economic hardship and irregular living conditions for some vocational college students, contribute to increased psychological burdens. Interpersonal relationship issues also manifest as common psychological well-being issues among vocational college students. Increased social interactions and the complexity of interpersonal relationships may lead to difficulties in social adaptation and communication, exacerbating psychological burdens.

(3) Impact of Psychological Well-being Issues on Students

The existence of psychological well-being issues among vocational college students profoundly affects both their personal lives and academic endeavors. On a personal level, psychological well-being issues may lead to emotional instability, loss of emotional control, and in severe cases, anxiety, depression, and other mental illnesses, impacting their quality of life and overall happiness. Academically, psychological well-being issues can result in decreased learning efficiency, lack of concentration, and may even lead to academic regression or dropout, significantly affecting their future development and employment prospects. The impact of psychological well-being issues extends beyond individual students, potentially affecting the entire class or school, disrupting teaching order and the learning atmosphere.

3. Campus Network Informatization Management Status and Impacts

(1) Construction and Operation Management of Campus Network Facilities

The construction and operation management of campus network facilities are directly related to the level of informatization in schools and the smooth conduct of teaching and research work. In modern universities, comprehensive campus network systems are typically established, including both wired and wireless networks covering important areas such as academic buildings and dormitory areas. These network facilities require specialized technical personnel for maintenance and management to ensure network stability and security. Campus network operation management also involves the allocation and supervision of network resources, such as bandwidth allocation and traffic control. Some schools also introduce intelligent management systems to remotely monitor and manage network devices, thereby enhancing network operational efficiency and security.

(2) Formulation and Enforcement of Network Usage Policies and Regulations

The formulation and enforcement of network usage policies and regulations are crucial for the proper operation of campus networks and the reasonable utilization of network resources by students. Schools usually establish network usage regulations, outlining students' behavioral norms and responsibilities on the campus network, including but not limited to prohibiting illegal downloads, dissemination of harmful information, and infringement of others' rights. Specific details regarding network usage, such as time, location, and methods, are also stipulated to ensure the rational use and fair distribution of network resources. To ensure effective implementation of regulations, schools typically establish dedicated network management departments or entrust professional organizations

for supervision and management. They promptly address and penalize violations while enhancing students' awareness of network security and legal principles through education and publicity efforts.

(3) The Impact of Campus Networks on Student Mental Health

As an integral part of modern universities, campus networks have a significant impact on student mental health. The presence of networks provides students with convenient avenues for accessing information and engaging in learning and communication, thereby expanding their knowledge horizons and social circles^[2]. This fosters enhanced learning motivation and self-confidence, facilitating holistic development and personal growth. However, campus networks also have some negative impacts. For instance, excessive network use may lead to students becoming immersed in the virtual world, neglecting real-life responsibilities, losing interest and motivation in learning, and even developing internet addiction, thereby affecting their mental health and academic performance. Schools should address these concerns by formulating reasonable network usage policies and strengthening mental health education. This will guide students in utilizing network resources correctly, maintaining a healthy mindset and lifestyle, and achieving a positive interaction between networks and mental health.

4. The Association between Mental Health and Internet Usage Behavior

(1) Analysis of Internet Usage Behavior Characteristics of Vocational College Students

Vocational college students exhibit certain characteristics in their internet usage behavior, which have a significant impact on their mental health. Firstly, vocational college students typically have a strong demand for internet access, as the internet has become one of the primary means for accessing information, study materials, and social interaction. Secondly, the internet usage behavior of vocational college students demonstrates temporal and spatial features, often concentrated during leisure time and in private spaces such as dormitories, especially during the evening. Additionally, the internet usage behavior of vocational college students tends to be social and recreational, including the use of social media and online gaming to meet social needs and alleviate stress. In summary, the internet usage behavior characteristics of vocational college students are diverse, with both positive and potential negative aspects, warranting attention and concern from both educational institutions and families.

(2) Positive Impact of Internet Usage on Student Mental Health

Internet usage has a positive impact on student mental health. Firstly, the internet provides students with abundant learning resources and information, facilitating the expansion of their knowledge and horizons, and enhancing their interest and motivation in learning. Secondly, the internet provides a convenient platform for communication, facilitating interaction and emotional expression among students, promoting the establishment and maintenance of social relationships. Additionally, the internet offers a wide range of entertainment activities, such as online gaming and video sharing, which help alleviate stress, relax the mind, and improve overall quality of life. In general, the moderate and reasonable utilization of internet resources can promote students' comprehensive development and mental well-being.

(3) Negative Impact of Internet Usage on Student Mental Health and Analysis of Causes

However, internet usage may also have some negative effects on student mental health. Firstly, excessive internet usage may lead students to become addicted to the virtual world, neglecting real-life responsibilities and academic pursuits, and forming detrimental habits. Secondly, harmful internet content and information may have adverse effects on students' psychology, such as violent or pornographic content, and negative news, which may trigger negative emotions and psychological pressure. Additionally, internet usage may lead to social isolation among students, as they overly rely on online communication, impacting normal social interactions with others. The emergence of these

negative impacts is related to both the psychological qualities and self-control abilities of individual students and the characteristics of the online environment and the quality of internet content. Therefore, schools and families should work together to enhance students' internet literacy and mental health education, guiding students to utilize internet resources in a healthy and rational manner, and develop correct attitudes and behaviors towards internet usage.

5. Intervention and Support of Campus Network Informatization Management on Mental Health

(1) Strengthening Internet Usage Education and Guidance

In strengthening internet usage education and guidance, schools can utilize various forms and channels to impart students with knowledge of internet safety and correct principles of internet usage. Conducting lectures and themed sessions on internet safety, inviting professionals to provide systematic training on internet safety, disseminating knowledge on topics like online scams and personal information protection to enhance students' awareness of internet safety; organizing training courses on internet literacy to teach students basic skills and methods of internet usage, guiding them to use internet resources correctly and reasonably; schools should also enhance education on internet culture and online gaming, helping students establish proper values and ethics, and steer clear of negative online behaviors; using campus broadcasting, websites, and other media to regularly disseminate materials on internet safety to remind students of online risks and increase their vigilance towards internet usage^[3]. Through these educational and guidance measures, students' internet literacy and mental health can be effectively improved, reducing the negative impact of harmful internet behaviors on their mental well-being.

(2) Establishment of Online Psychological Counseling Platform

Establishing an online psychological counseling platform aims to better meet students' mental health needs and provide timely and convenient psychological support and counseling services. The platform can offer various forms of counseling such as online, telephone, and email counseling, providing students with 24-hour psychological counseling services. Schools should equip professional counselors and psychologists, establishing online counseling teams to provide personalized and targeted psychological guidance and solutions for students; schools can also offer psychological health courses and publish information on psychological health on the platform to convey correct psychological health knowledge and skills to students, helping them better understand and cope with psychological issues; utilizing the platform's community features to establish student psychological support groups, promoting mutual assistance and communication among students to collectively address psychological distress^[4]. Through these measures, schools provide students with a privacy-protected, safe, and reliable platform for psychological health services, helping students promptly address psychological issues and safeguard their mental health.

(3) Optimization of Internet Usage Environment and Policies

Optimizing the internet usage environment and policies aims to create a safe and healthy online environment, enhancing students' sense of internet security and mental health level. Schools can improve internet facilities, enhance network bandwidth, and strengthen internet security measures to improve internet usage conditions, ensuring that students can use internet resources normally and safely; schools should also strengthen the management and supervision of internet usage, establish sound internet usage norms and regulations, clarify students' internet usage rights and responsibilities, and regulate students' internet behaviors; schools can also enhance communication and cooperation with parents, jointly formulate family rules for internet usage, guiding students to establish correct internet concepts and values; actively utilizing internet technology to conduct internet safety publicity activities, increasing students' awareness of internet security and enhancing their self-protection

abilities. Through these measures, schools provide students with a clear and safe online space, promoting healthy growth and mental health development among students.

6. Learning from Other Institutions' Experience and Practices

(1) Sharing Successful Experiences in Network Informatization Management from Other Universities

Sharing successful experiences in network informatization management from other universities can provide valuable insights and references. Establishing a robust network management system, equipped with professional network technicians for the maintenance and management of network facilities, ensures the stable operation of the network. Formulating scientifically reasonable policies and regulations for network usage, specifying students' norms of online behavior and responsibilities, and enhancing students' education and awareness of network security are imperative. Establishing a comprehensive network monitoring system to promptly detect and address network security incidents safeguards the safety and rights of students' network usage^[5]. By sharing successful experiences from other universities, one can draw from their essence to optimize one's own network informatization management and enhance the quality of network services.

(2) Borrowing Practices for Promoting Mental Health from Other Universities

Borrowing practices for promoting mental health from other universities can help better focus on students' mental well-being and provide more comprehensive support. Establishing a sound mental health service system, equipped with professional psychologists and psychiatrists, to carry out diverse mental health service activities such as psychological counseling, guidance, and lectures; establishing an online mental health platform to provide convenient psychological counseling and support services to students; strengthening mental health education and promotion to enhance students' awareness of mental health and their self-regulation abilities. By borrowing practices for promoting mental health from other universities, one can expand the field of mental health services, enrich service content, and meet the diverse mental health needs of students.

(3) Improving and Innovating Borrowed Experiences

Borrowing experiences and practices from other institutions is an ongoing process of improvement and innovation. Based on the experiences borrowed from other universities, one should combine them with their own practical situations to improve and innovate. Tailored borrowing should be done according to the actual needs of one's own network informatization management and mental health promotion, finding the best practices suitable for the university; emphasis should be placed on communication and cooperation with other universities, jointly exploring issues and experiences, promoting mutual learning and progress in experiences; continuous exploration and innovation are necessary to explore management and promotion methods that are suitable for the university's characteristics and development needs, thereby enhancing the level and quality of network informatization management and mental health services. Through improving and innovating borrowed experiences, one can better meet the needs of students and faculty, and promote the healthy development of network informatization and mental health promotion efforts in the university.

7. Comprehensive Analysis and Outlook

(1) The Importance of Vocational College Students' Mental Health and Network Informatization Management

The significance of vocational college students' mental health and network informatization management cannot be overstated. As beneficiaries of vocational education, the mental well-being of vocational college students directly impacts their learning outcomes and competitiveness in the job market. Meanwhile, network informatization management, as a vital component of modern university

administration, influences the ease of access to information and the facilitation of learning interactions, thereby affecting students' mental health status^[6]. Effective network informatization management provides a secure and stable online environment, contributing to enhanced student motivation and self-confidence, thereby promoting the healthy development of their mental well-being.

(2) Shortcomings in Existing Research and Future Directions

Present research on vocational college students' mental health and network informatization management still has some shortcomings. Most studies are confined to a single perspective, lacking in-depth exploration of the mutual influences between the two aspects. Additionally, research on the mechanisms and pathways through which network informatization management affects vocational college students' mental health is relatively scarce, necessitating further theoretical exploration and empirical research. Future research could approach the topic from multiple disciplinary perspectives such as psychology, education, and management, delving deeper into the intrinsic relationship between vocational college students' mental health and network informatization management, and exploring influencing factors, mechanisms, and intervention strategies.

(3) Integrated Strategies for Vocational College Students' Mental Health and Campus Network Informatization Management

To address vocational college students' mental health and campus network informatization management, it is essential to establish a sound mental health service system. This involves strengthening mental health education and promotion to enhance students' awareness and self-regulation abilities. Additionally, optimizing network informatization management, reinforcing cybersecurity measures and monitoring to ensure a safe, stable, and accessible online environment is crucial. Strengthening collaboration and communication between the school, families, and society to collectively support vocational college students' mental health and network informatization management is imperative. Furthermore, drawing from successful experiences and innovative practices from other institutions to continuously improve and refine the university's management mechanisms and service models is essential. Implementing comprehensive strategies effectively promotes a positive interaction between vocational college students' mental health and campus network informatization management, laying a solid foundation for their personal development and societal contribution.

8. Conclusions

Through a comprehensive analysis of vocational college students' mental health and campus network informatization management, we have deeply understood the close correlation between the two. The mental well-being of vocational college students is influenced by individual intrinsic factors as well as external environmental factors. Meanwhile, campus network informatization management, as a crucial component of school administration, directly impacts students' online usage environment and behavioral habits. A series of intervention and support measures are proposed to promote a positive interaction between vocational college students' mental health and network informatization management.

Enhancing internet usage education and guidance, establishing online psychological counseling platforms, optimizing the online usage environment and policies, among other measures, can contribute to improving students' internet literacy and mental health levels. Drawing from successful experiences and practices of other institutions can better refine our school's management mechanisms and service models, providing better support and protection for the healthy growth and learning environment of vocational college students. These comprehensive measures serve as effective references for the mental health and campus network informatization management of vocational

college students, driving school management towards a more scientific and humanized direction.

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