

# Research and Analysis on the Path of Psychological Health Education for College Students in the New Media Environment

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**Keywords:** New media, College students, Mental health, Educational path

**Abstract:** In recent years, with the progress of society and the development of the economy, the rapid development of new media has made the information acquisition channel change day by day. This environment will have a dual impact on the physical and mental health of college students. How to comprehensively analyze the influence of new media on contemporary college students, systematically analyze the existing problems of mental health education, and find a more appropriate educational path to promote the orderly development of college students' mental health education is the main challenge faced by colleges and universities. This paper analyzes the influence of new media on the psychological health education of college students as the starting point, and proposes a specific educational path for further exploration, aiming to accumulate more practical experience for relevant practitioners.

## 1. Introduction

New media refers to new media and self-media forms that have evolved with the support of digital technology and Internet technology, such as APP client, WeChat platform, Weibo blog, digital newspaper, e-magazine and QQ space, while new media stepped in. After the rapid development stage, the channels and channels for information acquisition are greatly enriched [1]. As a major component of the new media use group, contemporary college students face diverse and complex information resources, providing more convenient services for students' daily life, learning and making friends. However, they are deeply lacked in their own life experience and relatively weak in discriminating ability. Impacts may have problems that negatively impact students' worldviews, outlook on life and values. How to explore a new path of college students' mental health education under the new media environment, to achieve the goal of reforming teaching concepts, enriching teaching methods and improving teaching level is the main challenge faced by colleges and universities. In view of this, this paper has important practical significance for the research of college students' mental health education path under the new media environment.

## 2. Existing problems of mental health education for college students

### 2.1 Lack of awareness

Judging from the current level of mental health education of college students in China, most teachers have a bias in the understanding of the regularity of mental health education and some teachers have insufficient research on mental health education, which directly affects the efficiency of mental health education and cannot guarantee its educational effect. Even though the level of mental health education in colleges and universities in China is becoming more and more mature, it has not received wide attention and attention, especially the integration of mental health education and new media is not in place [2]. Once the teaching philosophy is too lagging and the education topic is severely solidified, it is impossible to expand the amount of classroom information. At the same time, some teachers' classroom expressions are relatively old-fashioned, focusing on instilling theoretical knowledge into students, for example, guiding students out of psychological dilemmas or

guiding students to establish correct three views. Too boring theoretical knowledge cannot mobilize students' enthusiasm for learning and learning.

## 2.2 The quality level is not uniform

Usually, teachers are the main force guiding students to regulate students. Once the comprehensive quality level of college mental health education teachers is uneven or their new media mastery ability is far from sufficient, they will always stay at the stage of traditional education concept. They cannot integrate the characteristics of new media and innovate teaching methods, which directly affects the overall teaching quality [3]. At the same time, due to the uneven quality of some teachers' comprehensive quality, it is difficult to integrate new media technologies in the process of education. The traditional teaching mode and teaching methods are used together, which may cause the teaching mode to be out of touch with the students' psychological status and realistic thinking. It is impossible to mobilize students' enthusiasm for learning and enthusiasm for learning, and even cause the problems of various modern cultures missing during the period of mental health education for college students, which directly affects the overall teaching effect.

## 2.3 Teaching methods lag

At present, the mental health education in most colleges and universities in China generally follows the conventional teaching mode and teaching methods. The emphasis on the application of modern teaching methods and the integration of new media needs to be improved. Especially in the context of the vigorous development of digital technologies such as the Internet, it is unable to meet the needs of contemporary college students. The demand for new media use is even difficult to stimulate students' enthusiasm for learning and enthusiasm for learning, resulting in mental health education is too boring [4]. At the same time, deeply influenced by the modern media, the changes in the psychological state of college students in contemporary colleges tend to be complicated. It is impossible to fully grasp the law of the development of college students' psychological changes, which causes the unsuitable adaptation of the methods, concepts and models of the mental health education of college students in colleges and universities. The effect of health education may even dispel the enthusiasm of students.

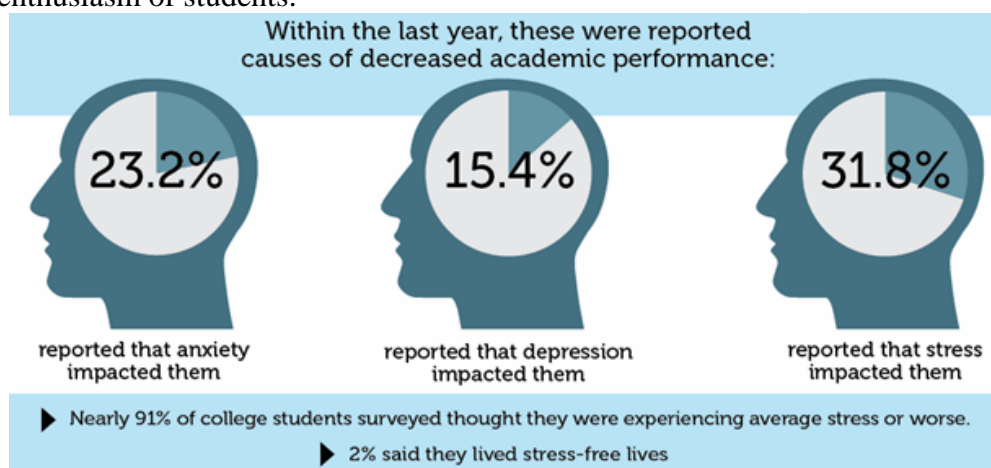


Figure 1. The existing problems in the mental health education of college students

## 3. The influence of new media environment on mental health education of college students

### 3.1 Shaping personality traits

The new media flourishes from the traditional media expression and expression boundaries, greatly expanding the free space of students' spirit and mind, and promoting their thinking and communication methods that they hope to consider openness, interaction, equality and freedom. Possibly, and during the collection of reading information, the college students' self-analysis and judgment ability is greatly enhanced, and the good quality and self-reflective personality

characteristics of diligent thinking are formed [5]. At the same time, the new media can extend the cognitive sense of college students during the dissemination of information. In the true sense, it can explore the world, think about the world and perceive the world, and significantly expand the breadth and depth of its exploration. It can help contemporary college students to grasp the pace of world development in a timely and comprehensive manner. It has an incomparable positive effect on shaping the good individual personality traits of contemporary college students.

### 3.2 Improve the adjustment mechanism

Compared with traditional media, the amount of new media information dissemination and the scope of information dissemination have outstanding advantages, which can help contemporary college students to quickly and easily obtain the information resources they need, so that college students can compare their living conditions with the information resources they contact with each other. Its better perception experience distinguishes between the real world and the virtual world, and achieves the goal of self-improvement in continuous cognitive adaptation [6]. At the same time, the information contacted by college students in the new media environment is too complicated and diverse, which makes their psychological status show a state of continuous change, greatly increasing the difficulty of mental health education. For example, taking college students' exposure to diversified information as an example may lead to problems such as fear of choice and lack of identity. In addition, diversified information may cause more psychological imbalances in college students during the formation of values.

### 3.3 Weakening leading function

The vigorous development of new media has greatly enhanced its own information search function. Contemporary college students can use the video open class and the network lecture hall to obtain diversified knowledge points by means of keyboard and mouse. They can even choose appropriate learning methods according to their own accepting ability. The corresponding learning progress. At the same time, the wide application of new media technology has greatly shortened the knowledge update cycle, and the educator's own knowledge system is in an aging state, which obviously weakens the teacher's own dominant position. In other words, the application of new media technology weakens the object of education to varying degrees. The degree of dependence of the subject of education. Once a mental health education teacher follows the conventional indoctrination education model, it may lead to students' rebellious emotions and directly affect the overall teaching effect. How to carry out corresponding exchanges on the premise of maintaining equal communication is the main problem faced by modern higher education.

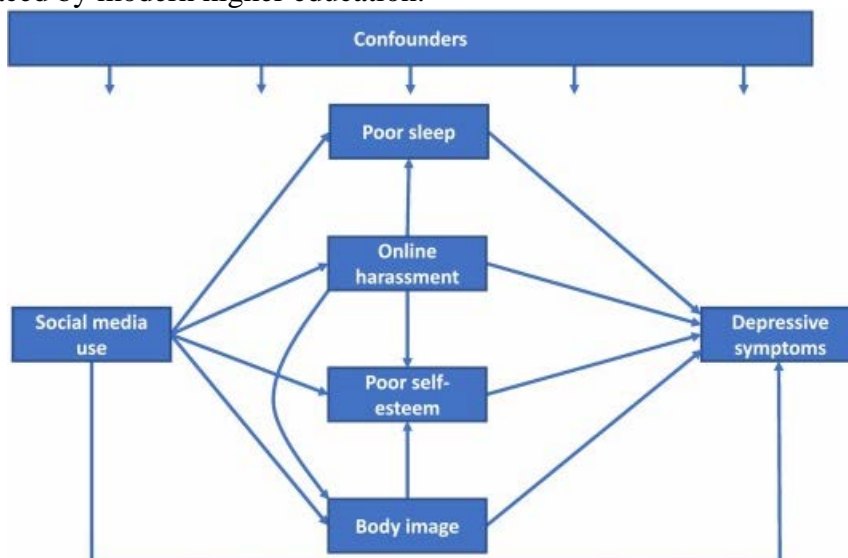


Figure 2. The Influence of New Media on College Students' Psychological Badness

## **4. The educational path of college students in mental health under the new media Environment**

### **4.1 Creating an educational atmosphere**

Since the introduction of human development ecology, the concept that "the human living environment is composed of multiple interconnected interaction systems" has attracted more and more attention and attention from practitioners. At the same time, contemporary college students often exist as a partner-based group, and the basic groups are included in classes, schools, and larger social groups. In other words, the psychological state of college students is not only deeply affected by group members, but also unable to break away. The impact of living environment and social structure, such as the influence of cultural media and socio-economic systems, especially the openness of public opinion in the new media environment, the impact of new media forms and public opinion on students' psychological quality, ideas and values. It can be seen that continuously optimizing the environment to create a harmonious and good educational atmosphere has an incomparable positive effect on ensuring the mental health of college students.

At the same time, the new Internet media is predicated on the efforts to practice the values of socialism, emphasizing the promotion of the outstanding traditional culture of the Chinese nation. In the true sense, we will sing the main theme in diversity and highlight mainstream values in order to ensure the contemporary college students. And the healthy growth of the young generation provides strong support to achieve the goal of spreading positive energy in the network. The network from the media (especially the Internet big coffee) constantly enhances its sense of responsibility and self-discipline, implements the abandonment of false ugliness and advocating truth, goodness and beauty, a little more rational voice, does not resort to language violence, and transmits the good voice of the times as much as possible. In addition, it regulates the media communication order of the whole society, strengthens management and guidance, continuously purifies the network environment, and promotes the goal of building a socialist advanced culture and a new media culture.

### **4.2 Enriching educational means**

As colleges and universities are the main body of building campus culture, objectively require relevant universities to supervise the mental health of college students in real time, resist the adverse effects of bad media culture on college students, and flexibly use new media technology to carry out campus culture construction work and give full play to its guiding role. To promote the formation of healthy and upward psychological quality of contemporary college students, in the true sense, to provide services for shaping the personality and psychological spirit of college students, and help to form a corresponding service platform. At the same time, the new media takes into account the advantages of mass communication and the characteristics of niche distribution, often based on digital technology and network technology, greatly speeding up the convergence of different media. It can be seen that the relevant teachers guide the college students to correctly understand the new media on the network, flexibly use various online new media channels to obtain more information resources, and cultivate students' correct lifestyles and learning styles.

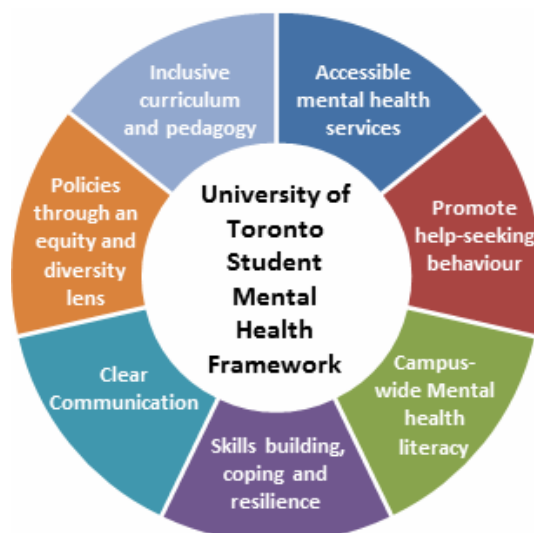


Figure 3. Education and enrichment of education for college students' mental health

### 4.3 Highlight the main body of education

Influenced by the self-discipline as the basis of moral construction in the human spirit, objectively requires relevant teachers to the ideological orientation and ideological and moral education throughout the process of college students' mental health education, using the subjective moral cognition, moral will, moral emotion and moral belief of college students. The interaction of psychological characteristics and other means to create a good atmosphere of self-adjustment, self-education, self-temptation and self-education, to cultivate students' moral self-discipline and the humanistic spirit of the times, and to help build a mental health education system in line with the trend of new media development. Promote college students to a healthy digital life stage. At the same time, mental health education respects the subjective status of college students' education, and continuously enhances the ability of college students to face new media information identification and adaptability to face increasingly large network information.

In addition, it guides contemporary college students to participate in various Internet behaviors according to laws and regulations, establishes students' self-management awareness and self-education awareness, and encourages students to continuously enhance their self-discipline and self-control in daily life and daily learning, and form a common improvement. A good situation of mutual influence and mutual supervision. At the same time, make full use of the online platform to distribute electronic publications on mental health education to students, so as to facilitate the widespread popularization of various health knowledge.

### 5. Conclusion

Through this paper, we realize that the mental health education methods of colleges and universities in the new media environment have undergone earth-shaking changes, greatly broadening the original information acquisition channels and improving the overall teaching efficiency. However, due to the disadvantages of the new media environment, the information acquisition of college students has increased. At the same time, it is difficult to guarantee the overall quality, which may damage the physical and mental health of college students in contemporary universities and cause a series of problems in their outlook on life, world outlook and values. Therefore, the relevant institutions of higher learning adhere to the working principles of specific analysis of specific issues, continuously enhance the teachers' own psychological ability, and use the new media technology in combination with the specific conditions of students to greatly improve the level of students' information processing and help to establish a positive psychological awareness. Promote the progress of college students' mental health education.

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