

Construction of College Students' Mental Health Education Policy Network System Based on Network Environment

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Abstract: with the rapid development of the internet, the influence of the information transmitted by the internet on the mental health of college students has become increasingly profound. Mental health education curriculum is an effective way to implement mental health education in colleges and universities. It is a mental health education activity based on curriculum teaching. Colleges and universities should strengthen the mental health education of college students under the network environment. On the basis of systematic analysis, this paper puts forward a new mode of college students' mental health education in the network environment: updating the educational concept, strengthening the training and guidance, establishing a new team of mental health educators; enriching the content of mental health education in the network environment, implementing the systematic network mental health education; strengthening the guidance and support for college students' mental communities to construct the network system of psychological mutual assistance among college students.

1. Introduction

The emergence of the network environment is the product of the combination of the development of computer technology and the development of network technology. Its emergence provides a completely different living environment for human beings. In addition, in the network environment, the survival, communication mode and space of human beings have been greatly expanded, which has greatly promoted the progress of human civilization and the improvement of productivity[1]. In the network environment, the mental health education of college students will also have great changes. University administrators and mental health workers can make full use of the network, a convenient platform without time and space restrictions, to implement mental health education[2]. The network not only makes the mental health of college students change qualitatively, but also makes the content of mental health education must consider the influence of the network environment on the mental health of college students. The following is that the difficulty, depth and breadth of mental health are also greatly improved[3]. At present, china has made a lot of useful explorations in the theory and practice of mental health education courses. Most colleges and universities in the country have opened elective or compulsory courses on mental health education. Got some results. However, due to the late start, weak foundation and lack of experience of this work in china, there are many problems in theory and practice[4].

Many schools' mental health courses tend to be formalized, simplified, medical and moral, and the teaching effect is not ideal. At present, most of the mental health education of college students in our country still stays in the traditional education mode and content, which can't deal with the impact of the network environment on the mental health education well[5]. The internal factors that affect the mental health of college students under the network environment, such as the psychological changes, the law of mental health promotion, and the internal factors, have not been thoroughly analyzed, leading to the university that deals with the network environment the effect of mental health education is not good, and the research is still weak. Faced with a large number of college students whose virtual network life is the main state of survival, traditional forms of mental health education have gradually exposed the defects in the use of their time and space resources[6]. Therefore, it is necessary to build a college student mental health education system under the network environment to make up for traditional mental health education. Educational blind spots

that may exist or are not adequately addressed in the field of virtual networks[7].

2. Goals and Principles of Mental Health Education Courses

2.1 Course Setting Goals

The curriculum goal is the soul of the curriculum. According to psychologist Chen Jialin's point of view, the general goal of mental health education in contemporary colleges and universities is to help college students establish mental health awareness, prevent and alleviate psychological problems, optimize psychological quality, enhance psychological adjustment ability and adaptability to social life, tap psychological potential and complete self-realization. College students' mental health education under the network environment is a complicated and huge project. Apart from the need for scientific and effective mental health education concepts as theoretical guidance, we also need to make overall plans and implement systematic network mental health education in the actual operation process, and strive to construct a new model of network mental health education with prominent focus and three-dimensional and all-round features. This requires universities to establish attractive websites that meet the needs of college students, carry out online psychological counseling, and provide psychological counseling services to visitors with real and virtual identities. In addition, colleges and universities should also break through the constraints of time and space, open online mental health education courses, allow students to selectively conduct personalized learning according to their own actual conditions, and actively build their own psychological knowledge system, so as to properly guide themselves to develop Psychological behavior. The goal of psychological health education for college students in the network environment should be: to take full account of the clutter, virtuality, permeability and other characteristics of the network environment, rely on network resources, and build an effective network environment atmosphere, and take effective mental health education countermeasures, Promote college students to form a correct outlook on life and values[8].

2.2 Course Development Principles

Objective principle the evaluation index of College Students' mental health education under the network environment should conform to the objective law, so as to provide the correct evaluation results for this study. Only when the index design respects the principle of objectivity can it provide an effective basis for the scientificity and accuracy of the evaluation. At the same time, we should try our best to use quantitative indicators to reduce the impression of subjective factors, so as to accurately reflect the real situation of College Students' mental health education. The principle of subjectivity. The principle of subjectivity refers to the process of making students actively participate in the exploration of psychological activities, observing psychological phenomena and putting forward psychological problems. The goal of mental health education can be achieved only when students actively participate in various activities and experiences as “masters”. Therefore, in the classroom, on the one hand, teachers must pay full attention to students' initiative and consider their interests and motivations. On the other hand, they must actively arouse and maintain students' initiative, and create a relaxed, equal and harmonious atmosphere for students as much as possible Enable students to take the initiative to participate and achieve the purpose of conscious learning. Third, the principle of independence This is that each evaluation index should have relative independence, so that under the condition of ensuring the integrity of the entire evaluation index system, it can be independently extracted for evaluation of a certain part of content or part. However, taking into account the work of mental health education with the interrelated relationships, thus requiring you can have a cross section between these evaluation index, but must maintain its independence, both to meet the principles of integrity, but also to a certain Make accurate reflections on aspects of mental health education. The principle of combining theory with practice is different from general subject education courses. It is not only necessary for students to master the basic knowledge of mental health, but also more important for students to master various psychological control skills, improve self-regulation ability, and promote students' learning and

development. the healthy development of life. Therefore, classroom teaching should be closely linked with students' own reality, and students should learn to understand themselves and know themselves. There is no unified industry standard for the evaluation of college students' mental health education under the network environment. Therefore, the author visited a number of college students' mental health education experts under the network environment and combined with a large number of documents consulted. With data, build evaluation index system. As shown in table 1.

Table 1 the Evaluation Index System of College Students' Mental Health Education under the Network Environment

| First level index | Two level index |
|--|---|
| Organization and management | The construction and organization of College Students' mental health education teachers under the network environment |
| | The overall planning of colleges and universities covers the contents of mental health education of College Students under the network environment, and the corresponding work and education system issued |
| Mental health education | Formulation of college students' mental health standards in the network environment, implementation of online psychological counseling, psychological health guidance, and psychological obstacles helpline |
| | Mental health self-education |
| Construction of Mental Health Education Teachers | The provision, assessment, training, and reward system of college mental health education teachers |
| | Recruitment and training of mental health specialists in Colleges and departments |
| | Mental health website, platform, public number technical maintenance and management personnel |

3. The Construction of the Content System of Mental Health Education Course

3.1 Innovating the Idea of Mental Health Education

At present, in addition to using traditional education methods, college students 'mental health education must make full use of modern network technology platforms to cultivate students' good psychological qualities and improve their psychological functions and comprehensive qualities. This requires universities to update their educational concepts in a timely manner and give full play to the combined forces of traditional and modern, mental health and ideological and political education. Of course, in the process of mental health education, we should fully respect the characteristics of college students 'psychological development and the laws of physical and mental development, and actively build a new model of college students' mental health education under the network environment. Although the network mental health education has the incomparable advantages of the traditional mental health education, the traditional mental health education has the advantages of relatively in-depth communication, continuous education and face-to-face implementation of education, especially when students have obvious mental disorders such as obsessive-compulsive disorder, anxiety disorder, depression, etc., it can gradually and effectively guide education. Therefore, in the work of mental health education for college students, we should combine the network with traditional mental health education according to the characteristics of mental development and personality of college students, realize the complementary advantages of the two, give full play to their strengths together, constantly promote the development of mental health education, create greater value of mental health education, and meet the needs of College Students' mental health to the maximum extent . Human expression is rich and colorful. For the sake of simple analysis, let's first list the changes of mental health on mood in Figure 1.

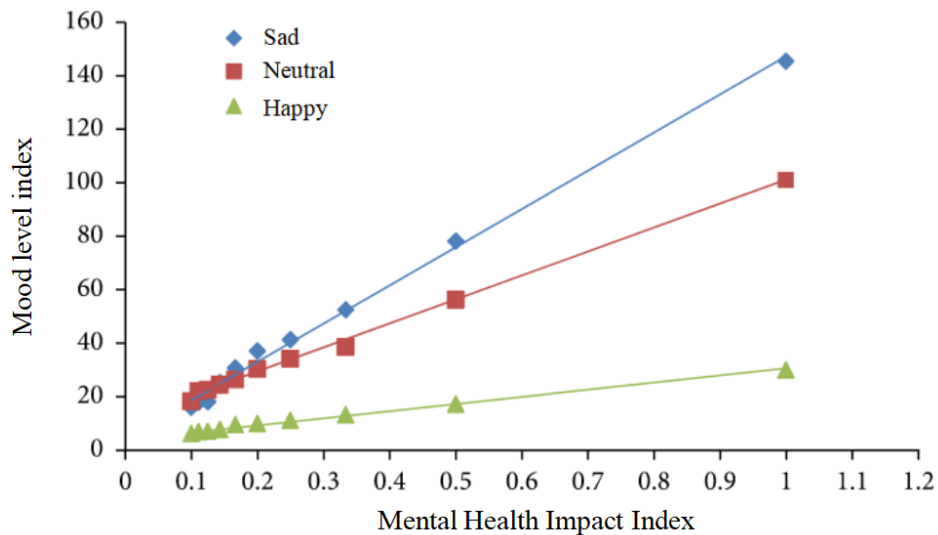


Fig.1 Influence of Mental Health and Mood Changes

3.2 Overall Planning and Implementation of Systematic Online Mental Health Education

First, build an attractive website that meets the needs of college students. Mental health education website should become an important channel for college students to obtain mental health knowledge. The design of website columns and content should fully consider the different needs of college students of different grades. Through various online activities and online psychological tests, it is necessary to widely publicize and popularize mental health knowledge, scientifically evaluate the psychology of college students, and attract students to participate with lively pages and rich content, thereby improving the utilization rate of the website. Therefore, we should continue to plan and rationally arrange the content of the website, increase the content of mental health education, conduct psychological communication with college students in a timely manner, and adopt scientific, active and effective education methods to better protect and develop the mental health of college students. Second, carry out online psychological consultation. Network psychological consultation is a process of information interaction between psychological consultants and virtual identity visitors by using the comprehensive information service function provided by computer network. Column managers must design column types and carefully select and set column contents from the perspective of college students. When students need online counseling, it is difficult to find the link to enter online counseling on the school homepage. Even if there is online counseling, it mostly refers to offline counseling rather than online counseling.

3.3 Strengthen Training and Guidance, Establish a New Team of Mental Health Educators

To do a good job in the transformation and guidance of college students' psychology in the network era requires that mental health educators not only have the basic theory and professional skills of mental health education, but also understand and scientifically analyze the influence of modern technologies such as the network on college students' thoughts, emotions and lifestyles, etc., and also master the network technology skillfully and apply it to the practice of mental health education, so that mental health education is not only professional but also vivid and infectious. Colleges and universities should set up a relatively stable team of mental health educators, which is specialized, combined with specialized, to strengthen the guidance and support for college students' psychological associations, to build a network system of college students' psychological mutual assistance, to give full play to the functions of college students' self-education and self-service, to enable students to gain personal experience in self-help mutual assistance activities, to improve their cognitive and self-regulating abilities, and to build a high-quality team of teachers. Mental health education is a kind of "spiritual" education. Whether the teaching effect is ideal depends on the ability and quality of teachers. At present, due to insufficient professionals, lack of funds, tight jobs, loose management and other reasons, this team of colleges and universities is far from meeting

the actual needs of college students' mental health. Therefore, it is imperative to provide teachers who are full-time engaged in mental health education and include them in the management sequence of students' ideological and political work teams. Through a variety of forms, such as professional, part-time, and employment, a team of teachers with a small number of capable full-time teachers as the backbone, a combination of professional and complementary, complementary majors, and relatively stable mental health education courses for college students can be planned, organized, and Destination training.

3.4 Establishing a Perfect Guarantee System for College Students' Mental Health Education

The construction and operation of College Students' network mental health education system must rely on a strong organizational guarantee system to provide leadership support and management support. First of all, at the national level, the Ministry of education should take the lead in setting up a network mental health education department in the national leading institutions of mental health education for college students. On the one hand, the Department should exercise the function of administrative command, which is responsible for directing and coordinating the work of the network mental health education institutions of all provinces and subordinate universities; on the other hand, it should embody the function of technical service, research and integrate the international and domestic mental health education expert resources, the information technology resources of network mental health education, etc., and establish a national official network for college students across the country Station, timely report the work status of network mental health education in all parts of the country and the latest research results of mental health education at home and abroad, solve the common psychological problems of college students nationwide through the network, and provide various learning and practical resources for the psychological development and growth of college students nationwide. In short, under the network environment, college students' mental health education should have an organizational guarantee system and technical guarantee system, establish and improve online mental health education websites, improve the professional level of online mental health education teachers, and fundamentally update the concept of mental health education. Actually enrich the content of mental health education, independently develop mental health education resources, continuously optimize the mental health education environment, cultivate a qualified team of mental health education, strengthen computer ethics education, enable college students to comprehensively and correctly understand the network, and establish college students' online psychological files , Give play to the role of the community, improve the mutual assistance mechanism.

4. Conclusion

Online mental health educators should face up to the shortcomings and deficiencies of online mental health education. According to the actual situation of the psychological assistance object, timely convert the good consultation relationship established on the internet into face-to-face consultation in real life to realize the online psychology Health education complements traditional mental health education. Compared with the mental health of college students in real life, the content of mental health education for college students in the network environment should be more extensive, the education methods should be more diversified, and the virtual education model should also be used as an important education model. The purpose of mental health education is not only limited to the solution of network mental health problems and obstacles, but also includes guidance on mental health, prevention of psychological obstacles, norms of network ethics, and guidelines for network interpersonal communication. The curriculum system of mental health education for college students is the basic medium for colleges and universities to carry out mental health education for college students. The success or failure of the construction of the curriculum system of mental health education is directly related to the success or failure of mental health education for college students. Reforming the current college students' mental health education curriculum system and constructing a scientific and reasonable mental health education curriculum system is a systematic project with great significance and arduous tasks. It is also the most realistic

and urgent task facing college administrators and mental health educators.

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