

Research on the Construction of College Students' Psychological Education System under the Background of Internet

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Abstract: According to the research results of College Students' learning quality, we know that psychology is the key factor that affects the learning state of college students, while in the process of education, college students are prone to have negative psychology, which leads to poor performance of College Students' learning quality. In view of this problem, colleges and universities have tried to adopt psychological education strategies in the past, but the results show that although these strategies are effective, the effect lasts for a short time, and can not fully include the negative psychology of college students. In order to enhance the strategic role of psychological education and avoid the negative psychological problems of college students, this paper will use Internet technology to build the psychological education system of college students in the context of the Internet, mainly describing the construction scheme and application methods of the system.

1. Introduction

Under the modern development, Internet technology is very popular, which has a close relationship with college students' life and learning. Under this condition, if the psychological education system is built in the Internet environment, psychological education can play a role in college students' life and learning through the Internet, which is conducive to the depth of the role of psychological education strategies, and can effectively prevent and control college students Negative psychological problems. However, the psychological education system of college students built around the Internet is rare in modern university education, and many colleges and universities do not know about it, so this study has the significance of promotion [1].

2. Construction scheme of Internet college students' psychological education system

2.1 Construction of online communication platform

The construction of online communication platform is the first step of the construction of the psychological education system for Internet college students. The main function of the platform is to connect teachers and students, meet their communication needs, and ensure their independence in the communication process. That is, when teachers or students need to communicate with each other, they can communicate with each other through the platform at any time Party B does not have to recover in the first time, but also can check and reply at any time. In terms of construction methods, there are generally two ways to carry out construction, namely "group construction" and "media construction" (see Figure 1). The former is a construction method that uses the group function in similar "wechat software" to put students and teachers in a unified group for communication, but this method can only meet the communication needs, lack of scalability, and information confidentiality This method is not recommended, and the latter mainly uses the WeChat public number function similar to "WeChat software" to detect and use this function to build a "self media" form of communication platform. This platform has perfect function system, good expansibility and information confidentiality, so it recommends this construction method [2-3].

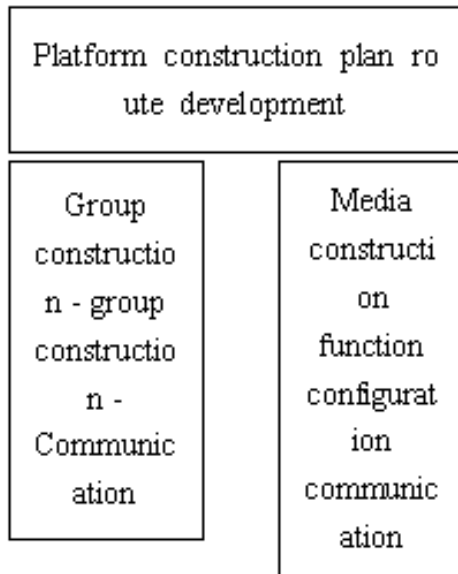


Fig. 1 two ways of building online communication platform

2.2 Platform function configuration

On the basis of "self media" communication platform, because this platform has expansibility, in order to make psychological education more in-depth, it is necessary to develop functional configuration. First of all, in addition to the information exchange function, the online communication platform also has other functions as shown in Figure 2. Among them, the user information recording function mainly records the operation behaviors of college students in the platform, through which we can roughly judge whether there are psychological problems; the authority planning function is mainly to distinguish the teacher account and student account, so that teachers can check the information of students' operation behaviors, but students can't check it, which can guarantee the information The anonymity function considers that some students may be shy of speaking when expressing their psychological state, so it needs to meet the needs of such students, which can promote the initiative of students' psychological expression and make the psychological education work more convenient [4-5].

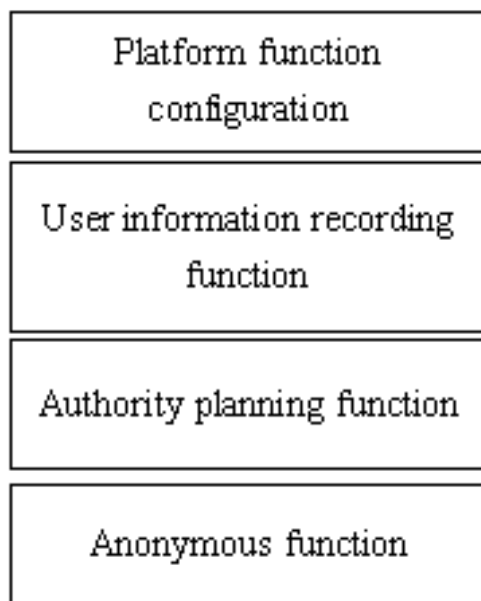


Fig.2 platform function configuration

3. Application methods of Internet psychological education system for College Students

3.1 Method flow

The application of Internet college students' psychological education system can be divided into three steps (see Figure 3). The details of the three steps are analyzed below.

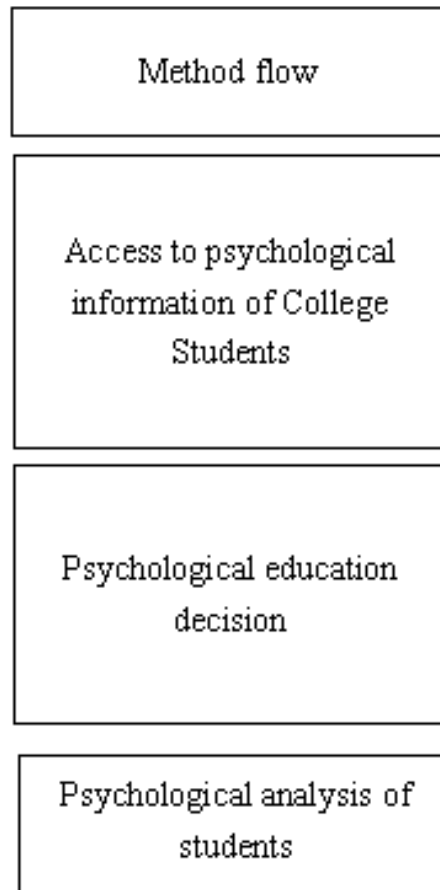


Fig. 3 method flow

3.2 Method analysis

(1) Access to psychological information of College Students

On the basis of the communication platform, teachers can obtain the psychological information of college students in three ways (see Figure 4), namely, to actively communicate with students, to guide students to directly or anonymously reveal their feelings to teachers, and if students express anonymously, teachers need to communicate with such students more online, to more tap their psychological information; to stimulate college students' feelings through group articles Xu, let the college students leave their own opinions under the article, and feedback the psychological state of each college student through the opinions; use the information recording function to know the operation behavior of the students, and analyze the operation behavior to preliminarily judge the psychological state of the students, this method is not recommended as the main method, because the results can not guarantee complete accuracy.

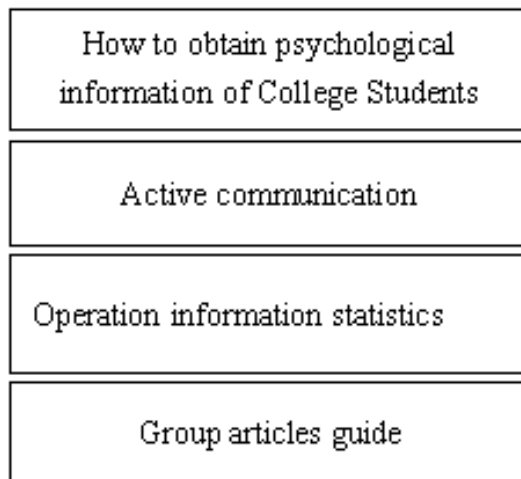


Fig. 4 three ways to obtain psychological information of College Students

(2) Psychological analysis of College Students

According to the obtained information, teachers should make a comprehensive analysis to judge whether students have negative psychology and specific types of negative psychology. The corresponding analysis results can provide support for psychological education decision-making. In addition, because of the complexity of College Students' psychological information performance, it may not be able to guarantee the efficiency and quality by relying on Teachers' manual analysis. In view of this problem, it is suggested to build a set of standard college students' psychological evaluation system, according to which useless information can be screened and finally evaluated.

(3) Psychological education decision

After confirming the negative psychological state of college students, teachers can set up corresponding psychological education methods, use communication platform to communicate with students, guide students endlessly, explain the impact of their negative psychology, etc., so that students can understand the importance of psychology to their own development, at the same time, use the network to regularly transmit "positive energy", so as to guide students' psychology to be positive To develop in the right direction.

4. Conclusion

To sum up, this paper transfers the traditional psychological education strategy of college students to online through Internet technology, and develops a multi-functional platform to realize online psychological education by using the popularity of Internet and other expansibility. At the same time, the application methods of the platform are analyzed. It can be seen that the application of the platform can strengthen the positive impact of education information on students, inhibit and eliminate the negative psychological production, which is conducive to the maintenance of students' learning state.

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