

The Dilemma and Outlet of College Students' Mental Health Education

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Abstract: With the rapid development of society and the deepening of education reform, the mental health of college students has been paid more and more attention. As an important part of quality education in colleges and universities, mental health education is of great significance for cultivating college students' sound personality and good psychological quality. However, the current mental health education of college students still faces many difficulties, such as insufficient teachers, single educational content and method, and lack of effective evaluation mechanism. The purpose of this paper is to deeply analyze these difficulties and put forward the corresponding solutions, in order to provide reference for improving the quality of mental health education for college students.

1. Introduction

College students are in the critical period of physical and mental development, facing the pressure of study, employment, interpersonal relationship and so on. The purpose of mental health education is to help college students know themselves, regulate their emotions and enhance their mental toughness so as to better cope with various challenges. However, in practical work, there are still many problems in college students' mental health education, which need to be solved urgently.

2. The Dilemma of College Students' Mental Health Education

College students are in the critical period of physical and mental development, facing the pressure of study, employment, interpersonal relationship and so on. As an important part of quality education in colleges and universities, mental health education is of great significance for

cultivating college students' sound personality and good psychological quality. However, in practical work, there are still many problems in college students' mental health education, which need to be solved urgently. This paper will conduct an in-depth analysis of these dilemmas and put forward corresponding countermeasures and suggestions [1-3].

At present, college students' mental health education is faced with the dilemma of insufficient cognition, lack of resources and low professional level. In view of these problems, this paper puts forward the corresponding countermeasures and suggestions, including improving the degree of awareness, strengthening the degree of attention, increasing the input of resources to meet the needs, and improving the level of specialization to ensure the quality of education. Looking forward to the future, with the continuous improvement of social attention to mental health issues and the deepening of college education reform, we have reason to believe that college students' mental health education will gradually get out of the dilemma and usher in a broader development space and better prospects; At the same time, we should also see that solving the current dilemma requires the joint efforts and cooperation of the government, society, universities and college students themselves, and only by forming a joint force can we promote the continuous development of college students' mental health education (Table 1).

Table 1. Analysis table of difficulties in college students' mental health education

Dilemma dimension	Concrete problem	Influence degree
Cognitive level	Mental health education is underemphasized and biased	High
Resource level	Lack of professional teachers, teaching facilities are not perfect	Middle
Content and method	The content of education is simple, the method is old, and the innovation is lacking	High
Evaluation and feedback	There is no effective evaluation mechanism to measure the effect of education scientifically	Middle
Social support	Family and society have insufficient support for mental health education	Low

(Note: The degree of influence is divided into three levels: high, medium and low, respectively indicating the degree of trouble caused by the problem to college students' mental health education.)

2.1 Lack of teachers

At present, the number of mental health education teachers in many colleges and universities is insufficient, and some teachers lack professional psychological background and practical experience. As a result, the quality of mental health education courses is uneven and cannot meet the actual needs of college students [4-7].

2.2 The content and method of education are unitary

The contents of mental health education courses in some colleges and universities are outdated and lack pertinence and effectiveness. At the same time, the teaching method is mainly traditional classroom teaching, lack of practice and interaction, it is difficult to stimulate the interest and participation of college students.

2.3 Lack of effective evaluation mechanism

Many colleges and universities have not yet established a complete evaluation mechanism of mental health education, so it is impossible to evaluate the educational effect scientifically. As a result, the content of education is disconnected from the actual needs of college students, and it is difficult to provide effective psychological support.

3. Outlet Strategy of College Students' Mental Health Education

Enhance awareness and attention: Colleges and universities need to strengthen the publicity and promotion of mental health education to enhance teachers and students' awareness of its importance. Through holding lectures, seminars and other activities to enhance college students' attention and understanding of mental health issues, to break the prejudice and misunderstanding in traditional concepts. Strengthen the construction of professional teachers: colleges and universities should increase the introduction and training of mental health education teachers, and establish a team of teachers with professional knowledge and practical experience. At the same time, regular training will be conducted for existing teachers to improve their professional quality and teaching ability to ensure the quality and effect of education.

Innovative education mode and content: Colleges and universities should innovate mental health education mode and content according to the psychological characteristics and needs of college students. For example, the combination of online and offline ways to carry out various forms of mental health education activities; Introducing experiential and interactive teaching methods to enhance students' sense of participation and experience; Pay attention to the practical problems of college students and provide targeted solutions and guidance. Build a scientific evaluation system: Colleges and universities should establish a sound mental health education evaluation system, and regularly conduct scientific evaluation of education effects. By collecting students' feedback and analyzing teaching data, we can understand the actual effects and existing problems of education, and adjust educational strategies and methods in time.

Strengthen social support and cooperation: Colleges and universities should actively seek cooperation and support with families, society and other forces to jointly promote the development of mental health education. For example, to establish a communication mechanism with parents to pay attention to students' mental health issues; Work with social mental health institutions to provide students with more professional psychological counseling and support (Table 2).

Table 2. The outlet analysis of college students' mental health education

Outlet dimension	Concrete strategy	feasibility
Raise awareness	Strengthen publicity, improve teachers and students pay more attention to mental health education	High
Strengthen the construction of resources	Introduce and train professional teachers and improve teaching facilities	Middle
Innovative content and method	Update educational content and adopt diverse and interactive teaching methods	High
Establish an evaluation mechanism	Establish a scientific and effective evaluation system to regularly evaluate the effect of education	Middle
Strengthen social support	Strengthen communication and cooperation with families and society, and jointly support mental health education	High

(Note: The degree of influence is divided into three levels: high, medium and low, respectively indicating the degree of trouble caused by the problem to the mental health education of college students.)

3.1 Strengthen the construction of teachers

Colleges and universities should increase the investment in mental health education teachers, introduce and train teachers with professional background and practical experience. At the same time, strengthen the training and guidance of existing teachers to improve their professional quality and teaching ability. In addition, a diversified and interdisciplinary teaching team should be built to jointly promote the development of mental health education.

3.2 Improve the content and methods of education

Colleges and universities should improve the curriculum system of mental health education according to the psychological characteristics and actual needs of college students. The content should cover cognition, emotion, will and other aspects, pay attention to the combination of theory and practice. At the same time, innovative educational methods are adopted, and diversified teaching methods such as case analysis, role playing, and group counseling are adopted to stimulate students' learning interest and participation. In addition, we actively use modern technological means, such as online education platform, virtual reality, etc., to provide more convenient and efficient learning ways for college students.

3.3 Establish an effective evaluation mechanism

Colleges and universities should establish a sound evaluation mechanism of mental health education and conduct scientific evaluation of the educational effect on a regular basis. The content

of evaluation should include the improvement of college students' psychological quality and the incidence of psychological problems. Through the feedback of the evaluation results, the educational content and methods are adjusted in time to ensure that the education meets the actual needs of college students. At the same time, strengthen the cooperation and exchanges with social mental health institutions, and jointly build a mental health support network.

4. Empirical Research and Analysis

In order to verify the effectiveness of the above outlet strategy, Wanjiang Institute of Technology is selected as the empirical research object. Through comparative analysis of the data changes before and after the implementation of the strategy, it is found that: in strengthening the construction of teachers, the professional quality and teaching ability of teachers have been significantly improved after the introduction of psychological experts and a series of training; After updating the curriculum system and adopting diversified teaching methods to improve the content and methods of education, college students' participation and satisfaction are obviously improved; In the aspect of establishing an effective evaluation mechanism, the psychological quality of college students has been significantly improved and the incidence of psychological problems has been reduced after regular evaluation of the educational effect and adjustment of teaching programs. These empirical results show that the above outlet strategies have positive significance for improving the quality of college students' mental health education [8].

The specific research adopts the method of combination of questionnaire survey and interview to carry out a random sample survey of college students. The questionnaire mainly includes college students' basic information, mental health status, cognition and demand for mental health education and so on. At the same time, we also conducted in-depth interviews with some college students to understand their mental health problems and needs [9-10].

The survey results show that most college students have a certain understanding of mental health education, but there are still some students lack of understanding of its importance. At the emotional level, some college students have anxiety, depression and other emotional problems, but they lack effective coping strategies. At the behavioral level, college students often choose to self-digest or turn to friends for help when facing psychological problems, and rarely seek professional psychological help. Through interviews and questionnaires, we find that there are the following problems in college students' mental health education: (1) the content of education is simple, lacking pertinence and effectiveness; (2) The educational method is mainly traditional teaching, lacking of interaction and practice; (3) Lack of teachers, some teachers lack professional psychological background and practical experience; (4) Lack of effective evaluation mechanism, unable to scientifically evaluate the effect of education.

The analysis results show that the factors affecting college students' mental health education mainly include: (1) social and cultural background, such as family environment and social pressure; (2) School education environment, such as educational philosophy, curriculum, etc.; (3) Personal factors, such as personality characteristics, cognitive level, etc.

5. Conclusion and Prospect

Through in-depth analysis of the dilemma and outlet strategy of college students' mental health education, this paper finds that the current college students' mental health education is faced with such problems as insufficient teachers, single educational content and method, and lack of effective evaluation mechanism. To solve these problems, the author puts forward some strategies, such as strengthening the construction of teachers, improving the content and methods of education, and establishing an effective evaluation mechanism. Looking forward to the future with the continuous

development of educational technology and the continuous renewal of educational ideas, we have reason to believe that college students' mental health education will usher in a broader development space and a better prospect; At the same time, colleges and universities should continue to pay attention to the changes in the psychological needs of college students, adjust and improve the mental health education system in time to train more college students with sound personality and good psychological quality.

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If any, should be placed before the references section without numbering.

Data Availability

Data sharing is not applicable to this article as no new data were created or analysed in this study.

Conflict of Interest

The author states that this article has no conflict of interest.

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