

Research on the Influence of Campus Psychological Education Courses Integrating Social Practice on College Students' Mental Health

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Abstract: By comparing and testing the mental health level of students from two similar colleges and universities with or without offering compulsory courses in mental health education in China, it was found that after systematically and comprehensively studying mental health education courses, college students' self-evaluation improved significantly, and their social anxiety and distress levels were significantly reduced, while students who did not take this course had no significant changes in self-concept and social distress. The educational method of psychological courses is permeable and active, and its content includes practical activity courses, special training courses, etc. This paper mainly studies the impact of mental health on the psychological quality of college students, to provide reference for educators.

Keywords: Campus Psychological Education; Social Practice; Mental Health

1. INTRODUCTION

With the intensification of social competition and the increasing pressure of college students' studies and employment, how to strengthen college students' psychological quality education and improve their mental health in an all-round way has become a major task for colleges and universities. The "Outline of Moral Education in Chinese Ordinary Colleges and Universities (Trial)" clearly points out that as a result, many college students feel that there is too much contrast between social reality and school study and life, and they have psychological reactions of being at a loss, at a loss, and feeling confused. Without a good psychological preparation for practical problems such as adapting to the environment, managing talents, interpersonal relationships, making friends and dating, and job hunting, psychological confusion and contradictions will become increasingly prominent and increasing.

Therefore, the huge contrast between the social reality and the school is further testing the psychological quality of students and putting forward higher requirements and standards for their mental health and development. Due to the large base of college students in our country, these mental health problems are also major issues related to the long-term development of the country, and we need to pay more attention to them. The mental health courses of college students in my country are mainly based on subject courses, and the knowledge and content of mental health are used to reorganize the curriculum system, which often tends to ignore the psychological logic of students, resulting in the singleness of mental health courses.

In fact, the main implementation methods of college students' mental health courses include mental health activities, psychological counseling, and the development of special psychological knowledge lectures. Therefore, college students' mental health education courses are often one of the complex and diverse projects. When colleges and universities carry out mental health education, they must focus on the curriculum model and proceed from the actual situation to actively cultivate the psychological quality and potential of

college students. The self-compiled course effect evaluation questionnaire is a questionnaire specially prepared by the research group for the course effect and quality of the school's "College Psychology" course. The content involves the necessity of course setting, course satisfaction and course (content, class hours, teaching methods) effect etc., the questionnaire tries to investigate the effect of the research curriculum intuitively and visually from the qualitative level.

There are many ways to implement mental health education in colleges and universities. Circularization of mental health education is the most important and direct form of mental health education for college students, and it is also the main way to improve the psychological quality of college students on a large scale. Implementing psychological intervention by setting up college students' mental health education courses is conducive to optimizing the psychological quality of college students. Research by Wang Ling, Wang Limin, Zhang Yunsheng, and others have shown that the implementation of psychological intervention for college students by offering elective courses such as psychological counseling, personality psychology, and emotional management has improved the level of students' mental health and is beneficial to Establishing a healthy attitude towards life and a positive outlook on life in students can promote it.

The psychological education class of the university belongs to the concept category of the moral education of the university, and it is also a key link in the moral education of the university. These are also known and agreed by people.

2. THE PROPOSED METHODOLOGY

2.1 Several Problems Existing in Presently Offering Psychological Education Courses in Universities

However, due to various reasons, when colleges and universities carry out this work, due to the different starting points, and because there is no unified teaching application outline, the planning, implementation, and summary of

psychological education courses are not uniform, making this course difficult. The quality of teaching has not been uniformly standardized, and this course can only be resolved and arranged by each college without a complete teaching objective and system. There are significant differences in terms of mechanism and so on.

The comprehensive curriculum of college students' mental health is to let college students actively exercise their own psychological character in their study, life, entertainment, and social practice. Under the psychological quality training mode, the mental health education of college students must pay more attention to all-round and full participation. Under the management of the school, professional psychological teachers should be the mainstay. Create a positive mental health education network under the model. The "Chinese College Student Personality Scale" (CCSPS) was compiled by Professor Wang Dengfeng of the Ministry of Education's "College Student Mental Health Assessment System" research group. dimension.

Although personality differences cannot be equated with differences in mental health levels, since personality has a direct or indirect impact on individual psychology, behavior, and social adaptation, it is impossible to discuss the mental health of college students in isolation and one-sidedly regardless of personality factors but should be comprehensively investigated in the process of interaction between personality factors and other factors. There are various approaches to implementing mental health education in higher education institutions.

After the course was taught in the experimental group, the scores of the popularization of mental health education is the most significant and straightforward way to promote mental health awareness among college students, and it is also the primary means of enhancing the psychological quality of college students on a large scale. Integrating psychological interventions through the incorporation of mental health courses in college education is beneficial for enhancing the psychological quality of college students. Now in the classroom of psychology education in colleges and universities, most of the teachers who teach have not received formal training in psychology, many of them are "self-taught", and some of them come from part-time teachers.

2.2 Influence of Mental Health Education Classes on Students' Mental Health

There are many teachers who show a lack of self-awareness in psychology classes, and some teachers have always been in a state of unprofessional psychology education courses. Such psychology education courses have no quality to be expected. spoken. At the same time, there is no sound system for the evaluation of teachers' psychology teaching ability, and many corresponding policies have not been formulated or not implemented. Therefore, the weakness of teachers makes it difficult to guarantee the quality of psychological education courses in universities, resulting in slow progress in students' learning psychology. For the cultivation of mental health education, college teachers must improve the mental health education curriculum, to further stimulate students' enthusiasm, initiative, and experience in learning, and better complete the learning of more mental health knowledge.

College students should focus on self-education and mental health in learning mental health courses, and truly integrate them into educational courses spontaneously. In fact, the practical activities of mental health education are based on the

individual psychological quality of students, and are based on cultural and historical activities, and are completed in practice. Such an education system, then, is often too large. Therefore, college students need to participate in practical activities spontaneously, actively, and actively to further strengthen the participation, experience, and interaction of the course. More outspoken and straightforward; more witty, witty, and optimistic. The scores of the rigorous dimension decreased significantly, indicating that college students are less strict with themselves when they behave and do things, and the situation of suppressing their wishes and requirements is significantly reduced.

However, the scores of emphasizing emotions decreased significantly, indicating that these college students paid less attention to emotional connection, and paid more attention to the relationship of interests, and they were more realistic. According to studies conducted by Wang Ling, Wang Limin, Zhang Yunsheng, and others, psychological interventions provided through elective courses such as psychological counseling, personality psychology, and emotional management have improved the mental health status of students. Moreover, it promotes the development of a healthy attitude and positive outlook towards life among students, it should be brought into play as soon as possible so that as many students as possible can benefit from it.

In colleges and universities, this kind of course is suitable to be opened in the first year of university, and it is offered as a compulsory course, so that students can benefit the most and the benefits of the course are the greatest. Mental health education courses not only teach students various specific aspects related to mental health Knowledge and skills, but also to help students solve psychological confusion. Therefore, the content of the course must meet the psychological needs of the students, and the teaching content should be set based on fully understanding the needs of the students. A university in Chengdu selected by this study obtained the psychological knowledge needed by students through an open survey. Based on this, the teaching content of 9 modules was set up. After class, 97.0% of the students said that the course content was set reasonably, and the harvest was very good. big.

To better solve the difficulties and contradictions that students encounter in their actual study and life, they can guide students to overcome psychological bottlenecks and actively improve their ability to ask, think about and solve problems. College students have relatively strong self-awareness, so teachers should try their best to create a relaxed and harmonious atmosphere in classroom teaching, so that students can be subtly guided and motivated in positive psychological education classes. Teachers should also give guidance to students on psychological research in key links and promote students to comprehend the principles of psychology from questions and discussions, to form mature psychological reflection ability and effect.

3. CONCLUSION

Colleges and universities should attach great importance to the great role of mental health courses in improving the psychological quality of college students, make every effort to promote the opening of courses, and comprehensively promote the improvement of students' mental health and psychological quality. However, the update of psychology textbooks is far behind the rhythm of students' psychological changes. Therefore, modern psychology education should constantly update the educational concept and the scope of educational knowledge, keep pace with the times to carry out

psychology education courses, so that the mental health courses can achieve the best results.

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