

Cognition and Practice of Strengthening Psychological Health Education among University Students in a New Period

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Abstract

Psychological health education is the important foundation and condition to improve the overall quality of university students in a comprehensive way. According to modern education theory, education does not only mean imparting knowledge and skills, but more creates a sound personality with perfect psychological characteristics. To strengthen psychological health education among university students is an important measure to comprehensively carry out the educational strategy of CPC and implement education for all-round development in a new situation and is an important means and approach to promote overall development of university students. To improve psychological health level of university students is an important guarantee for university students to go towards modernization, go towards the world and go towards the future.

Keywords: University students, Psychological health education

Psychological harmony is an important component of social harmony. In the 6th Plenary Session of the 16th CPC Central Committee, it was clearly pointed out, "We should pay attention to promoting psychological harmony of people, strengthen human care and psychological direction, guide people to treat with themselves, others and the society in a correct way and deal with difficulties, frustrations and honors in a correct way. We should also strengthen psychological health education and health care, make sound psychological consultation network and mould a rational, moderate and forward social attitude with self-esteem and self-confidence." This is the first time that the CPC put forward viewpoints about psychological harmony formally in a decisive form of the CPC. In the past years, psychological problems among university students have been more and more prominent, which has aroused much attention from leaders of the Central Committee of CPC and which has also aroused high focus of the society, especially families of students. It has become an issue that admits of no delay and needs urgently to be resolved to do well the psychological health education work among university students and create good conditions for healthy growth of university students.

1. To improve cognition and practically reinforce feeling of responsibility and feeling of urgency among university students to conduct health education

To intensify psychological health education is an important measure to carry out the educational strategy of the CPC and to promote education for all-round development in a new situation and is also an important aspect to cultivate talents with high quality. In the past years, colleges and universities have been continuously strengthening psychological health education among university students, which has achieved obvious effects. In the mean while, we should also notice, contemporary university students are at a stage of growth and their psychological development is not mature. Especially, their ability to withstand frustration is weak, and, together with great social competitive pressure, it is quite likely to cause all sorts of psychological problems. The employment pressure encountered by university students in the period of social and economic transition causes university students to have to reflect on the direction of their employment since their entry into universities. Demand of the group of university students on growth and vexation of growth co-exist and the will of becoming a useful person and the perplexity of growth co-exist. All the influences of pressure of school performance, pressure of life, pressure of employment, perplexity of emotion, difficulty in interpersonal communication, perplexity of self-perception, together with social morality, public opinion environment and network information, etc, combine together to make their psychological condition and ideological and moral conditions present extremely complicated characteristics. In the process of growth and becoming a useful person, they are encountered with quite a lot of problems, and, together with the fact that some university students are lacking in the quality of personality, it is likely that some extreme psychological tendency occurs among them. It is a

common occurrence that some students would conduct extreme behaviors just as a consequence of some trivial matters and that some students would commit a crime or commit suicide. Objectively speaking, existence of all these problems can not be all blamed for responsibility of education and individuals, but that the society and the family should also take the responsibility. The colleges and universities have to assume the responsibility to cultivate and educate students' healthy and successful growth and safe integration into the society, so as to enable to avoid the above problems, to adapt to the current and developed social environment in a positive and normal psychological condition and to prevent occurrence of mental disorder and psychosomatic disease. The colleges and universities should reinforce educational vigor and promote better education for all-round development by vigorously promoting reform of basic education, purifying social educational environment, enhancing communication and collaboration between the schools and families and setting up good psychological health education mechanism among university students. Since colleges and universities are the last station and final exit for students to step towards the society, educators and teachers should shirk no responsibility. Thus, colleges and universities should stand at a height of promoting health growth of university students, learning useful skills and becoming talents useful to the society to recognize the importance and urgency to strengthen psychological health education among university students.

1.1 It is an urgent demand of the times and development of the society to strengthen psychological health education among university students.

For the time being, the international situation is complicated and the flood of ideals rise and fall again and again, so judgment of value of people is more diversified. With rapid development of social economy in China, the market economic system is continuously deepened, social economic structure, organizational pattern, employment channel and interests relations and distribution forms are more and more diversified, pace of people's living is increasingly accelerated, competition is more and more fierce and international relations become more and more complex. Changes of environment both at home and abroad have deeply influenced psychological development of contemporary university students. At the same time, to strengthen psychological health education among university students is also an urgent demand of the contemporary society on cultivation of talents. Qualified talents should not only have good ideological morality, cultural quality, professional level and physical condition, but should more have good psychological quality, should adapt to the continuously changing environment of modern society, keep a healthy state of mind and have strong capacity of interpersonal communication and team cooperation.

1.2 It is an internal demand of self-development of university students to strengthen psychological health education among university students.

The rapid advancement of science and technology urges people to continuously update knowledge, because people's conceptual consciousness and emotional attitude are complicated and changeable. Contemporary students are full of vigor and vitality and healthy, with good psychosomatic and personality foundation, so it is general that they pay attention to their own comprehensive development, in the hope of tapping their own potential for growth and becoming a useful person. However, as a particular social group, university students have a lot of particular problems with them, such as the problem of adaptation to a new learning environment and task, the problem of selection of a major and adaptation to learning, dealing with interpersonal relation and pressure of employment and economic life, etc. The phenomenon of psychological discomfort among young university students is on the increase day by day and has aroused attention of the whole society. Such psychological phenomena as depression, anxiety, bigotry and perplexity occur among university students to different degrees, and some students have serious mental problems and spiritual diseases. Thus, colleges and universities have to strengthen psychological health education among university students.

1.3 It is a necessary demand of universities intensifying ideological, political and educational effectiveness to strengthen psychological health education among university students.

Psychological health education occupies an important position in the work of education. To resolve ideological issues of university students has to be combined with resolution of realistic issues. At present, psychological health education and tutorship work in colleges and universities have no means to satisfy needs of university students, so it has become an important task that colleges and universities have to burden in a new period to further strengthen psychological health education among university students.

2. Colleges and universities should make a deep analysis and have the courage to face up with difficulties and issues in health education among university students.

At present, the psychological health education among university students has achieved certain achievements in that the positioning of work has been confirmed ideologically and certain work foundation has been formed and

beneficial experience has been accumulated practically. However, at the same time, contemporary university students' psychological health education still has a lot of issues. Although a large majority of colleges and universities have attached great importance to psychological health education and some colleges and universities have made necessary investment in personnel allocation and construction of psychological health education institutions, still there are some colleges and universities that have not paid enough attention to strengthening psychological health education and mistakenly believe that psychological health education is not indispensable and they passively set up some temporary institutions just to respond to examination. And some colleges and universities just regard psychological health education by equaling it to other psychological health activities and they just make a psychological test when newcomers enter the schools, having no fixed or part-time mentors for psychological consultation. Some colleges and universities turn over psychological consultation and tutorship totally to instructors and class advisers, and can not effectively offer consultation and direction, which causes students with mental problems unable to get timely and effective help. Considering demands, quite a lot of colleges and universities have no psychological health education funds or are not enough in investment of funds. The teachership of psychological health education as a whole still has the issues of insufficient quantity, low professional level, unrealized treatment and unstable teachership, etc.

3. Colleges and universities should liberate their ideas, resolve difficult problems and practically do well the health education among university students.

The basic task of strengthening psychological health education among university students is to go deep into psychological health education among university students, popularize their psychological care knowledge, improve their capacity of psychological adjustment and endurance, effectively develop their psychological potential, provide crisis intervention positively and help university students to deal with psychological issues in a scientific attitude. All faculty and staff of colleges and universities should care about healthy growth of university students, build healthy and harmonious campus atmosphere, establish positive and forward campus culture, attempt to help students resolve realistic issues in learning and life and build an external environment that is helpful for cultivating a healthy personality and avoiding occurrence of psychological problems and mental diseases.

3.1 Colleges and universities should give full play to the major channel role of ideological and political education among university students.

Colleges and universities should strengthen establishment of ideological and political theoretical courses and situation and policy courses and conduct ideal and belief education, legal and moral education and heresy penetration education in a vivid and flexible way to lead university students to set up correct outlook on life and on value. Not only leading cadre and instructors, but all course instructors of all courses have the responsibility of educating students. All of them ought to be a model of virtue for others with a highly responsible attitude, teach students by personal example as well as verbal instruction, influence students unconsciously with good morality, quality and personality power, make their spirit brave, make their physique strong and sound, improve their ability to resist psychological frustration and attack and play the perfect role of imparting knowledge and educating people.

3.2 Colleges and universities should practically strengthen organizational leadership and construction of the teachership.

Colleges and universities should establish and make perfect a leading group for psychological health education among university students and construct a psychological health education network with the three levels of universities, schools (departments) and classes. They should strengthen with emphasis construction of the team of instructors and team of psychological health education. Instructors are the backbone power of ideological and political education and management of university students. Instructors work at the front line of ideological and political education and management work of university students, and their influences and effects on university students are irreplaceable. Colleges and universities should adopt feasible and effective measures, and attempt to build a team of instructors with the high quality and high level of "strong political awareness, proficient professional level, strict concept of discipline and upright work style". Colleges and universities should do well construction of the three teams of full-time teachers and part-time teachers, instructors and class advisers, set up the idea that all people should participate in the work of psychological health education among university students, and offer educational guidance consciously and pertinently in teaching, management and service according the ideological trend and psychological condition of university students. All colleges and universities should allocate full-time psychological teachers with a proportion higher than 1:5000 between teachers and students. They should list the job of psychological health education and the job of training on consultation

teachers into the plan of training on teachers and provide necessary training and guidance to all faculty and staff of the schools.

3.3 Colleges and universities should strengthen the work of diagnostic investigation.

Colleges and universities ought to take an initiative in conducting a diagnostic investigation and test in psychological health condition, deal with in a stand way and utilize in a scientific way all sorts of measurement results according strictly to relevant stipulations, do well the work of selection and set up feasible and applicable students psychological archives. They should pay special attention to the key group, do well the work of psychological health education, tutorship and consultation and help them resolve psychological pressure and cultivate sound personality. Colleges and universities should make prefect psychological crisis intervention mechanism. They should set up psychological crisis earning warning and intervention pre-arranged plan and set up statistic and reporting system for conditions of students with mental abnormality; they should focus on prevention of intervention of the group with high risk in psychological problems and discover earlier psychological problems, prevent them in time and intervene effectively; they should also set up rapid crisis response mechanism and intervention channel.

3.4 Colleges and universities should broaden forms and content of psychological health education.

Colleges and universities should provide frequent, timely and effective psychological health tutorship and psychological consultation service for university students through such patterns of individual consultation, team instruction, network consultation, phone consultation and psychological mutual assistance of friends and classmates, etc, and satisfy demand of psychological assistance at different levels. They should increase investment of funds. They should list funds of psychological health education into the budget of the schools, strengthen construction of software and hardware for psychological health education institutions and guarantee occupancy and fields required for the work. In addition, colleges and universities should five full play to the radiation effects of psychological health education sample flat, construct psychological health education collaboration network and strengthen research work of psychological health education.

3.5 Colleges and universities should build good environment and atmosphere for educating people.

Colleges and universities should build conditions to strengthen and improve campus culture construction and improve spirits of universities. They should reinforce construction of morality and working style of teachers and carry out the standards of morality of teachers. They should reinforce human quality education and scientific spirit education, make use of important festivals and anniversaries to hold some rich and colorful recreational and sports activities, enhance the degree of participation of university students, activate the campus atmosphere and especially strengthen construction of theme website for ideological education among university students and set up network as an ideological battlefield that students are delighted to hear and see and a platform to provide education and direction of daily behaviors and cultivate healthy and lively state of mind among university students with a good school style and learning style.

3.6 Colleges and universities should do well the job of psychological health examination among university students.

Colleges and universities should provide general psychological investigation, set up psychological assistance system, resolve psychological issues and practical issues in a practical way, grasp each clue and avoid occurrence of extreme incidents. They should search for weak aspects in the work, resolve practically the intervention and prevention of psychological crisis incidents among university students, screen early, discover early and intervene early, do the job deeply, carefully, practically and thoroughly, and try to control and reduce occurrence of emergency. They should pertinently provide direction and prevention of psychological issues among the key group of newcomers, graduates of the year, students with difficult economic problems and students from a broken family.

In conclusion, the contemporary society is in a period of reform, in which university students are faced up with more and more contradictions and perplexities in learning, life and social adaptation, and emergence of all sorts of psychological issues and mental handicaps is on the increase day by day. To strengthen psychological health education among university students is the need for development of the contemporary era and need of practical development of higher education in China, and is more an important measure to carry out the educational strategy of CPC, carry out education for all-round development and reinforce moral education in colleges and universities. It has significant meaning to promote healthy growth and development of university students, deepen reform of psychological health education among university students, push forward comprehensively and carry out stably education for all-round development, and realize the goal of talents cultivation of higher

education, etc.

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