

Optimization of the Management of Student Mental Health Education in Colleges and Universities

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Abstract. Research on the mental health of students in colleges and universities has a long history, and colleges and universities also pay attention to the mental health education of students while carrying out professional education. The rapid development of the mobile Internet has an increasingly significant impact on the student population in colleges and universities, and to a certain extent, it has an impact on the mental health of students. Therefore, the management of college students' mental health education has become the focus of research in colleges and universities. In this context, this paper mainly analyzes the value of the era of mental health education in colleges and universities, and explores the dilemmas faced by the management of mental health education. In addition, strategies to strengthen the management of college students' mental health education are proposed to promote the progress and development of higher education teaching management.

Keywords: College Students; Management; Mental Health Education; Education and Teaching.

1. Introductory

Students in higher education are considered to be a group in our society with a relatively high level of culture and potential for development, and are valued by their families and society. As the inheritors of socialist modernization, their physical and mental qualities are closely related to China's future development. China attaches great importance to the issue of mental health education for college students, and General Secretary Xi Jinping emphasized in the ideological and political work conference of national institutions of higher education that "we should strengthen the cultivation of a healthy mindset for college students, and enhance psychological guidance and humanistic care for college students". In 2018, the Party Group of the Ministry of Education issued the Guideline for Mental Health Education for Students in Higher Education, which It made clear the goal of improving the mental health education curriculum system and realizing the full coverage of mental health education for college students. The outline emphasizes the concept of unifying the cultivation of the heart and the establishment of morality, and pays special attention to humanistic care and psychological guidance for students, promoting the healthy development of psychological education in colleges and universities, and effectively meeting the needs of students for psychological education. The main goal of mental health education management is to cultivate students' healthy psychology of self-confidence, rationality, calmness and upward mobility, so as to realize the balanced development of students' psychological quality and intellectual, moral, scientific and technological and cultural quality. As an important place for cultivating and educating professional and technical personnel of the society, colleges and universities undertake the mission of cultivating the successors of the socialist cause, conveying a large number of talents for the motherland, and cultivating the main force for the development of the socialist cause. The management of mental health education has an important impact on the physical and mental quality of senior talents and the quality of successors to the socialist cause. It is one of the important tasks to ensure that college students can go into the society smoothly, serve the society and maintain its development.

In recent years, the high-speed popularization of the Internet has had a great impact on the study and life of colleges and universities, so it has become particularly important to manage the mental health education of college students. However, in reality, there are some students who are addicted to the

Internet world, which brings negative impact on their studies and life. Internet addiction leads to the lack of normal social activities and students are prone to psychological problems. In addition, some college students are overly dependent on the Internet, which leads to missing classes or even dropping out or dropping out of school, a state that may lead to mental illness. Tragedies caused by mental health problems among college students have occurred from time to time, and their mental health is a cause for concern.

Therefore, there is an urgent need to establish a more scientific and better mental health education system to help students effectively cope with the challenges of the Internet. At the same time, mental health problems of college students should be corrected in a timely manner, and students should be helped to rebuild a healthy mindset and lifestyle by providing necessary psychological support and assistance. Only in this way can we better cope with the mental health challenges brought about by the Internet era and ensure that college students can grow and develop holistically.

2. The Contemporary Value of Mental Health Education for College Students in Higher Education

2.1. Favorable to the Consolidation of the Effects of Ideological and Political Education Work

Mental health management in higher education is an important support for maintaining order and optimizing the educational environment. Mental health education provides students with a healthier physical and mental state, which has a positive impact on their educational activities. At the same time, mental health education provides new content and resources for ideological and political education, and promotes the reform of ideological and political education model. Mental health management promotes good communication between teachers and students, fosters mutual understanding and support, and makes ideological and political work more efficient.

Ideological and political education is the core content of student training and management, while mental health education can provide students with positive guidance, correct ideological and political concepts, improve ideological and political awareness, and enrich the content of ideological and political education. Mental health education supports the healthy growth of students and creates favorable conditions for the cultivation and management of students. The goal of students' education and management is to cultivate qualified students with good vocational knowledge and moral foundation, while mental and health education becomes one of the most important ways to cultivate their good moral quality. In colleges and universities, mental health education is the final stage of students' learning in the psychological aspect, which is crucial for the final formation and development of students' moral quality, and it is also a key element of school education and management.

2.2. Promoting the Healthy Development of Students in Higher Education

Health education management can more effectively promote the development of a healthy mind, guide students to establish correct ideological values and actively participate in social practices. At the same time, the management of mental health education helps to cultivate students' good psychological qualities, which include such elements as understanding, trust, self-control and social adaptability. These qualities are important for students to maintain a positive mindset and improve their coping skills and adaptability in the face of setbacks and difficulties. Mental health is closely related to personal achievement, contribution and success. In addition, students in higher education face a variety of psychological pressures at this stage of their lives, including academic pressures, changes in interpersonal relationships, and career choices. The goal of mental health education is to provide students with the necessary psychological support and assistance to effectively alleviate mental health problems such as anxiety and depression, and to prevent further deterioration.

3. Dilemmas Facing the Management of Student Mental Health Education in Colleges and Universities

3.1. Inadequate Curriculum

At present, many colleges and universities still use traditional teaching methods to teach mental health education courses and fail to incorporate off-campus activities into the curriculum, thus failing to effectively guide students in solving the psychological problems of the new age. As time goes by, schools and teachers must understand that students have their own different needs at different developmental ages. Although every child shares common developmental characteristics, their psychological states are completely different at each age. For example, for students who have just entered colleges and universities, most of them have psychological problems in adapting to new environments; sophomores usually have difficulties in resolving peer relationships and problems related to their majors; graduates of the lower grades often face confusion about their future development; and graduates of the upper grades have psychological problems that focus mostly on graduation and their careers. In this stage, schools and teachers lack a comprehensive mental health education program, and do not use appropriate teaching methods that match students' ability levels, nor do they conduct mental health education in a targeted teaching mode.

3.2. Insufficient Attention to the Management of Mental Health Education

At present, although many colleges and universities have set up mental health education institutions, they still have not established a complete mental health education management system, and therefore cannot give full play to the role of mental health education management. Although colleges and universities need to recognize the importance of mental health education, only a few have put its theory into practice. Some university leaders believe that as long as they teach students well in terms of ideology and political education, ensure the safety of students' lives and property, and manage students' daily lives, they will be able to rest easy, failing to realize that mental health education and management is not only related to the safety and stability of the university, but also closely related to the physical and mental health of each student.

3.3. Lack of Professionalism among College Mental Health Teachers

Currently, the Ministry of Education has issued a document stipulating that schools must maintain a ratio of more than 1:4,000 full-time teachers in psychoeducation, yet most schools fail to meet this requirement. Despite the fact that many students face psychological problems, only counselors are responsible for dealing with them, and these counselors lack the specialized knowledge needed to address psychological problems and are therefore unable to help students effectively. In addition, some counselors may have psychological problems themselves. At the same time, schools have not invested sufficient energy and resources in hiring full-time mental health education teachers, but have instead employed teachers with relatively low skills, which hinders the effective development of the management of mental health education and partly affects career development in the field of mental health education. There is a lack of comprehensive mental health training and a lack of comprehensive assessment of teachers' skills in mental health education.

At the same time, some teachers have not adequately promoted positive psychology or applied it in a targeted way in their teaching; they have not even investigated and analyzed the mental health status of their students, and they lack the ability to take reasonable measures to promote students' awareness of their responsibilities. In addition, some teachers still adhere to the traditional concept of education, neglecting the development of students' personalities and intellectual characteristics, which ultimately leads to many difficulties in the management of mental health education.

3.4. Mental Health Education Models are in Need of Innovation

With regard to existing educational problems, there has been a failure to strengthen innovative mental health training for college students, and education has lacked specialization and expansion. Some

colleges and universities fail to take the cultivation of college students' knowledge and behavior as the main direction of education, paying too much attention to theoretical content and relatively insufficient practical education. In the process of education development, some teachers fail to build the online and offline integration of education mode. At the same time, there is a lack of corresponding interaction in solving the mental health problems of college students, which has a great impact on the effectiveness of education.

At present, there are some problems in the establishment of mental health education system in some universities. The education system is still not perfect. Despite the gradual introduction of various voluntary and mandatory psychology programs in various universities, no qualitative changes have been made in the establishment of the educational system. The education system is still largely based on a complete system of elective courses and relies on tools such as psychological tests, screening and individual counseling, which are not effective in actual education.

4. Optimization Strategies of Mental Health Education for College Students in Higher Education

4.1. Clarify the Target Requirements for Mental Health Education Management

The main problem facing the management of student mental health and education lies in the relatively large number of students, yet the number of teachers matching the number of teachers specializing in mental health is relatively small, especially on campus and in mental health education. This fails to meet the real needs of students. For a long time, it has been a common belief in many universities that mental health education and management only applies to students with mental problems, ignoring the inner feelings of other students, which may lead to more students developing mental health problems.

In the network era, it is necessary to include students with online psychological problems in the scope of mental health management and to guide those students without psychological problems to avoid these problems as much as possible. More attention should be paid to those students who have suffered from psychological disorders and more targeted psychological education should be implemented to guide the growth process of different students. Therefore, no matter how times change and how circumstances change, the subject of educational management of students' mental health should always be all students, not just some of them. Schools and teachers must properly manage students with mental illnesses while preventing other students from developing similar psychological problems in order to promote the holistic development of university students and to establish a model of mental health education management in schools.

4.2. Building a Sound Mental Health Education Management System

According to the goal of mental health education and management in different colleges and universities, a complete mental health education management system can be constructed through different methods to fully understand the physical and mental state of students in various periods. For example, through psychological tests and mental health lectures, we can more effectively grasp the physical and mental state problems of these children, which will help schools and teachers to be more feasible in the future psychological teaching and management.

In addition, teachers should make full use of the school's various educational resources to actively formulate psychological teaching plans, develop more reasonable psychological teaching methods, and provide more diversified support for students. Teachers themselves should also realize that the essence of mental health teaching and activities is to promote students' active participation in their own educational activities. Compared with too much psychological intervention, schools should utilize the available resources to help students play an active role in mental health education and management. Schools should encourage students to educate themselves and utilize their own initiative so as to enhance their ability to manage their mental health.

4.3. Improving the Professionalism of Student Education Administrators

Colleges and universities should strengthen the construction of mental health education teams, select staff and students from schools and mental health education centers at all levels, and establish a comprehensive mental health education management system. Mental health education centers should set up teams composed of experts, full-time teachers and counselors to give play to their professional authority. The Office of Staff Counselor shall incorporate faculty leaders, outstanding student workers and counselors to give full play to their strengths in student education and growth. Members of the psychological committee should be student leaders with good moral character, strong sense of responsibility, and a good sense of service in the classroom in order to maximize the role of the psychological committee members.

Student education administrators in colleges and universities are the bridge between students and schools. In order to improve the mental health education of college students, student education administrators need to keep close contact with students and pay attention to their mental health problems. School administrators should keep learning about mental health education in order to help college students get counseling help and solve mental health problems. By learning and applying the knowledge of mental health education, student education administrators can promote education and management methods, cultivate good relationships between teachers and students, and create a harmonious atmosphere so that student education and management work is recognized and supported by students. At the same time, they need to improve their professional and cultural knowledge to promote the progress and development of student education management, continuously improve the educational framework of student mental health, reasonably and correctly carry out mental health education, improve the skills of student education management, and promote the common progress of students and education administrators.

4.4. Using the Internet to Innovate Mental Health Management Models

In the network era, schools should give full play to the role of WeChat public platforms and official websites in mental health education in colleges and universities, optimize existing online psychological counseling services, and strengthen the promotion of mental health counseling services and WeChat public mental health services. Through the WeChat public account, it is possible to interact with students by providing small gifts, etc., while utilizing the platform to carry out classroom task-based mental health education learning. In addition, fragmented knowledge of mental health education is regularly promoted through the WeChat public platform, leading students to fragmented learning and in-depth understanding of the theory and skills of mental health education.

At the same time, a powerful and interactive mental health education mechanism is established by recommending consulting services to students with the help of an online psychological counseling platform to provide students with professional mental health education services. By collecting data and information on psychological cases and rationally dividing the cases, it will become an effective means to establish a 24-hour contact intervention mechanism as well as personal electronic psychological files for users in need. Using information technology, we can improve the modernization of the management of mental health education for students in universities and higher education institutions, and solve students' mental health problems in a timely and efficient manner. Such measures will help to improve students' mental health and lay a solid foundation for their overall development and success.

4.5. Mental Health Education for All

Mental health education must cover all students. Mental health education activities should be organized in a targeted and planned manner, making full use of the methods and resources of mental health education. Mental health education practices can be combined with mental health education courses to improve the effectiveness of classroom teaching. Student management departments should incorporate "mental health education" into their daily education, management and student services,

and actively carry out publicity and educational activities. Mental health education and counseling centers should provide various forms of counseling services, including individual counseling, group counseling, telephone counseling, online counseling, and psychological testing, to meet the different needs of students. Through these educational activities, knowledge of mental health can be popularized, psychological coping methods can be taught, students can learn how to maintain their mental health, the concern of college students for mental health can be enhanced, and the comprehensive development of mental health education can be promoted. Such an approach will help to enhance students' psychological quality and help them better adapt to the challenges of study and life. Through the effective implementation of mental health education, schools can cultivate a healthier, more positive and adaptable student body, laying a solid foundation for students' overall development and future success.

Therefore, colleges and universities should actively set up psychoeducational programs to cover all students and continuously improve the curriculum and classroom settings of psychoeducation to ensure that students are truly exposed to quality psychoeducation. Teachers should also take necessary measures to stimulate students' motivation and participation in psychoeducational activities. In addition, schools should invite famous social figures and public figures to hold psychological lectures and exchanges in order to effectively solve the psychological barriers and other problems faced by college students. With the above methods, schools can ensure that students have a favorable mental environment and provide positive psychological support and assistance for their growth and development. Continuous enhancement of psychoeducational measures will create a healthier and more positive learning environment for students and help them realize their personal growth and achievements. Such psycho-educational efforts will lay a solid foundation for the holistic development and future success of students.

4.6. Building a Linked Psychoeducational Management System

The strong support of social psychology is crucial when mental health education is carried out in universities. At the same time, mental health education is inseparable from family education, which plays an active role in mental health education in schools, and constantly consolidates and extends the achievements of mental health education for college students. Universities should actively interact with society and families to optimize mental health education and build a trinity education model.

In terms of social participation in education, society should pay more attention to the development of college students' mental health education and create a favorable atmosphere. Departments, media and others should lead the promotion of mental health education and pay full attention to the whole society, especially the college student group, so that they can understand the specific mental health problems and the ways to solve the mental disorders and master the ways to deal with mental health problems. The government should draw the attention of the public, especially college students, to mental health problems, so that they can recognize the importance of mental health problems, change their prejudices against mental health problems, and increase their willingness to deal with them positively. At the same time, society should strengthen its commitment to mental health. The education sector should allocate more special funds to understand what is being done in the field of education and ensure that funds are invested in optimizing the education system and training human resources.

In terms of family participation in education, colleges and universities must attach great importance to communication and cooperation with families, as well as promoting cooperation between colleges and universities, creating channels of interaction and feedback, and establishing a synergistic mechanism between colleges and families. Family members need to have a comprehensive understanding of all aspects of mental health education in order to cultivate a good parent-child relationship and a harmonious family atmosphere. In students' daily communication, family members should be aware of psychological problems and intervene within a reasonable range, reflecting to university teachers the students' situation in the development of university mental health in order to provide effective support for university education. Through the active participation of society and families, schools can provide students with more comprehensive and effective mental health

education and create a healthier and supportive environment for their growth and development. Such comprehensive measures will help to enhance the psychological quality of students, helping them to better adapt to the challenges of learning and life, and to realize personal growth and achievement.

5. Concluding Remarks

In the new era, our country is in urgent need of a large number of excellent talents with a good sense of cooperation, positive enterprising, professionalism and innovation ability, and these talents must have the qualities of psychological health and comprehensive growth. As the main place to cultivate various kinds of professional skills, higher education has an important role in school education and management. Because the quality of mental health work is directly related to the healthy growth of college students, but also affects whether college students can become successful, adapt to society, and become the talents needed by society. In this process, both schools and all sectors of society should actively participate and make joint efforts to provide good psychological support and education for college students, so that they can maintain their mental health in a competitive environment, give full play to their potentials, and make greater contributions to the prosperity and progress of the country and society.

Therefore, we need to continuously strengthen the investigation and research on the psychological problems of college students and continue to innovate the psychological work strategies for college students. Colleges and universities need to change their educational concepts, innovate their educational models, and build a comprehensive educational system to improve the innovation and effectiveness of mental health education management. In this process, the importance of mental health education management in the educational activities of college students must be fully recognized. Diversified working methods and measures should be adopted to effectively improve the mental health of college students and cultivate comprehensive talents with excellent emotional intelligence, so as to enhance the optimization effect of education and lay a solid foundation for the growth and future development of college students, so that they can be full of confidence, be courageous, and become the backbone of social development.

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