



Discussion on the Development of Mental Health Education Teaching Model in the Internet Era

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Abstract: Psychological health education of college students is an important part of ideological and political education in colleges and universities. With the rapid development of the Internet, especially the increasing popularity of new media and we media networking, the psychological education of college students has a diversified development trend, and will inevitably face various psychological puzzles and psychological conflicts. This paper analyzes the current situation of the development of college students' mental health education in the Internet era, studies the problems existing in the mental health education of college students in the Internet era, and, in view of the practical problems existing in the mental health education of higher vocational colleges at the current stage in China, puts forward the educational unity of offline education and online education, realizes a new model of dual track integration, and based on the personalized characteristics of college students, To improve the teaching quality of psychological education in higher vocational colleges in an all-round way for reference.

Keywords: Mental Health, Education Teaching, Internet Era

I. INTRODUCTION

The mental health education of college students in China started late, and the country began to attach importance to this work since the 1990s. The State Council of China proposed that: "The psychological health education of students under the network environment has gradually become the focus of general attention. Information management departments and schools should strengthen the supervision of electronic information products and computer networks, and eliminate the reaction of computer network communication in a timely manner. Therefore, it is very helpful for us to build a more harmonious society and interpersonal relationships only by keeping college students in a healthy psychological state. In addition, psychological health education workers can In the era of networking, we should make better use of the network platform and network resources to help students have a continuous impact online and offline, and try our best to improve the overall mental health level of our college students, so as to improve the quality of mental health education of our vocational college students.

At present, with the further deepening of China's reform and opening up and the level of economic globalization, especially the growing popularity of new media such as the Internet and We Media, college students' interest needs tend to be diversified, and they will inevitably encounter various psychological problems and conflicts. Higher vocational colleges in China hold some activities every year when carrying out mental health education, but many of them are boring, and there are few featured activities, so the recognition among students is very low, and there is no follow-up in many cases. According to the research on teenagers in China, most students talk to friends and family when they encounter psychological problems, rather than to psychological teachers or professional

consultants, which will make the psychological problems of students more serious. Full time and part-time psychological teachers, psychological counselors, college and department level II college students' psychological volunteers, class psychological commissioners, dormitory psychological meteorologists, school psychological work leading group, secondary college and department psychological work group, school psychological center, college and department level II psychological volunteers association, school and department level II psychological work effectiveness evaluation index system, etc.

II. THE PROPOSED METHODOLOGY

(1) Current Situation of Mental Health Education in Higher Vocational Colleges in China

For a long time, in the process of education and teaching, higher vocational colleges have taken the training of skilled high-quality talents as the main goal of education and teaching. In education and teaching, attention is paid to the development of students' professional abilities. The investment in software and hardware facilities for mental health education is insufficient. There are problems in teachers' construction, theoretical research, education and teaching methods, curriculum settings and other aspects. In the current Internet plus era, higher vocational colleges have not actively explored the feasible mode of online and offline mental health education. Finally, it will promote them to establish a reasonable self-awareness and develop to a healthy psychological level. The author believes that in the Internet era, music therapy can also use Internet technology to achieve better application in college students' mental health education, so as to play its therapeutic effect on psychological problems. The development of the Internet has revolutionized the education industry. China is making efforts to promote the development of distance education, providing more and more perfect infrastructure for the networking of education.

The prominent problem of the online virtual carrier form of the network is that it is restricted by one-way transmission access, fixed equipment places, resource capacity and timeliness update, lagging interaction and other factors, which leads to the poor integration of online and offline information resources in the mental health work of higher vocational colleges. Influenced by the limitations and constraints of time, space and field, students on the online psychological platform are not actively involved, and they can not timely feedback, communicate and resolve psychological problems In the era of "Internet plus", online and offline integration of mental health education in higher vocational colleges includes mental health education courses, psychological knowledge publicity, psychological education activities, psychological counseling, psychological team institutions, etc. For these different education methods, specific problems should be analyzed, and online and offline integration mode should be adopted in combination with the



actual situation. College psychological education teachers can rely on the massive resources on the Internet to retrieve and download different types of music works, so as to meet the different needs of different college students for different music melodies and rhythms. To meet this requirement, on the one hand, college psychological education teachers need to have enough professional knowledge to choose appropriate music according to the role of different melodies and rhythms on human physiology and psychology; On the other hand, it is also necessary to have certain Internet application technology and understand Internet resource query methods. The forms of online mental health education for college students are: online college students' mental health education video courses, online questionnaires, forums or discussion groups about mental health, online one-to-one counseling, e-mail, message books, etc.

(2) Online And Offline Integration Of Mental Health Knowledge Publicity

The online mental health education video course for college students is carried out in the form of a second class in most colleges and universities, and is available to college students through some mu class platforms. The online questionnaire is to set up a set of standardized scales in the online editor, then let students enter the website to fill in, and directly obtain the data analysis of the results filled in the scale from the background. The Ministry of Education stipulates that the psychological education course must be a compulsory course for Chinese college students, and it plays an irreplaceable role in the healthy psychological growth of Chinese vocational college students. In order to enhance the actual effect of mental health education in higher vocational colleges in China, teachers should adopt more innovative education models and better improve the current teaching methods in China. The "Internet plus" online and offline combination of education model is a very good choice.

The integration of online and offline psychological counseling. Psychological teachers can also integrate these forms of counseling into the online psychological education system platform website when they normally carry out offline counseling such as face-to-face individual outpatient appointment counseling, freshmen's mental health screening counseling, individual and group sand table counseling, group game counseling, music massage chair relaxation therapy, silent mailbox, psychological hotline, psychological testing, emotional catharsis, etc. Such as online psychological screening and statistical analysis. In addition, with the help of the Internet and information technology, one-to-one communication with students can also be conducted through the Internet. This anonymous communication can solve the students' anxiety about face-to-face communication and privacy. This way can better reflect the humanization of mental health education and constantly improve the effectiveness of mental health education.

It is not necessary to go to places such as psychological counseling room for treatment. In addition to campus network, colleges and universities can also use social software such as WeChat and QQ in smartphones to build online mental health education platforms. You can also set up a WeChat official account to push music that can play a role in mental health education for students through the official account to achieve online music therapy. It can also realize faster and more effective allocation of counselor resources, so that multiple students' psychological counseling can be conducted online at the same time. The rapid development of network and people's

dependence on it enable people to contact psychology more to achieve the effect of psychology popularization. It can easily and quickly collect effective psychological data for timely feedback and better serve the public.

At present, psychological tutors mostly carry out psychological counseling and treatment face to face with students, but most of the time students do not actively seek psychological counseling teachers. Therefore, psychological teachers can carry out online teaching or actively communicate with students alone in the normal psychological teaching work. We can advocate some special personalized service platforms, such as group game counseling, relaxation therapy, psychological tests, and psychological hotlines, so that students can participate in the work of mental health education.

Higher vocational colleges can establish an evaluation index system and evaluation scoring module for the secondary psychological education work of schools and departments on the platform website of the psychological education system, mainly including school leaders, school work department leaders, psychological centers, department deputy secretaries and psychological counselors, student psychological volunteer representatives and other personnel to participate in scoring independently and anonymously online. The main contents of the evaluation include whether the psychological organization team is sound Whether the responsibility system and work process are standardized and perfect To carry out mental health education for vocational college students requires not only teachers and counselors of mental health education courses to play their due roles, but also the participation of multiple departments and multiple subjects. Specifically, in the era of Internet plus, the leading departments of colleges and departments should set up a working group of colleges and departments, and the school psychological center office, volunteer association, class psychological committee, teachers, counselors, dormitory administrators and other subjects are in the process of mental health education.

CONCLUSION

In a word, although higher vocational colleges in China have made further improvements in mental health education, there are still shortages of resources, delayed information, and unsystematic and imperfect institutions. The development of mental health education in the era of "Internet plus" is the real place that vocational colleges have explored to meet the psychological needs of students, and better use the advantages of the Internet to timely help vocational college students. On this basis, we can give full play to our advantages and change the traditional model and system of mental health education, so as to continuously improve the effectiveness of mental health education and better promote the physical and mental health development of students in vocational colleges through mental health education.

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