Exploration of College Students' Mental Health Education under the Background of Network Informatization

Haiyan Zhao[1, a]

[1]Organization Department of the Party committee of Hankou University, Hubei, China

[a] 405055022@qq.com

Abstract: Today's network information technology is developing very fast, and many college students' mental health is seriously affected by the network. With the continuous deepening of network informationization, in the process of network information dissemination, university students' curiosity, challenge, and loss are gradually generated. This is also the main reason for college students to have bad psychology in the era of network informationization, and the personality of university students themselves Psychological characteristics also played a huge role in the emergence of college students' bad psychology. In this situation, the psychological health education work for college students must pay great attention to the content of online mental health education. Through the supervision and education management at the family and school levels, college students can further enhance the temptation to resist the temptation of bad online information.

Introduction

In the new century, the mental health problems of college students have gradually become apparent. Although various colleges and universities have achieved certain results in the psychological health education of college students, the practice of mental health education for college students is still based on the promotion of mental health knowledge. It is for the prevention of college students 'psychological diseases, and it does not pay enough attention to the overall improvement of college students' psychological quality. As the backbone of future national development, it is necessary to have a healthy psychological quality. Therefore, colleges and universities must continue to strengthen the psychological health education of college students, so as to comprehensively improve the quality of colleges and universities.

Analysis of the psychological status of college students in the era of network information

Lost Psychology. After entering the university life from the intense study state in high school, most college students will have a huge psychological gap. High school students have established a good vision of the university through listening and speaking. After entering the university campus for college entrance examination, part of the university life will be different from the description in the high school era. Students will have a certain gap in psychology. Some students are even too relaxed, leading to immersion in the online world and seeking psychological in the online world. comfort.

In addition, most colleges and universities have implemented enrollment expansion policies, which has increased the pressure on employment competition among college students, and university-level learning is not as easy as imagined. If this part of the pressure cannot be relieved in time, it will cause college students in the real world Lost and lost psychology arises from this, which will also cause many universities to indulge in the satisfaction and comfort given by the Internet [1].

Curiosity. In the new era, universities are at the stage of shaping personal views, values, and worldviews. There will be a strong curiosity about any new things. As an actual advanced product

of 21, network technology has a strong appeal to college students as a thing that changes the times. In the understanding of most college students, the Internet is stylish, interesting, and magical. The Internet world is full of illusions, and college students can meet many new things and new friends through the Internet. College students themselves are at a stage of immature thinking, control, and cognition, and are easily affected by bad network information [2].

Challenge Psychology. In the age of online information, the rapid rise of online games is one of the factors that have the greatest impact on the mental health of college students. The colorful and diverse virtual scenes constructed by online games make college students addicted to it. If some levels set by online games can pass smoothly in their own social circles, it will be considered an amazing achievement, and even attract people's admiration. This will stimulate the challenge of college students, and successfully challenge the levels or challenge others. Players show their strength, which will further deepen the abyss of the game, which will be controlled by the game, and their mental health will be greatly affected.

Inferiority. College students are a small society, and college students will be in contact with people from different backgrounds in the depths. Among the college student groups, there are many families with poor economic conditions and special family conditions, which can lead to inferiority among college students. It may even cause psychological obstacles for college students. There will be less and less communication with people. The unintentional real world and the attraction of the online world will make many college students addicted to the need to escape in the virtual world. The online world has even become the main means for some students to escape from real problems.

Analysis of the Causes of College Students' Unhealthy Psychology

In the age of network information, college students 'own psychological characteristics and the poor guidance of network information are the main reasons leading to college students' adverse psychological factors. The health education of college students' psychological drama based on network information is to make the educators make full use of the auxiliary role of the network information platform, and apply multiple educational methods in education practice to comprehensively popularize the mental health education knowledge among college students, and to deepen the mental health problems of college students Analysis, and through reasonable education guidance to enable college students to re-understand themselves, and promote the comprehensive development of college students' mental health.

Bad Induction of College Students by Network Information. The network is a technology that contains huge amounts of information and spreads very fast. Online mental health education for college students can make college students dare to express their true ideas. On the basis of network informationization, mental health education does not need to be confined to traditional classroom education, so that students no longer face difficult psychological situations. Mental health education. Colleges and universities provide mental health education for college students by establishing corresponding mental health counseling network platforms. Students can also seek help from teachers through the internet at any time when facing problems. This kind of education method can not only further strengthen the effect of mental health education, but also effectively avoid the embarrassment of students in the traditional mental health and education model that teachers need to face.

Human development and maturity are greatly affected by the environment. The continuous deepening of network informatization has greatly changed the learning methods of college students. In the current learning life of college students, the internet has become an indispensable learning tool, but the network tools will also bring a lot of benefits to college students. Negative effects, the use of the Internet can make students' learning easier, which will also make students over-reliance on the Internet. Long-term use of the Internet to study will gradually reduce the student's autonomous learning ability and autonomous learning consciousness, and even cause some students to lose autonomous learning. ability.

And online games have led many college students to become overly obsessed with it, and even to

abandon their studies. It is not uncommon for college students to skip or skip classes because of online games, which has aroused the attention of the entire society. College students in the new era are the middle force for the future nation-building, the future and hope of the country. If immersed in Internet addiction, it will be a huge loss for the country. In China, there are many college geniuses who have been repeatedly dropped out because of the silent network. Colleges and universities should learn this lesson and strengthen the problem of college students' mental health education.

College Students' Psychological Characteristics. In the current era of network information, college students' own age characteristics, family background, and psychological characteristics are all the main reasons for poor psychological work [3]. From the perspective of materialist dialectics, changes in things are mainly driven by internal causes. Most college students in this era are growing up in a period of rapid social and economic development in China, and most of them are single-child families. In the family life, the elders will give more care, resulting in a lot of college students' social experience and practical life experience are very lacking, which also makes them have certain changes in psychology and physiology, and will show immature psychology. Phenomenon, sense of independence and sharing are relatively weak, and there will be a sense of superiority psychologically. After entering university life, the dramatic changes in the learning environment and lifestyle will cause some college students to feel psychologically frustrated. And because there is more leisure time in college life, some students cannot take full advantage of this to do more meaningful things in their leisure time, but invest more time on the Internet, and spend a long time in a virtual world Will cause students to be lazy. Some students with relatively poor actual results will be ignored by teachers or counselors in university life and study, and some situations will even be criticized. In the virtual world of the Internet, they can get back their advantages, thereby making their academic waste and personal willpower. Can be severely affected.

Analysis of Psychological Health Education Strategies for College Students in the Era of Network Information

Establish an online virtual trading platform to expand the influence of mental health education. Compared with the traditional mental health education methods, the online mental health education model has its unique advantages. Online mental health education can completely break the time and space restrictions under the traditional psychological education model, making the mental health education methods more abundant and practical. The efficiency of education work has also been comprehensively improved. In view of the current poor psychological quality of college students, we can make full use of the education methods of the network information platform to comprehensively improve. For example, on the public network of colleges and universities to provide relevant courses on mental health education, so that teachers and students can achieve interactive communication on the online education platform, based on this, teachers can not only comprehensively understand the students' mental health issues through communication At the same time, it can also answer college students 'mental health problems in a timely manner, and through reasonable guidance, college students' mental health can move in the right direction. At the same time, universities should also remove some unhealthy websites in the internal campus network in a timely manner, and block some websites that promote bad information to create a green and secure information exchange platform for the entire campus network [4].

Strengthen the construction of family and school supervision and education mechanisms. For college students of today, parents should exercise reasonable control over financial support. In order to fully ensure that the child is normal and reasonable and only spends, the unreasonable economic expenditure can be controlled. At the same time, colleges and universities should establish effective family education mechanisms and supervision mechanisms through reasonable

guidance. In daily life, parents should also try to create a good and harmonious family life atmosphere for students, so as to guide college students' daily life behavior habits [5]. For colleges and universities, during the development of daily teaching activities, it is necessary to further increase the intensity of campus activities that are of practical significance and helpful to the growth of students 'mental health, and that the development of college students' own hobbies can be effectively supported by A good platform allows it to give full play to its advantages in the real world. In addition, schools should strengthen the construction of campus culture, create a more positive and good learning culture atmosphere for students, and further promote the development of university students' mental health in the right direction.

Consciously resist bad temptations. The development of things is mainly driven by internal causes. Therefore, for college students, the key to the development of mental health still requires their own efforts. By strengthening scientific knowledge in schools and continuously improving their cultural connotation and cultivation, this will further strengthen their ability to resist bad temptations and enable them to become comprehensive Qualified college students for development [6-8].

Conclusion

In the current era of online informationization, the rapid development of online games and online information has caused college students to face various temptations from the online world, and some bad information will have a serious impact on college students 'mental health. Therefore, it is necessary to strengthen the psychological health education of college students from multiple levels, so as to cultivate qualified personnel for all-round development for the society.

References

[1] Shi Lanyue. Research on the Evaluation System of University Students' Independent and Innovative Learning Realization under the Background of Informationization. Journal of Henan Finance & Taxation College, 2010,24 (03): 66-70.

[2] Zhong Shujie, Li Hong. The use of the Internet and the personality paradigm of college students in the context of information technology. Forum on Contemporary Education (Management Research), 2011 (08): 24-26.

[3] Cai Yulin. Research on the Necessity of Collaborative Management of Ideological and Political Education in Colleges and Universities under the Background of Informationization. Journal of Jilin Institute of Technology and Technology, 2018, 34 (12): 7-9.

[4] Wang Xiaolin, Chen Jingyun. Application of flipped classroom teaching model in the course of "Psychological Health Education for College Students". International Public Relations, 2019 (07): 105.

[5] Wu Jing. How to do a good job of ideological and political education for college students of science and engineering under the background of informatization. Henan Education (Higher Education), 2015 (04): 31-32.

[6] Baohong Xue, Ting Liu. Physical Health Data Mining of College Students Based on DRF Algorithm. Wireless Personal Communications, 2018, 102(2):1-11.

[7] Hehua Zhang, Han Zhang, Xiaoning Wang. Analysis of Requirements for Developing an mHealth-Based Health Management Platform. Jmir Mhealth Uhealth, 2017, 5(8):e117.

[8] Du Yan-xia. Research on College English Teachers' Information Literacy in Information Environment. English Language Teaching, 2017, 10(11):37.