



EDUCATION MANAGEMENT OF PSYCHOLOGICAL HEALTH IN CHINA'

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Abstract

This thesis aims to deeply delve into the current situation, problems, and coping strategies of psychological health education management for Chinese college students. In contemporary society, psychological health education management for college students is of utmost importance, as it is closely related to the comprehensive development and future growth of these students. However, with the rapid development and transformation of society, Chinese college students are facing pressures from various aspects such as school, family and social interactions. As a result, the psychological health problems of college students have become increasingly prominent. Through the research on the psychological health education management of Chinese college students, this paper will analyze its background, significance, key sub - topics, and put forward corresponding conclusions and suggestions. It also aims to continuously strengthen and improve the psychological health education, management and approaches for college students in universities, providing references for improving the level of psychological health education management for Chinese college students.

Keywords: College students, Psychological health education, Educational management

Introduction

In contemporary society, the management of psychological health education for Chinese college students holds great practical significance. With the rapid development of the social economy and the continuous advancement of society, Chinese college students are confronted with an increasingly complex social environment and intense competitive pressures. On the one hand, as Wang (2017) pointed out, college students may encounter various difficulties and challenges in aspects such as study, life, and interpersonal relationships, including academic pressure, employment pressure, communication pressure, economic pressure, and emotional problems. All of these factors may exert a negative impact on their psychological well - being. On the other hand, as the future and hope of the country, the psychological health of college students is directly linked to the development of the country and the future of the nation. Therefore, strengthening the management of psychological health education for Chinese college students is of great significance for enhancing the psychological qualities of college students, improving the educational management level of colleges and universities, promoting the all - round development of college students, and maintaining social stability.

The Current Status of College Students' Psychological Health

At present, the psychological health problems of Chinese college students exhibit diverse and complex characteristics. Guo, Wang & Liu (2023) pointed out that most college students are confronted with pressures from multiple aspects, including academics, social interactions, emotional distress, and future career planning, and are prone to psychological problems such as anxiety, depression, and low self - esteem. For example, in terms of academic pressure, college courses are relatively demanding, and academic tasks such as exams and papers are burdensome. In particular, some professional courses have high requirements, and students need to invest a great deal of time and energy in learning, which makes many students

feel anxious. Moreover, some students may experience loneliness and anxiety because they are not proficient in communicating with others or do not know how to handle conflicts with classmates. In addition, Chen (2021) noted that the uncertainty of future careers also imposes great pressure and anxiety on college students. They need to consider issues such as whether their majors have good employment prospects and how to enhance their competitiveness.

Wu (2023) pointed out that in the current university campus environment, there is a phenomenon that cannot be ignored: some college students still have obvious deficiencies in their understanding of psychological health. They fail to fully recognize the significance of psychological health for personal growth, academic development, and future career planning. When confronted with a series of life events such as academic pressure, interpersonal difficulties, and emotional setbacks, they often exhibit a lack of self-regulation ability. When psychological problems arise quietly, these students often find it difficult to adopt effective coping strategies and sometimes seem completely at a loss.

The Importance of Psychological Health Education

Psychological health education is an essential part of the comprehensive development of college students. Through psychological health education, college students can be assisted in establishing correct outlooks on life, values, and the world, and improving their psychological qualities and coping abilities. For example, Gulinuer (2020) mentioned that in school education, many students are gradually troubled by psychological problems due to various factors. For instance, families place overly high expectations on their children. Such expectations are like heavy shackles, making students overwhelmed on the path of pursuing their goals. Another example is that excessive learning pressure, with heavy course loads and fierce competition among classmates, keeps students in a highly tense state for a long time. In addition, the teaching methods of some teachers may not be appropriate enough. If they adopt relatively simple and rough ways when criticizing students, it may hurt students' self-esteem and self-confidence. Under the combined effect of these factors, some students are very likely to develop psychological symptoms such as "anxiety". Once anxiety emotions arise, they will have many negative impacts on students' study and life, such as difficulty in concentrating and decreased sleep quality. However, psychological health education encompasses diverse forms, such as well-designed psychological counseling courses. Professional psychological teachers guide students to understand their emotions and master emotion-regulation methods through in-depth and easy-to-understand explanations, case analyses, and interactive sessions. There are also dynamic team activities. During the process of team cooperation, students learn to communicate, support each other, release inner pressure, and enhance their stress-resistance abilities. These psychological health education methods can effectively help students correctly recognize and face these pressures, guide them to adjust their psychological states, and devote themselves to normal study and life with a more positive and optimistic attitude. Thus, they can effectively reduce the emergence of anxiety emotions and enable college students to thrive in a healthy psychological state.

Wu (2023) has pointed out that psychological health education helps cultivate college students' awareness of psychological health, shape good personality traits, actively regulate and divert negative emotions, and encourages them to take the initiative to seek help regarding psychological health issues, thus promoting their personality development and self-realization. Moreover, psychological health education can enhance college students' interpersonal communication skills and teamwork spirit, laying a solid foundation for their future development.

Educational Management System and Mechanism

Establishing and improving the management system and mechanism for college students' psychological health education is an important guarantee for strengthening psychological health education. Zhang & Zhao (2019) pointed out that there are still some issues in the management of psychological health education in Chinese universities. These include an imperfect management - team system, unclear responsibilities, and an incomplete working mechanism. Therefore, it is essential to strengthen the organizational leadership of college students' psychological health education, clarify the responsibilities and division of labor among various departments, establish and improve the working mechanism, and construct a new dynamic network - based model for psychological health education and management. This can ensure the smooth progress of psychological health education work.

Construction of the Teaching Staff for Psychological Health Education

A high - quality teaching staff is the key to carrying out psychological health education for college students. Lv (2019) pointed out that with the continuous increase in the number of college students, there are still some deficiencies in the construction of the psychological health education teaching staff in Chinese universities. Firstly, there is a shortage of teaching staff. In some universities, there are even no full - time psychological health education teachers, and the psychological health education work can only be carried out by counselors or other teachers' part - time. Secondly, the professional level of some teachers is not high. Some psychological health education teachers lack systematic training in psychological professional knowledge and skills, and their professional qualities need to be improved. Especially when facing complex psychological crises, they may not be able to provide effective intervention measures and a series of psychological counseling. Thirdly, the training mechanism is imperfect. Some teachers lack the opportunity to participate in professional training and cannot improve their knowledge and professional skills. At the same time, there are certain limitations in the training content and methods, which are difficult to meet the actual needs of teachers.

Psychological health education is of great significance for the growth and development of college students. Therefore, it is urgent to vigorously strengthen the cultivation and training of the psychological health education teaching staff. In terms of teacher cultivation, a systematic and comprehensive cultivation system can be established, covering in - depth study of psychological theoretical knowledge, including professional fields such as developmental psychology and social psychology. This enables psychological health teachers to deeply understand the psychological characteristics and laws of students at different growth stages. Meanwhile, attention should be paid to the cultivation of practical skills. Through methods like simulated counseling and case analysis, teachers can proficiently master psychological counseling techniques and enhance their ability to deal with various psychological problems. Regarding teacher training, high - quality professional training activities can be regularly organized. Well - known experts in the industry should be invited to conduct lectures and workshops to share cutting - edge concepts and methods of psychological health education. Teachers should be encouraged to participate in academic exchange activities, exchange experiences with peers, broaden their horizons, and continuously update their knowledge systems.

At the same time, it is crucial to introduce practical incentive policies and safeguard measures to further expand the psychological health education teaching staff. For instance, offering preferential treatment in salary and benefits, setting up special reward funds, commending and rewarding outstanding psychological health teachers can enhance their professional identity and sense of achievement. In terms of career development, providing

broad promotion space and training opportunities for psychological health teachers enables them to perceive a clear career development path. Through these measures, more professionals can be attracted to join the psychological health education teaching team. This lays a solid talent foundation for the psychological health education of college students, injects continuous development momentum, and helps the psychological health education cause of college students reach a higher level.

Educational Methods and Approaches

Innovating the methods and approaches of psychological health education for college students is an important means of improving the effectiveness of psychological health education. First, as Ding (2019) pointed out, it is necessary to strengthen the construction of psychological health education courses. Colleges and universities should attach importance to the setting of psychological health education courses and comprehensively incorporate them into the compulsory curriculum system. In teaching practice, teaching methods such as case analysis, team activities, group discussions, and role - playing can be adopted to fully mobilize students' enthusiasm and effectively enhance students' participation and learning effects.

Second, as Wen (2020) pointed out, it is essential to establish a complete psychological counseling service system. Colleges and universities should establish specialized psychological counseling institutions and be staffed with professional psychological counselors. These counselors can provide students with services such as individual counseling and group counseling to assist students in solving psychological problems.

Third, conduct a diverse range of psychological health education activities. Colleges and universities can disseminate psychological health knowledge and enhance students' awareness of psychological health by organizing activities like psychological health lectures, psychological health activity months, psychological health salons, and psychological health expansion training.

Fourth, it is of great significance to strengthen the training of psychological health teachers. This involves regular in - service training programs and workshops. These initiatives aim to enhance teachers' awareness of psychological health and significantly improve their psychological counseling capabilities. By doing so, teachers can better meet the diverse psychological needs of students.

Fifth, as Li (2023) pointed out, leverage Internet technology to conduct psychological health education. With the rapid advancement of Internet technology, colleges and universities are able to carry out psychological health education via network platforms. For instance, construct psychological health education websites to integrate a wealth of psychological health knowledge. Open online consultation services and arrange professional psychological counselors to provide real - time responses. Design a psychological testing section to assist students in deeply understanding their own psychological states, thus comprehensively promoting the psychological health development of students.

Sixth, as Gao (2020) proposed, the linkage between schools and families can promote the psychological health of college students. Colleges and universities should actively build a bridge for joint education between schools and families. They can disseminate psychological health knowledge to parents and enhance parents' awareness of psychological health through various means, such as holding parent - teacher meetings and conducting special symposiums. College teachers should establish regular contact with parents, regularly communicate with them about students' school performance, and pay timely attention to students' psychological states. In this way, the two sides can form an educational synergy, enabling students to achieve all - round physical and psychological health development under comprehensive care and

support.

Conclusion

In conclusion, within the current higher education system, the management of psychological health education for Chinese college students is a long - term and arduous task. Through the analysis of the current psychological health status of college students, we have recognized the significance of strengthening psychological health education. In terms of the educational management system and mechanism, the construction of the teaching staff, as well as educational methods and approaches, continuous exploration and innovation are required to enhance the level of psychological health education management for college students. Simultaneously, all sectors of society should also form a powerful joint force to comprehensively and multi - dimensionally safeguard the psychological health of college students and create a favorable environment for their growth and development. Only in this way can we cultivate college students with good psychological qualities and all - round development, contributing to the realization of the Chinese Dream of the great rejuvenation of the Chinese nation.

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