



# Research on the Construction of Education Management System of Psychological Health for College Students in the New Era

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**Abstract.** At the current stage, college students are under great pressure of study, employment, intimate and other various interpersonal relationships, which affect their physical and mental health. Authoritative data show that the mental health level of college students in China is significantly lower than the national average. College counsellors are the guides to promote the development of college students' mental health, the guardians to optimize the mental health education, and the managers to enhance the effectiveness of mental health education in colleges. College counsellors' mental health education for college students is an important part of the education system in the new era. Faced with the psychological problems of college students, college counsellors should strive to improve the level of professional knowledge of psychology, build a good relationship between teachers and students, and establish a long-term prevention and treatment mechanism of psychological problems through mental health files, class meetings, lectures, speeches and recreational activities to form a good management system of mental health education for college students in the new era.

**Keywords:** Education Management System, Psychological Health, Psychological Counselling, College Student, College Counsellor

## 1 Introduction

In recent years, the psychological problems of college students have become more universal and complex. There are many factors that cause students' psychological problems. Mental health refers not only to the absence of mental illness, but also to the ability to adapt to social development, sound personality and self-regulated psychological state under objective conditions [1]. When understanding mental health, we can start from the broad and narrow sense. In a broad sense, mental health refers to having normal intelligence and perfect personality. In a narrow sense, mental health education refers to whether there is mental illness. A good psychological state is very important for college students. Having a good mental health state can better communicate with

others, realize the effective establishment of interpersonal relationships, gradually improve personality in the process of continuous learning and growth, ensure the stability of their emotions, and better adapt to the development and changes of society and various competitions. It can gradually form a good will and character. For college students, mental health education is particularly important. To some extent, the importance of mental health education is higher than that of professional disciplines, because only when students have a good psychological state, can they learn the knowledge content of professional disciplines more efficiently [2]. At present, the management system of mental health education in colleges and universities has not been fully established. This paper will stand in the perspective of students, give a quantitative description of the psychological problems of college students, analyse the psychological problems of contemporary college students, adopt a variety of psychological education and counselling measures, and truly achieve a high-quality management system of mental health education.

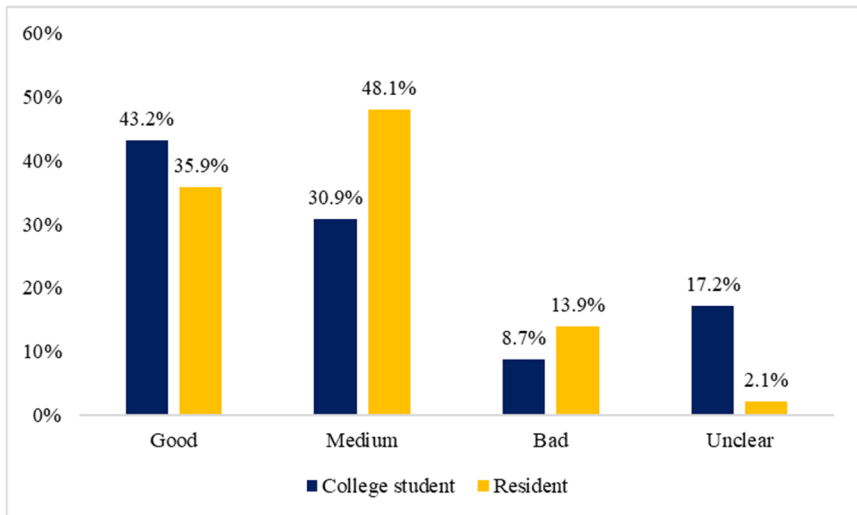
## **2 Current Situation of Mental Health Development of College Students in The New Era**

### **2.1 Quantitative Description**

The Report on the Development of China's National Mental Health (2021-2022) was officially released by the Institute of Psychology of the Chinese Academy of Sciences in Jan. 2023. The report collected more than 190,000 samples of adolescents and adults, and 6,859 core samples of representative adults were selected in the report, covering 31 provinces, autonomous regions and municipalities directly under the Central Government, with 42.5% males and 57.5% females; the average age was 36.0 years old; urban household registration accounted for 66.6%, and rural household registration accounted for 33.4%. These include the sub-report Survey Report on the Mental Health Status of College Students in 2022, which surveyed nearly 80000 college students aged between 15 and 26 from 31 provinces (autonomous regions and municipalities directly under the Central Government) such as Beijing, Shandong and Hebei. The survey focused on the impact of sleep, stress, boredom and other lifestyle factors on the mental health of college students; at the same time, it investigated the current situation of college students' study and love and its impact on mental health [3]. This article will understand the mental health status of contemporary college students by comparing the psychological status of residents and college students.

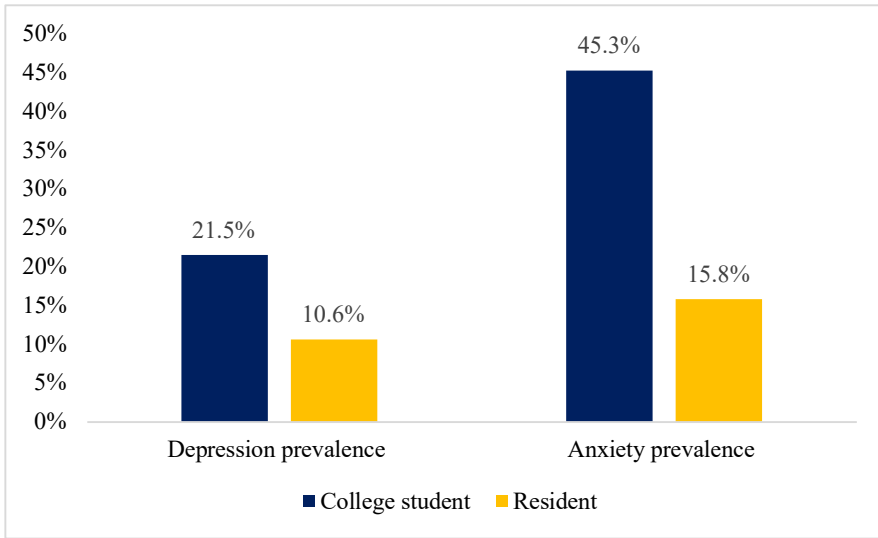
The comparison of mental health status between ordinary residents and college students is shown in Figure 1. For ordinary residents, in terms of self-assessment of mental health, according to the four options of "how do you think your mental health is "good, medium, bad and unclear". The "good" item accounts for 35.9%; "medium" accounts for 48.1%; "bad" accounts for 13.9% and "unclear" accounts for 2.1%. The sum of the former two is 84.0%. For college students, in terms of self-assessment of mental health, in view of the four options of "how do you think your mental health?" The "good" item

accounts for 43.2%; “medium” accounts for 39.0%; “bad” accounts for 8.7% and “unclear” accounts for 17.2%. The sum of the former two is 74.1%. It can be seen that the mental health of ordinary residents is better than that of college students. The mental health status of key universities and undergraduate students is relatively worse, and the risk of depression is prominent, which should be paid attention to. The report suggests that more attention should be paid to the lifestyle, career planning and love mental health education of college students.



**Fig. 1.** Comparison of mental health status of college student and resident (figure credit: original)

For depression and anxiety, the report also provides corresponding data descriptions. For ordinary residents, the detection rate of depression risk is 10.6%, and the detection rate of anxiety risk is 15.8%. The depression risk detection rate in this survey is slightly lower than the data from the 2020 survey. The influencing factors of depression and anxiety levels are highly similar, with age and income being the primary influencing factors. The mental internal friction and psychological problems among college students have become increasingly prominent. Data shows that over one-fifth of college students feel depressed, and nearly half of college students are under anxiety. In the Blue Book of Survey Report on the Mental Health Status of College Students in 2022 issued by the Chinese Academy of Sciences, an investigation was conducted on the mental health status of nearly 80000 college students. It was found that the detection rates of depression and anxiety risks were about 21.5% and 45.3% respectively. The result is shown in Figure 2. In terms of stressors, the three main stressors for college students come from heavy academic burden, missing family, and not knowing what job is suitable for oneself. Further investigation results show that higher stress is a risk factor for depression and anxiety, and it is necessary to pay attention to the stressors of college students and develop targeted intervention measures to alleviate stress.



**Fig. 2.** Comparison of depression prevalence and anxiety prevalence of college student and resident (figure credit: original)

## 2.2 Main Problems

### Academic problems.

The primary task of college students after entering the university is to learn scientific and cultural knowledge well. Once they suffer from academic setbacks, college students are easily depressed, confused and evasive, and lose hope and motivation for the future. There are many kinds of university courses with a wide range of contents and limited class hours, while teachers have heavy scientific research tasks and cannot often communicate with students in depth after class, so learning consolidation and knowledge accumulation depend entirely on college students' consciousness [4]. Some college students are immersed in the superiority of high school, lack of self-consciousness and urgency in learning, unable to invest enough time and energy to learn, so that they are no longer top-notch and outstanding in the class, and the huge gap makes them not want to learn, or even tired of learning. There are also some college students who study consciously and actively, but because of their high expectations and unscientific learning methods, when they cannot achieve the established goals, their self-confidence and self-esteem will be damaged to a certain extent, and they will begin to have bad psychological tendencies such as irritability and anxiety. There are also some college students who lack the awareness of autonomous learning, do not know how to self-regulate, play all day, indulge in the Internet, cannot concentrate on class during class, and give up consolidation review after class, after many failed exams, forming various psychological problems.

**Employment problems.**

In recent years, with the large-scale enrolment expansion of colleges and universities, college students are facing increasingly fierce competition in the job market. Not yet out of the "ivory tower", they do not know how to plan their career future, do not know what kind of job they are suitable for, in the face of employment, they show more psychological fear and action flinch, resulting in employment difficulties. There are also some college students who are divorced from reality in choosing a job, imagine their work too idealized, overestimate their own strength, and underestimate the seriousness of the employment situation. After running into a wall many times in the workplace, they gradually lose confidence in job hunting, and therefore miss many good job opportunities. Employment problems also affect the self-identity and self-worth of college students. In a society where personal value is evaluated by work experience and social status, college students often question their own value. They may feel that they are not capable and qualified to compete for high-paying and high-status jobs, thus falling into self-doubt and inferiority. This denial of self-worth can easily lead to low self-evaluation, which in turn affects their emotions and self-confidence [5].

**Love problems.**

The university period is an important stage in people's life, which is not only full of challenges and opportunities, but also accompanied by various emotional ups and downs and changes. During this period, college students begin to experience many new things, one of which is falling in love. However, although love brings many happy and beautiful moments to college students, it also inevitably brings some psychological problems. College students are usually in a period of transition, and they may feel uneasy and stressed because they are faced with new learning and living environments [6]. In this case, love can become an emotional outlet and support. However, college students often fall into a state of depression and depression, and even suffer from anxiety and depression when they have problems in their relationship or face a breakup. College students' love problems can easily lead to the confusion of self-identity. In college, people are in the stage of self-growth and exploration, and they try to find their own position and identity. Romantic relationships may have an impact on an individual's self-identity, especially when there are differences in values and interests between lovers. This kind of identity confusion may lead college students to feel that they are not understood and accepted, and then lead to inferiority and anxiety [7].

**Interpersonal problems.**

In the university, the classmate relationship is the most common interpersonal relationship. Sometimes, the contradictions and conflicts between classmates can lead to psychological problems. Some students may face exclusion, bullying, or humiliation. These negative classmate relationships may bring psychological problems such as low self-esteem, anxiety and depression to the victims. At the same time, the competitive relationship between classmates may also lead to increased pressure, which may lead to psychological problems. Roommate relationship is also a common interpersonal problem [8]. In college dormitories or shared houses, the problem of getting along with

roommates may have an impact on the individual's psychology. For example, problems such as disharmony, mutual interference or lack of respect between roommates may lead to psychological problems such as depression, fatigue and tension. In order to solve these problems, it is essential to establish a good roommate relationship. Mutual understanding and respect between students and teachers have an important impact on students' mental health and academic achievement. Bad teacher-student relationship may lead to students' self-esteem damage, frustration and inferiority, and psychological problems.

### **3 Role Orientation of College Counsellors in College Students' Mental Health Education**

As an important educational position, colleges and universities should not only cultivate students' ability to learn knowledge, but also pay attention to their mental health to promote their all-round development. The majority of college counsellors have the closest communication and contact with students, and have the most emotional connection with students, so they have natural advantages in carrying out mental health education among college students. This chapter will focus on the role of college counsellors in the mental health education of college students.

#### **3.1 Guide to Promote the Mental Health Development of College Students**

In the practice of college students' mental health education, college counsellors are the guides to promote the development of college students' mental health in the new era. College counsellors at the front-line student work end have a better understanding of students' psychological state, can accurately use psychological knowledge to carry out more targeted mental health counselling for students, alleviate students' psychological problems, make students consciously adjust their psychological state, deeply understand the importance of mental health, deepen their understanding of the practicability of psychological knowledge, and actively learn psychological knowledge. Consciously use psychological knowledge in daily life, and then meet all challenges in life and learning with a good attitude, establish an optimistic attitude towards life, and establish a correct outlook on life, world outlook and values [9].

#### **3.2 Guardian to Optimize of Mental Health Education in Colleges**

In the practice of college students' mental health education, college counsellors are the guardians of optimizing the college mental health education system. Counsellors carry out mental health education for students, which can further optimize students' psychological knowledge structure and improve mental health education. Counsellors carry out daily mental health education for students, which can promote the life of mental health education. As one of the subjects who have the closest contact with students in daily campus life, counsellors integrate mental health education into the daily life of

college students, which can make students deeply understand the role and significance of psychological knowledge in daily life and learning, and guide students to consciously use psychological knowledge to solve practical problems encountered in life. Counsellors can combine class activities such as class meetings to carry out mental health education, constantly deepen students' understanding of mental health knowledge, and strengthen their recognition of mental health knowledge. On the basis of the above, counsellors can understand the teaching content and teaching progress through communication with teachers of psychology specialty, and further optimize mental health education in colleges.

### **3.3 Managers to Improve the Effectiveness of Mental Health Education in Colleges**

In the practice of college students' mental health education, college counsellors are the managers to enhance the effectiveness of college mental health education. Counsellors can guide students to get rid of psychological difficulties and improve their quality of life by using mental health knowledge in their daily work. College counsellors usually have more contact with students, so they can understand the psychological problems of students from the perspective of the whole and the individual, carry out collective psychological counselling and individual psychological counselling, and improve the accuracy of mental health education. College counsellors not only shoulder the responsibility of managers in students' learning and life, but also maintain an equal teacher-student relationship with college students, which is the equal and mutual trust relationship between visitors and listeners emphasized in mental health education. College counsellors make full use of this advantage in the practice of mental health education, which can obviously shorten the distance and relationship between teachers and students, form a good relationship between teachers and students, and promote the effectiveness of mental health education.

## **4 Construction of Management System of Mental Health Education**

### **4.1 Improve Professional Level of Psychology**

In order to better guide and serve students, counsellors should adhere to the concept of lifelong learning, continue to learn psychological expertise, and focus on learning in combination with common mental health problems of college students [10]. Colleges and universities should invite experts and scholars with rich experience in mental health counselling and treatment to teach and train their counsellors, help them master practical and effective psychological knowledge, and enable them to solve the mental health problems of college students in the new era with better mental health education and counselling services. College counsellors should take the initiative to learn basic psychological knowledge, grasp the basic knowledge of psychology and related concepts,

measurement tools and processing methods to lay a knowledge foundation for the effective implementation of mental health education [11]. At the same time, counsellors can also selectively participate in special training and forums on mental health education, actively strengthen communication with front-line counsellors and specialists, actively observe and study in professional counselling rooms, deeply understand the process of psychological counselling in professional institutions, and carefully study basic conversation methods and group counselling skills.

## **4.2 Optimize the Relationship between Teachers and Students**

Counsellors should establish the concept of student-oriented, respect students, care for students, serve students in daily work, and be students' life mentors and intimate friends. In the process of communication between teachers and students, we should actively seek common topics and empathy points, strive to transform educational intentions into students' emotional resonance, and eliminate students' conflicting psychology in the process of communication. In view of the fact that the mental health problems of college students are deeply rooted in the real soil and have their realistic causes, counsellors should also pay close attention to the realistic factors that easily lead to students' mental health problems [12]. Students may suffer the adaptation disorder when entering the university campus, the interpersonal communication disorder among classmates, the emotional crisis after the frustration of love, the internet addiction disorder in the internet era, and the employment anxiety disorder in the post-epidemic era. Counsellors can provide students with warm and effective mental health services, ensuring that mental health education work is grounded and realistic, both rational and practical, and organically combining solving mental health problems with solving practical problems. College counsellors should further adjust the form of communication between teachers and students, communicate with students with the help of Internet information technology, provide students with professional opinions and suggestions, optimize the communication environment between teachers and students, provide students with a good environment to talk, improve the efficiency of communication between teachers and students, and promote the improvement of college students' mental health literacy.

## **4.3 Establish a Long-Term Mechanism of Prevention and Treatment of Psychological Problems**

Counsellors should strengthen the source management in the work of mental health education, focus on building the prevention and intervention mechanism of college students' mental health, so as to achieve early detection, early prevention and early treatment, and cultivate students' positive psychological quality in an all-round way. Mental health file is a comprehensive record of college students' mental health status, psychological test data and evaluation in different periods, which is an important means to detect the dynamic situation of college students' mental health and prevent the occurrence of psychological problems. Counsellors can organize students in each class to fill in psychological tests, and through one-to-one heart-to-heart talks to understand the



real situation of students in learning, life, social and other aspects, accurately grasp the psychological dynamics of students. According to the results of psychological tests and heart-to-heart talks, counsellors can evaluate and classify students' mental health status, list students with potential mental health hazards as key observation objects, conduct in-depth heart-to-heart talks and record them in mental health files, and formulate corresponding treatment plans according to the current situation and evolution trend of the parties' mental health. Through the analysis of information and data, the characteristics and laws of college students' physical and mental development are carefully summarized, and more effective methods of mental health education are constantly explored. Regularly carry out a series of activities with the theme of mental health education. The external factors that affect college students' mental health are often complex, but as far as the internal factors are concerned, the lack of psychological coordination and adaptability, and not good at self-psychological adjustment are the important reasons. Counsellors can organize class meetings, lectures, speeches and recreational activities with the theme of mental health education to build a harmonious and healthy campus environment for students, strengthen humanistic care and psychological counselling for students, and enhance students' psychological resilience to cope with pressure and frustration.

## 5 Conclusions

At present, the mental health status of college students in China is lower than the average level of Chinese residents, but the detection rate of depression and anxiety is significantly higher than the average level of Chinese residents. The psychological problems of college students mainly include academic problems, employment problems, love problems and interpersonal problems. College counsellors, as one of the faculty members who have the most frequent contact with students in their daily study and life, have a high understanding of the actual learning situation and mental health level of college students, so it is necessary to improve the effectiveness of mental health education for college students through various ways to promote their all-round development. College counsellors need to constantly enrich their own knowledge of mental health education, strengthen communication with students and establish a long-term mechanism of prevention and treatment of psychological problems to further promote the construction of college students' mental health management system.

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