Analysis of the Current Situation of Psychological Health Education for Local Normal University Students

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Abstract: The psychological health issues of college students are related to their growth and development. Only by implementing psychological health education and maintaining the physical and mental health development of college students can the quality and effectiveness of education be systematically improved. This article briefly analyzes the current situation of psychological health of local normal university students based on their psychological characteristics, and proposes methods for implementing scientific psychological health education for college students in combination with existing problems. The aim is to improve the effectiveness of talent cultivation and contribute to the development of local education.

Keywords: Local Normal Universities; College Student Education; Mental Health Education

Introduction

Therefore, based on the actual situation of local normal universities, it is necessary to examine the needs of mental health education from multiple perspectives, and scientifically explore the innovation of mental health education, in order to provide good support for the scientific development of mental health education and the innovative promotion of talent cultivation work in normal universities.

1. The Current Situation of Psychological Health Education for Local Normal University Students

Psychological health education for local normal university students is one of the current important issues. Universities are faced with various pressures such as schoolwork pressure, interpersonal pressure, Psychological stress, etc. Many people lack the skills and methods to deal with pressure, resulting in more and more prominent mental health problems. Specifically, there are the following issues with mental health education for local normal university students:

Firstly, the infrastructure is insufficient. Many local normal universities lack places and facilities for mental health education, such as psychological counseling rooms and psychological evaluation rooms. The problem of insufficient infrastructure education is obvious, which cannot effectively support the scientific organization and planning of mental health education and the systematic implementation. This will seriously affect the effectiveness of the organization and implementation of mental health education, and is not conducive to the efficient implementation of educational activities.

Secondly, there is a shortage of teaching staff. The faculty of mental health education in local normal universities is generally weak, with incomplete coverage of professional fields. Some schools even do not have full-time mental health education personnel, and the problem of insufficient faculty is relatively serious. It is not possible to implement one-on-one psychological counseling for normal university students in mental health education based on their actual situation, and the problem of inadequate proactive psychological services is also quite obvious, It is not conducive to the systematic popularization and implementation of mental health education in normal universities, which will have serious constraints on mental health education.

Thirdly, the educational methods are single. Some local normal universities place excessive emphasis on traditional educational methods and neglect innovative educational content in mental health education, resulting in a low level of understanding of mental

health issues among students. Especially in the context of the information age, there is relatively little exploration of information based mental health education models, and the development of new media education activities is not deep enough to effectively demonstrate the unique advantages of mental health education in the new era, It will affect students' acceptance of educational content and be detrimental to the scientific development and systematic implementation of mental health education.

2. Innovative Reform Measures for Psychological Health Education of Local Normal University Students

2.1 Constructing an interdisciplinary mental health education system

Psychological health education for normal school students is related to their personal development and also has a certain correlation with their future career development. In the process of carrying out psychological health education for normal school students in the new era, it is necessary to pay attention to the organic integration of multidisciplinary content, build an interdisciplinary psychological health education system, and enhance the professionalism and systematicity of education. Specifically, mental health education involves many disciplines, such as psychology, pedagogy, medicine, sociology, etc. Therefore, it is necessary to organically integrate multiple disciplinary fields to form an interdisciplinary education system, in order to have a more comprehensive understanding of students' mental health status, develop scientific and reasonable mental health education plans, and improve students' mental health level. Therefore, schools should focus on the integration of multiple disciplines in educational practice, enrich the main content of mental health education, and effectively ensure the efficient implementation of educational and teaching activities.

2.2 Building a multifunctional mental health education service platform

The construction of mental health education infrastructure and the development of service platforms can optimize and support systematic innovation in mental health education activities, and systematically implement the organizational effectiveness of education work. Therefore, based on the current situation of mental health education in normal universities, the construction and development of multifunctional education service platforms should be prioritized, and the systematic implementation of mental health education should be promoted from multiple perspectives. Specifically, in local normal universities, building a multi-functional mental health education service platform can help students better solve psychological problems in their daily lives and studies, improve their psychological quality and self-management ability. In the construction of the platform, a counseling mechanism for individual psychological counselors can be established to provide real-time, regular, and irregular supervision and evaluation for each counselor, ensuring the reliability of consultation quality and service effectiveness. At the same time, schools can build a mental health education service platform that integrates online and offline consultation based on the practical needs of educational work, providing real-time online consultation services for students, facilitating their access to psychological support and assistance at any time and anywhere. On this basis, normal universities can establish a mental health education information platform to highlight the effectiveness of mental health education, regularly release knowledge, skills, and methods of mental health education, and also provide rich psychological tests and scales to help students understand their own psychological state. In addition, a curriculum education platform can also be designed and developed. The courses of this service platform not only include course style psychological knowledge, but also provide psychological skills courses related to emotional management, emotional intelligence improvement, etc., providing students with various learning and practical opportunities to improve their psychological quality and self-management ability. In this way, building a mental health education service platform with diverse functions, comprehensive content, and comprehensive services requires multiple collaborations. In addition to being based on the characteristics and real needs of students, it also requires having a professional team and technical advantages, and continuously improving and absorbing good practical experience.

2.3 Constructing a New Media Mental Health Education Model

In the current information age, new media communication has become the main way for people to communicate. Therefore, it is necessary to construct a new media mental health education model in local normal universities' mental health education. In practical work, in order to highlight the effect of new media mental health education services, we can try to develop new media mental health education and consulting services from the following perspectives: First, build a WeChat official account for mental health education and consulting services. Through the establishment of WeChat official account, mental health promotion and information sharing will

be online, and mental health knowledge and methods can be disseminated to students. At the same time, classic cases and practical skills can be published regularly. In addition, functions such as automatic reply and online consultation can be added to facilitate students' online learning and practice. Secondly, by releasing video courses on mental health education and services on new media platforms, utilizing popular new media formats such as short videos and new technologies such as mini programs and live streaming, mental health education is provided to students through diversified means, enabling them to better accept knowledge and methods of mental health education, and also enhancing their communication and collaboration abilities. Thirdly, build an online communication platform for mental health education services. By establishing a Q&A platform that is close to students' current situation and captures their pain points, students can express their personal ideas, exchange learning experiences, and solve problems on it, achieving comprehensive mental health education.

Epilogue

In summary, mental health issues have become a hot topic in the current field of education in normal universities. Psychological science research has shown that the mental health problems of college students are related to their social and cultural backgrounds. The emergence of mental health problems among normal university students is the result of multiple factors working together. Only by re-examining the needs of mental health education and constructing a new education system can we effectively promote the implementation of mental health education and demonstrate the quality and effectiveness of talent cultivation work in normal universities. Therefore, in the new era, local normal universities need to provide more targeted mental health education and services, encourage students' self-awareness and management, improve their psychological quality, help them better cope with various challenges in learning and life, and ensure that the comprehensive education effect of normal universities is further optimized.

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