

Application Research On Mental Health Problems From The Perspective Of Educational Science

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Abstract. From the perspective of application research, this paper systematically combed the education scientific research of mental health problems, including the main branch education science research on mental health problems and education by the education object of mental health problems in science research, such as student group, occupational group, and Internet population, related to early childhood education, basic education, higher education, vocational education and adult education such as level of education objects. These findings are examples and models to develop mental health education.

1. The research of educational science on mental health problems mainly belongs to the field of applied research

1.1 The field of moral education

In a broad sense, moral education is "education in which educators exert systematic influence on the educatees in a purposeful, planned and organized way according to the requirements of a certain society or class, and convert certain social thoughts and morals into individual ideological consciousness and moral character". In order to effectively transform the social content of moral education into the individual's inner ideological character, it must be through the individual's positive psychological activities. There is a natural connection between moral education and psychology. Moral health itself is an important connotation of mental health. Among them, the influential research results, such as American pragmatism educator John Dewey proposed first, then by the Swiss psychologist piaget and Kohlberg, an American psychologist, experimental study of the cognitive school's theory of moral development stage, and represented by social psychologists Bandura's social learning theory of the new behaviorism, to moral quality of psychological structure and its forming process to conduct a comprehensive interpretation. At the same time, the ideals, beliefs, filial piety, ambition, consistency in words and deeds, practice, integrity, knowledge, sincerity, integrity, moral habits, discipline concepts and sound personality advocated in moral education are also important contents of mental health. Especially on the relationship between moral education and mental health, has accumulated many achievements. In fact, the mental health education in Chinese schools is carried out under the framework of moral education. In addition, the principles, approaches and methods of moral education also provide a lot of useful research results for mental health.

1.2 Field of educational psychology

Educational psychology is a common branch of psychology and pedagogy. It mainly studies various laws and their applications in the process of teaching and learning. In recent years, multimedia, learning atmosphere, learning motivation, learning evaluation and academic emotion have been involved in the impact of these variables on mental health, significance and educational value. Among them, in the field of learning motivation, the study of self-determinism has made great theoretical progress, and cognitive diagnosis evaluation is a new learning evaluation method, which

has important reference value for the development of mental health education activities. At present, the research of mental health service system is a hot topic. Compared with foreign mature system, the only college mental health service system in our country is relatively mature, while the rest of the mental health service system research, were just from construction to implement the process, for example, primary and secondary school mental health service system, the family mental health service system and community mental health service system, etc. In addition, educational psychology on learning psychology, personality psychology, individual differences and education as well as physical psychology, aesthetic education psychology, teachers' psychology and other aspects, have accumulated a lot of research results related to mental health.

1.3 The field of curriculum and pedagogy

In a broad sense, curriculum refers to the scope, structure and process arrangement of educational content determined to achieve the training objectives of schools at all levels. Teaching theory studies teaching activities and their rules. The discussion on curriculum type, curriculum standard, curriculum setting and teaching principles, teaching plan and syllabus, as well as the related research on teaching content, teaching process, teaching method, teaching organization form and teaching effect evaluation have accumulated rich research results. Such as comenius, "think tank", herbart's theory of "multiple interest", Dewey's "children's dilemma", bruner's theory of knowledge structure, skinner's theory of programmed instruction, lozano, a hint of teaching method and root SheYin example teaching method and so on, for the mental health course design, teaching and evaluation, provides a lot of theoretical foundation and experimental evidence for reference. Curriculum is an important means to carry out mental health education in schools. Imparting mental health skills through curriculum is one of the effective characteristics of mental health projects in schools. Dewey also believes that the learning problem of the course is first and foremost a psychological problem. The principle to be followed in the course design is to treat the subject as a special mode of personal experience, rather than as a set of settled facts and scientifically verified contents. He emphasizes experiences and experiences in the course of learning. In fact, this is one of the most important ways of teaching mental health. The success of mental health courses has been attributed to the previous research results and teaching practice experience in the field of curriculum and pedagogy.

1.4 Comparative education science

The comparative study of education in some countries provides reference for the development and reform of education in their own countries. In terms of research methods, there are two types: regional research and problem - centered. Mental health is within the scope of these two comparative studies. The former, for example, before the 1980s in the United States, the emphasis of mental health education was on individual students with psychological behavior problems, and then the focus of mental health education was transferred to all students; While the mental health education in European countries, although it emphasizes the change of students' individual behavior according to the predetermined direction, it pays more attention to improving the mental health level of primary and secondary school students through practice and experience. In the 1960s, Japan began to attach importance to students' mental health education. In the 1990s, psychological counseling rooms or counseling rooms were set up in schools. In 2000, mental health education courses were set up in schools. In the latter, it is found that the research and practice of adolescent mental health education and service in western developed countries started earlier. With the deepening of exploration, its educational goals and contents are also advancing. In the early stage, it mainly corrects the mental behavior problems of teenagers, and in recent years, it mainly improves the mental health level of all teenagers and pays attention to the prevention of mental behavior problems. This is enlightening to the determination of the goal of mental health education for adolescents in China.

2. Research on the application of educational science in mental health problems, guided by problems or phenomena

2.1 Mental health problems of students

Mental health determines the cognitive and social development of children and adolescents. Students with psychological behavior problems face not only stigma, isolation and discrimination, but also lack access to adequate health care and educational facilities. In general, students face psychological distress factors mainly include academic work, interpersonal relationship, self-awareness, mood and employment. Among them, the psychological problems of young people, especially college students, are particularly prominent. College students are in the critical period of transition from adolescence to adulthood. The confusion of self-cognition and pressure of social adaptation brought by their studies, interpersonal relationship and employment make them susceptible to various psychological and behavioral problems. How to promote the mental health and happiness of all students will be the focus of future mental health research. The applied research results in this field include three aspects: first, the macro policy measures to promote the construction of school mental health education; The second is based on the school mental health education infrastructure, such as improving the mental health education system, curriculum, teachers, effectively build the students mental health service system; The third is the compilation of mental health standards and measurement tools for students at all levels.

2.2 Mental health problems of only children

The only-child problem is a social problem in a specific period in China, which comes with the family planning policy. The family system exerts a profound influence on children's mental health through such factors as structure, background, type, physical environment, psychological environment, parents' expectations, psychological atmosphere, parenting style and parent-child communication. The one-child policy has caused a profound change in the traditional family structure, which has resulted in different mental health characteristics between the only-child group and the non-only-child group. The applied research achievements in this field include the characteristics of the mental health of the only child the influencing factors and the prevention and intervention measures of psychological behavior problems. These studies prompted the one-child mental disorders and mental disorders for early intervention and treatment, and through the family mental health education activities actively, attaches great importance to the family counseling and psychological counseling, improve the level of the only child's mental health, for all the students psychological health education research, a positive role in inspiration.

2.3 Mental health problems of children from divorced families

Divorced family is a social problem that scholars all over the world pay close attention to. Studies have shown that the scl-90 score of children from divorced families in junior high school is higher than that of children from normal families, and children are more likely to have mental health problems after their parents' divorce, such as aggressive behavior, impulsivity, antisocial behavior and poor interpersonal relationship. Relevant studies have important social value. The applied research results mainly focus on the characteristics of mental health problems in children of divorced families, the mechanism of adaptability problems and educational intervention research. These have promoted the development of educational science and psychology academically, because the research on the psychological behavior characteristics of children from divorced families can provide guidance and reference for the education of this special group compared with children from intact families. In practice, through school psychological counseling and services, it alleviates the psychological pressure caused by the family structure change of parents' divorce on individuals, and promotes the healthy development of individuals and society.

2.4 Mental health problems of occupational groups

As the backbone of China's economic construction and social development, professionals are directly confronted with the huge conflict between social transformation and economic and social environment, and the prominent problems such as job burnout, anxiety and depression. The applied research results in this field focus on the preliminary exploration of the characteristics, causes and influencing factors of mental health problems of different occupational groups, and accordingly establish the evaluation criteria, early warning mechanism and intervention system of mental health of occupational groups. Among them, occupation groups related to public safety and service are of particular concern. For example, the study found that the overall mental health level of Chinese soldiers is lower than the domestic norm, and the problems in "obsessive-compulsive symptoms" and "interpersonal sensitivity" have been prominent. Up to 68 percent of the police have psychological depression, and prison police have more psychological stress, and there are gender, post and years of work differences; The overall mental health status of medical staff is lower than that of the general population, but they usually adopt positive coping methods to solve problems and seek help. The psychological damage from patients, their own health status and life events are the top three factors affecting the mental health level of the occupation. The mental health status of employees in different ownership enterprises is different and closely related to negative sexual life events. Social pressure, procedural pressure and age pressure are the main causes of mental health problems of public servants; About 38% of the athletes had some kind of mild adverse psychological reaction, and 10% had some kind of obvious mental health problem.

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