Review and Prospect: Research on Education Development of College Students' Mental Health in China during the 40 Years after Reform and Opening-up

Zeng Jiao, Wen Lan, Wang Xiu-jun
South China Business College
Guangdong University of Foreign Studies
Guangzhou, China

Abstract—China began to pay attention to the psychological health of college students' education in the 1980s, has been about 40 years of development history. In the past 40 years, education industry of college students' mental health in China has developed steadily and made some progress. But at the same time, we are also facing more intense social competition and psychological pressure in the new era. Therefore, it is of great significance to review the development process of education of mental health of Chinese college students, analyze the key nodes in the development process and improve the theoretical system of education of mental health of Chinese college students.

Keywords—college students; Mental health education; Historical background; Development model

I. THE HISTORICAL BACKGROUND OF EDUCATION DEVELOPMENT OF COLLEGE STUDENTS' MENTAL HEALTH IN CHINA

Education of college students' mental health in China has been gradually developed in the historical environment with Chinese characteristics. These historical factors mainly include the following aspects:

A. Demonstration effect of education on mental health of college students in other countries (regions)

In Europe, America, Japan, Hong Kong and Taiwan, many colleges and universities have set up education institutions of mental health since the 1950s. The United States began to set up psychological counseling institutions in the 1940s, and Hong Kong began to set up psychological counseling and health care institutions for college students in the 1970s. Most of the universities of Hong Kong at that time set up student offices or student guidance offices. Their main function is to carry out psychological counseling for college students in a timely manner. Japan began to set up psychological health care institutions for college students in the early 1950s. In September 1976, the ministry of education of Taiwan province issued two documents: "implementation points of establishing student counseling committee and student counseling center in colleges and universities" and "implementation requirements of establishing student mental health center in colleges and universities". From the perspective of government policies, these two documents ensure the orderly development of education work on the mental health of college students in Taiwan province. Therefore, after the reform and opening up, China has quickly joined the education team of college students' mental health, which is in line with international standards and builds a platform for student exchange. In the process of communication, education results of college students' mental health in these countries and regions have played an exemplary role in education of college students' mental health in China. They provide theoretical reference for education of college students' mental health in China.

B. The guiding role of education movement in early mental health in China

China's mental health movement as early as the 1930s began to sprout. Professor Wu Nanxuan from the department of psychology of Nanjing central university took the lead in setting up the elective course of mental health. This is the first time that Chinese universities have offered education courses on mental health. In April 1936, the Chinese mental health association was founded in Nanjing, which marked the further development of mental health in China. Subsequently, the war of resistance against Japanese aggression broke out in China for eight years. Mental health education work in China was suspended during the Anti-Japanese War. After the reform and opening up, education of mental health gradually returned to normal development. During this period, some experts, scholars and research institutions in China conducted a survey on college students' mental health. As a result of the survey, universities began to pay attention to the mental health of college students. China has gradually established a number of the earliest domestic mental health education institutions. For example, east China normal university (ECNU) and Shanghai Jiao tong university (SHJTU) set up on-campus psychological counseling classrooms to help college students grow up healthily. In 1986, the first academic exchange meeting of adolescent mental health was held in China. The meeting was held in Beijing and was organized by the Chinese mental health association. This event marks the beginning of psychological health movement in China's education sector. After that,
universities in Beijing, Shanghai, Wuhan, Zhejiang, Jiangsu and other regions set up psychological counseling centers. In 1990, China formally established the college student psychological counseling committee of the Chinese mental health association. This marks that education of mental health of college students in China has officially become a separate professional field.

C. The social environment in the new era promotes the development of education of mental health in China

With the advent of the era of information technology, college students in our country are exposed to all kinds of information at a faster and faster speed, and the content of information is becoming more and more abundant, among which there are some harmful information to college students' mental health. Especially in the past decade, mobile Internet products have become a necessity of people's life. College students, even primary and middle school students, are almost each a smartphone. It not only brings convenience to our life, but also makes these mentally and physically immature students receive information that they cannot judge correctly. The feasibility of banning students from receiving information is extremely poor, and it is not the right way to deal with it. What universities should do is how education students correctly identify, think and recognize information. One of the most important is the mental health of college students.

Forty years after the reform and opening up, great changes have taken place in our country. With the rapid development of economy, our country is also facing various social problems. People's life rhythm is too fast, the social competition is increasingly fierce. College students and graduates often face heavy pressure of survival and employment. They are faced with the gap between ideal and reality. They face the most important choices in their lives at the most confusing time in their lives. For a long time, although Chinese universities have held many psychological counseling activities, they still only focus on cultivating students' professional skills and knowledge.

Informatization and intensified social competition are two important factors to promote education work of college students' mental health in China. It is an inevitable trend of today's society to carry out education for college students' mental health and guarantee their mental health. College students' psychological education is developed under such social factors.

D. National policies guide the education work development of mental health

Since 2001, Chinese universities and the ministry of education have paid more and more attention to mental health education. China has issued a series of mental health education work guidelines. These policy documents have greatly promoted the development of college students' mental health education nationwide. The education of college students' mental health has changed from a social focus to a government focus. Education of college students' mental health has been paid attention by the government, society, school and family. The development of mental health is an essential component of human and social development, which plays an important role.

In 2012, the ministry of education of China issued the "education guidelines for primary and secondary school mental health". In 2013, the ministry of education of China issued the "guidance on strengthening the work of education on psychological health of college students". In 2015, the general office of the ministry of education issued the "education work implementation program for college students' mental health" again. This series of policies shows that the Chinese government pays attention to the education work of college students' mental health and provides good policy support for its development.

II. Education development of college students' mental health in China

From 2000 to 2018, education of mental health of college students in China developed rapidly, but there are still some problems. We need to sum up our achievements and think about the problems we face now.

A. Rapid development, but uneven regional development

After the promulgation of relevant policies in 2002, education work on mental health of college students in China began to be popularized on a large scale. During this period of time, we experienced the process of college students' mental health organization changing from less to more, from disorder to order, and from social behavior to government organizational behavior. Since 2003, universities in the central and western regions of China have gradually started the education work of college students' mental health. Subsequently, education of college students' mental health has gradually become a very important part of their quality education. In recent years, universities and colleges in China have even begun to hold academic exchanges on mental health, exchanging education work experience and sharing education work methods, principles and approaches. However, the education level of mental health of college students in China still lags behind that of other developed countries. Overall, our mental health education level is still low. Student suicide rates are high. Although in the past 20 years, universities in central and western China have begun to pay more and more attention to mental health.

But the level of development in each region remains uneven. The overall education level is relatively low, and some universities just take education work on mental health as a task to complete. Generally speaking, colleges and universities in eastern China and big cities pay more attention to mental health education work.

B. Education is diversified, but the enforcement is inadequate

The reasonable education method is an important factor to ensure the psychological health of college students. With the advent of the information age, we began to adopt various kinds of information technology, such as large Numbers, limited artificial intelligence, etc., to understand students and establish databases. In 2008, the university of central China university of science and technology organized a physical examination of the psychological condition of the whole school. Students fill out a questionnaire on the computer or phone, and the school...
scores the students' mental state through professional psychological mathematical modeling. The school counselors mainly communicate with students, and the organization of the psychological doctor is a stressful and stressful treatment for students with higher psychological stress. After the treatment is complete, the counselor will return the interview offline. This model has been a major part and form of mental health education in the next 10 years. In addition, many colleges and universities have accumulated various valuable experiences, which have invested a lot of education resources in college students' mental health education. Our college students' mental health education forms the education model with its own characteristics.

Although we have adopted professional psychological research methods and numerical modeling analysis, some students, even counselors, do not value these mental health monitoring. They just look at it as a task that must be done, and they don't fill out the answers. These problems make it impossible to collect information to solve the students' psychological problems.

C. Strong policy guidance, but the industry lacks unified management

In 2016, 22 Chinese government departments jointly issued a document to support the mental health industry. Such support for college students' mental health industry at the national level is rare in other countries. But this is no accident. Since the beginning of 2015, the CPC central committee and the state council have attached great importance to the education work of national mental health, and started to conduct in-depth and extensive research on the entire mental health industry. After more than a year of research and a lot of work by universities, hospitals, Chinese academy of sciences and other institutions, 22 Chinese government departments jointly issued the "guidance on strengthening mental health services". This document is a specific interpretation of general secretary Xi Jinping's speech at the national health and health congress in August 2016. It marks that our country has begun to pay attention to the national mental health education work. At present, we are facing difficulties and challenges in the mental health education industry, which lacks industry management. The standardization and professionalism of the whole industry are still very low, and the cultivation of professional personnel is still very irregular. Therefore, the most urgent problem to be solved is to establish an industry management association to carry out comprehensive industry management under the guidance and authorization of the central government and governments at all levels. Without trade associations, these policies are difficult to implement effectively.

D. The number of teachers grows orderly, but the teaching level varies

At present, the number of professional teachers engaged in education of college students' mental health is increasing. Many key universities in China have set up the major of mental health education. After graduation, students of this major will often choose to stay in school and take a post to engage in education work of college students' mental health. There is no denying that college students' mental health education is a sacred and meaningful job. However, the economic return of the industry is low, and the development of industries in different regions is uneven, which makes it difficult to guarantee the teaching level. School mental health education should try to combine with the social mental health service industry, make full use of clinical information resources, and provide technical guidance and support for the social mental health service industry.

III. EDUCATION JOB PROSPECT OF MENTAL HEALTH OF COLLEGE STUDENTS IN CHINA IN THE FUTURE

We review the development background of the past, and the current development situation, in order to accurately judge the future development trend. As can be seen from the above, education of college students' mental health in China will mainly present the following development trend in the future.

Firstly, education of college students' mental health and the social mental health service industry will drive and promote each other. Mental health education is an idea, not just a method and technology. The author believes that in the future, mental health education will become a crucial part of higher education. Every school will set up its own psychological counseling institution, and everyone will accept mental health. Education front-line staff of school mental health will become an important resource of social mental health services. The development of the social mental health service industry will also enable more high-end talents to join the work of mental health education.

Secondly, education mode will be transformed from "cure" to "cultivation". At present, education model of college students' mental health in China is divided into two types, one is the correction model, and the other is the development model. In theory, people would agree that the development model is the main one and the correction model is the auxiliary one. But in the process of actual implementation, people often adopt the correction model. In the future development process, they will still be the two mainstream models. But universities will pay more attention to the development of students' psychological potential and the improvement of their psychological quality. Gradually from the treatment of students' psychological problems, to cultivate students' psychological quality. To form a new education model which is mainly based on development and supplemented by correction.

Thirdly, education's approach is going to be more and more diverse. With the rise of Internet and Internet of things technology and the acceleration of social rhythm, education of college students' mental health in China will face various challenges and opportunities. Therefore, the modernization and scientific teaching mode is imperative. In order to make mental health education more effective and more popular, we must adopt teaching methods that are more acceptable to students. Group counseling and mobile Internet counseling are two teaching methods worthy of attention. The forms of group counseling are more diverse and the interaction between students is stronger. At the same time, it is more efficient and applicable to a wider range of situations. In the future, it will be more favored by universities. Mobile Internet will become an important carrier of education for mental health. By using
online courses, online counseling, psychological testing APP and other forms, students can more boldly accept mental health education while ensuring their privacy.

Fourth, the education content range of mental health will be more extensive. At present, due to the development of Internet information technology, students receive more diversified information content and channels. Accordingly, their needs are becoming more diversified. Therefore, the education scope of mental health in China should be broadened. Gradually from student psychological counseling to learning counseling, life counseling, career choice counseling and other areas to expand.

IV. CONCLUSION

Under the exemplary role of foreign universities, Chinese universities have spontaneously promoted the education work of college students' mental health. Under the specific historical environment, it needs to go through the process from social behavior to government behavior and finally to social behavior. At present, education is developing rapidly in the mental health of college students in China, but it still faces many difficulties and challenges. In the future, the psychological education work of college students in China and the social and psychological health service industry in China will develop together and promote each other. At the same time, the education form of college students' mental health will form a development mode that focuses on the cultivation of psychological quality and supplemented by the correction of psychological problems.

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