

The Value Analysis of Mental Health in the Educational Management of Universities

Yao Cheng
Sichuan Agricultural University
Yaan, China

Abstract: In this paper, we make the strengthen college students group counseling system of mental health education as the emphasis and breakthrough point of adaptation of higher education management. Through a series of effective, multiple intensive establish application, which is the mental health education and training methods. To adhere to firmly promote college students active healthy consciousness as the core guiding, to further establish strategy mechanism tight complete training of psychological counseling, then coordination to realize the college students mental health exercise remodeling and higher education management operating system update interactive to get win-win improvement.

Keywords: Mental Health; College and University Education Management; Value Analysis; Adaptation Method

1. Introduction

Under the background of the physical expansion of enrollment in colleges and universities that it shows growth spurt expansion wave, and adapted to the student community spiritual civilization construction has lagged behind procrastination, especially the creation promotion on the education and management level that the college students mental health counseling training. It is not only follow an old routine type weak inaction, but also still a commonplace talk of an old scholar of preaching stack. Which makes a part of the present college students' basic moral accomplishment is low, psychologically fragile, spirit of defense architecture is empty. Higher school education management and operation of the update improvement has been imminent, be imperative. Based on the core guiding of fully guarantee the mental health level of college students thought steadily and long-term development of operation system of higher education management. Through the creation of a series of scientific multiple mental health counseling training approaches to development, cleaning the students mental thought sediment stubborn dir. To effective realize the comprehensive improvement of the college student psychological health moral cultivation and management of college education system regulation extended dual a type.

2. The Bottleneck of University Student Mental Health Status

2.1. Criminal Incidents Rapid Increase

With the gradual adjustment of the social structure and the individual unit trend of the social system, the college student due to their own fuzzy moral value orientation, fragile psychological quality and not strong ability to resist temptations, Which also makes this group of criminal sexual events increase year by year. College students groups of theft, limb injury two categories stand out. While the theft crime is rampant, largely accounts for 80% of all the total number of criminal incidents. The theft objects rapidly converted into hard currency nature of cash, laptops, cell phones and other valuables. It not only resulted in minor student stolen property suffered huge economic losses, but also caused an extremely bad negative impact in campus.

2.2. Mass Conflict Increased Significantly

The college student group dues to in the physiological gradient and psychological remodeling special period are extremely sensitive for the object stimuli outside. They often have intense group conflict result from little objective factors influencing, the typical manifestation is a small range fights. This conflict has the character of strong sudden, big chance and wide masses. The reasons of these incidents are altercation escalation becoming to body collision, love relationships involving leading to conflict, drinking smoking stimulating the extreme emotion vent and so on. About the emergence of conflict situations, it is not only seriously disrupting normal smooth rules in university campus life, but also caused the poor groups impact and vicious consequences.

2.3. More Spirit Distortion Problematic

The college student group suffers three social pressures from the family, the school, the social. Their own mental bearing capacity is generally low. collection of, their own mental endurance was generally low, so that under the background of mental body exceeded for a long time, gradually caused distortion spiritual growth, which represent derivative consequence is depressive of disorder, infantile autism, and manic depression. Result sudden unexpected problem such as poisoning destroyed, alcoholism wounding, leave away, suicide and homicide. For example, the college student frequent outbreak in the past few years is a typical case of intentional injury events as well as a warning. This work with the present college education management system shorts board for the mental health of college students ideological for college student psychological health ideological and moral construction system defects are not unrelated.

3. The Status Utility of Mental Health Adapter Teaching Management

Auxiliary training of mental health core idea is the object subject of mutual recognition, mutual recognition. And based on the power status further establish this respect and trust between the subject and object, which essentially reflects the conceptual level kind of subjectivity. At last, in the social practice, encourages main object show themselves and test what they have learned. In relative terms of the college student group, the main object for classmates, teacher and student, and social practices is different, but each link. While the objects will be developed three valuable admitted forms are love, power respect and social entity. In the form of three admitted forms need be corresponding recognition of the object, in order to lure object own development experience in the form of self-confidence, self-esteem, self-respect and spiritual level, to achieve the object main basic moral sentiments, social rank orientation, and practical application ability to get corresponding to elevate.

Mental health supplementary training as the important part of socialist spiritual civilization and the creation of extending the effectiveness of engineering in the university system, it play an irreplaceable uniqueness role on the transformation of the spiritual dimensions of mental health for college students remodeling. The pros and cons of mental health assistance training quality is directly constraints affect college students the basic moral emotional health develop, social value orientation correctly establish and enhance social practice ability. The core of mental health auxiliary training lies in the main object, which is the groups in college students are placed in the core place, the value of main body status is maximize the highlights, which makes social practice recognized and valued for the main body of self-worth, and then internalized taught a sense of accomplishment and

pride in the level of community spirit. It is clear that this recognition forms whose key point is social value is the continual deepen of the emotional moral level and the social rank recognized form. Therefore, the student group can receive mental health adapter education through a series of external environment recognition feedback, and cured to form the positive thinking experience, then form the curing experience of positive thinking to promote individual initiative establish a public spirit and consciously enrich moral personality. And ultimately it is helpful for powerful boost college the healthy functioning of the education management and operation.

4. The Explore and the Creation of Higher Education Management Mental Health Adapter Way

4.1. The Policy of Solid Guidelines Reinforce the Adapter Education of Mental Health

Firstly, resolutely put an end to the proliferation of formalism extension, the university system education staff make sure that they accurately and fully convey the important instructions of superiors, issue a sufficient amount of mental health guidance learning handbook timely, and organize long-term fixed teachers and students groups conducting seriously mental health meeting about the spirit of collective learning; Secondly, related educational administrators need thoroughly implement the superiors' important guidelines of "find, grasp, promote", set a good example to fit education into the mental health, effectively lead the teacher and student groups to find out where is the crux problem and grasp the key points, timely and efficient solution, so as to promote the work of mental health advocacy solidly; Moreover, to further strengthen the centralized training on the knowledge of the mental health of the student population, fixed organize the professional person to conduct the mental health experience exchanging, timely carry out the question and answer project of "a bunch of area, improve together" simulation drilling to allow college students to workable and implement the knowledge among knowledge and skills exercises, strengthen the acknowledge of overstating thought, and ultimately steady student groups active and healthy psychological awareness.

4.2. Quick Sound the Prevention Warning and Control Mechanisms of System Complete the Mental Health Training Management

The college education management system leading decision-makers need by means of the creation of a series such as mental health safety hazard prevention publicity, mental fault simulation exercises as well as experts and scholars to participate in the training of mental health education seminars and other ways to carry out, so as to make the teacher and student group in a timely manner quickly set up psychological health risk prevention con-

sciousness of thinking. It also needs to continue to strengthen the laws and regulations, moral integrity and first aid to survive of a series of mental health hazards prevention and control processing, and steadily enhanced the security concept of the student groups, the moral orientation of law-abiding and social the survival skills of practice, thus for mental health and safety hazard events to create push to build the early warning and control coordination of solid objective conditions. At last, lay a solid firm based on the mental health and moral creation work of the long-term progress. It is important note that the related education managers need to uphold the concept of edutainment training. In the education on the coordination interaction reflected in the process of training mental health education of educational, regulatory and adaptive. Focus on training the college student groups' comprehensive psychological qualities to solve coping practical problems.

4.3. The Fully Optimize Mental Health Exchanges Interactive Feedback Operational System

Firstly, higher education management system should be timely create the intervention system of the university student mental health crisis, which will be responsible for the collection and processing of the spirit of the students' mental health information, and accept the mental health advisory, therapy students do some comprehensive and sustained follow-up counseling; Secondly, through a series of psychological mental health classroom education, expert lectures, team counseling, collective activities carried out advancing rapidly and effectively advocate groups of students, establish the idea of "ahead to prevent precious life", so as to further consolidate and improve the psychological quality of the student groups; Thirdly, the school needs to actively establish cooperation relationship with social professional psychological and social counseling services institution, timely organized student groups to accept collective test and contrast training of the professional mental health medical institutions. And then student groups can raise the overall positive optimistic, healthy and progressive mental moral and acknowledge standards

5. Mental Health Adaptation Pathways Comprehensive Benefits and Industry Value

5.1. Further Broaden the University Curriculum Wide Aero, to Enrich Students' Reserves of Moral Thinking Spirit

The college mental education management work a long time with its conscientiousness, density and oneness gives the impression of the "boring". Most of the higher education management under the influence of the traditional educational philosophy and educational way, also make the value of education manager and student group presented a relative with a single. Domestic university

education management there is always "heavy re-teach, light feedback" status. Education staff stand high above the masses, they mechanical transmission the knowledge to their student. Students are only passive receiver and absorb the knowledge. The whole teaching and learning process shows perfunctory and numbness of the "routine" style, lack of contrast adaptation practice. Especially the experience of the contemporary college student is simple, lack of social practice, mental health adaptation training is critical and necessary in higher education management system. Its related educators need to inherit and carry based on the excellent tradition, steady to solid to advancing the education of mental health adapter wide aero, truly reflects the content of the secondary education of mental health in a wealth of training and education practices in various forms, and flexible means of the unique advantages of its prominent college students' ideological and moral level auxiliary role.

5.2. Helpful for the Application Capabilities for Our Students to Solve Practical Problems

College students group is the successors and fresh troops to the cause of socialist construction, as well as the future and hope of the nation-building. Education management is not only assisted students master the key interface of Marxist basic viewpoint, advanced theories of socialism with Chinese characteristics, is also to train college students to the effective and rational use of the basic principles of Marxism analyze and solve important social practice mentor. When the relevant university educators conduct the adaptation of mental health education, we need continue to solve new issues, to open up a new realm, to achieve new breakthroughs. In the era of mission of building socialism with Chinese characteristics, and mental health education training close organic convergence, to carry out a series of effective social practice design, social investigation research, social problem processing as well as feedback. In the social practice, we need to deal with the various intricacies of human relationships so that students really get out of the classroom into the community. In the practical experience process, develop students' sense of social responsibility and national mission, then they can quickly enhance positive mental health science, so as to steadily improve the ability of students to use the theory of Marxism-Leninism to analyze and solve practical problems.

5.3. Depth Enhance Students' Moral Character, and Consolidate the Correct Values

Mental health education is not the simple supplement as well as a single extended than books theory, it is not also the linear absorption process of the student passive acceptance from teacher. But under the guidance of a teacher, the students organize themselves to complete the process of coordination of activities. It not only makes the knowledge of the students get experience and use, but

also to guide students through the reality of the world around, comprehensive and actively explore the phenomenon or event, take the initiative to obtain direct experience and internalized into their own beliefs and self-cultivation. Mental health training and education is a process, which do things and behave in life. In this process, the student population rich of natural, social and self-overall understanding and practical experience in a step-by-step training firmly establish selfless dedication to the community lofty consciousness. And it will be converted to hard to learn, to serve the spiritual power of the state, and ultimately achieve a comprehensive update and deep moral and sublimation of the self-psychological qualities.

6. The Emphasis Details of the Mental Health Assistance the Operation of Higher Education Management

The student group is in the physiological development, mental changes, mood swings of the special period, on the one hand showing a stubborn, personality, and public treason performance, while on the other hand, they will encounter loneliness, helplessness, lost the confused situation. This requires the Higher Education Management workers to uphold actual stage based on the student group, and promote the comprehensive growth of the fundamental principle of the student population means the creation of a series of management system. To set yourself for the sake of the student group more observe, more contact, less blindly follow, less blame. For unknown reasons, the trend fuzzy psychological problems of the student group you need to more ask, more communication, more thinking, and invite peers students analyzed together, advice and suggestions, to properly resolve and organize regular the student group learning exchange life difficult confused answers, interactive talk game, thus fully coordinated construction to build an active and lively blend of harmonious overall atmosphere. Related educators in the supervision of the teachings of the group of students receiving mental health counseling training, it is not only to enlighten them with reason, but also touch emotion. On one side, it request that student needs rethink and say their mental health training and its

related rules and their committed error fact. It makes them allowed to fully cognitive institutions ideological education management rigor, self-seriousness of the error, and self-correction urgency. In the other hand, we should use the relax tone, have a communication together, which can really show the concept of the teacher love and teach their students. It allows students think that the education management workers as affable level friends go tell confused, difficult to verify, and to seek guidance. This not only makes the student group resolved to relieve the errors knot and effectively enhance the college experience in education management and operation skills. For long-term operation of the management system for higher education will undoubtedly have a positive and practical utility of auxiliary reference significance.

7. Conclusion

The training method of college student mental health education as one project with conditionality, components, integrated engineering and systematic of socialist spiritual culture. It plays a supplementary control key utility in the socialist spiritual civilization system in the higher education management system. Starting from the basic premise of effectively protect the long-term development of the undergraduates community mental health construction work management system, multivariate psychological health counseling training effectively through a series of scientific approach of creating and operating. At last, powerful booster push mental education training and university education management operation system of college student group stable, harmonious and long-term development.

References

- [1] Liu Li. College mental health education management re-understanding[J]. Journal of Bohai University, 2012 (1).
- [2] Chen Qian. University Mental Health Education Exploration[J]. Success, 2012 (4).
- [3] Ji Mingming. The construction innovation of university mental health education system mechanism[J]. The Jiangsu higher education, 2012 (7).
- [4] Ma Xiaolu. Explore college mental health education model[J]. Examination Weekly, 2012 (9).