

Exploring the Path of Mental Health Education in Colleges and Universities under the Perspective of "Three-Whole Parenting"

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Abstract

In the new era of ideological and political education in colleges and universities under the framework of "big ideology and politics", mental health education has become an important part of ideological and political education, which requires all educators to actively change their concepts, and to integrate "cultivating the heart" with "cultivating virtue". This requires that all educators must actively change their concepts and integrate "cultivating the heart" with "cultivating morality". Under the new development situation, building a "three-whole" psychological education pattern is not only an important measure to cultivate socialist builders and successors with Chinese characteristics, but also a focus point to improve the quality of moral education in colleges and universities in the new era. This paper takes the concept of "three-whole nurturing" as the core, and starts from three perspectives: all-member, all-process, and all-round, coordinates mental health education resources, and explores the new path of mental health education in colleges and universities.

Keywords

Three-Way Parenting; Mental Health Education; Nurturing the Heart; Nurturing Virtue.

1. Preface

In recent years, "three-pronged education", as a guiding ideology and educational approach, has become the focus of all colleges and universities in the implementation of the fundamental principle of "cultivating morality and nurturing human beings". The concept of "three-pronged education" emphasizes the holistic nature of education in colleges and universities, and requires all elements to work together. [2] The concept of "three-pronged education" requires schools to pay attention not only to the academic achievements of students, but also to their physical and mental health. Mental health education, as a part of comprehensive quality education, is an important part of the center of moral education in colleges and universities. Under the perspective of three-whole education, college mental health education is a powerful hand to enhance the effectiveness of college education, and it is the rightful meaning of cultivating high-quality talents with comprehensive development. Colleges and universities should deeply realize the importance of mental health education under the pattern of "three-whole-education", and then comprehensively and systematically strengthen the mental health education of all students, instead of only targeting the education of some problematic students.

2. The Relationship between "Three-Whole Parenting" and Mental Health Education in Colleges and Universities

2.1. The "Three Ways of Parenting" as a New Approach to Improving Mental Health Education in Colleges and Universities

In the face of the current reality of mental health education in colleges and universities, we need to use a new method to open up a new situation of mental health education, and "three full

education" is undoubtedly adapted to the needs of the development of mental health education in colleges and universities. Under the perspective of "Three-Whole Parenting", we are required to comprehensively and meticulously control all processes and links of mental health education in colleges and universities from the perspective of all staff, all processes and all-round dimensions, so as to optimize and improve the quality of mental health education in colleges and universities as a whole.

The "three holistic education" has a comprehensive revelation on mental health education. First of all, the model of "three-whole-education" emphasizes the comprehensive cultivation of students, including knowledge, skills, physical fitness, mental and humanistic qualities. Mental health education is one of these aspects, which supports each other and promotes the overall development of students. Secondly, the "three full education" model focuses on the whole stage and all-round cultivation of all students, mental health education is for all students, not only for the intervention of students with psychological crises, educators should start from the psychological mechanism of students' self-consciousness, inspire students to carry out self-management, self-education, Educators should start from the psychological mechanism of students' self-consciousness operation and inspire students to carry out self-management, self-education and self-improvement; they should also pay full attention to and care for the contradictions and deviations of individual students' sense of self.

2.2. Mental Health Education is One of the Necessary Conditions for the Realization of the "Three Ways of Parenting".

Whether students are psychologically healthy or not has a direct impact on their academic performance and overall development. The mental health of students is a necessary condition for the realization of the "three wholesome educations", because only psychologically healthy students can develop in a comprehensive manner and are more likely to realize their personal values, social values and national values. Therefore, mental health education is one of the necessary conditions for realizing "three-pronged education".

First of all, mental health is the foundation of students' body and mind, and is the prerequisite for realizing "three-pronged education". The physical and mental health of students is an important guarantee for their all-round development. Secondly, students' mental health is important for realizing personal, social and national values. A psychologically healthy student will be more confident, positive, optimistic, courageous and creative, and will make positive contributions to society and the country, contributing to social stability, economic development and national security. Finally, the realization of "three-pronged education" is a comprehensive requirement of the state and society for the development of students. The mental health of students is one of the necessary conditions for realizing the "three wholes". Only through comprehensive education can we cultivate high-quality talents who are internationally competitive, future-oriented, innovative and practically capable.

3. Problems in the Mental Health Education of University Students

3.1. Lack of a Total Nurturing Atmosphere

After the study found that some colleges and universities in the logistics of the main consciousness of human education is not strong, this part of the people think that human education is the work of teachers, counselors and party cadres, and their task is only to ensure the smooth implementation of the teaching work. There are also some college teachers in the classroom can only do reading from the book, some teachers of the classroom atmosphere is silent, some teachers ignore the students' bad behavior, etc., this is because of these teachers for the students' awareness of the responsibility of nurturing is relatively weak, can not effectively do the course of nurturing, practice nurturing, scientific research nurturing, but also

more incapable of doing in the classroom and practice in the college students in the cultivation of the values of life. Many teachers believe that their contact time with students is small, the impact on students is weak, and their main task is to learn the knowledge of college students' professional courses, the students' psychological conditions, emotional changes have counselors to be responsible for the understanding and guidance, the development of their values of life by the teachers responsible for ideological and political education to guide their own only need to complete the task of teaching, but this will only reduce the effectiveness of university education. But this will only reduce the effectiveness of higher education.

3.2. Insufficient Grasp of the Whole Process of Educating People

The goal of higher education is to cultivate talents with applied skills, and in the limited teaching time, the school puts more energy on students' skill cultivation, and the arrangement of mental health education courses is relatively small, and the ratio of courses is disproportionate, which can't achieve the expected effect of psychological education. Most colleges and universities basically arrange mental health education courses for freshmen, and lack relevant course arrangements and psychological interventions in subsequent study and life, resulting in a disjointed phenomenon of psychological nurturing, and unable to realize the goal of whole-process nurturing. Students' psychological problems cannot be channeled and alleviated in a timely manner, which adversely affects their healthy growth.

3.3. Poorly Articulated All-around Parenting

The key points in the psychological development of college students are constantly changing, teachers need to grasp these key points in order to better control the change of students' thinking, and each key point needs to be grasped to carry forward and backward, so it is very necessary to carry out a periodic mental health census of college students, psychological crisis student files and psychological crisis intervention effect assessment. However, some schools do not have a good control over the various stages of students' psychological crisis intervention, and lack of closeness. At the same time, parents and teachers have insufficient contact, resulting in the teacher's targeted understanding of the student's stage of the ideological situation, the student's social practice activities are not very adequate, resulting in a certain degree of disconnect between the students and the community, just the theoretical career planning guidance and the scarcity of social practice during the period of colleges and universities can not be very good exercise of the student's theoretical application of the ability to practice, which makes the students can not be very well involved in the workplace after graduation. The students are not able to participate in the work after graduation. Moreover, the rapid response mechanism of psychological crisis intervention in some schools can not function effectively. Schools need to further improve the leadership system and information management system, and establish the evaluation, supervision and reward mechanism for teachers, so as to control the behavioral information of students in a timely manner and respond quickly to improve the early warning mechanism of psychological crisis of college students.

4. Exploration of the Path of Mental Health Education in Colleges and Universities under the Perspective of "Three-Whole Parenting".

4.1. Total Synergy for a Robust and Integrated Parenting Team

General Secretary Xi Jinping pointed out that "Teachers are the engineers of human souls, the bearers of human civilization, carrying the important responsibility of the times of spreading knowledge, spreading ideas, spreading truth, shaping souls, shaping lives, shaping new people." [3] Colleges and universities should strengthen the construction of mental health education faculty, cultivate more mental health education faculty, strengthen the participation of all

faculty members in mental health education, and improve the quality and level of mental health education.

4.1.1. Enhancing Teachers' Awareness of Mental Health Education

The key to the work of "three-pronged education" in colleges and universities is to activate the educating consciousness of the teachers' group, and guide them to take up the mission of "shaping the soul, shaping the life, and shaping the new man". [5] In the mental health education of colleges and universities, full-time teachers of mental health education occupy a dominant position in the mental health education of colleges and universities, which is not only the main body of the classroom teaching of mental health education and the leader of the publicity and education activities, but also the implementer of the consulting services and preventive interventions. It is essential to enhance teachers' awareness of mental health education. First of all, colleges and universities should carry out the requirements of "curriculum psychology" for teachers of professional courses, promote the integration of professional knowledge and mental health education, and provide students with all-round education. Second, colleges and universities can set up mental health education resource libraries to provide teachers with relevant mental health education resources and materials so that they can better carry out mental health education. Finally, schools can establish a platform for interdisciplinary cooperation, inviting professional mental health education teachers and experts to provide training for teachers of other disciplines in the knowledge, skills and methods of mental health education, sharing teaching experience and resources, and learning from each other.

4.1.2. Activating the Mental Health Education Function for Management and Service Personnel

In addition to full-time teachers and counselors, for mental health education in colleges and universities, administrators and logistic service personnel are also an important guarantee for mental health education, but in reality, the function they play is relatively weak. In order to activate the function of mental health education for students by administrative and service personnel in colleges and universities, first of all, they should standardize their words and deeds. The words and deeds of all staff groups on campus will have an impact on students, and management and service personnel should do their jobs well, avoiding such behaviors as disorganized consciousness and rude words and deeds. Second, strengthen the role of college counselors backbone. As management cadres, counselors are in the front line of human education, which is an important component of the whole-person education pattern. General Secretary Xi Jinping pointed out that "college teachers should insist that educators be educated first." [4] College counselors need to receive professional training for the field of mental health to improve their professional level and quality. Finally, to improve the awareness and understanding of mental health issues among school logistics service personnel and administrators. Make them understand the importance of mental health education in colleges and universities so that they can provide students with better psychological services and transmit positive energy. In conclusion, the role of college management and service personnel on college students' mental health education cannot be ignored.

4.2. Full-course Integration to Form a Closed Loop of Continuing Education

The whole process of educating people requires that mental health education in colleges and universities have continuity and meet the actual needs of students, so that the whole process of student growth has long-term, continuous participation in mental health education. To achieve the whole process of coherence and establish a continuous education mechanism, it is necessary to comprehensively grasp the psychological status of students at all stages, while carrying out targeted mental health stage education, reflecting the continuity in the process of mental health education in colleges and universities.

4.2.1. Comprehensive Understanding of the Psychological Situation of Students at All Stages

The psychological situation of students is a complex issue that requires a combination of multiple sources of information and methods of analysis and judgment. In order to better provide mental health education to all students and to avoid the occurrence of major psychological crises, it is necessary to have a comprehensive understanding of the psychological status of students at all stages. At the same time, the understanding of students' psychological status should not violate students' privacy, and should be carried out under the premise of respecting students.

First, use psychological tests and questionnaires. Colleges and universities should include the psychological assessment of all students in the annual work plan, and refine the implementation of the way; but also in the mental health assessment of all students before the work to do a good job of publicity, so that students understand the purpose of the census and the implementation of the tools, to avoid because of the role of the psychological census does not understand the role of the perfunctory answer or do not understand the measurement tools can not respond to the real and effective information. Second, pay attention to students' behavior. Students' behavior can reflect their psychological state. Paying attention to students' body language, emotions and behavioral changes can help to understand their psychological condition. College is a collective life, so if there are bad emotions and behaviors are easy to be noticed by people around. So, it is important to pay attention to students' behavior to better understand their psychological condition.

4.2.2. Targeted Education on Mental Health Stages

Different grades of students in different time periods, psychological characteristics, thinking level, attitude towards life will have significant differences, in the face of the current psychological health of colleges and universities have targeted insufficient problems, in the mental health education should be considered for the classification, for the different grades and different stages of the students, set up different educational themes, to carry out the stage of mental health education. During the period of enrollment, the problem of students' adaptation is more prominent. Therefore, at this stage, we should do a good job of publicizing the mental health of new students, publicizing the basics of mental health, and at the same time publicizing the school's Mental Health Education and Counseling Center, so that students can grasp the ways to seek help. Students in their sophomore and junior years are more active in their thinking and more willing to try new things. At this stage, students should be guided to develop a positive and healthy mindset, excellent resistance to setbacks, and strong willpower. When they are about to graduate, a correct view of employment is inseparable from a positive and optimistic state of mind and a scientific outlook on life. [6] In this regard, employment psychological counseling courses can be offered to help students ease the psychological pressure of employment, and "occupational aptitude test" and other psychometric methods can be used to help students clarify their employment goals, find their own good, interested and suitable for their own occupation, and really pay attention to the actual psychological needs of students.

4.3. All-round Penetration and Construction of a Three-dimensional Education Mechanism

"The concept of "three-pronged education" is a systematic and open concept, which emphasizes the mobilization of all educational resources, the formation of a synergy in education, and the joint participation in the construction of the vast project of educating people. In order to achieve all-round penetration in the process of mental health education and to build a three-dimensional education mechanism, it is necessary to build a mechanism for synergy between the virtual and real environments of the Internet, to establish a mechanism for tripartite

cooperation among schools, families and society, and to strengthen the four-pronged operation mechanism of teaching, activities, counselling and prevention, so as to realize the all-round approach in the process of mental health education.

4.3.1. Building Synergistic Mechanisms for environmental and Network Interactions

To create a three-dimensional education mechanism, great importance should be attached to the environment in which the students are educated. In the modern information society, the influence of the Internet in young students is increasing day by day, while the real environment in which young students live will also have an important impact on mental health education. In all-round parenting, first of all, a good campus environment should be created. [7] Creating a good learning and living environment, providing students with a comfortable learning and living environment, and relieving students' learning and living pressure, helps to improve students' mental health. Secondly, create a mental health cultural atmosphere. For example, holding mental health cultural festivals and organizing cultural and artistic activities on the theme of mental health to provide students with a fulfilling and meaningful after-school life. This not only helps to enhance students' social skills and interpersonal relationships, but also helps to improve their mental health. Finally, colleges and universities should use the network platform as a driving force to optimize the network mental health education environment. Network mental health education can be carried out in various forms. Schools should not only choose suitable platforms for dissemination according to the characteristics of the target audience and the form of the educational content; they should also pay attention to the style of the content and the way of presenting it when producing the network mental health education content in order to increase the attractiveness and comprehensibility of the content.

4.3.2. Establishment of a Tripartite Cooperation Mechanism Involving Schools, Families and Society

Schools are particularly important for students' mental health education, and are the main venue for the burden of imparting professional mental health knowledge, which has a far-reaching impact on the formation of students' good mental quality. At the same time, the family and society is also the cradle of the child's growth, can not ignore the two important channels of the family and society. Under the requirement of all-round education, it is necessary to integrate the power of school, family and society to form educational synergy, so as to promote the formation and development of good psychological quality of college students.

To establish a cooperative mental health education mechanism with the school as the main body and the family and society as the auxiliary, first of all, enhance the construction of school organization. Schools should create a good atmosphere for mental health education, establish a sound mental health education management system, formulate specific mental health education plans, and regularly organize mental health education lectures, courses and activities. Secondly, strengthen the contact between home and school. Schools can provide relevant mental health education knowledge through interaction with parents, family visits, etc., so that parents can understand the importance of strengthening mental health education in the family and cultivate their children's good mental quality and coping ability. Finally, social mental health education activities are carried out. Schools can cooperate with social mental health institutions and voluntary organizations to jointly organize mental health education activities. Through the above measures, a cooperative mental health education mechanism with the school as the main body and the family and society as the support can be established to improve students' mental health and promote their overall development.

5. Conclusion

In the ideological and political education of colleges and universities in the new era, mental health education has become an indispensable and important part. Through the concept of

"three-pronged education" of "full staff, full process, and all-round," the organic integration of "cultivation of heart" and "cultivation of morality" has built an all-round pattern of psychological education, which is not only a key measure to cultivate the builders and successors of socialism with Chinese characteristics, but also an important way to improve the quality of moral education in colleges and universities. This is not only a key measure to cultivate builders and successors of socialism with Chinese characteristics, but also an important way to improve the quality of moral education in colleges and universities. The thesis provides new ideas and methods for the development of higher education in the new era by actively exploring new paths to co-ordinate mental health education resources.

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