

Original Paper

Mental Health Educational Intervention Program and Its Effects on Students' Well-Being

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Abstract

In recent years, more and more attention has been paid to the mental health of Chinese college students. The mental health and happiness of college students have become the focus of the government, schools and society. As a special group of society, college students are in the period of personality improvement and development, and their psychological endurance and adjustment ability is relatively weak. Their high self-positioning makes their desire for success very strong. When faced with economic, academic, employment, emotional and other aspects of pressure, often due to improper handling of psychological problems. With the continuous development of psychology, "overall happiness" has gradually become an important comprehensive psychological index to measure people's mental health. The intervention of mental health education can significantly improve the level of college students' mental health and subjective well-being. The intervention of mental health education should become an important content and approach of college students' mental health education.

Keywords

psychological quality education, College students, Happiness

1. Introduction

Freud once asserted that the more civilized human beings are, the more psychological stress they suffer. College students are high-level talents in the society, builders and successors of the socialist cause. College students' mental health and happiness have increasingly become the focus of the government, schools and society. At present, college students' mental health education often focuses on students' "psychological problems", using negative psychological treatment mode for psychological problems, ignoring the discovery of students' positive strength and positive psychological quality, can not solve the root cause of college students' mental health problems. In fact, the elimination of psychological barriers of college students not only lies in the reduction of negative quality, but also in the increase of

positive quality. It has become an important content and approach of college students' mental health education to find out the positive factors and positive forces of college students with psychological disorders, implement the intervention of college students' mental health education, improve their positive psychological quality, and eliminate their psychological obstacles.

2. Connotation of Happiness

Happiness, is a mysterious color will never change the topic. Many famous thinkers, both at home and abroad, have studied happiness to one degree or another. But the first question of happiness, the definition of happiness, has not been settled. As for the definition of happiness, different scholars have made different generalizations. Currently, the widely used ones are mainly "subjective well-being", "psychological well-being" and "social well-being".

In this paper, students' happiness refers to the subjective feeling of students' overall evaluation of their life quality and potential development according to their own cognitive level and standard, which is a relatively continuous, stable and happy mental state during school, in the background of the era when the state attaches constant importance to mental health education and the imperfect implementation of quality education.

3. Problems Existing in the Influence of Mental Health Education Intervention Programs on Students' Happiness

3.1 Students' Happiness Level is not High

Happiness is students' unique personal perception of their own happiness. Professor Miao Yuanjiang's Comprehensive Happiness Questionnaire uses self-reported happiness to measure an individual's overall happiness level, that is, by setting 9 ratings for the answer to the question "evaluate your happiness or pain experience in the whole life", to determine an individual's happiness level. Where : "1" "is very miserable, "2" is very miserable, "3" "is miserable, "4" is somewhat miserable, "5" is medium, "6" "is somewhat happy, +7" is happy, +8 "is very happy, "9" is very happy. The higher the score of the subjects, the higher the level of happiness.

At the same time, according to the statistics, it can be found that the students who feel miserable only account for a small part of the total proportion. The vast majority of students feel happy, but the level of happiness is not very high, especially the students who feel "very happy" or "very happy" are very few. That is to say, although the general well-being of contemporary students is above average. But students who experience a strong sense of well-being are few and far between. In view of the fact that contemporary students have a good material basis, there is almost no lack of food and clothing, and they are at an age full of vitality and hope. They should have a strong sense of happiness, that is, the majority of students choose to feel "very happy" or "very happy". But when students reported their overall happiness levels, they mostly chose to feel "in the middle," "somewhat happy", and "happy". According to the survey data, although most students are happy, the overall level of happiness is still

not high, and there is room for further improvement of students' happiness level.

3.2 Unreasonable View of Happiness

Nowadays, with the increasing development of information and technology, a variety of complex information is presented to people on the Internet. When people have not formed their own correct outlook on life and values, they are easy to be misled by the bad information on the Internet. Especially for students, they are in the critical stage of life development, which is the key stage of the development of values and personality. In school, on the one hand, they don't have too much pressure to go to school and have enough energy to pursue their interests; On the other hand, they face many temptations in society and don't know how to choose without proper guidance. In fact, happiness itself, as a subjective experience, is very individual, it depends on how you understand and view happiness, depends on your ability to feel and grasp happiness.

Contemporary students are different from vocational school students in any previous era. While enjoying the convenience brought by The Times, they pay more attention to the realization of personal self-worth and the happiness of their families. Students have cognitive conflicts in their understanding of happiness. On the one hand, they think that doing something beneficial to others can affect their happiness level; on the other hand, they ignore helping others to improve their happiness in real life.

3.3 Poor Perception of Happiness

Each student has great differences in the living environment, personality characteristics, interests and other aspects, each student is a unique self existence, for the same thing or the same item, each person has his own unique feeling and personality view. Some students' experience of happiness is only based on others' experience of happiness, believing that events or things that make others happy can also make them happy. This kind of negative perception of happiness can only make us brood over our weaknesses when we see the advantages of others, resulting in some confusion and dissatisfaction, feeling helpless in life, pessimistic about life, full of disappointment and melancholy for the future, negative in the face of everything in life, cannot feel the happiness of life.

In the increasingly fierce competition in the society, students often cannot find their own advantages and potential, cannot find their own value in school, they do not know how to carry out life planning, no forward goal, so that feel confused, inferiority, imitation, more will not find the hope and value of mental health education. Especially, students are in the key stage of self-identity development. If they can't experience more positive (positive) emotions, or more negative (negative) emotions can't be dredged, their self-integration is difficult to achieve harmonious completion, and their happiness index will be significantly reduced. How to let students experience more positive emotions such as love, hope, optimism, pride and gratitude in such a background, and how to dredge up negative emotions such as disappointment, anxiety, inferiority and depression is one of the important ways to enhance students' happiness.

4. Suggestions on Improving the Well-Being of Students through Mental Health Education Intervention

4.1 Positive Attention to Physical and Mental Harmony: The Foundation of Happiness

According to the results of questionnaire survey and interview with students, health is the primary factor affecting students' happiness. They all agree that health is the prerequisite for obtaining happiness in life, and only on the basis of health can academic success and career achievements become meaningful. In 1948, the World Health Organization of the United Nations put forward a new concept of health: "Health is a state of perfection in physical, psychological and social adaptation". Health in the modern sense is not only physical health, but also mental health and living a worthwhile and meaningful life. However, at present, students pay most attention to physical health, ignoring their own mental health, or further, some of the exclusion of mental health topics. Therefore, while taking measures to promote the physical health of students, the school should also actively pay attention to the mental health of students, and constantly enhance the ability of students to adapt to the society. It is necessary for students to achieve a harmonious and complete state in physical, psychological and social adaptation, so as to lay a foundation for the improvement of students' happiness.

Students are at a special stage of physical and mental development. When choosing a school to study, most of them have changed from the pressure of college admission to the pressure of employment. They have a variety of psychological problems in self-awareness, interpersonal communication, study and life. Therefore, paying attention to students' mental health has become a modern vocational school and the whole society can not be ignored, to promote students' mental health, the school can take positive education as the value orientation, take targeted, scientific and effective measures, as follows: for different grades to set up corresponding psychological counseling lectures, can arrange the new students at the beginning of the enrollment of adaptation lectures. Arrange lectures related to employment and entrepreneurship at graduation, pay attention to the psychological education of sophomore students, and focus on students such as single-parent families, economic poverty, solitary character, establish relevant files, carry out targeted education: set up mental health education courses, through a variety of forms and students like mental health education courses, Improve students' mental health level and effectively solve their own psychological problems in study and life, and popularize the knowledge of positive psychology, so that students actively understand themselves, explore their own advantages and potential; Attach importance to the training of teachers in vocational schools, inject positive education concepts into teachers in vocational schools, treat students with a positive attitude and regard middle school students as individuals with development potential, especially pay attention to the construction of school psychological education teachers, and promote the cultivation of students' positive psychology.

4.2 Shaping Positive Personality: The Key to Realizing True Happiness

Positive education emphasizes that education should pay attention to the positive ability of people themselves, not only to restrain and weaken the negative aspects of personality, but also to pay

attention to the positive factors contributing to excellent personality. The essence of positive personality is to promote the positive psychological quality of individuals by stimulating the positive factors in the potential of individuals, so as to cultivate the people who can not only create happiness but also feel happiness. Students are in adolescence, which is the key period of personality reconstruction. Schools should seize this favorable opportunity to give play to students' own subjective initiative and constantly achieve self-improvement.

For students, interpersonal relationship is still an important psychological problem troubling them. They are eager to communicate, but lack certain interpersonal skills, especially can not handle the relationship between teachers and students and peers well. Schools need to establish a positive educational concept and improve students' interpersonal skills through various forms of education, such as positive mental health classes, positive group psychological counseling and case counseling.

4.3 Providing a Stage for Positive Self-Presentation: An Important Way to Obtain Happiness

Schools should carry out the concept of modern mental health education, and the educational goal should adhere to the concept of diversified development and people-oriented “, that is, respect students' individual differences, do not force students to develop simultaneously. School teachers should abandon the traditional “machine processing” talent training ideas, change the past “students are poor students in cultural courses” view. It is not necessary to cultivate students with different personalities with uniform models and perfect standards, because every student has his own characteristics and advantages. The school should pay more attention to the different development of students than ordinary high schools, provide a stage for every student to show themselves, so that students can realize happiness and pride in the process of realizing their self-worth, and improve their happiness level.

For some students, the experience of failure will make them have learned helplessness, can not lift the spirit of learning, often feel depressed and lost; And some students in the middle school stage is the class of “poor students”, they resistance to cultural learning, but also will continue this resistance to the study of mental health education, although mental health education is different from the previous cultural education. No matter what, every student has his or her own “shining point”. Although they have poor academic performance in the past, it does not mean that they are useless. As long as the school treats them in a positive light and fully exploits the talents of students in various aspects by providing various stages, it is believed that every student can show his or her own good side. And that ultimately leads to an increase in happiness. Therefore, schools can constantly tap the potential and advantages of students through advanced positive education concepts and scientific education methods, so that they can obtain various development in the process of practice and realize their self-value.

In practical work, the school needs to do the following work: actively guide students to do a good job in life and career planning, and provide them with relevant guidance and psychological counseling, so that students have a clear understanding of their future direction and road: cultivate students' abilities in various aspects, such as interpersonal skills, problem-solving skills, employment and entrepreneurship, etc. And ultimately improve the ability to create happiness, the ability to create happiness is a reliable

guarantee of happiness.

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