

Exploration on innovation of college students' network mental health education under the "Internet Plus" background

—On the exploration and realization of mental health education in colleges and universities in the internet age

Liang Zhou

School of Marxism, Xi'an Aeronautical Polytechnic Institute, Xi'an, China

Under the "Internet plus" background, the education work concept of many colleges and universities has changed, and the traditional mental health education models have been unable to meet the needs of college students' mental health education in the Internet age. Therefore, how to innovate and transform the work concept and method of college students' mental health education using Internet technology is a key issue for the development of college students' mental health education. This paper will, based on the book *Exploration and Realization of Mental Health Education in Colleges and Universities in the Internet Age* written by YANG Xin-yue and published by Liaoning University Press, deeply study the network mental health education work, explore the necessity of the innovation of college students' network mental health education under the "Internet plus" background, and further put forward innovation strategies to promote the development of college students' mental health education and help students improve their mental health.

The book is an educational research book that focuses on the practical development of mental health education in colleges and universities in the Internet age, which consists of nine chapters. It emphasizes the important position of mental health education in the teaching management of colleges and universities in accordance with the development goals of modern colleges and universities and the national goals of talent training. Then, it expounds such problems as the evaluation, current situation and model construction of network mental health education from the mental health education work in ordinary colleges and universities; it not only analyzes the deficiencies of mental health education in the Internet age in details, but also provides corresponding strategies for exploring them, aiming to make an in-depth study on college students' mental health education in the network environment and promote the development of mental health education work in modern colleges and universities. The book, which is of detailed and accurate basic theories and clear structure and logic, has good practical reference value, and is suitable for mental health education workers in colleges and universities to learn and read.

1. Overview of network mental health education and its advantages

From the brief description of network education and mental health education in colleges and universities in the first chapter of the book, it can be learned that network mental health education is an education model of imparting mental health knowledge and providing mental health consultation and counseling services to students using the interactive function of Internet equipment and information technology. Compared to traditional mental health education models, network mental health education has such characteristics as openness, equality, interaction and privacy security. In addition, according to relevant discussion on the practical significance of the construction of college students' mental health education network models in the book, network mental health education also has the following advantages: on the one hand, it can effectively promote the number of service objects. In the traditional work of college students' mental health education, mental instructors, limited by course duration and teaching arrangements, can simply teach about mental health and can hardly know the mental health status of all students and solve their problems in a timely manner. Network mental health education not only breaks the limitation of time and the environment, but also realizes the sharing of mental health education resources, and can provide mental health education and consultation for more students. On the other hand, it can promote the spiritual communication between students. With good privacy security, network mental health education enables students to consult their mental health problems through a network platform, and the sense of safety brought by the computer screen can make students reveal their inner thoughts truly and deeply, thereby promoting the effective solution of their mental health problems.

2. Necessity of innovation of network mental health education

In the analysis of the status quo of network mental health education in ordinary colleges and universities in the book, it is mentioned that when the comprehensive popularization of Internet applications promotes the transformation of the modern educational concept and teaching model, network information of diversified types and rich content will also bring great impact and influence to the thoughts, behaviors and mental health of contemporary college students, an increasingly number of students become accustomed to and dependent on the network information communication model, and traditional mental health education work can neither fully meet current students' mental health learning needs nor stimulate their interest in learning mental health courses. This indicates that it is of certain practical value and realistic development significance to transform the work concept of college students' mental health education and innovate the mental health education mode by flexibly using network technology and information teaching means under the "Internet plus" background.

3. Strategies for innovation of network mental health education in colleges and universities

According to the content description of the construction of the college students' mental health education model based on the network environment in the book, in the innovation of college students' network mental health education, first of all, it is necessary to include student status system data to construct a perfect Internet platform for college mental health education to realize the resource sharing and activity interconnection of students' mental health education, and carry out questionnaire survey on mental health with the aid of social network media, such as Wechat and QQ, to improve the attention to students' learning difficulties, psychological problems and daily life, thereby providing targeted guidance of mental health through the Internet platform and giving full play to the effective role of network mental health education.

Second, according to the discussion on specific strategies of college students' mental health education in the network environment in the book, the innovation of college students' network mental health education, instead of being completely divorced from traditional mental health education models, should organically integrate the advantages of network education technology with offline mental health education courses, which can not only provide students with a variety of course resources and improve their attention to personal mental health, but also realize comprehensive online and offline teaching and help to improve the interaction between teachers and students and the quality of education.

Finally, in network mental health education in colleges and universities, efforts should be made to create college mental files on the Internet platform, generate a detailed examination report visible only to the individual after general survey of mental health among all teachers and students, and put forward suggestions for different students' mental health problems. Besides, mental files should be stored safely using big data technology, and students with abnormal mental health should be monitored and evaluated regularly under the premise of ensuring their privacy, so as to ensure college students' mental health security and promote the stable development of their physical and mental health.