

Received: 15 Mar. 2020 | Revised: 20 Apr. 2020 | Accepted: 14 May. 2020 | Published online: 21 Jun. 2020

Contemporary Education and Teaching Research  
2020, Volume.1(1)17-23

DOI: [10.47852/bonview/CETR2020010104](https://doi.org/10.47852/bonview/CETR2020010104)



BON VIEW PUBLISHING

RESEARCH ARTICLE

# A Study on the Effectiveness of Mental Health Education in Employment of College Students in the New Period

Zhong Yihua<sup>1,\*</sup>

*<sup>1</sup>Guangzhou Civil Aviation Vocational and Technical College, Guangzhou, Guangdong, 510403*

**Abstract:** This paper summarizes the importance of college students' mental health education, analyzes the psychological problems of college students' employment, and probes into the effective strategies of college students' employment mental health education, in order to provide reference for college students' employment mental health education.

**Key words:** college students; employment; mental health education

In the new period, college students' mental health problems have been paid more and more attention. College students are an important force in building socialist modernization, and their mental health is directly related to the healthy development of society. With the fierce social competition environment in the new period, the psychology of college students is under great pressure. If college students have poor psychological tolerance and lack of excellent psychological quality, their own development will be greatly affected. With the deepening of the new curriculum reform, the mental health education of college students' employment is constantly strengthened. Only by making college students form a correct psychological understanding of employment and establish a positive attitude. The true view of employment can make college students have a good attitude of employment in the face of career selection and employment, and train talents with excellent psychological quality for the development of society.

## I. Importance of mental health education for college students

Corresponding Author: Zhong Yihua. Guangzhou Civil Aviation Vocational and Technical College. Email: [56300624@qq.com](mailto:56300624@qq.com)

©The Author(s) 2022. Published by BON VIEW PUBLISHING PTE. LTD. This is an open access article under the CC BY

License (<https://creativecommons.org/licenses/by/4.0/>).

---

The most prominent manifestation of mental health is the ability to communicate and communicate well with others in social, life and production. In modern social health, mental health is a more important aspect, mental health has a certain degree of abstraction, making it difficult to predict. With the in-depth study of mental health, it is more and more widely used in education. Mental health education of college students can use various means to assist in the psychological problems of college students. In order to help college students dredge psychological problems, guide the emotional trend of college students and promote the positive and healthy development of college students' psychology. College students are the main talents of the future social construction, have a direct leading role in the future ideological and cultural society, and have a vital impact on the development of society. So that the psychological quality of college students can be effectively improved, so that college students have a full understanding of the employment situation, have a good and clear positioning for themselves, so as to effectively guide college students to choose a reasonable job, employment, Enable college students to have better development <sup>[1]</sup>.

## **II. Analysis of psychological problems in employment of college students**

### **(1) Self-esteem**

Because many graduates are not famous schools in their own schools, the school rank is low, the school is not famous, their educational level is low, their academic achievements are poor, and their abilities are insufficient, so that college students will have inferiority complex and lack the courage to seek employment. In particular, higher vocational students, in the depths of their thoughts, will produce a worse consciousness than the students of the same age, thinking that their own ability and knowledge level are relatively deficient, resulting in a relatively strong inferiority complex. Such inferiority will affect college students to go to society, affect their potential huge Ability, some students are affected by inferiority complex psychology, so that career selection has also been greatly affected, and finally engaged in some industries that do not conform to their major and specialty, so that the self-potential of college students has not been effectively brought into play. Thus its value has not been fully brought into play.

### **(2) Fierce competitive pressure**

The intensification of employment competition in the new period is an objective fact of the society. The employment environment of college students pays great attention to the students' ability and comprehensive quality, which makes college students face more severe pressure of employment competition. Some college students have shown bad emotions in the face of academic competition pressure during their studies. When graduation faces the severe employment situation of their

---

posts, some college students who have been under pressure often show that they can not adapt, lack confidence, and are at a loss. Low pressure resistance and other negative situations.

(3) Anxiety

Some students who have not graduated, in daily life, will worry about looking for a job after graduation, early anxiety. Some graduates face employment, the spirit becomes very nervous, the will is more depressed, sad face, even appear insomnia situation, produce more serious anxiety, also show confusion in behavior.

(4) Conformity

Most students do not have their own career planning or their own career planning is not clear enough, other students in the class to test what certificate they blindly follow. A lot of graduates still lack cognition about what they want to do, what they can do, what kind of talents the employer needs, etc. In the process of choosing a career, they do not have a clear understanding of themselves, blindly follow the crowd, what others do themselves, and are in a passive job search state. This is difficult to adapt to the current fierce employment environment, in the process of competition is often at a disadvantage<sup>[2]</sup>.

(5) Frustration Psychology

Many students in the process of learning more smoothly, experienced less setbacks, life is relatively simple, employment for these students, is a more cruel competition, psychological gap will make them worried. Some students send resumes many times, many times, some students try their best to win the interview opportunity, but they are rejected by the unit during the interview. These students question their ability and knowledge, and their psychological tolerance is poor. Coupled with poor self-regulation, it is easy to create serious negative emotions, doubt everything, self-abandonment and serious frustration.

### **III. Effective Strategies for Mental Health Education in Employment of College Students**

At present, the psychological problem of college students' employment has been more prominent, and it has become very urgent for colleges and universities to strengthen the improvement and implementation of the mental health education of college students' employment. Colleges and universities should take the psychological problems of college students' employment as the guide, adopt effective strategies to optimize and perfect the education of employment mental health, and promote college students to have a positive attitude towards employment, so that college students can choose and work healthily.

(1) Improving the effectiveness of the integration of mental health education

---

In the new period, in the process of employment mental health education for college students, schools should face up to the invalid and scattered problems existing in the work of employment mental health education for college students, vigorously promote the formation of a coordinated and efficient education system, and promote the development of mental health education in the direction of diversification and specialization. In the process of concrete implementation, the school should make clear the main body involved in mental health education, organize the form of education scientifically and reasonably, integrate all forces effectively, and promote the mental health education to realize the multi-level and multi-channel education state on the basis of the main line, and promote the integration effect of mental health education, Improve the quality of mental health teaching.

(2) Attach great importance to mental health education for college students in employment

According to the analysis of college students' employment situation, each school lacks enough attention to the work of college students' employment mental health education. In the process of employment guidance, teachers pay more attention to how students choose their professional counterparts. Lack of a comprehensive understanding of students' employment psychological problems. In order to make college students choose a healthy job and develop better, it is necessary for schools to attach great importance to the work of mental health education for college students' employment, and to set up special institutions to effectively take charge of mental health education for college students' employment. Instead, it is necessary to truly take root and effectively integrate mental health education into employment guidance, Health education teachers should have a comprehensive understanding of the employment mentality of college students, explain the students' mental health knowledge systematically, help students learn self-psychological adjustment, and guide students to choose their<sup>[3]</sup> correctly. At the same time, schools should attach importance to supervision, have professionals to take charge of mental health education, let students have a new understanding of employment mental health education, can actively cooperate, Let college students employment mental health education can help college students to plan their own career, have a clear understanding of themselves, establish a healthy attitude.

(3) Establishing the concept of positive mental health education

To carry out mental health education, we should first set up the concept of positive mental health, educate students with a positive and optimistic attitude, so that students can have a fuller understanding of themselves under the guidance of teachers, and better develop their own strengths and advantages. In the process of repeatedly emphasizing students' strengths and advantages, they can make students' psychological quality change, and gradually become a positive and healthy state of mind when they

---

are entangled in various problems. Be able to be optimistic and positive in looking at and analyzing problems. The concept of positive mental health education focuses on strengthening the education of students' psychological attitude, not guiding a psychological problem. Root This element is to enable students to transform psychological attitude, so as to achieve self-regulation and guidance

#### (4) Diversified psychological education

In the face of all kinds of psychological problems of college students, in order to better solve the mental health problems of college students, it is necessary to establish a variety of mental health education methods. Mental health lectures can be conducted, which mainly aim at the common problems of students, to provide surface mental health counseling and guidance, and to teach students some more conventional mental health knowledge. So that students' mental health knowledge can be enriched. Group interaction counseling allows all personnel to communicate, learn and observe each other. This way can not arouse the enthusiasm of students, suitable for solving some mental health problems common to college students, and so on There are many ways to solve mental health problems. Through interactive education, students can explore the best way to solve problems. Individual psychological counseling can have a deeper and more comprehensive understanding of some psychological problems of students, so as to solve them more pertinently, so that students' psychological problems can be dealt with in time, but this way also has its limitations, the individual counseling is limited, and the tutors and the mentees are in different positions. With the development of Internet technology, a new way of network anonymous tutoring has emerged. This kind of counseling method can not expose the identity of psychological counselors and students, is more suitable for some privacy issues of counseling and guidance, will not let students have ideological burden, can completely release the ideological pressure, It is convenient for psychological counselors to enter some psychological problems of students Do better guidance. During the process of mental health education, teachers should choose the mode of education flexibly in order to achieve the best <sup>[5]</sup> effect of mental health education. In addition, in view of employment problems, a variety of activities can be carried out, such as interview simulation, the whole process of job search simulation activities, so that students can first have a certain understanding of the employment process, at the same time, enhance students' psychological achievements in this process, so that students can have ideological and psychological preparation to face the various problems of employment.

#### (5) Strengthening the Improvement of Auxiliary Equipment for Mental Health Education

At present, most schools lack the auxiliary facilities of mental health education, and rely solely on the oral communication of teachers in mental health education. However, in the face of severe

---

employment situation, students' pressure is too great, and the psychological problems often can not be effectively solved by oral guidance. For example, many college students have poor psychological tolerance and a serious lack of pressure resistance. This kind of psychological problem is difficult to solve effectively by emphasizing the importance of pressure resistance and some methods. Students need to participate in some psychological expansion training or extreme training to enhance the ability to resist pressure, often will have better effect. Therefore, in the psychological education auxiliary equipment, needs the school to strengthen the consummation and the further expansion<sup>[6]</sup>.

#### (6) Creating a good environment

There are many reasons for college students' psychological problems in employment, including school factors, family factors, social factors and personal factors. And creating a good employment environment has a certain impact on the mental health of college students. Some schools exaggerate the situation of employment too much, which increases the pressure of students, and some schools do not pay enough attention to the problem of employment, which makes students panic about the process of employment and career selection. In the process of employment mental health education for college students, schools should create a school spirit of equality, friendship, solidarity and mutual assistance. Let students learn in a good environment, guide students to form correct values, let students add In order to cultivate students' self-confidence and healthy personality, the school should provide students with some activities to participate in social practice, and guide students to plan their careers from the activities. Family has a great influence on students. In the process of employment, the family should set up a modern concept of employment, respect students, scientifically and reasonably guide students, so that students can better choose their<sup>[7]</sup>. As far as society is concerned, many enterprises pay too much attention to students' academic qualifications in recruitment, lack of comprehensive evaluation of students, have an impact on students' equal employment, and students are prone to psychological problems by unequal treatment. Therefore, it is necessary for society, schools and families to create a good environment to help college students get better employment and promote the healthy development of college students.

#### **IV. Conclusion**

Mental health education for college students' employment is a very important work. It is necessary to improve the integration effect of mental health education, attach great importance to mental health education for college students' employment, establish positive mental health education concept, adopt diversified psychological education methods, strengthen the improvement of auxiliary equipment for

mental health education, create a good environment, improve the psychological quality of college students, help college students set up a correct outlook on employment, use a good attitude to obtain employment, and make college students develop healthily.

### Conflict of Interest

The authors declare that they have no conflicts of interest to this work.

### References

[1] Tian Xiaohong, Cao Lei, Lei Qiaoli. Research on the Problems, Causes and Countermeasures of the Effectiveness of Mental Health Education Curriculum in Colleges and Universities —— Based on Taylor's Curriculum Evaluation Model [J]. Curriculum education research: foreign language learning method research ,2018,(27):44-45.

[2] Li Jue, Ai Yu. Enhancing the Effectiveness of Mental Health Education for College Students in J]. Vocational Colleges Southern Agricultural Machinery 50(10):15-15.

[3] Wang he. A Study on the Effectiveness of the Curriculum of “Mental Health Education for College Students” in Applied undergraduate Colleges [J].; and Journal of Jiamusi Institute of Education ,2018,(11):229-230.

[4] Wang Peipei. A Some Thoughts on Strengthening the Effectiveness of Mental Health Education Course J]. College Students Yangtze River Series ,2018,(12):220-220.

[5] Bai Yali. A Brief Discussion on the Effectiveness of the Integration of Ideological and Political Education and Mental Health Education J]. College Students Modernization of education ,2019,6(14):114-116.

[6] Yang Jing. A study on the effectiveness of students' mental health education strategies [J].1 China's out-of-school education: first ten days ,2018,(2):79-79.

[7] Wang Lin. A Brief Discussion on the Effective Combination of Career Planning Education and Mental Health Education J]. College Students Intelligence ,2018(20):166-166.