

## Research on the Implementation Path of College Students' Health Education in the Pandemic Era

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### Abstract

Health education for college students is an indispensable part of quality education in colleges or universities. In the post-pandemic era, college students have changed their original study and life style due to the pandemic, which places higher demands for college health educators. By analyzing the dilemma faced by health education in the post-pandemic era and the causes of it, this paper intends to strengthen the health education of college students from the following five aspects: establishing the network health education system, carrying out the multi-dimensional health education mode, implementing the health education in line with the students' own characteristics, improving the peer support education ability, and strengthening the moral cultivation of college students. It is hoped that this paper can promote college students to form good living habits, behavior patterns, correct study ethics and moral standards and to lay a solid foundation for the future on the social work post.

**Key words:** College students; Health education; Implementation approach

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### 1. INTRODUCTION

COVID-19 is the fastest spreading, most extensive and challenging public health emergency since the founding of new China. In response to the COVID-19 pandemic,

the prevention and control of the pandemic has gradually shifted to the normal prevention and control stage, which is called the Post-pandemic Era. The outbreak and widespread of COVID-19 have posted higher requirements for college students' health education. Therefore, the colleges should formulate reasonable health education strategies based on their respective pandemic control situations during students' return to campuses in order to effectively prevent and control the pandemic. At the same time, college students themselves should enhance their awareness of COVID-19 and other diseases, so that they can master the basic knowledge of self-protection, thereby preventing the rebound of COVID-19 pandemic after their return to campuses, and ensuring their smooth completion of their studies in a safe and healthy way.

### 2. THE DILEMMA FACED BY HEALTH EDUCATION FOR COLLEGE STUDENTS IN THE POST-PANDEMIC ERA

#### 2.1 Lack of the Emergency Education Mechanism

Health education refers to the fact that through planned, organized and systematic social education activities, people can consciously adopt healthy behaviors and lifestyles, eliminate or reduce the risk factors affecting health, prevent diseases, promote health, improve the quality of life, and evaluate the effect of education (Huang, et al., 2020). With the resumption of educational institutions at all levels, colleges and universities are considered as densely-populated areas, and thus how to conduct health education after students' return to campuses is a matter of concern to all sectors of society (Sun, et al., 2022). At the same time, in the pandemic prevention and control of this battlefield without gun smoke, some problems arouse. For example, emergency mechanism is imperfect in terms of public health, education, and people's livelihood; some students living

in the quarantine area lack relevant knowledge regarding prevention of the pandemic; a series of health education fails to convey to the students, causing students to be more likely to suffer from anxiety, pessimism, fear and a set of adverse psychological reaction (Li, 2020).

## 2.2 Ineffective Health Education

At present, the modes adopted for health education in colleges and universities mainly include classroom teaching, special lectures, peer support education (Wang, 2020), and the intervention effects of various education modes differ from each other. Classroom teaching is taught by full-time teachers, whereby students can learn about the systemic knowledge of their professions, But the teaching methods mainly stay focused on unilateral preaching and “indoctrination”. As a result, students are lack of active initiative (Yin & Chen, 2022); Special lectures involve inviting experts with professional expertise and rich experience to serve as keynote speakers. The contents of the lecture are very authoritative and credible in nature. The merits of lectures are that it is very easy to organize, but is more prone to be restricted by the site, time and other conditions with a limited audience and high cost; Peer support education is achieved through sharing and influence among peers with similar living environments, similar learning experiences and basically identical social status to arouse the psychological resonance of their peers in an equal and relaxed way of education. In practice, Peer educators are generally better-performing seniors. They use their spare time to participate in peer education activities mainly out of the sense of service and responsibility. But due to the limitation of their own ability, service time and knowledge background, their knowledge system construction is not perfect, so it is difficult to guarantee the effectiveness of education (Rao, 2022).

## 2.3 Insufficient Students' Self-Monitoring Ability

In the post-pandemic era, the problems in physical and mental health of college students gradually arose. Most of the students lacked health awareness. Some college students suddenly broke away from their parents and teachers, blindly followed others, and formed bad habits of smoking and drinking, eating junk food, and overeating. They even took these as one of the ways to relieve pressure. And these bad living habits seriously affect the health of college students. There are also some college students who are addicted to online games all day long. Their days and nights are reversed, and their biological clocks are disordered, therefore they are more likely to be afflicted by cardiovascular diseases, gastrointestinal diseases, tension headaches, etc., which may even lead to cerebrovascular rupture and sudden heart disease. In recent years, many college students have died from surfing the Internet for several days and nights, causing huge losses to families and society. At the same time, because

students keep a sitting posture for hours when playing games, it will cause neck pain, dizziness, vision loss, etc. (Wang, 2020); A small number of students are addicted to the Internet, which reduces the opportunities for face-to-face communication, produces autistic tendencies, and even suffers from “computer autism”. In addition, some current online games are mainly characterized by “attack and competition”, so their long-time game-playing such as racing, chopping, blasting, and gunfight will blur their moral cognition and weaken the boundary between virtual games and real life. Consequently, it is reasonable for them to mistakenly think that they can achieve the goals through this kind of illegal means of killing and pillaging, which leads to the imbalance of values, error in value judgment and behavior deviation in real life (Yang, et al., 2019).

## 3 EFFECTIVE WAYS TO STRENGTHEN HEALTH EDUCATION FOR COLLEGE STUDENTS

The pandemic has broken the inherent mode of people's production and life, and the Internet has provide a new way for people to live and entertain. To improve the effectiveness of health education, it is necessary to rely on the Internet and use new media technology to build a new propaganda position.

### 3.1 Establishing a Network Health Education System

The department of health education guidance in colleges and universities should make full use of the existing new media platforms at all levels to release authoritative and systematic health education knowledge, and facilitate students to consult in time according to their needs. At the same time, they should give full play to the timely interaction of We-chat and QQ, message billboard and consultation window on the platform, and arrange professionals to give regular feedback, which focus on explaining the knowledge of public health safety, infectious disease prevention and treatment, first aid and trauma, cardiopulmonary resuscitation, stress psychological counseling and other knowledge, thus gradually improving students' basic health literacy through long-term and systematic education. In addition, in the process of pandemic prevention and control, it is necessary to strengthen health guidance for students, expand the scopes of health education through the combination of online and offline methods, so that all teachers and students can master the relevant knowledge of COVID-19 prevention and control, develop good living habits, and effectively avoid the high-risk factors of the pandemic spread, so as to improve the overall effect of pandemic prevention and control.

## **3.2 Carrying out a Multi-Dimensional Health Education Model**

### **3.2.1 Strengthening the Prevention of Common Infectious Diseases in Spring and Autumn**

According to different seasons, students from different departments were organized to participate in training on the prevention and control of infectious diseases, such as chicken pox, measles, mumps, dysentery, etc. Through the distribution of leaflets, posters, lectures and other forms of publicity on the prevention and control of seasonal infectious diseases, students' awareness of infectious diseases was established and strengthened, and their self-protection ability was accordingly improved.

### **3.2.2 Strengthening Sex Education for College Students**

First of all, college female students should be fully furnished with menstrual health care knowledge, and pay attention to the perineal hygiene during menstruation, and beware that regular cleaning of the perineum can reduce the opportunity of gynecological inflammation and infection. In addition, female students should also pay attention to their diet and keeping warm, avoid drinking raw and cold food and drinks. Then, on AIDS day, colleges and universities should hold various lectures, knowledge contests and other activities, so that college students can fully understand AIDS and other STD transmission routes, clinical symptoms, let college students learn about the use of condoms, and improve the vigilance of college students to sexually transmitted diseases. For college students who have been infected, early detection, early diagnosis, early treatment, rehabilitation training, early and sufficient medication, regular follow-up and review should be the best policies to solve the problems.

### **3.2.3 Strengthening the Mental Health Education for College Students**

In view of the current college students' mental health problems, carrying out psychological counseling is the main solution colleges could find to provide college students timely and effective mental health guidance and service, help students get out of the psychological barriers as soon as possible, and strengthen the college students' psychological endurance. In addition, colleges can also take further systematic training to improve the theoretical level and professional knowledge and skills of psychological counseling teachers, so as to better help college students solve the problems in employment and interpersonal relationship.

### **3.2.4 Cultivating Students with a Good Lifestyle**

College students are at the critical moment of physical development, so regular work and rest as well as balanced nutrition is very important. College students are also advised not to be picky or partial to food, but to fully take in the nutrition of food, and mix meat with vegetables. At the same time, physical exercise should be strengthened to improve their physical fitness. Clinical research also

shows that moderate intensity sports such as jogging and shadowboxing can reduce depression symptoms, and play a positive role in enhancing self-esteem and self-confidence, and maintaining a good mood (Wang & Kang, 2018).

## **3.3 Implementing Health Education Catering for College Students**

During the period of health education, it is necessary to adjust the contents and modes of health education in combination with the characteristics of college students, provide systematic health guidance to students through online teaching, official account updates, regular health knowledge lectures and other aspects, and improve the pertinence of health education contents and students' acceptance, all of which aim to contribute to the improvement of the overall quality of health education (Huang, 2019). Colleges should pay attention to the physiological and psychological health of students in different grades, especially for freshmen facing the interpersonal pressure and graduates confronting the employment pressure, so as to prevent students from having adverse reactions in physiology, psychology and behaviors due to excessive pressure. In particular, when carrying out special education activities on pandemic, college students should be told to strictly abide by the pandemic prevention and control regulations formulated by the colleges with a focus on explaining usage of face masks wearing and hand hygiene, reducing the time of entering and leaving crowded places, maintaining regular work and rest time, actively adjusting their own mentality, etc., so as to enable students to have sufficient self-protection ability through the penetration of different health education contents.

## **3.4 Enhancing Peer Support and Education Ability**

In the pandemic situation, due to the larger spatial distance, students cannot be found in time in an emergency, so it is urgent to improve the number and quality of peer education so that more students can participate in peer education activities. During the period of pandemic prevention and control, many colleges' peer education offline training work is in a lockout, so community management should actively explore the possibility of online training through regularly setting theme topics, organize peer educators to participate in the topic discussion, provide relevant knowledge reserves for each participants, and let them jointly summarize the solution to the emerging problems under a relaxed and cheerful atmosphere. On this basis, each peer educator should organize a theme discussion separately, and at the same time, cultivate some students with high responsibility and organizational ability to become new peer educators, so as to expand the peer education team to achieve wider dissemination.

### 3.5 Strengthening the Moral Cultivation of College Students

During the pandemic period, it is of great significance to strengthen the moral cultivation of college students. The establishment of a correct outlook on life, values, world outlook and socialist concept of honor and disgrace is not only related to their personal development, but also related to the moral outlook of the society, which directly affects the development of social economy. Firstly, colleges should encourage their students to form their own ideological and moral construction units by themselves through mutual support and supervision. Secondly, colleges should establish the ideological and moral model foundation to give material rewards to college students with outstanding ideological and moral cultivation, such as voluntary bravery award, return award, filial piety award, etc. Thirdly, colleges should organize a variety of activities by making good use of our traditional holidays to strengthen the ideological and moral cultivation of college students. For example, during Lei Feng Day and the Double Ninth Festival, colleges can organize college students to cut their nails, take blood pressure, clean up and perform for the elderly, in which way college students can gain vivid lessons; On the Army Day, colleges can organize the college students to visit the Memorial Hall of the New Fourth Army to know the story of the martyrs who shed their blood for today's peaceful life, whereby college students can not only realize that today's happiness is hard-won, but also greatly arouse their patriotism towards our country; On Father's Day or Mother's Day, colleges can conduct extensive activities of "caring for the parents" in which students are encouraged to write a letter or make a phone call to express their gratitude to their parents, thus strengthening the thought of filial piety of college students. In addition, the use of multimedia technology and network technology can also make moral norms into concrete and vivid TV programs and entertainment game courses, so that college students can learn and master relevant knowledge in the relaxed, pleasant, emotional animation and realistic film and television situation.

### 4. SUMMARY

The health education of college students is a long-term systematic project, which cannot be achieved overnight. It requires the cooperation of all parties, including family, school and society. With the arrival of the post-pandemic era, colleges and universities should pay more attention to students' health education by analyzing the

current predicament of college students' health education and the causes of it, and then figure out some effective strategies to strengthen college students' health education, including establishing network health education system, initiating multidimensional health education mode, conducting health education in combination of students' personalities, improving peer support education ability, and strengthening college students moral cultivation, all of which can effectively prompt college students to form good living habits, behavioral modes, correct view and moral standards, and eventually lay a solid foundation for their future careers of the college students .

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