

## Construction of Psychological Health Service System for University Students

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### Abstract

Under the new situation, the necessity and urgency of establishing the psychological health service system for university students are increasingly prominent. This paper summarizes practical experiences for several years in construction of psychological health education service system. Then, the paper puts forward a psychological health education service system for university students, which depends on teachers of psychology and postgraduates majoring in applied psychology and which has the main forces including instructors who have acquired psychological consultant qualification certificate, peer psychological health-care assistants for university students and undergraduates majoring in psychology.

**Key words:** University students; Psychological health; Service system

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### INTRODUCTION

Currently, we are at a transformation period of the society. With further deepening of reform in the education system, college education has evolved from elite education in the past to the current popular education, with increasing diversification of social values and thoughts. Correspondingly, university students are faced up with an increasingly austere situation of employment, which poses

austere challenges to university students who are at a stage of maturity in physiological psychology and thinking. They have to shoulder huge psychological pressure. In the meantime, quite a large number of university students have psychological problems to different extents. Under such circumstance, it is necessary to pay attention to the psychological health education among university students, set up an effective mental health education service system for university students and cultivate and improve the psychological quality of university students to enable them better adapt to social changes and needs. This is not only the need for self-development and current psychological health condition of university students who are at the life stage of earlier adulthood, but also an objective need to adapt to the modern society in which competition is increasingly fierce.

In the current situation, it seems extremely necessary and urgent to strengthen construction of psychological health education service system for university students. It is our responsibility to strengthen mental health education, help university students to adjust their psychological condition, have a better idea of themselves and form accurate consciousness of themselves so as to evaluate and accept themselves in a correct way, develop a good personality of self-confidence, self-improvement and self-independence and adapt to the objective needs of the modern society in which competition becomes increasingly fierce.

### 1. THE GOAL AND CONTENT OF MENTAL HEALTH EDUCATION FOR UNIVERSITY STUDENTS

#### 1.1 The Goal of Mental Health Education for University Students

The general goal of mental health education for university students is to popularize mental health knowledge,

strengthen the psychological self-adjustment capacity of university students, help university students to resolve psychological problems existing in the process of the physical and psychological development, enhance the psychological health level and comprehensive quality of university students and promote healthy growth and overall development of university students. Mental health education has to start with optimizing university students' psychological quality and end with promoting university students' overall development and successful step into the society.

## **1.2 The Content of Mental Health Education for University Students**

Starting with the goal of psychological health education for university students, the content of psychological health education for university students mainly includes the following two aspects. First, psychological health education should help students to get a clear understanding of their potentials by means of popularization and publicity of knowledge in mental health and enhance students' ability to adapt to the society. Second, the two aspects of personal problems and difficulty in learning among university students should be resolved.

The first aspect can be termed as developmental psychological health education and the second aspect can be termed as corrective psychological health service. Developmental psychological health education has become the major development direction of mental health education in schools nowadays. The quintessence of its thought is student centered which aims to promote both physical and mental development of students. However, developmental education does not exclude corrective service. Instead, developmental education strives to seize the essence of mental health education at a higher level and sees corrective service as an important part of mental health education work. The focus of mental health education is on guiding students in more effective learning and living. The emphasis is to direct students in better development instead of remedying, which is supposed to concentrate on unlocking students' potential and enhance their social adaptive capacity.

Specifically speaking, the content of mental health education can be classified into four aspects. The first aspect covers learning and personal development, including learning method, further education, transfer to civilian work, job selection, postgraduate entrance exam and so on; the second aspect is life, including part-time work and part-time study, family, love and so on; the third aspect is counseling on psychological problems, including personality, emotion, interpersonal relationship, opposite-sex interaction and life; the fourth aspect is mental health counseling which refers to counseling and treatment service offered for students suffering from mental disorder.

## **2. MEASURES AND GUARANTEES TO LAUNCH MENTAL HEALTH EDUCATION ACTIVITIES FOR UNIVERSITY STUDENTS**

A series of measures and guarantees regarding organizations and mechanism are required to fulfill the goal of university students' mental health education, launch mental health education successfully among university students and impart knowledge and skills relating to psychological health and psychological adjustment. The paper discusses the specific measures and guarantees the following several aspects.

### **2.1 Measures to Launch Mental Health Education Activities for University Students**

#### **2.1.1 Open Up a Required Course of Mental Health Education**

It is an effective approach to publicizing and popularizing mental health knowledge to open up a required course of mental health education. It is necessary to select pertinently the content of the required course of mental health education based on the primary psychological problems which may have come about among university students or which may have existed by means of a general survey on the mental health condition of freshman enrollment, a survey on the mental health condition of university students and an investigation on the mental health of university students. For example, psychological education related to adaptation and interpersonal communication is implemented among first-year students and psychological education activities related to the selection of jobs are launched among juniors and seniors. It is worth to note that, an investigation by Jing Huaibin et al. indicates when psychological disturbance occurs to Chinese university students, more than 85% respondents turn to fall back on themselves. The investigation also shows that only 1% students with abnormal psychological conditions choose to fall back on others and the other majority of students fall back on themselves or their friends. Therefore, when a required course of mental health education is opened, it is necessary to reinforce the basic knowledge and effective methods for self-adjustment of students based on the above features so as to enhance the possibility of self-adjustment.

#### **2.1.2 Give Full Play to the Role of University Students' Mental Health Education Association**

It is a good choice for the psychological health education association of university students to launch a series of colorful psychological activities, such as, psychological film exhibition and broadcasting and competition of campus psychodrama as well as large-scale outreach activities for psychological quality. All these activities are directed at university students with the aim of carrying out mental health education and publicizing and popularizing mental health knowledge.

### **2.1.3 Launch Mental Health Education Journal for University Students and Use the New Platform of Network**

Mental health education journal for university students is an important battlefield to publicize and popularize knowledge of mental health. With the medium of mental health education journal for university students and with the focus of attention on the psychological health of university students, it is advisable to resort to the means of in-depth investigation and soliciting for contributions to select knowledge and content related to psychology or psychological counseling according to the hot topics in the current society and on the campus. In the past few years, with daily development and maturity of network technology, the coverage scope of network in colleges and universities becomes more extensive. Likewise, mental health education for university students by virtue of the network has become a new channel.

Of course, it is feasible to resort to the relatively traditional yet effective forms, such as, lecture on psychology, salon and group counseling to help students to recognize the current features of their own physical and mental health, to enhance the personality of students and strengthen the mental health care consciousness of students.

### **2.1.4 Do a Good Job of Psychological Counseling and Crisis Intervention**

Psychological counseling and crisis intervention are an important part of mental health education. With the cooperation of psychological counseling center, crisis intervention center and administrative units, professional psychological counselors help a minority of students who fail to adapt to a new environment to resolve specific personal problems either by an individual or in the form of a group, which mainly include personal psychological problems, problems in learning and psychological disorder problems.

## **2.2 Guarantees to Launch Mental Health Education Activities for University Students**

### **2.2.1 Guarantee of the Team**

A working team of mental health education. In order to ensure effective mental health education and psychological counseling, it is necessary to set up a team to conduct mental health education. In this team, the main subjects include teachers of psychology, postgraduates majoring in psychology, instructors who have gained psychological counselor qualification certificate after training and peer psychological health-care assistants with university students. The team works in the forms of lecture on psychology, salon, individual and group counseling by means of such media as mental health education association of university students, mental health and psychological journal of university students and mental health education network of the universities. This offers solid team guarantee for psychological health education among university students.

A team of psychological counseling and crisis intervention. According to the author, a team of psychological counseling and crisis intervention can be constituted by peer psychological health-care assistants of university students in a class, full-time counselors who hold a psychological counselor qualification certificate, psychological counseling center and psychological crisis intervention center. Responsibilities of these people include the following aspects.

First, peer psychological health-care assistants of university students in a class constitute the basic team of mental health education in the universities. This team can be constituted by psychological health-care assistants in a class who are appointed by each class, receive theory and practice training on peer psychological health-care assistant and gain a certificate of course completion. The primary responsibilities of the team are to discover in time, help and report those students who might call for attention and need assistance and to publicize and popularize psychological health knowledge in the forms of psychological game and activities.

The position of full time instructors who hold a psychological counseling qualification certificate is held by those instructors who gain a psychological counseling qualification certificate after training. In order to facilitate effective proceeding of the work, it is advisable to carry out psychological counseling in a way of overlapping between departments. For example, instructors of the Department of Physical Education who holds a psychological counseling qualification certificate are responsible for offering counseling to the students of the Department of Educational Science and Technology who are in need of psychological instruction and counseling. In turn, instructors of the Department of Educational Science and Technology who hold a psychological counseling qualification certificate are responsible for offering counseling to the students of the Department of Physical Education who is in need of psychological instruction and counseling

A psychological counseling center (a psychological counseling room) is mainly responsible for offering psychological counseling for university students. The working staff are constituted by both full time and part time psychological counselors. These full time and part time psychological counselors may be recruited or may include teachers of psychology and postgraduates of a senior class who has gained a psychological counselor qualification certificate who furnish psychological counseling service for the vast majority of teachers and students.

A psychological crisis intervention center is constituted by senior psychological counselors and senior teachers who teach psychology. This center is responsible for providing support, counseling and intervention to the students who suffer from serious psychological problems and psychological crisis.

### 2.2.2 Guarantee of Mechanism

Psychological counseling in China took its first step later. Thus, full time mental health education staff are far from enough, hardly satisfying the increasing need of mental health education in universities. The universities can organize a working team comprising teachers of psychology, postgraduates majoring in applied psychology, instructors (ideological and political workers) and peer psychological health-care assistants with university students according to the current conditions. The team formulates a working mechanism with integration of general survey, feedback, coaching and intervention, tracking and counseling as well as controlling. This helps to discover in time mental health problems of university students, pay attention and make intervention at an earlier stage and effectively prevent common psychological problems from converting to serious psychological problems. Specifically speaking, the working mechanism can be classified into general survey on psychological health condition and intervention mechanism and psychological crisis warning and intervention mechanism.

First, it is general survey on mental health condition and intervention mechanism. A general survey on the mental health condition of newcomers enrolled and a survey on the mental health condition of all students in a college during the week of mental health helps to have a timely idea of the mental health condition of students in time, especially the mental health of newcomers and the adaptive ability of students in university life and to detect earlier the high risk group of students vulnerable to mental problems. According to relevant standard, those students suffering from mental problems should be filtered out. The result of psychological test is reported as feedback through the lecture feedback by teachers of psychology major. Postgraduates of a senior class majoring in applied psychology to organize a group of certain students to counsel and intervene in the form of group instruction and counseling. It is the responsibility of teachers of the psychology major and postgraduates majoring in applied psychology who take charge of the work of mental health as well as the full time instructors who hold a psychological counselor qualification certificate to keep track of, observe and offer further counseling and instruction to those students suffering from serious psychological problems so as to enhance pertinence and efficacy of mental health education. As for those students who are tested to suffer from serious psychological disorder by taking consideration of all information related, it is advisable to transfer them to professional mental health institutes to receive psychological treatment or to ask their parents to give guardianship so as to avoid any accidental event.

Then, it is four level warnings on psychological crisis and intervention mechanism. To the end of detect earlier any abnormal psychological condition of university

students, report, assess and treat at an earlier time, get unimpeded access to information, make fast response, nip occurrence of the psychological crisis of students in the blossom, and ensure the students complete the school work and graduate successfully in a good psychological condition, it is necessary to form a four level warning on psychological condition and intervention mechanism. The warning and intervention mechanism is constituted by four levels. The first level comprises peer psychological health-care assistants of university students in a class. The second level comprises the instructors who have gained a psychological counselor qualification certificate after training. The third level comprises postgraduates of a senior class majoring in applied psychology who hold a national psychological counselor qualification certificate. The fourth level comprises teachers who teach the major of psychology and senior psychological counselors.

The peer psychological health care assistants in a class at the first level have the advantage of keeping contact of zero distance with the university students. Hence, they are most likely to directly experience and know about the psychological feeling and psychological problems of these students and are relatively easy to resolve in time the actual problems in learning and life encountered by the students. The primary responsibility of these assistants is to take their own advantage to, through their contact with the classmates, observe, find out in time and get notice of those students who often skip classes, have no contact with anyone elsewhere with an unsociable personality, show excessive anxiety, avoid social communication, are indulged in network, get trapped in perplexity of love, suffer from frequent sleeplessness, lead an impoverished life and conduct abnormal psychological behaviors. They should offer support and assistance to these students. Besides, it is also their responsibility to report in time the name list and conditions of these students who are in need of attention and help to the instructors in charge of mental health education for students of their own departments. This will achieve the effect of giving due consideration and solution at an infancy stage of the psychological problems.

In the case that the psychological problems suffered by the students who are in need of attention and help go beyond the ability of the peer psychological health care assistants of the students, it is necessary to recommend them to the second level. This level comprises instructors who take charge of mental health counseling for students of the departments and who have gained a national psychological counselor qualification certificate after training. It is their responsibility to offer counseling and intervention. Full time instructors and peer psychological health care assistants of university students have most contact with university students or some of themselves is university students. Therefore, it is easier for them to detect all kinds of psychological problems existing among university students. They play a unique role in psychological health warning and intervention, which

ensure successful proceeding of mental health education in the universities. If full time instructors are unable to deal with the psychological problems existing in the university students, necessary to recommend these students to the psychological counseling room in the universities where professional psychological counselors offer counseling or coaching to these students. Likewise, if the professional psychological counselors find that the psychological problems existing in the students go beyond their own capacity or do not belong to the scopes of psychological counseling, it is necessary to recommend these students to the psychological crisis intervention center. And it is the responsibility of senior psychological counselors and teachers of the major of psychology in the psychological crisis intervention center to make intervention and deal with the psychological problems.

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## CONCLUSION

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In a word, the society is imbued with both opportunities and challenges. As far as contemporary university students are concerned, the current times are in greater need of

good psychological quality than any previous times. Therefore, it has become an important subject of education management in colleges and universities to set up an effective mental health education system for university students and train and enhance the psychological quality of university students so as to enable them to better adapt themselves to the changes and needs of the society.

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