Original Paper

Analysis of the Network Mental Health Education

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Abstract

This paper focuses on the overview of network mental health education, we specifically write the components of network mental health education, further to write the relationship between the main body of network mental health education, and focus on the content of network mental health education, network mental health education methods. With the advancement of market economy, social competition is increasingly fierce, which brings certain psychological pressure to people, especially teenagers. Strengthening the construction of network mental health education is a necessary element to promote harmonious campus and harmonious society. Carryings out network mental health education activities can resolve various psychological problems through emotional communication, emotional guidance and other activities. This is not only for the formation of a healthy psychological and sound personality, to achieve comprehensive and harmonious development is of great significance, but also for the promotion of school and social harmony and stability, the construction of a modern harmonious campus and harmonious society, also has very important practical significance. On the one hand, carrying out network mental health education is the need of carrying out quality education. And can make people better play their potential, easily and naturally adapt to the changes of the external environment; On the other hand, mental health education is also an important part of quality education. Network mental health education is not only the need of comprehensive development and sustainable development, but also an important part of moral education reform. Mental health education not only expands the scope of traditional moral education, because mental health education mainly focuses on prevention and guidance, builds equal communication and exchanges on the basis of respect, trust and understanding, and creates a free spiritual space.

Keywords

Network mental health education, Component parts, Constituent elements, Important content, Education method

1. Introduction

Network technology is a combination of advantages and disadvantages, which not only provides many conveniences for production and emotional communication, but also brings some negative effects. The virtual space formed by the network has the characteristics completely different from the real social environment, and its impact on the psychology of people, especially college students, is very obvious. It also has both positive and negative effects. Based on the latter, the concept of network mental health is proposed with the emergence of network mental disorder. National Ministry of Education in 2011 clearly emphasized the use of network as a platform for the importance of mental health education: "colleges and universities should be through radio, television, school magazine and so on many kinds of ways, pay special attention to the psychological health education propaganda carefully, pay close attention to network platform construction, set up special website (web page), make full development and utilization of online education resources." Therefore, network mental health education is bound to become an important topic of network ideological and political education for college students.

2. Network Psychology

The precursor to the Internet, was created in the United States in 1969. As a large network connected by a series of networks, it is connected by a common protocol to logically establish a large international network. The method of interconnecting networks is called "internetworking" Under this premise, the emergence of the global coverage of the international Internet, as the Internet means the interconnection of the network structure. Network is not only a tool, but also an important information carrier. Function: pass the information to the user through text, image or voice. Compared with other types of media, the Internet is characterized by openness, freedom, vitality and innovation. The development of the Internet has a significant impact on human life and psychological changes. In the context of the information age, the Internet is closely related to human life.

In this process, network psychology has also been preliminarily improved. Network itself is an objective substance, but it is also an effective carrier of information transmission. Human psychology is actually a dynamic reflection of the objective reality made by the brain, which determines that human psychological development is inevitably associated with the development of the network. When the network world is changing production and life, human beings also have different psychology towards the objective world, and have different ways of thinking, habits or behavior styles. People's real life and network world interact with each other and interweave with each other, thus providing the soil for the birth of "network psychology". Network psychology is "the sum of people's inner changes and psychological characteristics formed in the network world" (Zhang, C. D., 2016).

3. Network Mental Health Education

Under the network environment, mental health education has two completely different definitions: first, mental health education based on the Internet environment. Second, the network as the carrier of

mental health education. The former can be called the explanation in a broad sense, and its social environment must be the network.

The former mental health education, from the concept, method or content, how to innovate, are around the establishment of a complete system of mental health education to launch. The latter, in a narrow sense, refers to the network as a place for mental health education, as a tool to strengthen the implementation of mental health education, which is the problem of the establishment of a partial system of mental health education. In practice, the above two definitions of online mental health education involve many similar problems. From the theoretical research, the above definitions are not the same level of understanding. The explanation in the narrow sense is to pave the way for the definition in the broad sense.

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The latter, in a narrow sense, refers to the network as a place for mental health education and to strengthen the implementation of mental health education, which is the problem of the establishment of a partial system of mental health education. In practice, the above two definitions of online mental health education involve many similar problems. From the theoretical research, the above definitions are not the same level of understanding. The explanation in the narrow sense is to pave the way for the definition in the broad sense.

With the network as the carrier of network information technology, network mental health education is no longer limited to the traditional mental health education from the method, technology and means to make a simple extension. On the contrary, it should be a new education model and advanced psychological education ideas, but also the future direction of mental health education. In addition to the characteristics of network, digitalization and vitality, information network technology enriches and improves the concept of mental health education with the profound connotation of independence, equality and interaction, which is a great innovation.

Online mental health education can be seen as a response to The Times, and can not be solely limited to technology or tools. Under this premise, we should change and adjust the whole concept of mental health education. In a broad sense, the network mental health education not only refers to the network mental education, but also should be manifested as the network impact as the subject of health education. It covers the basic content of network health education, and it also requires to promote mental health education to network.

4. The Components of Network Mental Health Education

The two kinds of mental health education, network and reality, are both educational activities with purpose, practice and transcendence. They are both practical activities to form healthy and perfect psychological quality and promote the overall development and quality improvement of students by applying the concepts and methods of psychological education according to the physiological and psychological development characteristics of college students. From the point of view of constituent elements, network mental health education has good consistency with reality mental health education in subject-object relationship, environment and medium. At the same time, the network also puts forward new requirements for different elements.

4.1 The Educational Environment of Network Mental Health Education

Network mental health education in the educational environment, that is, network space. The Internet has already crossed the traditional concept of tools, with strong sharing and permeability. In essence, the function of the Internet is to reflect the sharing and progress between individual ideas and collective wisdom. The Internet is able to influence our performance because it has the basic properties of intelligence. The Internet can replace the deep processing of all kinds of complex information. The Internet has such a profound impact on our behavior because of its unique way of penetrating and penetrating many areas of our lives.

Zhou believes that cyberspace is the "third space" between physical space and spiritual space. As a new behavior development platform, cyberspace embodies many characteristics that the real space does not have. In a sense, such characteristics have a great impact on the actual behavior of individuals in the whole cyberspace. In terms of people's psychological activities, the network space shows multiple attributes such as space, interpersonal and self-characteristics, which correspond to leap-forward, anonymity, non-synchronization and de-inhibition.

From the perspective of individual behavior, the above four characteristics are also new attributes generated by the combination of network and people. Traditional environment or space, there is no such characteristic. Under the network environment, we must highlight the individual's subjectivity. In addition to actively adapting to the network environment, it is also necessary to integrate different resources during the construction of the network environment, dig out those network resources that are beneficial to mental health education and make more use of them.

At the same time to eliminate and reduce the physical and mental health of students do not benefit the factors. Emphasis should be put on the education of students' individual value tendency, encouraging college students to know right from wrong, cultivating the basic ability of network information, strengthening their self-control and resisting the basic ability of virtual network.

4.2 The Subject-object Relationship of Mental Health Education

In terms of network mental health education, the relationship between subject and object is equal and mutual, and the communication mode is two-way interaction, emphasizing the objectification of subject and subjectification of object. The main body of education actually becomes the "gatekeeper" of

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information dissemination. Their task is to collect, disseminate and monitor the network information, to assume the responsibility of information dissemination, but also the true meaning of mental health educators.

In addition, they should be proficient in advanced network technology, with a solid professional foundation. The subject of education mentioned here has no special description on its identity. That is to show the basic characteristics of non-subjectivity. In this respect, persuasion is not the primary responsibility, but rather "choosing" and "guiding". In the network society, the object of education is actually "network person", that is, college student netizen.

The subject and object of network mental health education is the absence of physical field and exists in the form of symbol presence, and physical identity is absent. Their attributes are still real world individuals. In practice, they exist and have emotional communication, and they are also individuals with strong subjectivity.

In the network world, subjectivity has its own characteristics. That is to say: the subjectivity embodied in the virtual world is equivalent to the direct feedback to the real world. In the network mental health education activities, the educational subject and object have equal status with each other. Based on this kind of equal relationship, they can communicate deeply, enjoy and convey humanistic care. And above, also is the network mental health education can carry out smoothly, achieve satisfactory results of the basic conditions.

4.3 The Educational Content of Network Mental Health Education

For network mental health education, it should cover the following aspects: online implementation of mental health education. Such as: psychology knowledge to make use of network platform to promote or spread, on the network platform to create psychology courses, organize various online lectures, as well as to the college students self-consciousness, school counseling and psychological aspects of education, love including provide Internet counseling for students in need. At the same time, cultivating network psychological quality, correcting and preventing network psychological problems, this is also the core content of network mental health education.

4.4 The Educational Method of Network Mental Health Education

Network mental health education, in fact, is to optimize the former education methods, under the premise of retaining the traditional methods, into the new network technology. It can be seen that the network mental health education presents the basic characteristics of diversification, flexibility and diversity. The education method does not carry out "persuasion", let alone "injection" or "spoon-feeding", but only provides "selection" and "guidance", which is to carry out education and guidance when exchanging information and energy with the individual audience of network mental health education (Wang, 2015).

5. Characteristics of Network Mental Health Education

Network mental health education conforms to the demand of mental health education modernization, and also responds to the mainstream trend of science and technology development. Based on the familiar perspective, as a new means in the mental health education industry, network mental health education is not a complete abandonment of the inherent education mode, but should be inherited; It is not a complete abandonment of the former mode of education, but a development on this basis.

It is not a complete departure from the mental health approach, but something beyond it. Network and reality mental health education are related to each other, and there are great differences. They complement each other, but they also contain each other. The following part will elaborate the basic characteristics of network mental health education from the perspectives of subject, object, means and content.

5.1 The Subject of Education is Non-immobilized

Since the Internet has become an indispensable part of modern people's lifestyle at the present stage, mental health education activities in cyberspace cannot be broadly understood as "network mental health education". Because "network mental health education" is still a new form of value education existing in survival situation. To some extent, the network lifestyle can reflect the characteristics and development trend of the subject-object relationship in the network mental health education. The subject-object relationship of network mental health education has the following aspects: first, the education subject is "subjectivized". The other is the subjectification of educational object. The third is the subject-object relationship with relativity and equality.

Based on the above content, can get the following conclusion: only deep understanding of the features of networked way of life, to grasp the good education the change of the relationship between subject and object, can effectively the network concept, the principle of education of psychological health education and innovation education method, and applied to the network of psychological health education in the process of theory construction and practical application. Because the educational subject in the network mental health education has the characteristic of "non-subjectivization", so in the psychological education activity, the position of the subject and object of education is not superior.

The relationship between the two is not "reasoning", "indoctrination" and "persuasion", but mutual "selection", "guidance" and "influence". Based on this, it can reflect the humanistic care of the subject of education in a more amiable and influential way to achieve the effect of mental health education.

It is worth noting that the effective application of new science and technology in mental health education will not weaken the status and role of teachers, but will establish a new teacher-student relationship.

Therefore, the educator is no longer a traditional "soloist", that is, only imparting knowledge and shaping the educates, but a "accompanist", thus effectively guiding and helping the students. In this mode of education, educators can stimulate students' interest in learning and arouse their curiosity and enthusiasm for learning through various ways and information. Students do not have to passively

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accept the knowledge instilled by teachers, but under the guidance of teachers to participate in the learning pr-odes, actively explore knowledge.

5.2 Educational Objects are More Dynamic

In today's network world, subject and object of education are influenced by self-help mechanism and multi-level interactive subjectivity, and gradually form a new model of mental health education, namely network mental health education. To this, not only to "take advantage of the situation", but also to "build momentum and guide". Because in traditional education, educates (educational objects) are passive and not the subject of education.

On the contrary, in the network mental health education, educates can selectively obtain relevant mental health education information according to their own psychological feelings, so as to give better play to their subjective initiative. In other words, in the network mental health education, educators and educates have an equal status. They are the subjects of educational activities and can interact with each other effectively.

The subjectivity and initiative embodied by the educates and the interaction between the subject and object are the advantages of network mental health education activities over traditional mental health education. In the network mental health education, can gradually form a "he helps a mutual aid a self-help" mechanism. Students can not only act as supplicants to obtain necessary information and service contents through various online means (such as forum Posting, participating in online mental health programs, etc.), but also act as supplicants to help other supplicants in the network from the perspectives of the concept, content and methods of mental health education. Effective use of this mechanism can not only draw lessons from the essence of other mental health education, but also make up for their own shortcomings, so as to enhance the effect of mental health education.

5.3 Diversified Educational Content

With the rapid development of the network era, network education has gradually presented a completely open situation. There are a large number of materials and teaching contents related to psychological education in the network, which not only provides a platform for mutual help and free expression for network mental health education with its characteristics of freedom, openness and transcendence, but also promotes the formation of a new teaching organization form in modern mental health education.

The new characteristics of the content of network mental health education are embodied in the following aspects: first, because the network is not limited by time and space, macro and micro factors, and has the functions of reproduction, integration, interaction, expansion, and virtualization. Therefore, the network mental health education takes the network as the carrier, and the content of education changes from plane to stereo, from static to dynamic, gradually showing the trend of transcending space and time. Second, because the network has integrated expansion function, the teaching content is full of beautiful things in eyes. Vivid teaching contents can not only stimulate learners' internal motivation, improve their interest in learning, but also enhance their perception and understanding

ability.

Moreover, because there are rich and colorful teaching methods in the network, it is easier to teach students according to their aptitude and provide different teaching contents to different learners. Third, the network itself is not flawless, it also has uncontrollable characteristics. There are not only beneficial parts but also some negative information to learners in the network mental health education.

Based on this situation, when carrying out network mental health education, college mental health educators should take advantage of the situation, select the essence and discard the dregs, and select the beneficial information for education and teaching. Fifth, because the network provides rich information resources and teaching contents for the network mental health education and network moral education, the network has become an important part of the network mental health education and network moral education.

5.4 Educational Methods are Modern

At present, the network mental health education for college students is characterized by openness, equality and democracy. It is embodied in the following aspects: first, the education field is not only in the traditional schools, classes and books; Second, the education mode has changed from the traditional one-way psychological counseling mode to a more active two-way interaction mode. Third, it combines explicit education with implicit education.

The Internet mental health education method for college students should first have a deep understanding of the development of the Internet and the double impact of the rapid development of the Internet on college students. Specific to the following important measures: the establishment of the theme of mental health education website, with the help of the network psychological counseling law, the establishment of the network mental health education team. This can not only enhance the effect of mental health education but also expand the scale and improve the efficiency of education, so as to implement more appealing and influential mental health education methods.

Under the background of the rapid development of information technology and the trend of development, it is more modern to use the information technology of education to promote the modernization of education and to develop college students' mental health education methods by leaps and bounds, compared with the traditional mental health education-on methods.

5.5 Educational Activities are Networked

Because network technology has great advantages in educational resources, network education presents a new feature, that is network education can not only achieve the reality of college students mental health education can do, but also can do in the reality of college students mental health education can not do. The specific performance is as follows:

5.5.1 Unlimited Time and Space

There are two types of network education activities: one is asynchronous teaching with large degrees of freedom in time and space and synchronous teaching with degrees of freedom in space. Online education activities include three levels: individual, group and mass. Combining the above two points,

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we can draw the conclusion that the Internet technology system can not only provide effective support for the formation of a complete process of in-school and out-of-school teaching, but also facilitate access to the Internet for independent learning by anyone at any time and place. To sum up, since the process of teaching and learning in online education activities does not have to be carried out simultaneously, online education can break through the space-time limitation of education.

5.5.2 Repeatability and Selectivity

The network education resources take the computer network as the carrier, itself has the virtual nature, thus can be repeatedly searched and used, but will not cause the loss, only with the development of The Times and constantly increase and improve. Based on this characteristic and its own repeatability, network education resources can provide a lot of high-quality selective education information for network mental health education with abundant educational resources. When the seeker wants to search for some helpful information, he can not only search within the site, but also make Internet links. After comparing the information and services provided by different experts, he can choose the beneficial information that can meet his psychological needs.

5.5.3 Open

As network education is an open mode of education, different from the traditional mode that emphasizes teaching, its emphasis is on learning. Therefore, as long as students have certain network knowledge and skills they can choose professional mental health education experts or teachers to learn about mental health on the basis of not limited by time and space And meet difficulties, but also repeated learning. Through the network, to real-time interaction with mental health experts, teachers exchange.

5.5.4 Anonymity

On the one hand, because online education has the characteristics of vitality and interactivity, online education itself has the function of protecting learners' privacy. In the online world, learners can selectively hide their identity information that they do not want to disclose, and even arbitrarily create codes to communicate with instructors. On the other hand, a mentor with a good work ethic will not disclose the privacy of the client To sum up, the anonymity of the Internet can provide a good learning platform for online learners, so that learners can fully express their inner feelings.

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