

Original Paper

Research on the Theoretical Logic and Practical Application of College Mental Health Education from the Perspective of Social Learning Theory

Xie Xiaojun¹

¹ Sichuan Minzu College, Kangding City, China

Received: March 29, 2023

Accepted: April 21, 2023

Online Published: April 30, 2023

doi:10.22158/elsr.v4n2p65

URL: <http://dx.doi.org/10.22158/elsr.v4n2p65>

Abstract

This paper mainly explores the theoretical logic and practical research of college mental health education from the perspective of social learning theory. The study suggests that social learning theory provides a new perspective and approach for college mental health education, and the application of this theory can promote the comprehensive development of students' mental health. At the same time, this theory also provides guidance and support for the practice of college mental health education. By establishing a diversified and autonomous learning environment, enhancing the cooperation and coordination between school and society education, and establishing feedback and evaluation mechanisms, the effectiveness and quality of students' learning can be improved. This study has certain reference value for the theoretical research and practical promotion of college mental health education.

Keywords

college mental health education; social learning; student mental health; ideological and political education

1. The Driving Force of College Mental Health Education Development under the Social Learning Theory

1.1 Ideological and Political Education in Colleges Provides the Source of Motivation for the Emergence and Development of Mental Health Education

Ideological and political education in colleges focuses on cultivating students' correct values, outlook on life, and worldview, which is consistent with the goal of mental health education. Mental health education aims to help students establish a positive and healthy psychological state, possess correct values and attitudes towards life, and thus improve their personal mental health level.

It emphasizes the comprehensive development of individuals, including multiple aspects such as physical, intellectual, aesthetic, moral, and psychological, which also provides theoretical basis and practical support for mental health education. Mental health education needs to comprehensively use various methods and means to help students develop their abilities in all aspects, improve their self-awareness and emotional management skills. It also focuses on cultivating students' sense of social responsibility and civic consciousness, which is consistent with the social nature of mental health education.

1.2 Institutionalization and Professionalization of Mental Health Education in Universities

Institutionalization is the foundation of mental health education in universities. Universities should establish and improve rules and regulations for mental health education, clarify specific requirements for educational content, objectives, methods, time, responsibilities, and establish a long-term mechanism for mental health education. At the same time, universities should establish and improve mental health records, conduct psychological assessments and diagnoses of students, and timely identify and solve their psychological problems.

Professionalization is an important guarantee for mental health education in universities. Universities should establish mental health education centers, hire professional psychologists, counselors and other talents, and carry out specialized mental health education work. At the same time, universities should strengthen the training and assessment of mental health education workers, improve their professional quality and service ability.

1.3 The Construction of Social Psychological Service System Is an Important Support for Mental Health Education in Universities

Social psychological service organizations can provide professional technical support for mental health education in universities. These organizations are usually composed of professional counselors, psychologists, social workers, and others who have rich experience in psychological counseling and treatment, and can provide professional technical support and guidance for mental health education in universities.

2. The Ecological Pattern of Psychological Health Education in Higher Education Institutions under the Social Learning Theory

2.1 Psychological Health Education Is a Relatively Independent System within the "Four-in-One" Education System

Psychological health education refers to a series of services aimed at promoting psychological health, including psychological education, assessment, counseling, and therapy, provided through various channels and means. It is a part of the "Four-in-One" education system, but it is also a relatively independent system.

Psychological health education is an important component of individual development. In the education system, it corresponds to culture, sports, and vocational education, and is an important aspect of the "Four-in-One" education. Psychological health education is a relatively independent system with its own

independent theories, methods, and means. Its goal is to promote the development of individual psychological health, and it needs the support of other forms of education, but it also requires its own independent development and improvement.

2.2 The Psychological Health Education System is a Subsystem of Ideological and Political Education in Universities

The psychological health education system refers to a series of services for psychological health, including psychological education, psychological assessment, psychological counseling, and psychological treatment for college students through various channels and means within the scope of universities. It is one of the important subsystems of ideological and political education in universities.

The core of ideological and political education in universities is to cultivate college students' correct worldview, outlook on life, and values, and promote their comprehensive development. Psychological health education is one of the important means to achieve this goal. Psychological health education can help college students establish a positive and healthy psychological state, possess correct values and attitudes towards life, and thus promote their comprehensive development.

2.3 The Psychological Health Education System Is a Subsystem of the Social Psychological Service System

The psychological health education system refers to a series of psychological services aimed at promoting mental health, including psychological education, assessment, counseling, and therapy, provided to individuals through various channels and means within the social scope. It is one of the important subsystems of the social psychological service system.

The social psychological service system refers to a system that provides mental health services to the general public through various channels and means. The psychological health education system is an important component of the social psychological service system, providing psychological health education services to society, helping people to acquire knowledge about mental health and improve their mental health levels.

The psychological health education system also needs the support of the social psychological service system to achieve its own development and improvement. For example, the psychological health education system can establish cooperative relationships with other parts to jointly promote the development and improvement of psychological health services. At the same time, the psychological health education system also needs to pay attention to the impact of social environment and social relationships on individual mental health, and actively guide society to pay attention to and participate in psychological health education.

2.4 The Relationship Model of the Psychological Health Education System in Universities

The psychological health education system in universities is a system composed of multiple interconnected and interactive components. In order to better understand and describe the internal relationships, a relationship model can be established. The core of this model is the Psychological Health Education Center, which serves as the central hub of the entire system. The Psychological Health

Education Center includes various professional rooms such as the psychological counseling room, psychological assessment room, and psychological therapy room, as well as non-professional rooms such as the Psychological Health Education Office. It is the service center of the psychological health education system and an important organization for coordinating the work of all components.

This model includes the four basic components of psychological health education: psychological education, psychological assessment, psychological counseling, and psychological therapy. These four components are interconnected and interact with each other, forming a complete psychological health education service system.

The model also includes the relationship between the psychological health education system and other departments and institutions. For example, the leadership department, student affairs department, security department, etc. in universities are all partners and supporters of the psychological health education system. They need to establish a good cooperative relationship with the psychological health education center.

3. The Collaborative Development Path of Psychological Health Education in Higher Education Based on Social Learning Theory

3.1 Strengthen Psychological Health Management Based on the Holistic Principle of Social Learning

The holistic principle of social learning theory emphasizes that education should be considered as a whole and pay attention to the comprehensive development of individual students. This principle should also be implemented in psychological health management work.

Psychological health management work should be considered as a whole, with a focus on the comprehensive development of individuals. It should not only address individual psychological health issues, but also pay attention to social adaptability, learning ability, and career development, promoting the overall development of individuals.

Psychological health management work should be considered as a whole, with a focus on the comprehensive development of individuals. It should not only address individual psychological health issues, but also pay attention to social adaptability, learning ability, and career development, promoting the overall development of individuals.

3.2 Based on the Collaborative Principle of Social Learning, Promoting the Unity of Nurturing Hearts and Nurturing Virtues Requires the Use of Socialized Learning Methods to Establish Mechanisms for Shared Experiences and Sharing

Through organizing theme education activities, discussion sessions, and seminars, students can be helped to recognize the relationship between nurturing hearts and nurturing virtues, and jointly explore how to achieve the unity of nurturing hearts and nurturing virtues.

Promoting the unity of nurturing hearts and nurturing virtues requires the use of socialized learning methods to establish mechanisms for communication and cooperation. By strengthening cooperation with social organizations and enterprises, introducing social resources and experiences, and enhancing

students' social adaptability and innovation capabilities, the unity of nurturing hearts and nurturing virtues can be achieved. Promoting the unity of nurturing hearts and nurturing virtues requires the use of socialized learning methods to establish mechanisms for practice and reflection. By organizing practical activities and reviewing and summarizing them, students can combine theoretical knowledge with practical experience, deepen their understanding and practice of nurturing hearts and nurturing virtues. Based on the collaborative principle of social learning, promoting the unity of cultivating the heart and cultivating virtue requires the use of socialized learning methods to establish mechanisms for shared experiences, communication and collaboration, practice and reflection, in order to achieve an organic combination of knowledge and practice, morality and wisdom.

3.3 Based on the Open Principle of Social Learning, Enhancing the Synergy between School and Social Education

Enhancing the synergy between school and social education requires the use of socialized learning methods to establish a diversified and autonomous learning environment. Schools can enrich students' learning experiences and contents by organizing various forms of extracurricular activities, practical teaching, and introducing social resources. At the same time, it is necessary to respect students' individual differences and interests and provide opportunities and space for autonomous learning.

Enhancing the synergy between school and social education requires the use of socialized learning methods to establish mechanisms for cooperation and interaction. Schools can establish cooperative relationships with social education institutions, enterprises, and social organizations to jointly carry out educational activities, share educational resources and experiences, and provide students with more diverse and abundant learning opportunities.

References

- Guo, H. (2019). *Theoretical Logic and Practical Research on Psychological Health Education in Colleges and Universities from the Perspective of Social Learning Theory*. Chongqing Normal University.
- Liu, Y., Wang, L., & Zhang, Y. (2018). Research on Psychological Health Education in Colleges and Universities Based on Social Learning Theory. *Psychological and Behavioral Research*, 16(2), 201-205.
- Wang, X. J., & Zou, M. L. (2019). Research on Psychological Health Education in Colleges and Universities Based on Social Learning Theory. *Youth Science and Technology*, 2019(3), 137.
- Wang, Y., & Sun, F. X. (2019). Research on the Practice of Psychological Health Education in Colleges and Universities from the Perspective of Social Learning Theory. *Journal of University Education*, 2019(2), 33-37.
- Wang, Y., & Wu, X. H. (2018). Research on Psychological Health Education in Colleges and Universities from the Perspective of Social Learning Theory. *Basic Education Quality*, 2018(10), 69-70.