

Article

Research on Mental Health Education for College Students from the Perspective of Comprehensive Education

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Abstract: In today's higher education environment, mental health issues among college students are becoming increasingly prominent, significantly affecting their academic performance, daily life, and future development. To address this issue, the concept of comprehensive education has emerged, emphasizing a holistic, comprehensive, and continuous approach to student education. This paper aims to explore mental health education for college students from the perspective of comprehensive education, analyzing the current state of college students' mental health and its influencing factors, while proposing targeted educational goals, content, and methods. Through the analysis of successful case studies, this paper highlights the importance of mental health education in promoting the overall development of college students and looks ahead to future research directions in this field. The findings will provide theoretical support and practical guidance for the practice of mental health education in higher education institutions.

Keywords: comprehensive education; college students; mental health education; educational goals

1. Introduction

In today's rapidly developing society, college students face unprecedented challenges and pressures. Academic burdens, employment competition, and interpersonal relationships often exacerbate mental health issues among students. Research indicates that mental health problems not only affect students' academic performance but can also have profound negative impacts on their quality of life and future development. Therefore, enhancing the mental health levels of college students has become one of the important tasks in higher education. In this context, the concept of comprehensive education provides a new perspective and approach for mental health education in colleges. Comprehensive education emphasizes holistic, comprehensive, and continuous education for students, aiming to cultivate their overall qualities and sound personalities, thereby aiding their all-around development in academics, life, and social adaptation. This paper will explore mental health education for college students from the perspective of comprehensive education, analyze the current state of college students' mental health and its influencing factors, and propose corresponding educational goals, content, and methods to provide theoretical support and guidance for the practice of mental health education in higher education institutions. Through this research, it is hoped to contribute to the construction of a healthy and harmonious campus environment, promoting the overall development of college students [1].

2. Related Concepts

2.1. Analysis of the Concept of Comprehensive Education

"Comprehensive education" is an important concept proposed in the field of education in recent years, aiming to systematically enhance students' overall qualities. Its core

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lies in the educational philosophy of "holistic, comprehensive, and continuous" development, emphasizing that attention should not only be given to students' academic achievements but also to their moral character, mental health, and social adaptability. Firstly, holistic education emphasizes that education should focus on the overall development of students, rather than merely on intellectual cultivation. This means that educators need to value students' physical and mental health, the formation of their values, and their ability to handle interpersonal relationships, enabling them to become well-rounded builders and successors of socialism. Under this philosophy, schools should cultivate students' moral sentiments, aesthetic abilities, and practical skills through a variety of means, including curriculum design, extracurricular activities, and mental health education. Secondly, comprehensive education emphasizes that all aspects and levels of education should be interconnected and form a synergistic effect. Educators should achieve an organic integration of knowledge and skills, theory and practice, and individual and society through collaborative teaching across different subjects. Comprehensive education not only requires teachers to impart knowledge in the classroom but also guides students to develop their skills through practice, enhancing their innovative thinking and teamwork spirit. Finally, continuous education emphasizes that education should not be limited to the school period but should span the entire growth process of students. This means that educators should pay attention to every aspect of students' learning, life, and social practice, providing ongoing support and guidance. In this process, mental health education is particularly important; it not only helps students face academic and life pressures but also enhances their adaptability and resilience, aiding their integration into society. In summary, the introduction of the concept of comprehensive education provides a new theoretical foundation and practical direction for mental health education in higher education. Within this framework, mental health education should be regarded as an essential component of students' overall development, aimed at cultivating their psychological qualities, enhancing their resilience, and ultimately promoting their healthy growth and holistic development [2].

2.2. Significance of Mental Health Education

Mental health education holds an indispensable importance in today's higher education system, particularly for the unique group of college students, its significance is reflected on multiple levels. Firstly, mental health education helps students improve their self-awareness and emotional management abilities. During college, students face pressures from various aspects such as academics, life, and interpersonal relationships, which may lead to psychological problems like anxiety and depression. Through mental health education, students can learn how to recognize their emotions, understand the causes of these emotions, and master appropriate regulation techniques, thereby enhancing their emotional management capabilities [3]. This improvement in self-awareness and emotional regulation not only helps them maintain a positive state in their studies but also fosters harmonious interpersonal relationships. Secondly, mental health education contributes to enhancing students' psychological resilience and stress coping abilities. College life is full of challenges, and many students may experience negative emotions when facing failures and setbacks. Through mental health education, students can learn effective strategies for coping with stress and adversity, thereby enhancing their psychological resilience and improving their ability to face difficulties. The support and guidance provided by mental health education can help students respond more calmly when encountering challenges, reduce psychological distress, and promote a positive mental state. Additionally, mental health education is also significant in promoting students' social skills and interpersonal relationships. In college, students need to establish connections and collaborate with individuals from diverse backgrounds. Mental health education can help students enhance their communication skills and interpersonal skills, strengthening their empathy and teamwork awareness. Good interpersonal relationships not only provide

emotional support for students but also enhance their collaborative abilities in group activities and projects, which is crucial for their future careers. Finally, mental health education plays an important role in cultivating students' comprehensive qualities and improving their overall development level. With the increasing demand for quality talent in society, mental health education is not only a personal growth necessity for students but also a foundation for adapting to social development and achieving self-worth. Through systematic mental health education, students can comprehensively enhance their intellectual, emotional, and social adaptability, laying a solid foundation for their future studies and lives. In conclusion, mental health education has far-reaching significance in the growth and development of college students; it is not only a crucial means to promote individual psychological health but also an important pathway to realize the concept of comprehensive education. Through the implementation of mental health education, students can achieve a comprehensive enhancement of their psychological qualities and overall abilities, thereby laying a solid foundation for their future life and work [4].

3. Current State of College Students' Mental Health

3.1. Mental Health Status Survey

In recent years, mental health issues among college students have gradually attracted widespread attention from society. Multiple studies and surveys indicate that there are significant mental health problems within the college student population, primarily manifested as anxiety, depression, and excessive stress. These issues not only affect students' academic performance and quality of life but may also have long-term implications for their future development. According to national mental health survey data, approximately 30% of college students have experienced mental health problems to varying degrees. Among these, anxiety and depression are the most common issues, with surveys showing that over 20% of students reported experiencing persistent feelings of anxiety or depression. Particularly during exam seasons, academic pressure generally intensifies, leading to a notable increase in the incidence of mental health issues. Furthermore, the survey revealed that the occurrence of mental health problems is closely related to factors such as students' gender, grade level, and major. Research indicates that the incidence of mental health issues among female students is generally higher than that of male students, especially regarding emotional problems and interpersonal relationships. Meanwhile, lower-grade students (e.g., freshmen and sophomores) face significant challenges in adapting to new environments and academic pressures, resulting in a relatively high incidence of mental health problems. Additionally, students in certain majors (e.g., medicine and engineering) often experience poorer mental health due to the high demands and pressures of their coursework. Moreover, the survey also highlighted that the formation of mental health issues among college students is closely related to the lack of social support systems. Many students choose to endure or internalize their psychological distress without seeking timely psychological counseling or support services. Although most colleges have established mental health counseling centers, many students remain unaware of the services available to them due to insufficient promotion and lack of comprehensive service offerings. In summary, the current state of mental health among college students is concerning and requires the attention of higher education institutions, families, and society at large. Establishing a robust mental health education system and enhancing students' psychological qualities and resilience will be crucial in improving the overall mental health levels of college students. Only by addressing mental health issues head-on can we create a better learning and living environment for students, facilitating their holistic development [5].

3.2. Analysis of Influencing Factors

The formation of mental health issues among college students results from multiple influencing factors, which can be categorized into personal, environmental, and social

support factors. Personal factors significantly impact mental health, with individual differences such as personality, emotional stability, and coping skills playing crucial roles. For instance, introverted and sensitive students often experience heightened anxiety or depression under stress. Additionally, factors like low self-confidence, unrealistic expectations, and fear of failure can lead to feelings of overwhelm when facing academic and life challenges. Environmental factors also critically affect mental health. The transition to college life presents an adaptation period, where students encounter challenges related to independent living, such as academic pressures and rebuilding social circles. These challenges can foster feelings of loneliness and anxiety. High academic demands, intense competition, and concerns about future employment add to the stress many students face [6]. Moreover, social support is essential for promoting mental well-being. A strong support system can alleviate psychological pressure; however, many students isolate themselves during distress, lacking communication and support from friends, family, or professionals. This isolation exacerbates mental health issues. Cultural and societal factors further influence mental health. Different cultural backgrounds affect students' understanding and acceptance of mental health issues. In some cultures, these issues remain taboo, leading to reluctance in seeking help. Societal expectations and pressures can impose significant psychological burdens on college students. In conclusion, the factors influencing college students' mental health are complex and diverse, comprising internal personal aspects and external environmental and social support elements. To effectively enhance mental health, it is crucial to comprehensively address these factors and establish a robust mental health education system that provides comprehensive support and guidance.

4. Mental Health Education from the Perspective of Comprehensive Education

4.1. Educational Goals

The formation of mental health issues among college students results from multiple influencing factors, which can be categorized into personal, environmental, and social support factors. Personal factors significantly impact mental health, with individual differences such as personality, emotional stability, and coping skills playing crucial roles. For instance, introverted and sensitive students often experience heightened anxiety or depression under stress. Additionally, factors like low self-confidence, unrealistic expectations, and fear of failure can lead to feelings of overwhelm when facing academic and life challenges. Environmental factors also critically affect mental health. The transition to college life presents an adaptation period, where students encounter challenges related to independent living, such as academic pressures and rebuilding social circles [7]. These challenges can foster feelings of loneliness and anxiety. High academic demands, intense competition, and concerns about future employment add to the stress many students face. Moreover, social support is essential for promoting mental well-being. A strong support system can alleviate psychological pressure; however, many students isolate themselves during distress, lacking communication and support from friends, family, or professionals. This isolation exacerbates mental health issues. Cultural and societal factors further influence mental health. Different cultural backgrounds affect students' understanding and acceptance of mental health issues. In some cultures, these issues remain taboo, leading to reluctance in seeking help. Societal expectations and pressures can impose significant psychological burdens on college students. In conclusion, the factors influencing college students' mental health are complex and diverse, comprising internal personal aspects and external environmental and social support elements. To effectively enhance mental health, it is crucial to comprehensively address these factors and establish a robust mental health education system that provides comprehensive support and guidance.

4.2. Educational Content

Guided by the concept of comprehensive education, the content of mental health education should be diverse and targeted, meeting the needs of college students at different

stages and in various contexts. Firstly, mental health education should include the dissemination of psychological knowledge, introducing students to the basic concepts of mental health, common psychological issues, and their manifestations. This dissemination of knowledge not only improves students' understanding of mental health but also aids them in recognizing their own and others' psychological states, thereby facilitating better self-regulation and mutual support. Secondly, mental health education should focus on the cultivation of emotional management and regulation skills. Through the implementation of emotional management workshops or lectures, students can learn how to identify, understand, and express their emotions, as well as how to effectively regulate negative emotions. These emotional management techniques will help students maintain psychological balance when facing stress and challenges, thereby enhancing their psychological resilience. Moreover, the curriculum should also address stress management and coping strategies, helping students understand the sources and effects of stress while teaching practical coping techniques such as time management, relaxation training, and mindfulness meditation. Additionally, the content of mental health education should include training in interpersonal and communication skills. Through role-playing and group activities, students can practice their communication, listening, and teamwork abilities. This not only helps to enhance their social skills but also promotes positive interactions with others and strengthens their social support networks, thus improving their mental health levels. Furthermore, mental health education should emphasize the analysis and sharing of practical case studies. By examining successful cases of coping with psychological issues, students can gain insights and learn how to confront and resolve their own problems. Encouraging students to share their experiences and feelings also helps create an open and inclusive campus atmosphere, making more students willing to express themselves and seek help. Finally, the content of mental health education should advocate and cultivate healthy lifestyles. Educators can guide students in establishing healthy lifestyle concepts through activities focused on proper nutrition, regular sleep patterns, and appropriate exercise. This approach not only addresses mental health but also considers students' physical health, promoting their overall development. In summary, the content of mental health education from the perspective of comprehensive education should encompass various aspects, including psychological knowledge dissemination, emotional management, stress coping, interpersonal skills, case analysis, and healthy lifestyle promotion. This diverse educational content will provide students with rich psychological support and guidance, helping them achieve positive interactions between mental health and academic success [8].

4.3. Educational Methods

From the perspective of comprehensive education, the implementation methods for mental health education should be diverse and flexible to enhance effectiveness and meet students' varying needs. Classroom teaching serves as a crucial platform for mental health education, allowing teachers to convey fundamental theories and knowledge. Interactive teaching methods, such as discussions and sharing, should be employed to increase student engagement. Integrating vivid case studies and practical applications helps students better grasp mental health concepts. Regularly hosting mental health workshops is another effective method. These workshops provide experiential learning opportunities focused on emotional management, stress coping, and communication skills. Through group activities, role-playing, and games, students actively participate and apply theoretical knowledge to real-life situations, fostering peer communication and support. Additionally, establishing professional psychological counseling services through one-on-one consultations allows students to address personal psychological issues. Mental health counselors can offer personalized advice, assisting students in understanding themselves and improving their emotional and interpersonal skills. Utilizing modern technology for online mental health education is increasingly important. Online courses and resource

platforms enable students to access mental health knowledge and support anytime, anywhere. Various formats, including videos, articles, and online interactions, expand the reach of mental health education to accommodate diverse student needs. Online platforms can also provide anonymous counseling services, reducing barriers for students seeking help. Organizing team-building activities is essential for encouraging active participation. Outdoor excursions, volunteer services, and mental health awareness campaigns help students hone social skills, strengthen team spirit, and build positive relationships. Lastly, fostering communication and collaboration between families and schools is crucial. Regular parent meetings and mental health seminars help parents understand college students' psychological needs, enabling better support for their growth. In conclusion, mental health education should incorporate various methods, including classroom teaching, workshops, counseling services, online education, team-building, and family-school cooperation, to effectively promote students' mental health and overall development.

5. Case Analysis

In the practice of mental health education, many universities have demonstrated the successful application of the comprehensive education concept through specific cases. For example, a well-known university has recently launched a comprehensive mental health education program called the "Mental Health Star Program," which integrates classroom teaching, psychological counseling, team activities, and family involvement, achieving significant results. The implementation of this program began with classroom teaching, where the university offered courses on mental health education, teaching students the fundamental concepts of mental health and emotional management skills. The course content includes stress recognition, emotional regulation, and effective communication strategies. To enhance classroom participation, teachers utilized interactive methods such as group discussions and role-playing, encouraging students to share personal experiences and learn from one another, thereby creating a positive learning atmosphere. In addition to classroom instruction, the university also established mental health workshops, inviting counselors and professionals to provide on-site guidance for students. In these workshops, students participated in various themed activities, such as emotional management workshops and stress relief training, learning how to use techniques like breathing exercises and mindfulness meditation to cope with everyday stress. Students generally reported that through these practical activities, they not only mastered ways to handle stress but also enhanced their communication and collaboration skills with others. Moreover, the establishment of psychological counseling services provided more personalized support for students. The university has dedicated mental health counselors who can offer one-on-one counseling for those in need. The counselors set up a convenient appointment system to ensure that every student seeking help can receive professional guidance in a timely manner. This initiative significantly increased students' acceptance of psychological counseling and reduced the psychological barriers to seeking help. To further strengthen the connection between families and the university, the institution also conducted parental involvement activities. They regularly held mental health lectures to inform parents about the psychological characteristics and needs of college students, encouraging them to pay attention to their children's mental states and provide support. This collaboration between home and school not only helps students receive understanding and support at home but also enhances parents' awareness of mental health education. After a year of implementation, the Mental Health Star Program achieved positive results. The mental health status of participating students showed noticeable improvement, and the incidence of anxiety and depression significantly decreased. The success of the program not only promoted students' mental health but also provided valuable insights for mental health education in other universities. Through this case, it is evident that effective implementation of mental health education under the perspective of comprehensive edu-

cation requires systematic course design, professional counseling services, diverse practical activities, and active family involvement. These measures collectively form a comprehensive mental health education system, providing a solid foundation for students' mental health and overall development.

6. Conclusion

In the current higher education environment, mental health issues among college students are becoming increasingly prominent, necessitating effective measures to address them. By introducing the concept of comprehensive education, mental health education not only focuses on students' academic achievements but also pays attention to their psychological qualities, emotional management, and social adaptability. This philosophy emphasizes holistic, comprehensive, and continuous education, aiming to cultivate high-quality talents who are well-rounded in moral, intellectual, physical, aesthetic, and labor aspects. This paper has conducted an in-depth exploration of the goals, content, and methods of mental health education, highlighting that the primary goal is to enhance students' psychological qualities and emotional management skills while helping them establish self-awareness and interpersonal abilities. The educational content encompasses the dissemination of psychological knowledge, emotional management and stress coping strategies, the development of social adaptability, and the promotion of healthy lifestyles. Various educational methods, including classroom teaching, mental health workshops, counseling services, online education, and team activities, collectively form a systematic educational framework. Through case analysis, we have observed successful practices in real-world applications, emphasizing the importance of family-school cooperation and multi-faceted support in mental health education. The implementation of the Mental Health Star Program not only significantly improved the mental health status of participating students but also provided a valuable reference for other universities. In conclusion, mental health education plays a crucial role in promoting the overall development of college students. In the future, it is essential to continue strengthening the emphasis on mental health education, improving relevant policies and measures, and creating a positive atmosphere in which society as a whole cares about the mental health of college students. Only in this way can we help students maintain good psychological states in their academic and daily lives, fostering their healthy and happy growth, ultimately enabling them to become the outstanding talents needed by society.

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