

# College Students' Mental Health Guidance and Social Environment Building Based on Ideological Education

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## ABSTRACT

The purpose of this article is to explore the guidance of college students' mental health and the construction of social environment based on ideological education, so as to improve the level of college students' mental health. Firstly, the universality, types, and causes of college students' mental health problems are analyzed, and the seriousness and urgency of college students' mental health problems are pointed out. Then, it analyzes the influence of social environment on college students' mental health and points out the importance and influencing factors of social environment on college students' mental health. Finally, it puts forward the measures of mental health guidance and social environment construction for college students based on ideological education, including establishing mental health service mechanism, strengthening social environment construction, and promoting the publicity of college students' mental health knowledge.

## KEYWORDS

Ideological education, Mental health of college students, Mental health guidance, Social environment

## INTRODUCTION

With the rapid development of society and the process of modernization, the mental health problems of college students have gradually attracted people's attention. Mental health problems have become an important factor affecting college students' study, life, and development. In China, the mental health problems of adolescents are diverse, with the phenomenon of suicide occurring at a higher rate than in the past. Suicide is the second leading cause of death among college students in China, accounting for about 33.3% of deaths in this population. These college students have serious psychological problems (Qiu, 2017). Therefore, strengthening the education and guidance to encourage college students' mental health and creating a social environment conducive to college students' mental health have become an important task of today's university education (Sumin et al., 2014).

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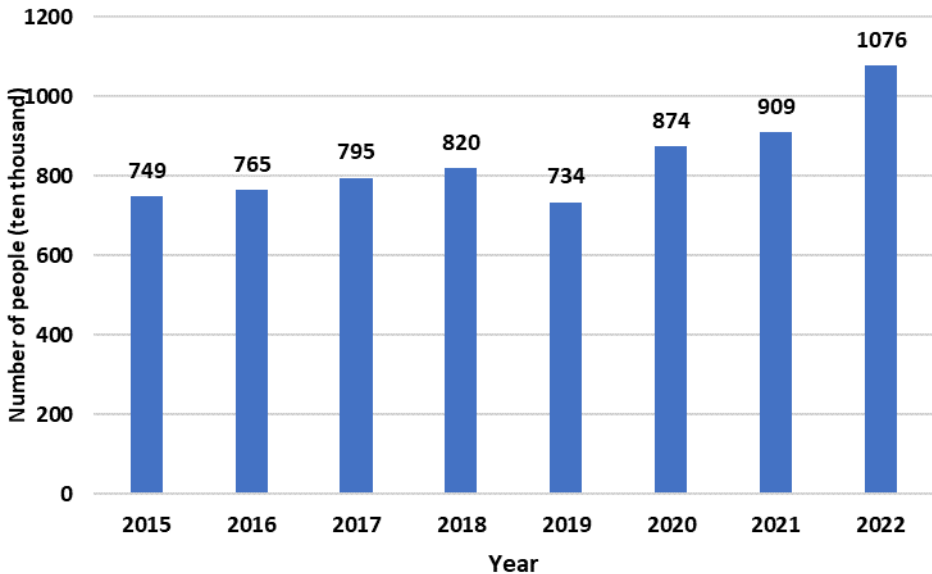
The mental health of college students not only affects their well-being as individuals, but it also affects the long-term development of the country and society (Zhang, 2021). Therefore, it is of great theoretical and practical significance to study how to effectively improve the mental health of college students (Jiang, 2021). The psychological health of college students is the foundation for the establishment of good ideological and moral concepts, and it has a positive effect on college students' ideological education. The purpose of ideological education is to enhance people's ability to understand and transform the world. People gradually perceive and understand the world through interaction with the outside world and accumulation of experience, and then approach and interpret the world according to their own subjective experiences and perspectives.

According to the data released by the Ministry of Education, the total number of college graduates of China in 2022 is expected to exceed 10 million, and the number of college graduates will reach a record high 11.67 million in 2022. The number of college graduates in China from 2015 to 2022 is shown in Figure 1.

Based on the information in Figure 1, the increasing number of college graduates will have a certain impact on the employment market. College students need to continuously improve their abilities and skills to adapt to changes in the workplace. This need has placed more challenges and psychological pressure to college students. Therefore, with the increase in the number of college graduates, the psychological health of college students needs to be given sufficient attention.

College students' mental health includes their proactive practical understanding, rich and objective interpersonal emotions, character of will, and reasonable and standardized behavior and activities. Traditional ideological educators of college students typically attribute the problems presented by college students to ideological problems, ignoring the exploration of their psychological problems. The interactive mechanism formed between mental health education and ideological education can open up an effective way for the ideological education of college students. The purpose of this paper is to explore the guidance of college students' mental health and the construction of social environments based on ideological education, so as to improve the level of college students' mental health. Specifically, purpose of this paper includes the following two parts: 1) to explore the influence and mechanism

Figure 1. Number of college graduates in China from 2015 to 2022



of ideological education on college students' mental health, so as to explore effective mental health education and guidance methods, and 2) to analyze the influencing factors and mechanism of social environments on college students' mental health, and put forward specific measures and suggestions to improve the social environment.

## ANALYSIS OF MENTAL HEALTH STATUS OF COLLEGE STUDENTS

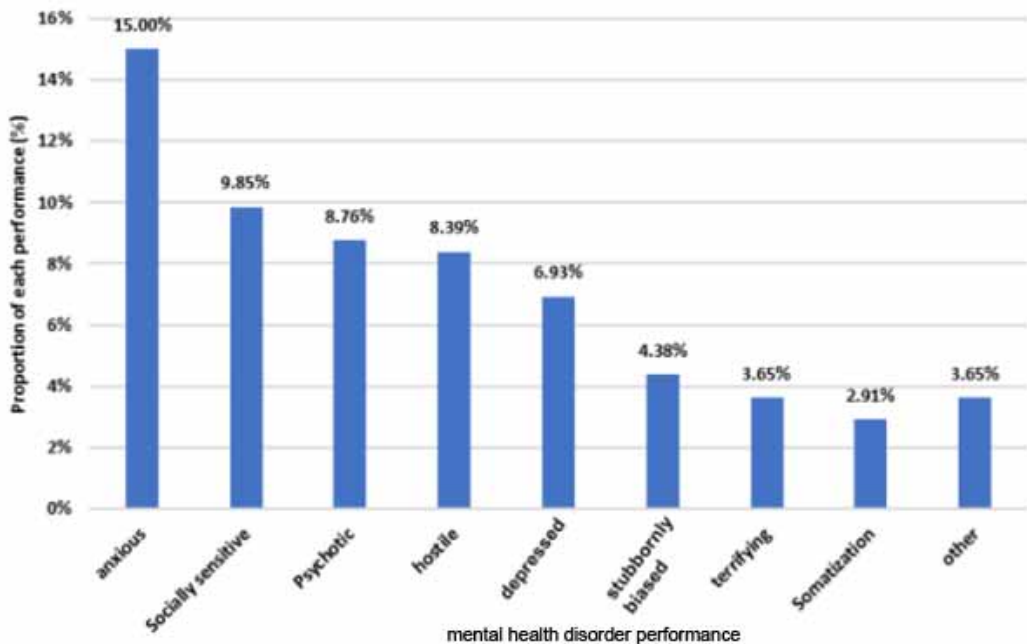
### Universality of College Students' Mental Health Problems

The mental health of college students is a significant issue for society at present. According to the survey data, the universality of college students' mental health problems is increasing year by year (Guliyimu, 2022). For example, a survey of college students shows that more than 70% have mental health problems, most of which are anxiety, depression, interpersonal problems, and the effects of academic pressure (Yun et al., 2022). These problems not only affect college students' academic performance and interpersonal relationships, but also may lead to serious psychological obstacles and physical diseases (Tao & Lv, 2022).

Many domestic surveys show that the overall mental health level of college students is not high at present. In recent years, college students' psychological problems have caused numerous negative events (Da & Liu, 2022). As a result, the psychological health problems of college students have garnered significant attention. There are eight main manifestations of psychological disorders, and the proportion of each is shown in Figure 2.

The history of research and practice on college students' mental health education in China is relatively short, and the research foundation and research force are relatively weak. Compared with developed countries, there is still a certain gap in college students' mental health education in China. The current college education system in China is often influenced by a traditional educational structure and school management mechanisms, which to some extent restricts mental health education work. To

Figure 2. Proportion of manifestations of various mental health disorders



this end, ideological education itself needs to expand to attach importance to students' psychological development.

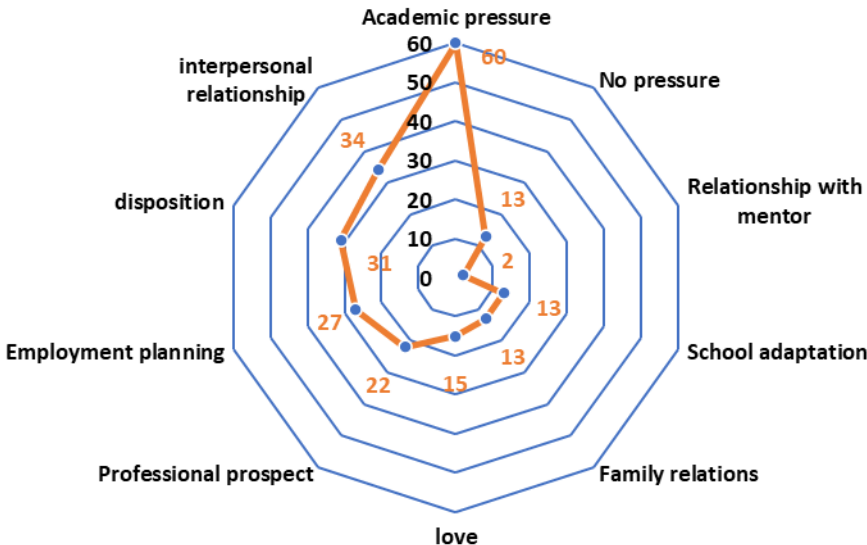
### Complexity of College Students' Mental Health Problems

The investigation and analysis of college students' mental health problems reveals that the complexity of college students' mental health problems is mainly manifested in the following ways. First, college students' mental health problems are diverse. The mental health problems of college students include not only traditional problems such as emotional problems, interpersonal problems, and study pressure, but also new problems such as internet addiction and game addiction (Cui & Zhang, 2022). These problems are also different among different age groups, different genders, and different majors. Second, the mental health problems of college students are complex. The mental health problems of college students are often related to many factors, such as family environment, academic pressure, social network, interpersonal relationships, and life planning (Quan & Xie, 2022). These factors interact with each other and have an impact on college students' mental health (Yu, 2022). Finally, the mental health problems of college students are persistent. The mental health problems of college students are not transient, but lasting. If timely and effective intervention measures are not taken, these problems may lead to more serious consequences, even affecting the learning and life of college students (Cao, 2017). According to a recent survey, the rate of depressive disorder among college students is 23.66%, and there are many depressive phenomena among college students. The proportion of psychological distress among college students is shown in Figure 3.

### Types and Causes of Mental Health Problems of College Students

The types of mental health problems of college students mainly include anxiety, depression, interpersonal problems, and academic pressure. Among them, academic pressure is one of the main reasons for college students' mental health problems (Kong, 2022). The competition in modern society is fierce, and the academic pressure and employment pressure experienced by college students are increasing, making college students prone to psychological problems such as anxiety and depression (Wang, 2021). In addition, the influence of family and social environment is also an important reason for college students' mental health problems (Bai, 2021). Different family education methods, social

Figure 3. Proportion of college students' psychological distress



values, and other factors can easily lead to different mental health problems of college students. Human development is inseparable from social and cultural factors. The imbalances in interregional development and the diverse development of social culture have caused many college students to have different psychological experiences. In addition, for college students whose ideology and judgment are not yet fully mature, it is easy to view negative social energy as a reflection of the overall picture of society (Li et al., 2022). Ultimately, the types and causes of college students' mental health problems are complicated, and comprehensive measures are needed to fundamentally solve the mental health problems of college students (Luo, 2022).

Research shows that the most commonly used decompression method for college students is to divert attention, followed by talking to friends, and exercising. In addition, some students report talking to parents and crying as ways to deal with mental health challenge. It is worth noting that 10% of college students report choosing not to solve mental health concerns, which is very serious. The most commonly used decompression methods for college students are shown in Figure 4.

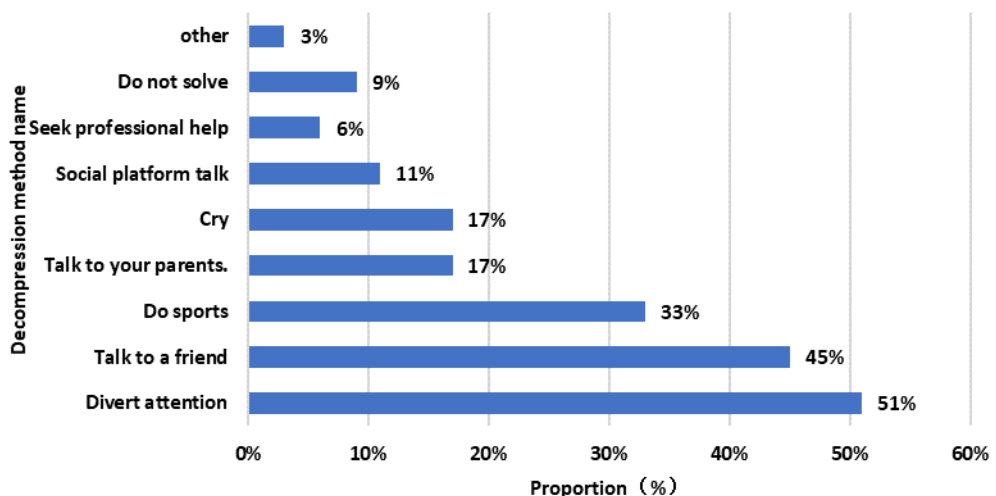
### Effects of Ideological Education and Social Environment on the Psychological Health of College Students

The paper discusses the universality, types, and causes of college students' mental health problems, as well as the influence of ideological education and social environment on college students' mental health. It also puts forward the methods of mental health guidance and social environment construction for college students based on ideological education and discusses the importance of establishing mental health service mechanisms (Yu & Guo, 2018). In this chapter, the paper focuses on how to carry out effective ideological education to provide a more comprehensive solution for college students' mental health concerns.

### How to Carry out Effective Ideological Education

It is important to fully understand the importance of ideological education. Ideological education mainly includes political education, moral education, and psychological education for students, and it is education with a global outlook and methodology. Ideological education aims at guiding students to form correct ideological concepts by teaching them correct ideological concepts and values, so that they can accept the mainstream value system of society and be corrected and guided.

Figure 4. Most commonly used decompression methods for college students



Ideological education is the core of college students' mental health education, and its purpose is to cultivate students' outlook on life, values and the world, so that they have a correct life direction and a positive mental state (Lin, 2021). Ideological education should infiltrate the study, life, and social activities of college students so as to achieve the purpose of profoundly influencing students (Li, 2014). Additionally, it is necessary to carry out targeted and diversified ideological education based on the psychological characteristics of college students (Yi & Yang, 2015). There are many psychological characteristics of college students, such as great emotional fluctuation, lack of self-awareness, and great academic pressure. Therefore, in an ideological education, various forms and rich content of educational activities should be carried out based on these characteristics. For example, through lectures, discussions, psychological counseling, and other forms, college students can be guided to correctly view themselves, others, and life, and improve their psychological quality and self-regulation ability. Finally, it is necessary to establish and improve the ideological education system. Ideological education should not remain superficial, but should permeate the complete education system (Xie & Tang, 2019). The system should include psychological consultation, psychological consultation, classroom teaching, activity guidance, and other aspects, providing a comprehensive educational result. At the same time, it is necessary to strengthen the evaluation and supervision of ideological education, identify and solve problems in a timely manner, and ensure the quality of education (Zeng, 2018).

### **Significance of Ideological Education to College Students' Mental Health**

Ideological education is an important part of college students' mental health education and an important means to maintain college students' mental health. The influence of ideological education on college students' mental health cannot be ignored. Good ideological education can guide college students to establish a correct outlook on the world, life, and values; enhance their psychological quality; improve their psychological stress resistance; and help them better cope with setbacks and difficulties (Xiaoyang et al., 2021). Social environment also has an important impact on college students' mental health. A good social environment can provide a comfortable living and learning environment for college students, enhance their self-confidence and sense of belonging, reduce the pressure and burden they feel, and provide strong support for their mental health. Finally, ideological education can not only improve college students' ideological awareness and cultural quality, but also strengthen their self-awareness and emotional management ability, thus enhancing their psychological resilience and ability to cope with pressure (Alimu & Abulikemu, 2022). Through ideological education, college students can better understand themselves, adjust their emotions and avoid or reduce the emergence of psychological problems.

### **Influence of Ideological Education on College Students' Mental Health**

Research finds that ideological education and social environment are of great significance to the psychological health of college students. The influence of ideological education on college students' mental health is mainly reflected in the following four ways.

#### **(1) Improving self-awareness and emotional management ability.**

Ideological education can help college students understand their own strengths and weaknesses, find their own direction, and then better manage their emotions and behaviors.

#### **(2) Enhancing psychological resilience and coping ability.**

Ideological education can enhance the psychological resilience of college students, enable them to better cope with all kinds of setbacks and pressures, and avoid or reduce the emergence of psychological problems.

(3) Establishing positive interpersonal relationships.

Ideological education can help college students to establish positive interpersonal relationships, enhance mutual trust and support, and thus alleviate their psychological pressure and anxiety.

(4) Creating a good learning and living environment.

Ideological education can guide college students to establish a correct outlook on life and values, advocate a positive lifestyle, create a healthy and positive learning and living environment, and promote the formation and development of college students' mental health.

Ideological education plays an important role in college students' mental health. Ideological education can help college students to establish a healthy outlook on life and values, improve their self-awareness and emotional management abilities, enhance their psychological resilience and coping abilities, and establish positive interpersonal relationships, thus effectively preventing and reducing the occurrence of college students' mental health problems.

### **Factors Influencing the Social Environment on College Students' Mental Health**

(1) Academic pressure

College students face great academic pressure. Students of different majors encounter different learning tasks and exam difficulties, and some majors may face greater learning pressure. If the academic pressure is too great, it will have a negative impact on the mental health of college students, leading to emotional instability, anxiety, depression, and other problems.

(2) Social pressure.

College students need to communicate with classmates, teachers, and people from all walks of life on campus. For some people, social stress may lead to emotional instability, insecurity, and other problems. If the social pressure is too great, it may lead to mental health problems of college students.

(3) Family background.

The family background of college students may also affect their mental health. If there are contradictions and a tense atmosphere in the family, they may have a negative impact on the mental health of college students.

(4) Social and economic pressure.

College students face employment pressure, and some families may need to rely on the income of college students to alleviate their financial problems. If college students bear too much pressure economically, it may have a negative impact on their mental health.

### **Importance of Social Environment to College Students' Mental Health**

The mental health problems of college students are not only influenced by individual factors, but also by the social environment. In the university campus, students' life, studies, and communication are all influenced by the social environment. If the social environment is unhealthy, it will have a negative impact on the psychological health of college students, thus affecting their academic

performance and future development. Therefore, it is of great significance to study the influence of the social environment on college students' mental health. And it should be noted that the social environment has a significant influence on college students' mental health. In order to improve the mental health of college students, it is necessary to improve their social environment, reduce their psychological pressure, and promote their positive development. Ideological education is the core of college students' mental health education and an important means to realize college students' mental health. Therefore, the importance of ideological education should be fully recognized. Ideological education is an important part of university education, aiming at guiding college students to establish a correct outlook on life, values, and the world. In terms of mental health, ideological education can help college students realize their psychological problems and guide them to actively deal with and solve them. At the same time, ideological education can also help college students to establish a positive attitude and enhance their ability to resist setbacks and self-adjustment, so as to better cope with setbacks and difficulties.

## **COLLEGE STUDENTS' MENTAL HEALTH GUIDANCE AND SOCIAL ENVIRONMENT CONSTRUCTION**

### **Mental Health Guidance for College Students Based on Ideological Education**

Ideological education is an important component of college students' mental health guidance. In the process of implementing ideological education, it is necessary to carry out the following steps.

First, establish healthy values. College students need to correctly understand the meaning of health, clarify their health awareness and responsibilities, and establish a positive attitude towards life.

Second, improve awareness. College students need to fully understand their physical and psychological status, learn to analyze the causes of their own problems, and develop reasonable solutions. In addition, it is necessary to pay attention to the cultivation of self-regulation ability and improve self-control and adaptability.

Third, strengthen psychological counseling and treatment. The influence of the external environment is important, but each college student has his or her own unique personality. The internal motivation of individuals is the most important driving force for the future development of college students. If college students want to achieve their own balanced development, they may need to change themselves in many ways.

There are various types of mental health problems among college students, which require different psychological counseling and treatment methods. When conducting psychotherapy, it is necessary to follow scientific norms, accurately diagnose, formulate scientific treatment plans, and pay attention to the safety and privacy protection of the psychotherapy process.

### **Mental Health for College Students Based on Social Environment Construction**

Social environment has an important impact on college students' mental health. In order to improve the psychological health of college students, it is necessary to address the following aspects. First, strengthen the promotion of mental health. By widely publicizing mental health knowledge, society will pay attention to college students' mental health issues and help them establish healthy psychological concepts. Second, improve the teaching environment. The teaching environment is an important place for college students to study and live, and it is necessary to create a healthy, harmonious, and positive atmosphere. Measures such as strengthening communication between teachers and students, optimizing teaching management, and improving teaching methods can be taken to improve the quality of learning and life of college students. Teachers should strengthen their own mental health education knowledge, have a positive attitude towards life, and have correct values. Additionally, teachers should strengthen the cultivation of college students' awareness of mental health education. Teachers are the main implementers of mental health education, shouldering the responsibility of educating and

guiding the healthy growth of college students. Finally, strengthen social support. Social support is an important element of college students' mental health, and it can be provided through voluntary services, psychological consultation hotlines, and other ways.

### **Establishment of Mental Health Service Mechanisms**

To improve the mechanism of college students' mental health services, it is necessary to innovate the forms of mental health education activities, expand the channels of mental health education, actively create a good mental health education atmosphere, recognize that teachers play a significant role in students' mental health education, and meet the psychological needs of college students' self-growth. In universities, mental health education is a long-term project. In order to better promote mental health education, universities need to formulate a scientific and reasonable mental health education system and strengthen the system of mental health services. Universities can provide students with systematic, comprehensive, and scientific mental health knowledge and methods by establishing mental health education courses. Mental health courses should pay attention to practicality, combine knowledge with practice, and help students master more scientific psychological self-regulation skills. In addition, schools can organize a variety of mental health resources such as psychological counseling, psychological lectures, and psychological tests to provide students with multi-faceted and all-round mental health services.

Additionally, schools should also strengthen the construction of psychological counseling service teams and establish a sound psychological counseling service system. Universities can establish a team of psychological counseling services by hiring professional psychological counselors to provide targeted and personalized psychological counseling services. At the same time, schools can also create platforms such as psychological consultation hotlines and websites to help students seek psychological consultation help anytime and anywhere. In addition, schools can create students' mental health files to record students' mental health and provide accurate mental health services. Universities should pay more attention to the mental health of teachers and students and build a good campus culture. Schools can create a positive, caring, and mutual-help atmosphere by carrying out mental health education and publicity activities and strengthening communication between teachers and students, so as to promote the improvement of teachers and students' mental health. Colleges and universities should correctly use intervention measures to promptly intervene on behalf of students with psychological crises and try to avoid negative campus events. For students with severe mental illness who return to school for further study after treatment by a professional institution, their college should arrange a class psychological liaison to pay close attention to the student, keep track of the student's psychological status, and regularly follow up with appropriate individuals.

College students' mental health guidance and social environment construction are comprehensive and systematic projects that require the joint efforts of all parties on campus. Only through comprehensive services, systematic education, personalized consultation, and the construction of a healthy campus culture can college students develop in a physically and mentally healthy way.

### **CONCLUSION**

The purpose of this study is to explore the influence of ideological education and social environment on college students' mental health and put forward corresponding guidance. Through the collection and analysis of relevant literature and data, the following conclusions are reached. First, the psychological health problems of college students are very common, mainly manifested in emotional problems, academic pressure, and interpersonal problems. The main reasons include excessive academic pressure, bad living environments, and interpersonal problems. Second, ideological education is of great significance to college students' mental health, which can be promoted by improving self-awareness and cultivating correct understanding. The social environment also has an important impact on college students' mental health, and it includes family environment, campus culture, and the like. Finally, it

is necessary to establish guidance for college students' mental health based on ideological education and social environment, including developing mental health education, establishing mental health service mechanisms, and improving campus culture.

Although this study has explored the impact of ideological education and social environment on college students' mental health, there are still many issues that need further research and exploration. For example, in the field of ideological education, the specific effects of different forms and methods of ideological education on college students' mental health should be explored more deeply; in terms of social environment, it is necessary to analyze more specifically the extent and mechanism of various social environmental factors affecting college students' mental health.

In addition, the problem of college students' mental health is complex and needs the synergy of all aspects to solve. Future research can explore more comprehensive solutions to improve college students' mental health and provide better guidance for their growth and development.

## **DATA AVAILABILITY**

The figures and tables used to support the findings of this study are included in the article.

## **CONFLICTS OF INTEREST**

The authors declare that they have no conflicts of interest.

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## **AUTHOR NOTE**

Kui Xie is a professor in the Department of Education Studies at The Ohio State University. His research focuses on the guidance of college students' mental health.

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