

System construction on psychological harmony education of college students

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Abstract: The psychological harmony education, oriented to the unity of Truth, Good, Beauty, and in pursuit of a healthy, balanced and harmonious development of individual psychological quality to improve the mental quality, is an important part in mental education. In order to better fulfill the psychological harmony education of the college students, as well as guarantee this achievement, it should persist in the principles of wholeness and systematism, fully displaying the roles of Mental Health Education Center, teaching system, management system and environmental system. Besides, it should also pay more attention to the family education, social system and self-education of them.

Key words: college students; psychological harmony; education system

Recently, China is in the important period of constructing harmonious society. Colleges have played an important role in advancing the development of it by means of training and supplying persons with high inner qualities to the society. In fact, the campus is harmonious or not depends on the condition of the students' psychology, because the college students' psychological harmony is the foundation of constructing harmonious campus. The both sizes are closely linking with each other and mutually support one another.

Harmony is the inner unity reflected in variety. The human beings are unremittingly pursuing the dynamic harmony between human beings, nature and human beings themselves. Psychological harmony is the major content of one's own harmony. There are some manifestations about it: (1) The individuals' inner psychological harmony, which means the harmony between the individuals' inner psychological elements, such as cognition, emotion, will and behaviors. (2) Interpersonal psychological harmony, which means the individuals have good personality to get along with others, adapt to the team easily and hold the appropriate role. (3) Harmony between people and things means handling affairs moderately and rationally (YUAN Xue-wu, 2006). The outward adaptation and the inner coordination are the main reflection of psychological harmony. The psychological harmony education, oriented to the unity of Truth, Good, Beauty, and in pursuit of a healthy, balanced, and harmonious development of individual psychological quality to improve the mental quality, is an important part in the mental education.

The psychological harmony education is a systematic enterprise. In order to better fulfilling the psychological harmony education of the college students, as well as guarantee this achievement, it should persist

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in a systematic principle and develop into a “quadruple unity” educational system, which is in core of self-education and school education, based on family education guaranteed by social education. Each of this “quadruple unity” should closely link together, and mutually support one another.

1. College education is the core of the students’ psychological harmony education

College education is the core of the students’ psychological harmony education. College education system contains Mental Health Education Center, teaching system, management system, surrounding system and so on. These four subsystems are closely linking with each other, which play the core role in the college students’ psychological harmony education system.

1.1 The Mental Health Education Center is the main part of the college students’ psychological harmony education

The Mental Health Education Center of college shoulders the important task of the college students’ mental harmony education and the development of their good mental quality. In concrete work, it should follow the law of the college students’ physical and mental development, persisting in the combination of universal education and individual counseling, the combination of classroom education and extra-curricular activities, the combination of education and self-education, at the same time paying attention to the richness of the content of education, the diversity of the education channels, the novelty of the form of education, the educational impact of widespread, which create a harmonious psychology for college students.

Firstly, it should strengthen the publicity and education of the knowledge of mental health, constructing good series of curriculums on mental health education, striving create a good atmosphere of “everyone concerns about mental health, mental health support education for all”, and train the students to have the correct mental health concepts and positive psychological help awareness.

Secondly, psychological counseling should be sound, such as the reservation system, the first responsibility system, the referral system, the steering system, and crisis intervention system is necessary , such as mental health system of survey and interview system, crisis assessment, early warning and intervention system, which make mental health education truly rule-based and standardized operated.

The third is to establish a “School—College—Classes” stage mental health education system and “Evaluation—Screening—Intervention” students’ psychological crisis intervention mechanism based on early warning to prevent, divert timely, intervene effectually and control rapidly the psychological crises which emerge of the students and build a solid defensive line for the lives of them.

The fourth is to mobilize the students to participate in the second extensive classroom activities, building the platform of the students’ self-education and mutual growth, giving full attention to the subjective role of the students in mental health education.

The fifth is to strengthen the building of mental health education of the contingent of teachers, upgrading the contingents of professional experts, the full-time level, to achieve the benign interaction of the teaching, research and practical work.

1.2 The teaching system is the main channel of the harmonious psychological education of the college students

The psychological harmonious education is interrelated with the individual psychological development process, which is imperceptible. The educational effect could never be kept only in a classroom with one textbook,

one time professional counseling and several teachers. The psychological harmony will get good results only under the premise of guaranteeing the educators' psychological harmony and health, which can permeate this task into the whole teaching.

Education is a process with full of love and spiritual infiltration. In the school education, teachers' teaching methods are more important than the content of courses. The moderate flexible teaching methods not only let the students gain the wealth of interesting course content, but also get the impacts of the teachers' personality, which is more dynamic and more vivid than the curriculum and thus have a direct role in the students' inner world. In view of this, education departments should make mental health explicitly as an important condition and qualification as a teacher, for enhancing the access threshold for qualified teachers. The colleges should provide psychological support for building a harmonious construction for the teachers, and create conditions to reduce the occurrence of the phenomenon of the teachers' burnout and depletion, to enhance professional sense of fun and the sense of belonging of the teachers, in response to the continuing education of teachers to increase mental health. While to the teachers, they should also take the initiative to study mental health knowledge, and strive to cultivate healthy physical and mental qualities (YANG Yan, 2006).

Classroom is the best place and the main channel to give psychological harmonious education to the students. "Only when the mental health education enters the 'infiltration subjects' level, the mental health education in schools really is taken into reality" (CHEN Jia-ling, 2002). Principle of educational psychology and the contents and methods of mental harmony of teaching should be organically infiltrated into various subjects, combining the scientific subjects and the ideological organically, the reunification of teaching and educating, and thus training the students' outstanding qualities, and the harmonious psychology and good quality.

1.3 The management system is a catalyst for college students' psychological harmonious education

Many of the problems that students encountered are not the reason of their ethical quality, but because of deep-seated psychological reasons. It should explore the roots of the psychological problems students encountered, guide students on the adverse psychological venting and reasonable adjustment, and achieve the dynamic balance of the students' psychological development, which are important ways to promote the harmonious interpersonal relationship between the educators, the educated and improve management efficiency. At present, the school management tends to follow the trend of humanity and personality, which is very anastigmatic to the keynote of psychological harmonious education, which means respect for the student's personality and the development of students' potential. College management and decisions should always implement this thought of "equality, respect, and development". The implementation of humanization management should adhere to the principle of "all for the students, for all students". It should treat the students with care, get along with them sincerely, convince them by reasoning, respect their due role and value, and promote the all-round development of students.

In practicing the concept of student-centered education, it is necessary to strengthen the sense of service and follow the psychological development rules and characteristics of students. Then, various works related should be carried out smoothly and service capacity and level should be enhanced. Psychological theory and method should be applied to the student management, and then the harmonious concept will be infiltrated in the psychological education. The measures mentioned before can fully mobilize the initiative of university students, exploit and develop the inherent potential of them.

1.4 Environmental systems is the regulator of college psychological harmonious education

The cultivation of the students' psychological harmony must be nurtured imperceptibly by the environment except for the effects of education. School is the students' main learning and living place, where students constantly are influenced by the environment, from the small class sizes and seating arrangements to the large location of the school, the interpersonal environment, the emotional environment, and the public opinion environment, and so on, which all are constituting the source and content of the students' psychology and have impact on the occurrence of their psychological development. The universities should pay attention to the creation of the physical environment and good psychological environment for the psychological development of students so as to provide a good protection for them.

It is worth noting that it should pay attention to create a "psychological security" and "psychological free" environment. "Psychological security" means a sense of security without any precaution. "Mental freedom" means the student can think about issues without any constraints and restrictions, which means they can have free thought and expression. Only on the condition of psychological security and psychological free, can the college students be free to maximize their performance and development (HUANG Ling, 2006). College students' value should be fully respected so that they can create self-expertise in accordance with their own unique personality characteristics and ability, and it should give full attention to their autonomy, independence and creativity, and make efforts to create external conditions of harmonious psychology formation.

Besides, the campus culture plays a subtle role in promoting the harmonious development of students' psychology. Wonderful campus activities can provide students with self-display, exercise capacity, sentiment cultivation and opportunities to promote their courage and confidence to face challenges and overcome setbacks. At the same time, campus activities also help create a psychological education atmosphere, such as participation, understanding, caring, and positive, which is conducive to the mutual concern and support between their schoolmates, as well as the formation of a harmonious psychological. It should be recognized that the campus culture plays a very important role in the psychological harmony education.

2. The function of family education, society education and self-education for students' harmonious mentality education

Family education is the basis of university students' harmonious mentality education. Family is the first school to the student, and parents are the enlightening teachers, so parents play very important roles in modeling children' wholesome personality and developing harmonious psychology. Family education involves the education from schools to parents and from parents to children. School can, by establishing parents school to offer lectures about psychological development and family education psychology, make parents know the affects of the family to the students' body and mind correctly; invite parents to participate in the special subject symposium to help parents to set up the correct view of educating children, to improve the family mentality environment and relationship with children, and give advise to those bewildered parents of mentality individually or in group to improve parents themselves' healthy mentality level. Parents should attach importance to set up correct home education notion, structure harmonious home education atmosphere and healthy relationship with children. They should look upon the son or daughter as the life existing in independence individual, caste off the mistaken ideas "entrust the care of hope", encourage a child to develop himself or herself according to personality characteristics and the interest and specialty; try to build the equal, valued, democratic, warm and harmonious family atmosphere,

to build and consolidate healthy relationship to provide support and guarantee in modeling wholesome personality and developing harmonious mentality.

Furthermore, society education is the guarantee of college students' harmonious mentality education. A society being harmonious or not may directly affects people's mental harmony degree. Impossibly confined to a school corner only, just by strengthening the level of society harmony and social psychology harmonious education, mental harmony education can have thriving vitality and guarantee, and consolidate the result of education.

For the society reform involving people's important interests including college students', the government should try to lessen reform pains, optimize social environment, purify the social general mode, reduce occurrence rate of social negative event, and further strengthen social harmony level. At the same time, colleges and universities also should pay attention to guide the college students to have correct cognition on social reality, especially makes use of society positive public opinion and universal education channel, reinforce the guide to students, take the lead to establish equal competition, interpersonal harmony and loose and comfortable mentality atmosphere.

It also should improve campus environment all around, and perfect community psycho hygiene service system. It should ban the illegal E-game machine room and the pornographic video room, cut off bad incentive encroachment; build the community activity centre or the teen-agers activity centre, allocate after-school activities counselors, organize students and parents to participate in rich and varied, vivid and amusing contests and commonweal activities that is good to mental and physical health, rich after-school life, cultivate students' sentiment; improve community comprehensive medical and health service system, improve parents and teachers' mentality general level of the health by tutoring in psychology.

The last but not least, self-education is the key and inner motivation of university students' harmonious mentality education. Essentially, self-education is the process of knowing, adjusting, valuing and raising his or her own psychology. College students should cultivate healthy self-consciousness, work hard to learn the knowledge about mentality health, improve abilities to communicate with others and dealing with things, and develop a positive living attitude and iron living will.

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