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## Fuzzy comprehensive evaluation on the necessity of network psychological education in college education

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### ABSTRACT

With the development of times and the progress of society, information technology has become more and more developed, which leads to the growing utilization rate of network technology in college education. Network teaching has become a major form of college teaching in contemporary society. Thus, how college students get overall development under new education models becomes a hot issue of social concern. As mental health is a component of the overall development of contemporary college students and the network psychological health education also belongs to network teaching in the new era, we should pay attention to the necessity of network psychological education when implementing major changes of network psychological education in the 21st century.

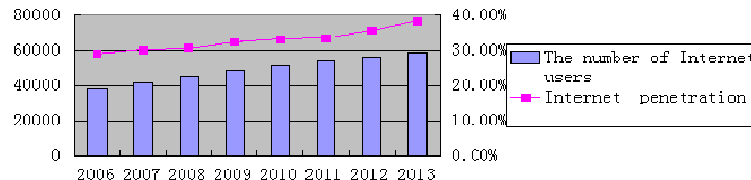
### KEYWORDS

Network psychological education; Necessity; Comprehensive evaluation.



## INTRODUCTION

As the 21st century is an era of information and network, human life cannot go without network which serves as the foundation of human survival and development. The internet will exist in every corner of the world and deep into the heart of everyone. In the realm of mental health education, the popularization of network technology is bound to vitalize the development of mental health, present new opportunities for the development of mental health education and promote the cross-domain development of China's mental health education undertakings. Since the era of network psychological education has come, establishing a perfect network mental health education model is the need of our time as well as an inevitable choice for mental education to achieve new development (as in Figure 1).



**Figure 1 : The number of Internet users and internet penetration China**

In the light of the chart above, we can see that the number of Internet users and Internet penetration in China have been increasing year by year. Therefore, it can be said that “people’s production and life is inseparable from network”.

## BASIC CONNOTATION OF NETWORK PSYCHOLOGICAL EDUCATION

Within the scope of modern mental health education, network mental education is a new psychological concept that has emerged along with the development of network and information technology. Different scholars have different understandings on the basic connotations of network education and study network education from various perspectives. With the passage of time, there have been increasing research findings pertaining to network education. But it is still difficult to study its basic connotations. The accurate answer to the question “what is the basic connotation of network psychology?” has not been available so far. Since network culture is in a virtual state, its existence and transmission are virtual, thereby compounding the difficulty of research. As a new-type education model that has emerged in the past few decades, network education is an education mode with network technology and computer technology being the core. Different from traditional education modes in connotation and characteristics, network education innovates boldly by combining network and the psychological education of college students, cultivates the psychological quality, solves the psychological problem and enhances the psychological health level of college students.

Interpreting the basic connotation of network education literally is somewhat superficial. The author thinks that its basic connotation should be dynamic and get adjusted with the development of the times. Literally defining network psychological education in a standardized way is not only unnecessary but also tends to hinder the development of network psychological education, which runs contrary to the rapid development of network. Therefore, the author thinks that the basic connotation of network psychological education should vary according to specific circumstances.

## HOW TO SOLVE THE CONTRADICTION BETWEEN NETWORK AND ADOLESCENT PSYCHOLOGICAL EDUCATION

Network has enormous impacts on teenagers. In the light of the data below, it can be seen that teenagers account for the largest proportion in netizens. Therefore, the impacts of network on adolescent psychological education cannot be ignored (as in Figure 2).

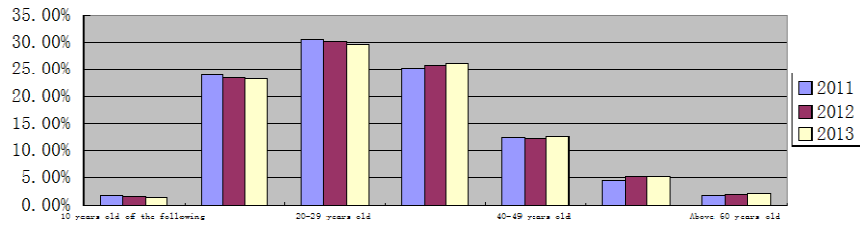


Figure 2 : Chinese netizen age structure

The chart shows that teenagers account for the largest proportion in netizens in China and that network has the greatest influence on teenagers. Therefore, we should pay attention to the impacts of network on adolescent psychological health.

In the meanwhile, from the occupational structure of netizens, we can see that teenagers constitute the main part of netizens. If the network can be fully used for the psychological health education of students, it will be of great benefit to students.

From the age structure of netizens, it can be seen that students account for the largest proportion. Thus, network resources should be fully used for the psychological education of college students (as in Figure 3).

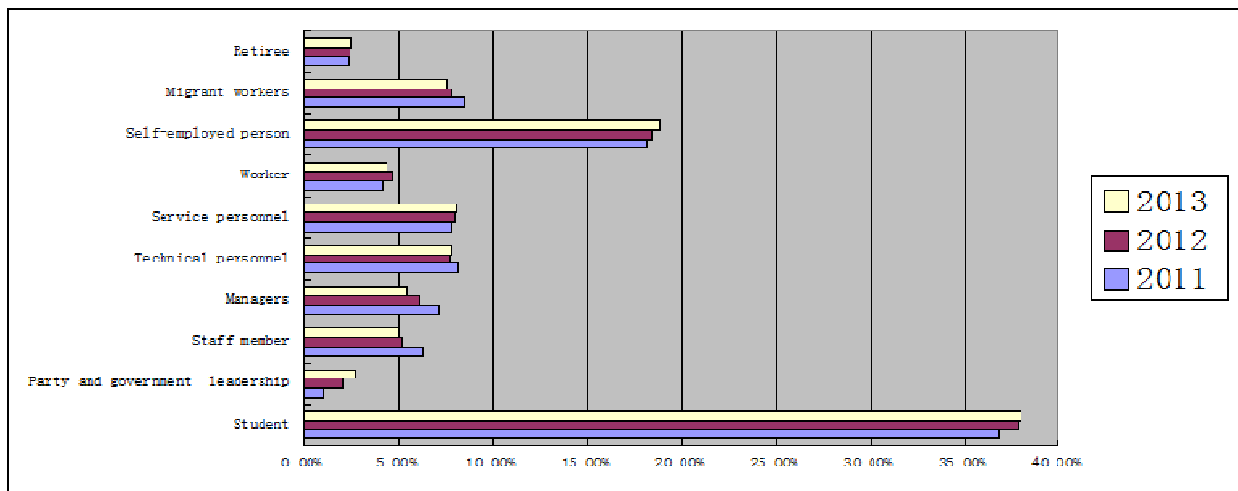


Figure 3 : Age structure of netizens

Adolescent psychological health education is an education activity that cultivates students' good psychological quality, promotes the comprehensive and harmonious development of students' body and mind and improves the all-round quality of students based on the physical and psychological development characteristics of teenagers by employing related psychological education methods and means. As a significant component of quality education, adolescent psychological health education plays an important part in implementing *Action Scheme for Invigorating Education Towards the 21st Century*, carrying out the *Trans-century Quality Education Project* and cultivating trans-century high-quality talents. The improvement of students' overall quality is mainly subject to psychological quality which serves as the intermediary and pilot of students' various qualities. The main task of adolescent mental health education consists of two aspects. Firstly, psychological health education should be implemented on all students, enabling them to have a correct understanding of themselves, enhancing their ability of adjusting themselves, withstanding setbacks, adapting to new environment and cultivating the sound

personality and good psychological qualities of students. Secondly, scientific and effective psychological counseling and guidance should be given to a small number of students suffering from psychological distress or mental disorder to help them get rid of disorder, regulate themselves, improve their mental health level and enhance the ability of self-development. Therefore, timely and effective psychological health education on teenagers is an inevitable requirement of modern education as well as an urgent task facing educators. At the same time, it is needed by the healthy growth of students and social development. *The CPC Central Committee and the State Council on the Decision of Deepening Education Reform and Promoting Quality Education* points out that “the psychological health education of students should be strengthened, indomitable will as well as the spirit of hard work cultivated and the ability to adjust to social life improved.”

Leaders of education departments at all levels, headmasters, teachers and parents should fully recognize the significance of enhancing mental health education of college students and carry out this work vigorously and meticulously. Building strong faculty and improving teachers' mental health are important conditions for promoting normal and healthy mental health education. The education should be carried out according to the characteristics of students' psychological development as well as the laws of their physical and mental development. Besides, it should be universal so that all the students can have a positive understanding of mental health education and their psychological quality can be enhanced. Moreover, students should be inspired and motivated to take an initiative in participating in mental health education with the scientific help of teachers.

Confronted with the challenges in the Internet era, educators are entrusted with new missions and responsibilities of strengthening students' ideological and moral education as well as mental health education, and promoting socialist spiritual civilization in school. Deng Xiaoping once said, “Education should be designed for the country's modernization drive, for China's long-range development and its international communications”. And our society is right on the track of modernization. Social modernization expects modern people, modern education and modern people to be trained by modern education. With today's rapid development since the reform and opening up, traditional education is being transformed into modern education. The modernization of education lies in the modernization of educational ideologies, which concern the ideas of all social members, particularly the teachers.

Faced with the challenges in the Internet era, we should feel happy about teenagers surfing the Internet, instead of being frightened. Teachers should guide students to make good use of network resources and distinguish the good information from the bad one so as to help them properly use the Internet in their classroom work and extracurricular activities. Being the tutor of students' moral values and the guide of their mental activities, teachers must be able to fully recognize the characteristics and laws of students' moral ideas, emotions and activities in the information society, and help them to evaluate the information successfully and critically and therefore ensure that their information and information technology-related behavior conforms to ethical requirements. In addition, teachers are required to set stone in students' mental health education, enhance the awareness of caring their mental health and create a sound environment favorable to their mental health education. Every teacher must be a good teacher and helpful friend of all the students. As a significant component of teaching, mental health education is both an objective as well as a task of education. Through the teaching, students' mental health can be maintained and strengthened, psychological barriers and illnesses can be effectively prevented and cured, and their psychological potential can be given full play so as to help them adapt to the environment and build a healthy and sound personality.

Students' mental health education in using the Internet should be strengthened: their motives should be rectified, their mental health consciousness should be enhanced, a sound sense of values should be developed so as to improve their ability to differentiate right from wrong, help them grow mature and avoid “Internet addiction”. The school should carry out the education of Internet civilization and obligation through all the forms like class meeting, computer class, school meeting, blackboard newspaper and propaganda showcase. Under the guidance of the modern education ideology, teachers

should strengthen the education of teenagers' ideology, morality and mental health, enhance their awareness of basic rules of Internet security, help them establish a scientific network concept, improve their ability to tell right from wrong and endure frustrations and failures so as to steel their will, perfect their personality, build a harmonious relationship with others and develop outstanding psychological qualities like the spirit of pioneering and enterprising. Mental health education for college students in using the Internet calls for close cooperation among the school, the family as well as the rest of the whole society. The school should strengthen its ties with parents and guide them to create healthy Internet atmosphere at home. And the school should create a big environment to implement mental health education in an all-round way. To be specific, the school should not only incorporate Internet mental education into moral education, but also make it penetrated into other disciplines to guide students to appropriately use the Internet. Only through this way can we cultivate qualified talents who can adapt to the requirements of socialist development in our country.

## CONCLUSION

In light of the status quo of mental health education in using the Internet, we have made a detailed analysis on the existing problems and concluded that it is necessary to take such education seriously. The 21<sup>st</sup> century is an information era and the Internet has become indispensable in our daily life, especially the life of college students, we should therefore attach great importance to social functions and psychological functions of the Internet culture, take a vigorous attitude to accept the positive roles of the Internet so as to promote the mental health education of college students.

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