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## Innovative development exploration of “human-oriented” philosophy on students’ psychological health

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### ABSTRACT

The “human-oriented” philosophy has become the core guideline of China’s education development; if employing the philosophy on students’ psychological health education, innovations would made in education activities due to students’ dominant role in the process. Also, the philosophy calls for more from the teachers’ guiding function while making students the center of education; therefore, innovations should be made in both the form and the content of students’ psychological health education. This paper carries a survey on students’ psychological health status in a school, analyzes the psychological condition checklists questionnaire, makes conclusions on the students’ psychological health status and the major problems, and put forward pointed solutions to these problems. The paper aims to solve students’ existing and potential psychological problems, thus cultivating students’ psychological health awareness and providing a standard for them to efficiently evaluate their psychological health status. In this way, the paper is clear and logic, which makes its research process scientific and legitimate.

### KEYWORDS

“Human-oriented” philosophy; psychological health education; Innovative development; Explorative research.



**INTRODUCTION**

The aim of carrying out the psychological health education is to efficiently guide students to solve the existing and potential psychological problems, so it's reasonable to regard the students, the objects of education, as the dominant role in this process while, the teachers, the guides. With this hypothesis, this paper is to carry a survey on the psychological health status in a school and solve the existing psychological problems, during which the adequate statistic and theoretical support makes this research scientific and legitimate.

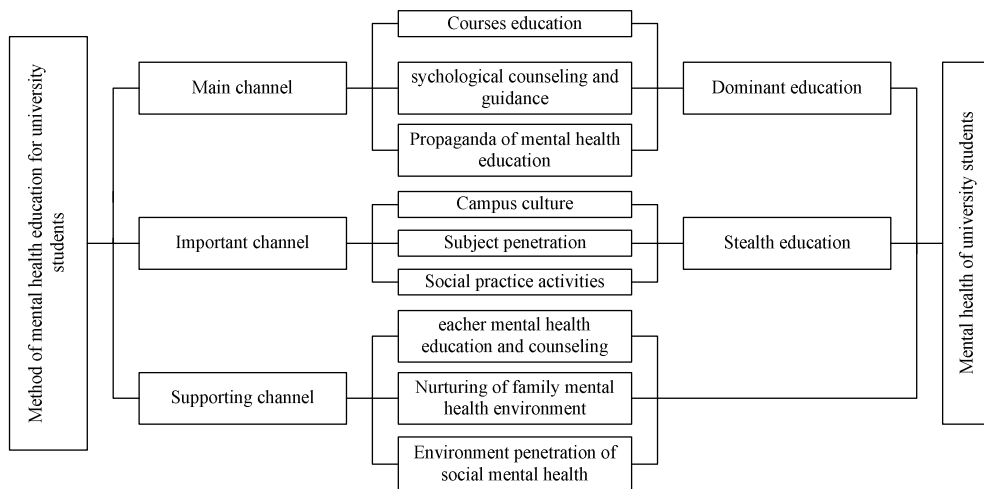
**DEFINITION OF “HUMAN-ORIENTED” PHILOSOPHY**

The “human-oriented” philosophy, as the core and nature of the Scientific Outlook on Development, has been introduced in all walks of life. This paper is to start its research from the very definition of the philosophy and then focus on the innovative development of psychological health education; in this way, the “human-oriented” philosophy is to exert positive effect on students’ psychological health status in new age. The “human-oriented” philosophy is actually an attitude to observe and think about things from the others’ standpoints; the teachers devotedly try various methods to help students; in this way, the “human-oriented” philosophy can provide theoretical support for the innovations in psychological health education. In this way, a coordinated and consistent innovation development mode is constructed in students’ psychological health education; by getting rid of the old ways of psychological health education, problems in students’ personality and psychological health can be efficiently reduced or avoid<sup>[1]</sup>.

**RESEARCH CONTENT OF STUDENTS’ PSYCHOLOGICAL HEALTH**

To efficiently guide the students’, psychological health education should be carried out according to the related ideas and theories of related departments in China; the very term of “psychological health awareness” should be publicized to help students aware their psychological health status, make change in a positive way and foster their psychological health awareness<sup>[2]</sup>.

In the new plan issued by the Ministry of Education of the People’s Republic of China, it’s clearly pointed out that the “human-oriented” philosophy should be the core guiding principle in psychological health education; it can help to guide the students to foster psychological health awareness and form a healthy personality; in this way, students become the dominant role in the psychological health education and they can better adjust their emotional changes and set-up their psychological health awareness. According to the psychological health education system of a school, it can be known that the psychological health education has the following characteristic. See Figure 1.



**Figure 1 : The psychological health education**

**STUDENTS’ CURRENT PSYCHOLOGICAL HEALTH STATUS**

In the paper, the author carries a survey in the form of questionnaire and interviewed 10,396 students, 4,444 boys and 5,952 girls, who are from different age groups and all take the psychological condition checklist questionnaire. Also, 8,573 students fill the personality questionnaire, 4,872 boys and 3,681 girls. 5,410 students finish the anxiety questionnaire and the depression questionnaire, 3,239 boys and 1,271 girls. By collecting statistics with the above questionnaires and analyzing them, the author is able to analyze practically the psychological status of students in China, make the incisive conclusions and find out the major psychological problems in students, seen as TABLE 1.

**TABLE 1 : Analysis result of personality questionnaire in post-90s college students**

Type	Frequency	Percentage	Valid Percent	Cumulative Percent
Type 1	407	7.5	7.5	7.5
Type 2	399	7.4	7.4	14.9
Type 3	4,604	85.1	85.1	100.0

By analyze the personality questionnaire, the author concludes that, the four dimensions' std. deviation are E  $57.03 \pm 9.65$ , N  $49.38 \pm 10.39$ , P  $42.73 \pm 8.06$ , and L  $50.66 \pm 8.58$  respectively. From this result, the author is sure that 679 students have some kinds of psychological issues, seen as TABLE 2.

**TABLE 2 : Analysis result of EPQ (Eysenck personality questionnaire) in post-90s college students**

Spatial dimension	status	Number	Mean	Std. Deviation	Std. Error Mean
E (Extroversion)	Normal	7,874	56.64	9.55	.11
	Abnormal	679	61.51	9.72	.37
N (Neurosis)	Normal	7,874	49.44	10.29	.12
	Abnormal	679	48.70	11.50	.44
P (Psychoticism)	Normal	7,874	42.59	8.03	.9
	Abnormal	679	44.32	8.26	.32
L (Lie)	Normal	7,874	50.78	8.69	.10
	Abnormal	679	49.22	7.04	.27

In the depression questionnaire, the author finds that the max is 49 higher than the min.. The national survey result shows that the max and the min being  $41.88 \pm 10.57$  and that T-test result being  $40.85 \pm 8.76$ . Therefore, the mean in the research's questionnaire is clearly lower than that in the national survey, which indicates that students seldom feel depressed and its Std. error mean being  $0.51 \pm 0.11^{[3]}$ . In the anxiety questionnaire, the author finds that the min being 25, the max being 71 and the Std. mean being  $41.91 \pm 6.76$ , seen as TABLE 3.

**TABLE 3 : Analysis results of depression and anxiety questionnaire in post-90s college students**

Item	Gender	Number	Min	Max	Mean	Std. Mean
Depression	Male	3,239	21	70	41.12	8.50
	Female	2,171	22	70	40.44	8.60
Depression Index	Male	3,239	0.26	0.88	0.51	0.11
	Female	2,171	0.28	0.88	0.51	0.11
Anxiety	Male	3,239	25	70	41.91	6.63
	Female	2,171	25	71	42.09	6.76

In the self-discipline questionnaire, the author finds that 639 students, 11.81% of the number of students who fill the questionnaire, have self-discipline issues. While analyzing the data, the author finds that 346 students have depression issues, 6.4% of the total number, among which 330 are severe while 16 are only mildly depressed; not a single student exists who are not depressed, seen as TABLE 4.

**TABLE 4 : Relevance ratio of the number of depressed students in depression and anxiety questionnaire in post-90s college students**

Analysis Tool	Normal	Abnormal	Number	Percentage (%)	Notes
SAS	0	1.00	639	11.81	Higher than 50 (national result)
	0	1.00	346	6.40	Higher than 53 (national result)
	0	1.00	330	6.09	Mildly depressed
SDS	0	1.00	16	0.31	Moderately depressed
	0	0	0	0	Severely depressed

## STUDENTS' PSYCHOLOGICAL HEALTH EDUCATION BASED ON "HUMAN-ORIENTED" PHILOSOPHY

The "human-oriented" philosophy in the psychological health education is actually to bring the students to the dominant position and make students take it positively and actively. In this way, students can be more creative and innovative; psychological health education can be richer in form: thus making students gain all-around development<sup>[4]</sup>.

### Setting policies on students' psychological health education

Interactive psychological health education is the key to employ the "human-oriented" philosophy. By turning the focus from the problems to the students, psychological health education can make innovations. School education's ultimate goal is to help student make progress, and psychological health education is part of it. The interaction can be a positive change in the psychological health education for it makes students gradually realize the importance of psychological health for their all-around development. Then students will naturally pay more attention to psychological health education; the teachers can get better education results.

### Focusing on students' practical needs

By employing the "human-oriented" philosophy in psychological health education, teachers can make presumptions about the students' potential psychological problems and status, thus students being the focus of teachers and teachers being more initiative. This will be good to students' psychological health awareness; at the same time, the teachers transfer their attention effectively, foresee students' psychological status in different stage and exert positive influences on students' personality, character and inner world. Therefore, in this way, students can avoid certain psychological problems and evaluate their own psychological status effectively for their psychological conditions and needs are carefully observed and guided by teachers<sup>[5]</sup>. So the "human-oriented" philosophy works in psychological health education, lay great foundation for students' all-around development including personality, character and behavior development. From this perspective, the author put forward that, to employ the "human-oriented" philosophy in psychological health education, teachers should do as follows.

Firstly, teachers ought to change their old ways of carry psychological health education, hold "student-centered" activities, activate students and find out what are in students' minds and where their thoughts may go. In this way, teachers can make sure they use the right method and do the right thing. Also, this is the precondition of students reflecting their own development potential and the results of teachers' employment of the "human-oriented" philosophy in psychological health education.

Second, teachers should be guides in psychological health education; students, subjects. In this way, teachers are to guide students, put students' psychological health in the first place and will make their educational activities more effective and valuable. Students can benefit from this process by forming health character and personality. In a word, students are exerted positive influences on their psychological health.

Lastly, teachers should see the psychological problems from the perspective of students. Based on students' psychological characteristics, they should give pointed guidance and solve students' psychological problems in time. For those students who suffer severe depression, further guidance is needed and makes psychological problems controllable and eventually disappearing. For those who do not suffer depression, teachers should take measure to avoid the possibility of students suffering from depression. In this way, students can develop healthily in psychology.

### Optimizing institutional set-up

Psychological institutional set-up can not make innovations in psychological health education, but can show the employment of the "human-oriented" philosophy. The set-up of psychological institutional in school is to provide students psychological guidance, help them face their problems and eventually solve these problems. For those students who do not have psychological problems, the institutional set-up can help avoid the possibility of potential problems. By analyzing materials about the psychological institutional set-up at home and abroad, the author conclude the process of the founding of psychological institutional set-up. See Figure 2.

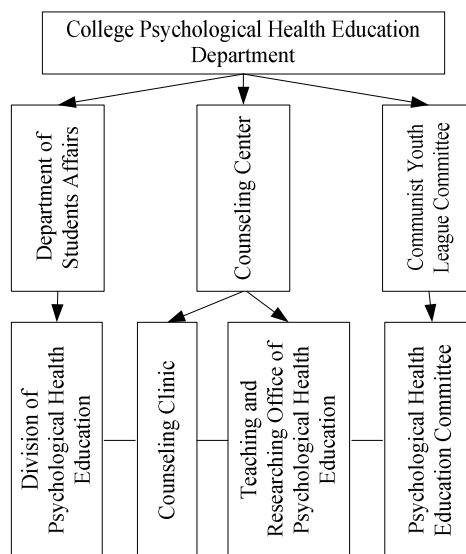
### Carrying out psychological health education based on "human-oriented" philosophy

#### Making psychological health records for students

Before entry of school, teachers should give each student a test about his or her psychological status and the test could be the basis for teacher to give psychological guidance and make progress in the guidance.

#### Carrying on the work of counseling and directing

Counseling is for those students who suffer from psychological problems; the teachers give guidance to these students based on their characteristics and make them release their pressure. Directing is actually for those who do not suffer from psychological problems. Therefore, counseling and directing can demonstrate the employment of the "human-oriented" philosophy.



**Figure 2 : Psychological institutional set-up**

### **Giving lectures and research report on psychological health**

Different students may have various needs about psychological guidance, which make it quite possible that the teachers in school may not solve some of their problems. Therefore, it's pivotal to holding some furthering activities on psychological health. Several methods are often employed including giving lectures, regular inviting of experts. By doing this, the school can satisfy the needs of all students<sup>[7]</sup>.

### **Holding activities and publicizing meetings on psychological health**

*Students Psychological Health* should be a course open to and compulsory to all students in school, and students can join in lectures, group discussions, multi-media demonstrations, role playing and case studies, which will make students realize the importance to learn psychology and other related courses and improve their psychological self-protection awareness; a psychological health committee should be set up open to all students in school, and in the committee which is the major platform to publicize the importance of psychological health, there are teachers who specially give guidance to weekly psychological activities; also, the school should make most use of school radio station, television, billboard, blackboard and websites about “psychological healthy” to publicize the importance of psychological health.

## **CONCLUSION**

What have been discussed above demonstrates the author’s research and exploration process of the “human-oriented” philosophy and the innovative development of students’ psychological health; it shows how to organize psychological activities centered on students and studies the psychological status combining the characteristics of post-90s students. This paper details students’ psychological health status and will provide support for the innovative development of students’ psychological health.

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