

# *Implementation Effect Evaluation and Path Exploration for Enhancing Mental Health Education among Higher Vocational College Students*

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**Keywords:** Higher vocational college students; Mental health education; Implementation effect; Path for enhancement

**Abstract:** Focusing on the mental health education of higher vocational college students, this paper analyzes the universality, particularity, and complexity of their mental health issues. It then discusses the problems existing in the implementation process of mental health education, such as the monotonous educational methods, uneven resource allocation, and the imperfect evaluation system. This paper proposes countermeasures to optimize mental health education, including innovating educational methods, perfecting resource allocation, and establishing a scientific evaluation system. In conclusion, the importance of mental health education for higher vocational college students is summarized, and corresponding suggestions are put forward.

## **1. Introduction**

With the development of society and the reform of education, the mental health issues of higher vocational college students have become increasingly prominent. As an essential way to address these psychological problems, the effect and implementation path of mental health education have received extensive attention. However, there are still many problems in the current mental health education for higher vocational college students, such as how to optimize the educational methods and improve the educational effect, which have become urgent issues to be solved. This paper aims to evaluate the implementation effect of mental health education among higher vocational college students and explore the enhancement path, providing a reference for improving the mental health education for higher vocational college students.

## **2. Characteristics of the Implementation of Mental Health Education for Higher Vocational College Students**

### **2.1 Universality of Mental Health Issues among Higher Vocational College Students**

Among higher vocational college students, anxiety and depression are prevalent. Faced with pressures from academics, employment, and interpersonal relationships, many students experience emotions such as anxiety, tension, and worry<sup>[1]</sup>. Due to uncertainty and confusion about the future, some students may also exhibit depressive symptoms, such as a low mood and diminished interest.

These psychological problems severely impact students' daily lives and learning. Higher vocational college students often encounter difficulties in interpersonal interactions. They need to establish good relationships with classmates, teachers, family members, etc., to gain emotional support and academic assistance. However, they also face complex interpersonal issues such as relationships with the opposite sex, competition, and cooperation. Improper handling of these issues can easily lead to psychological problems such as loneliness, low self-esteem, and withdrawal. The academic pressure on higher vocational college students mainly comes from the burden of studies, examination pressure, and employment competition. Since higher vocational education emphasizes the cultivation of practical skills, students need to continuously apply theoretical knowledge to practice, which undoubtedly increases their academic burden. Faced with a severe employment situation, students must also continuously improve their overall quality to cope with intense competition. In this scenario, academic pressure becomes an important factor contributing to students' mental health issues<sup>[2]</sup>.

## **2.2 Particularity of Mental Health Issues among Higher Vocational College Students**

Higher vocational college students face significant uncertainty in career planning. Due to the relatively lower recognition of higher vocational education in society, students may encounter discrimination and exclusion during the employment process. This leads to confusion and anxiety when making career choices. Students also need to make choices between professional study and personal interests, which adds to their psychological burden. Higher vocational education emphasizes the cultivation of practical skills, but students often need to invest more time and effort in the learning process, creating a psychological conflict between theoretical study and practical operation<sup>[3]</sup>. They hope to improve their overall quality through in-depth study of theoretical knowledge, but they also worry that excessive focus on theory may affect the cultivation of practical skills. Such psychological conflict can easily lead to anxiety, depression, and other psychological problems. Higher vocational college students often experience significant psychological pressure between societal recognition and self-identity. They hope to gain societal recognition by working hard and improving their overall quality, but they worry that their efforts may not be adequately rewarded, leading to feelings of inferiority and loss. This psychological pressure can easily result in mental health issues, affecting their academic performance and daily lives<sup>[4]</sup>.

## **2.3 Complexity of Mental Health Issues among Higher Vocational College Students**

The psychological issues of higher vocational college students are often closely related to multiple factors such as academics, family, and society. Academic pressure, family expectations, interpersonal relationships, and more can all become triggers for psychological problems, necessitating comprehensive interventions from various angles<sup>[5]</sup>. The manifestations of psychological issues among higher vocational college students are diverse, including anxiety, depression, and interpersonal relationship problems. These issues have different causes and manifestations, making it difficult to generalize. When addressing psychological issues, it is necessary to take personalized intervention measures based on the specific circumstances of different students. The resolution of mental health issues among higher vocational college students requires support from multidisciplinary and cross-domain knowledge. Disciplines such as psychology, education, sociology provide important theoretical foundations for addressing psychological issues, and practical skills like psychological counseling and therapy are key to resolving these problems. Enhancing the mental health level of higher vocational college students requires the full integration of multidisciplinary and cross-domain resources<sup>[6]</sup>.

### **3. Issues in the Implementation of Mental Health Education for Higher Vocational College Students**

#### **3.1 Problems in the Implementation Process of Mental Health Education**

Several issues exist in the implementation of mental health education for higher vocational college students, which have, to some extent, affected the effectiveness and development of education. The educational methods are monotonous and lack targeted approaches. Many higher vocational colleges still rely heavily on traditional classroom lectures for mental health education, a method that often overlooks the individual differences and personalized needs of students. Mental health issues involve deep-seated emotional and psychological states of individuals, and a one-size-fits-all approach fails to address the real needs of students, leading to poor educational outcomes. There is an uneven distribution of educational resources, making it difficult to meet student demands. Some colleges have a shortage of psychological counselors, and facilities like counseling rooms are inadequate, resulting in students not receiving timely and effective psychological guidance. The lack of mental health education resources not only limits the scope of education but also affects its quality, leaving some students in need without the necessary support.

The educational outcomes are difficult to quantify, and the evaluation system is imperfect. Due to the lack of a scientific and reasonable evaluation mechanism, the effectiveness of mental health education is challenging to assess accurately. This makes it difficult for educators to understand the actual impact of their teaching and impossible to make effective improvements. The imperfect evaluation system may also lead to the waste of educational resources and the formalization of education, thus hindering the continuous improvement and development of education. To address these issues, a series of measures should be taken: enriching educational methods by introducing more interactive and experiential teaching methods, such as group counseling and psychodrama, to better meet the individual needs of students; increasing investment in mental health education, adding more psychological counselors, and improving facilities like counseling rooms to ensure students receive timely and effective help; establishing and perfecting an evaluation system for mental health education, using diverse evaluation methods to regularly assess educational outcomes to promptly identify and solve problems, and promote the continuous improvement and development of mental health education.

#### **3.2 Impact of Student Individual Differences on Mental Health Education**

Higher vocational college students exhibit significant differences in gender, age, family background, and other aspects, which have a substantial impact on mental health education. To better meet the mental health needs of students, educators must pay attention to these differences and take appropriate measures. Gender differences affect the demand for mental health education, as males and females may show different needs and coping strategies when facing psychological issues. For example, females may focus more on interpersonal relationships and emotional issues, while males may be more concerned with academic and career development. Mental health education should be tailored to gender differences, providing targeted educational content and counseling methods. For instance, educational activities can be designed for females focusing on interpersonal relationships and emotional adjustment, and for males, more emphasis can be placed on academic and career planning guidance.

Age differences affect the methods of mental health education, as students of different ages vary in psychological development, cognitive abilities, and needs. Mental health education should be designed with these age-specific characteristics in mind. For lower-grade students, more focus can be placed on adapting to new environments and building interpersonal relationships, while for higher-grade students, the emphasis can be on career planning and future development directions.

Family background differences affect the outcomes of mental health education, as factors like family environment and parental education styles significantly impact students' mental health. Mental health education should consider the influence of family factors on students' psychology and implement appropriate interventions. For example, family mental health education activities can be conducted to help parents understand and pay attention to their children's mental health, and psychological counseling can be provided to help students deal with the impact of family factors on their mental health. Higher vocational college students have differences in gender, age, and family background, which significantly impact mental health education. To better meet students' mental health needs, educators must pay attention to these differences and take appropriate measures. By focusing on gender differences, age characteristics, and family background factors, mental health education can be conducted more effectively, improving students' mental health levels, and contributing to their comprehensive development and social adaptation skills.

### **3.3 Impact of Social Environment on Mental Health Education**

The social environment has a multifaceted impact on the mental health education of higher vocational college students. This includes the society's awareness and emphasis on mental health education, the attitude of public opinion towards mental health issues, and the supplementary role of the social support system in mental health education.

The society's awareness and emphasis on mental health education directly affect the implementation and outcomes of education. In our country, the level of popularity and importance given to mental health education is relatively low, which results in many students facing difficulties in receiving timely and effective help when confronted with psychological issues. The neglect of society may leave students feeling isolated and unsupported when dealing with psychological distress, thereby exacerbating the severity of psychological problems.

The attitude of public opinion towards mental health issues also significantly impacts the mental health of students. In some cases, public opinion harbors misunderstandings and biases towards psychological issues, which may lead to students experiencing shame and resistance when facing mental health problems, thus becoming reluctant to seek help.

The supplementary role of the social support system in mental health education cannot be overlooked. The social support system includes family, school, community, and other aspects. A comprehensive social support system helps to enhance the effectiveness of mental health education and promotes the mental health of students.

## **4. Optimization Strategies for the Implementation of Mental Health Education for Higher Vocational College Students**

### **4.1 Innovating Mental Health Education Methods**

To enhance the effectiveness of mental health education for higher vocational college students, innovating educational methods is crucial. Traditional lecture-based classroom approaches are no longer sufficient to meet the needs of modern students, necessitating a shift towards diverse educational tools. Introducing engaging and interesting methods such as psychodrama and case studies can stimulate students' interest in learning and enhance the appeal of education. Psychodrama, through its dramatic format, allows students to deeply understand the origins and resolutions of psychological issues, thereby improving their psychological quality. Case studies, on the other hand, present real-life scenarios, helping students to comprehend the practical aspects of psychological issues, cultivating empathy and problem-solving skills. Combining modern technology, such as virtual reality and online counseling, provides convenient and efficient psychological support services to students. Virtual reality can simulate real-life psychological scenarios, allowing students to experience and resolve issues in a safe environment, enhancing their

coping abilities. Online counseling breaks through the limitations of time and place, enabling students to access professional psychological guidance anytime, anywhere, expanding the reach and effectiveness of education.

Encouraging student participation and enhancing educational interactivity is vital. Methods like group discussions and role-playing can actively involve students, improving the practicality of education. Group discussions foster communication and collaboration among students, nurturing team spirit and communication skills, while role-playing allows students to experience different roles and situations, enhancing empathy and problem-solving abilities. Incorporating psychological assessment tools enables students to regularly evaluate their own mental health, promptly identifying and addressing psychological issues. Establishing comprehensive mental health records for students, documenting their psychological status and counseling processes, provides data support for educational improvement and development. To improve the effectiveness of mental health education for higher vocational college students, it is necessary to innovate educational methods, adopt diverse tools, and introduce engaging and interactive approaches, supported by psychological assessment tools and comprehensive records.

#### **4.2 Perfecting the Allocation of Mental Health Education Resources**

To meet the demands of mental health education for higher vocational college students, perfecting the allocation of educational resources is essential. Many higher vocational colleges face issues in this area, such as insufficient investment and inadequate facilities, which severely impact educational outcomes. Optimizing resource allocation to enhance educational effectiveness is an urgent task. Increasing investment in mental health education, improving the of psychological counselors, and attracting more talented individuals to the field are priorities. The effectiveness of mental health education largely depends on the quality and abilities of educators. Currently, there is a shortage of psychological counselors in higher vocational colleges in China, and their remuneration is generally low, making it difficult to attract and retain outstanding talent. Increasing investment and improving counselor are key to optimizing resource allocation. Optimizing mental health education facilities, such as counseling rooms and activity spaces, provides a conducive environment for psychological support. These facilities are crucial for enhancing educational outcomes. Many colleges lack proper facilities, hindering the implementation of education. Optimizing these facilities is key to improving outcomes.

Establishing a comprehensive mental health education network to realize resource sharing and enhance resource utilization efficiency is crucial. The network facilitates resource integration and improves educational effectiveness. It also provides more convenient and efficient psychological support services to students, catering to their individual needs. Additionally, strengthening the management and supervision of mental health education ensures the rational distribution and effective utilization of resources, improving educational outcomes. It also helps to identify and address issues in the educational process, promoting continuous improvement and development in mental health education. To meet the demands of mental health education for higher vocational college students, resource allocation should be improved through increased investment, optimized facilities, and a robust education network. Strengthening management and supervision will ensure the rational use of resources and drive the comprehensive development of mental health education.

#### **4.3 Establishing a Scientific Mental Health Education Evaluation System**

To improve the effectiveness of mental health education for higher vocational college students, it is crucial to establish a scientific evaluation system for mental health education. The evaluation system is an important tool for measuring the effectiveness of education, identifying problems, and improving methods. Establishing a scientific evaluation system requires defining clear objectives for mental health education to provide a basis for assessment. The objectives should include

fostering good psychological quality in students, enhancing their ability to solve psychological problems, and improving their psychological adaptability. Clear educational objectives help guide educational practice and provide a basis for assessment. The objectives should also be quantifiable and actionable to facilitate evaluation and improvement.

Designing a scientific curriculum for mental health education ensures the systematicness and completeness of the educational content. The curriculum should cover basic knowledge of mental health, identification and resolution of psychological issues, and cultivation of psychological quality. The curriculum design should follow the laws of students' psychological development, integrate theory and practice, and stimulate students' initiative and enthusiasm. The content should also be updated continuously to meet the demands of social development.

Establishing a diverse and dynamic evaluation mechanism is necessary to regularly assess the educational outcomes, identify problems promptly, improve educational methods, and enhance educational quality. The mechanism should involve multiple stakeholders, including student self-assessment, teacher assessment, and parent assessment, to ensure comprehensive and objective evaluation. Evaluation methods can include surveys, interviews, observations, and others to obtain comprehensive and authentic data. The results should be feedbacked to educators and students in a timely manner to adjust educational methods and learning strategies, thus improving educational effectiveness. Establishing mental health education records to document students' psychological status, educational processes, and assessment results provides data support for continuous improvement and development in education. These records help understand the trends in students' psychological development, identify problems in the educational process, and provide a basis for educational decision-making.

## 5. Conclusions

In summary, to enhance the effectiveness of mental health education for higher vocational college students, a scientific evaluation system should be established. By defining clear educational objectives, designing scientific curriculum content, and establishing a diverse and dynamic evaluation mechanism, the effectiveness, relevance, and sustainability of mental health education can be ensured. Establishing mental health education records provides data support for improvement and development, promoting the comprehensive development of mental health education for higher vocational college students.

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