

Research on Psychological Fitness Education of University Students

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Abstract: Due to the increasing progress of the times and the continuous development of education in our country, the psychological fitness of university students has gradually been paid attention to by people. Psychological fitness education is an important part of University Students' health education. University students' psychological fitness education plays a positive role in alleviating students' psychological pressure and optimizing students' psychological quality. It is a psychological fitness education activity based on curriculum teaching, which is conducive to the healthy growth of university students and can promote university students to better invest in learning. Only by knowing the present situation of university students' psychological fitness education research, can we better carry out university students' psychological fitness education. From the perspective of the development of university students' psychological fitness education, this paper explores the improvement and development of university students' psychological fitness education in China. Seeking further development and improvement is an inevitable choice for the psychological fitness education of university students in my country to continuously acquire its own value and significance in the development of the times.

1. Introduction

University students are the vital force in China's socialist construction, shouldering an extremely important mission in the great rejuvenation of the country and nation, and their physical and psychological fitness is the prerequisite for fulfilling their mission and exerting their value[1]. However, contemporary university students live in a highly modern and information-based era. They are faced with richer information sources and better choice opportunities. How to devote themselves to the tense study and life, properly deal with personal life problems, and meet the challenges and competition coexisting with choice in the face of these information and opportunities [2]. Therefore, the development of psychological fitness education for university students can effectively solve the psychological problems of students, help students realize their own psychological problems, and promote the good development of students in the future [3]. On the whole, the development of this work in various universities across the country is very uneven, and there are generally prominent problems such as insufficient coverage, weak pertinence, and weak teaching staff. Educational needs [4]. In order to solve these problems, in addition to requiring the psychological fitness educators of universities and university students to constantly improve and improve their practical work, the related theoretical research needs to be further deepened, and the practical ability can be effectively improved by guiding practice with systematic and scientific theories.

2. Current Situation of Research on University Students' Psychological Fitness Education

2.1 Lack of Education Platform

Platform construction is the most critical content in university students' psychological fitness education. Whether the educational platform is perfect or not directly affects the final result of university students' psychological fitness education [5]. University students' psychological fitness education is a systematic project. Only by combining and promoting each other with various college

education can the ultimate goal of psychological fitness education be realized, and it is necessary to fully infiltrate university students' psychological fitness education into the whole college education process, Fig. 1 is a three-dimensional structure diagram of university students' health.

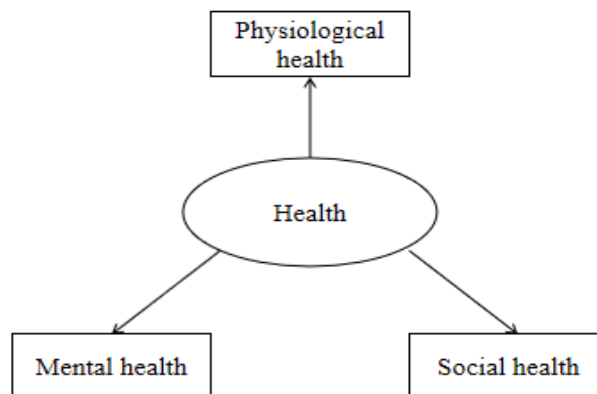


Fig.1 Three-Dimensional Structure Diagram of University Students' Health

After providing students with a safe and comfortable learning environment, the school can not only focus on students' academic performance and personal safety, but in practical action, it has little investment in university students' psychological fitness education, so that university students' psychological fitness education has no unified standard teaching content, high-level teachers and certain teaching equipment, which is far from the popularization of psychological fitness education. It is also necessary to give students spiritual encouragement and support, and guide them to develop a correct outlook on life, values and world outlook. Moreover, university students' psychological fitness education platform is mostly a single course education platform, which is far from enough for the objective needs of university students' psychological fitness education. Although some schools have set up corresponding networks or network consulting rooms, they lack professional psychological staff, which is just a form. In addition, some school leaders do not attach great importance to this, which limits the exertion of their functions. School administrators must straighten out management ideas, establish management networks, and formulate effective rules and regulations, so as to make all school work orderly and make teachers and students behave according to rules.

2.2 The Quality of Education Needs to Be Improved

The research on the content of University Students' psychological fitness education is an important aspect of University Students' psychological fitness education. The content of education directly affects the development of University Students' psychological fitness. At present, a considerable number of universities have a vague understanding of the connotation of University Students' psychological fitness education [6]. The first is the serious tendency of medicalization, and advocates the use of drugs or medical technology for psychological treatment of students, and psychological fitness education teachers have become psychiatrists. Secondly, the serious tendency of curricularization leads the psychological fitness education of university students to the dead end of teachers' lectures, students' memorization, and coping with exams and getting things done, and it is difficult to realize the original intention. The course objectives are not clearly oriented and systematic, which leads to the blindness of the teaching process. Only for some students with psychological problems, they can't be accepted into the curriculum system as activity courses, and there is a lack of psychological development courses aimed at the same groups and majors to improve students' quality [7]. The teaching form is too monotonous. When carrying out teaching activities, teachers are usually blindly narrating knowledge without considering students' ability to

accept and understand psychological knowledge. On the one hand, the main channel of psychological fitness education for university students should be through classroom teaching, which is conducive to heart-to-heart communication with students, helps students answer their doubts, and improves teaching effects. Based on the curriculum objectives, follow the principle of “close to reality, close to life and close to students”, highlight the subjectivity of students and focus on starting from the actual needs of students.

3. Countermeasures to Strengthen the Psychological Fitness Education of University Students

3.1 The Organic Combination of Ideological and Political Education and Psychological Fitness Education

Psychological quality is the foundation and ideological and moral concept is the core. Ideological and moral concept is not only the sublimation of psychological activities, but also the guide of behavioral activities, and the link between psychology and behavior. Management is the objective need of further development of educational activities. The focus of psychological fitness education for university students should be on the education of mental development and the cultivation of psychological fitness quality, rather than the treatment of mental illness. Pay attention to the regulating and guiding role of ideological and moral quality in the development of individual psychological fitness. For university students' psychological fitness education, it also needs [8]. Both psychological fitness education and ideological and political education belong to the work of educating people. There are internal and inevitable connections between them, but there are also differences. Psychological fitness education focuses on improving personal physical and psychological fitness, while ideological and political education focuses on cultivating students' world outlook, outlook on life, values and morality. Therefore, in practical work, we must grasp their respective emphases and combine them closely. In addition, ideological and political education personnel and student management work closely. Schools should constantly improve the material facilities of education and teaching, such as building necessary modern educational technology equipment and expanding students' knowledge vision. Adopt different principles and methods of ideological and political education and psychological fitness education, be good at counseling or consulting students' psychological problems in a targeted way, and give timely and necessary help to students who have psychological confusion and psychological barriers, so as to prevent problems before they happen. The true meaning of psychological fitness education for university students is to develop and educate university students' own potential, and to cultivate university students' ability to consciously maximize their self-worth.

3.2 Strengthen the Psychological Fitness Education Team Building

In the process of psychological education, if some students are found to have psychological problems, professional psychological educators should be invited to talk to them, pay more attention to their daily life and behavior, and give them corresponding help to help them out of their psychological dilemma [9]. A professional psychological fitness education teaching team is the key to improving the quality of university students' psychological fitness education and ensuring the effect of university students' psychological fitness education, Fig. 2 is a flow chart of psychological consultation.

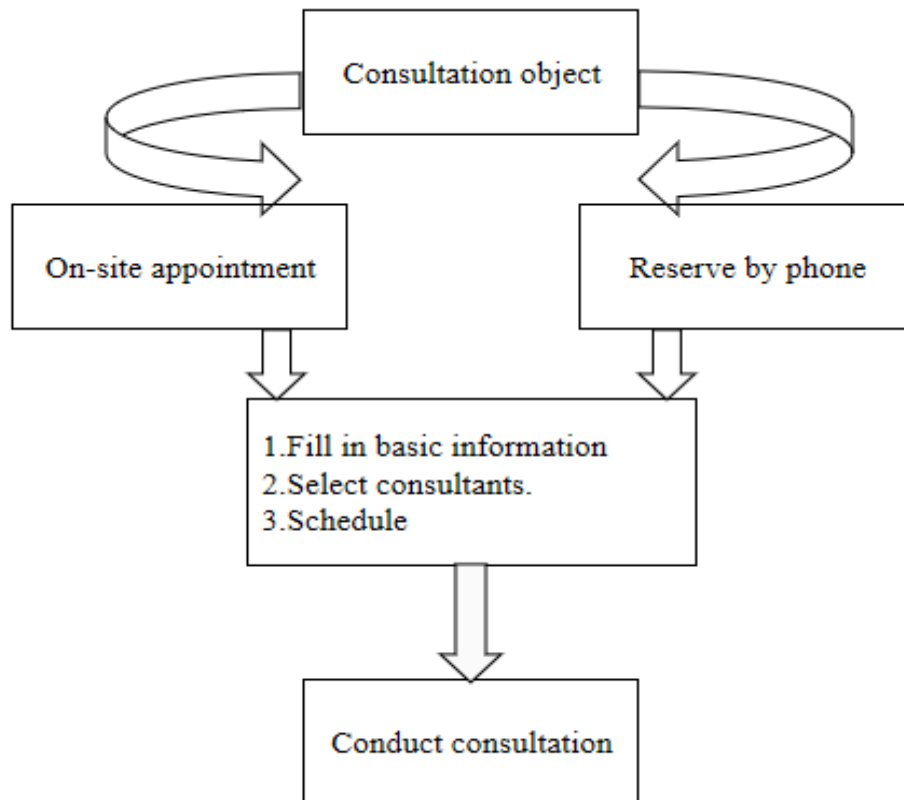


Fig.2 Shows the Flow Chart of Psychological Consultation

In addition, because the healthy development of university students' psychology is restricted by school education and many other factors, it is not enough to carry out psychological fitness education only by the strength of schools [10]. Universities should keep close contact with families and communities, cooperate with each other, and establish an integrated psychological fitness education network with schools as the leading factor and families and communities participating together[11]. The assessment of university students' psychological fitness education curriculum should build a teaching evaluation system that focuses on process evaluation and developmental evaluation, taking into account the result evaluation. Psychological fitness education is a more professional educational activity, which needs higher professional quality and skills. Therefore, in the process of qualification identification of teachers engaged in psychological fitness education, we should prevent the problem of going through the motions and taking the form. Teachers must also be involved in the content of psychological fitness education. Finally, give full play to the role of teachers' personality strength and give positive psychological infection. The professional construction of University Students' psychological fitness education team does not emphasize the psychology of discipline background, but emphasizes the optimization of University Students' psychological fitness education team structure from the aspects of knowledge structure and professional ability, and emphasizes that practitioners must undergo formal and systematic professional theoretical education and professional practice training in their education process, and must be able to provide standardized and effective professional help, On this basis, give full play to the characteristics and advantages of the background of various disciplines.

4. Conclusions

In recent years, universities in China have gradually realized the importance of university students' psychological fitness, because psychological fitness education is related to the healthy growth and all-round development of university students, which requires universities to establish a long-term supervision mechanism and education system of university students' psychological

fitness, thoroughly implement the psychological fitness education of university students and actively lead the reform of mental education. We should clarify the objectives of education and teaching in combination with the talent training objectives and requirements of the society in the new era, and carry out relevant teaching activities in strict accordance with the teaching objectives. In terms of teaching content, we should break the limitations of teaching materials and enrich the teaching content. Follow the characteristics of university students' physical and mental development, fit the characteristics of university students' psychological problems, and start from multiple aspects to eliminate the bad psychological symptoms of university students, promote the healthy growth of university students, make them better devote themselves to learning, and organically integrate university students' psychological fitness education into Education and teaching reform in schools. Pay attention to the regulation and guidance of Ideological and moral quality in the process of University Students' psychological fitness growth. Only by solving the problems existing in university students' psychological education can we cultivate more and better high-quality talents with psychological fitness for our country.

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