



Analysis of the Role of New Media in University Students' Mental Health Education System

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ABSTRACT

The emergence and development of new media has a great influence on people's life, study, thought and mental health, especially the psychological impact on contemporary university students. The rapid development of the network brings not only new opportunities to the university students' mental health education, but also a severe challenge to the traditional methods and content of the work. In order to improve the negative influence of the new media, in this paper, the development of new media is taken as the starting point, and combined with the characteristics of psychological development of contemporary young university students, the double influence of new media development on the development of university students' mental health is expounded. Then, the data analysis is used to verify the results, and corresponding solving measures are proposed, to promote "one to many" mode of education, even more to achieve the education development model of "many to many", realizing effective utilization and reasonable allocation of resources. At the same time, to create a virtual educational exchanges network environment makes the young university students forgetting the identity barriers between teachers and students, which is more conducive to the students in the process of psychological counseling, improves the timeliness and pertinence of mental health education of university students.

Keywords: new media, university students, mental health, education system

INTRODUCTION

With the rapid development of information technology, new media, which are different from traditional media, are getting involved in people's lives. It is based on the digital information, and with the network media as the carrier, has broken the traditional rigid media dissemination way, broken through the communication between people in time and space limitations, and the advantages of interactive communication and strong have attracted people's eyes (Bouris, Hill, 2017). Among them, university students become the largest and most lively crowd in the use of new media. Education departments and institutions of higher learning have done a great deal of work in promoting and strengthening the mental health education of university students. They have made active exploration and achieved some successful experiences and obvious results. But on the whole, the mental health education of university students cannot adapt to the development of the situation, especially the need of promoting quality education in an all-round way. And after the new media is involved in our daily life, the mental health education faces new opportunities and challenges (Choi, et, al., 2016). The Internet, as a tool for information transmission and communication, has begun to penetrate into every corner of our lives. As an information intensive place, the

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Contribution of this paper to the literature

- This paper analyzes the negative influence of the new media environment on university students' mental health education, and puts forward corresponding strategies from the practical point of view.
- It is innovative to use data analysis of the related problems of university students' mental health education.
- Principal components in data are analyzed by factor analysis to validate the reliability of the data studied in this paper.

information globalization has brought many new situations, problems and new phenomena to the mental health education in universities. It also provides a wider space for mental health education in universities. For young university students, it is not only a learning tool for communication, but also a kind of sustenance of the soul, thus, a series of social problems also surfaced, the mental health of university students has become the most concerned issue of all walks of life (Chen, Yang, 2017). In the course of its spread and development, new media has helped university students develop their horizons and communicate with each other. At the same time, it also seriously affects the healthy development of university students' mind and body (Chen, Qin, 2016). The value judgment and moral judgment on the quantitative change caused the students' understanding and thinking way of qualitative change, once to the extreme, it is bound to cause many negative effects, is likely to lead to a variety of mental illness, while the number of students who obsessed with online and dropped out of school increased year by year. How to meet the challenges of the internet age and do a good job in the mental health education of university students is a major task for the mental health educators in universities (Hu, Chen, 2015).

REVIEW OF RESEARCH STATUS

Domestic Research Status

In China, some university students' mental health educators have been involved in the study of related fields, and there have been some findings about the application of the network to university students' mental health education. Researchers from different angles, analyzed the impact of various Internet on university students' mental health education, and put forward the following opinions: the one is the new changes in the content of university mental health education (Kim, et al., 2015). The researchers believe that in the network, the representation of the content of mental health education has from the plane to the three-dimensional, from static to dynamic, from the real-time to hyperspace. The content of the mental health education of university students has become richer and more comprehensive, and it has greater observability and more selectivity. The content of culture and science and technology in educational content has been greatly improved (Liu, 2016; Mosesnunley, 2015). The other one is that the development of the network brings new challenges to the university students' mental health education. They think that the Internet is a double-edged sword, brings the rare opportunity for university students' mental health education at the same time, it also leads to the serious challenges, the traditional concepts and methods of mental health education of university students are obviously lagging behind etc.. In short, whether it is in the theory research level by combining the mental health education of university students and computer network, or in the practice operation of university students' mental health education research, "the problem of university students' mental health education under the network environment" needs to be more in-depth research (Pei, 2015; Steele, 2015).

Foreign Research Status

At present, some foreign countries have made some substantial progress in using the network to develop students' mental health education. In the United States, for example, many educators use the Internet to learn about the learning, life and work conditions of students. Tens of thousands of teachers are using this Internet to effectively develop the psychological education of Internet users. The Internet is changing the relationship between students, teachers and parents in a radical way. Parents and teachers can always keep in touch by e-mail (Trigylidas, et al., 2016). Those students who have bad grades and poor psychological qualities are only stressed by Internet users,

but on the other hand, they are no longer hiding or deceiving between them and their parents. This helps to be honest with each other because your parents have mastered all the facts (Tasmania, 2015; Wu, 2016). This combination of family education and school education is more conducive to the students needed to receive education, and improve their self-care quality. These countries have carried out the practice of students' mental health education on the internet, which has provided valuable experience for the development of mental health education for university students in the internet age (Wang, Yu, 2016).

METHODS

Today, the new media development faster and faster, the effect on young university students' daily life and psychology healthy development is also growing. The extensive use of new media affects the information cognition itself on the effectiveness and correctness of young university students (Yu, Wang, 2017). But the development of the new media has both advantages and disadvantages. For contemporary university students, it has a negative impact on university students' psychological and life, at the same time, we must also face the positive effects of it. The new media is a platform for contemporary university students to better understand the society and realize their socialization (Zhang, et, al., 2017).

This paper uses data analysis method to analyze the effect of new media on university students' mental health education. University students' socialization, network dependence, communicative competence are expressed as p_c, p_s and p_r . γ is the coefficient. The τ probability of the positive function of new media in university students' mental health education subjects to binomial distribution, which can be expressed as:

$$\tau = p_c(1 - \gamma) + p_s\gamma + p_r \tag{1}$$

However, in real life, for who does not form a stable world outlook, outlook on life and values, young university students extensive access to the Internet is extremely unfavorable. The negative function η of new media in university students' mental health education can be expressed as:

$$\eta = \frac{1}{\lambda p_r Q_m} \left(\begin{matrix} \lambda p_r Q_m e^{l_1 T} - p_r D - \\ p_s \int_0^Q f(x) dx - p_s \\ \int_{l_1}^Q f(x) dx \end{matrix} \right) \tag{2}$$

In order to integrate the mental health education of young university students into the new media activities and realize the win-win situation between the development of new media and the development of university students' mental health, it is necessary to satisfy the following conditional function $f^{-1\theta}(\cdot)$:

$$f^{-1\theta}(x) = \begin{cases} -\infty, x < 0 \\ f^{-1}(x), x \in [0,1] \\ +\infty, x > 1 \end{cases} \tag{3}$$

Make ζ as the best value of mental health education for university students, p_a is the average of p_c, p_s and p_r , p_{max} is the maximum, p_{min} is the minimum, and the best value is ζ , three:

$$\zeta = \frac{p_{max} - p_{min}}{p_a} \tag{4}$$

In order to further verify the validity of the principal component in the above formula, the principal component is analyzed by factor analysis. If the factor load is less than or equal to 0.5, the data is valid. As shown in **Table 1**:

Table 1. Factor analysis of university students' mental health education

Components	Total variance		
	Total	Variance %	accumulate %
p_c	2.24	73.221	73.221
p_s	0.651	11.5	90.462
p_r	0.705	8.022	100.000

Table 1 shows that the three factors of mental health education of university students are all greater than 0.5 by principal component analysis, which shows that the scale is tested by principal component analysis.

RESULTS

The Negative Influence of New Media on the Development of University Students' Mental Health

The information in Internet is not screening information stored in database, as well as the most effective and rapid amplifier for public opinion. Widespread exposure to the Internet is extremely detrimental to young university students who have not yet formed a stable outlook on the world, outlook on life, and values. The influence of the multi-information network environment easily causes the youth university student's psychology to fall into the perplexed condition. University students are in the network virtual environment for a long time, and they are easily affected by all kinds of psychological impact. The low level of interesting, pornographic information and violent pictures in the network are likely to cause university students' cognitive bias. So, although the relevance of the new media to strengthen university students and society, promote the socialization of university students, the contemporary young university students are still in the immature stage, in the face of the fish in the network information, the students lack the ability of rational judgment. Coupled with its relatively strong curiosity, they are unable to accurately determine the network information, and easy to be induced by a lot of negative information in the network, resulting in Three Outlooks affected, and making some contrary to the social and moral behavior, which seriously affects the correctness and effectiveness of university students' cognitive information.

In addition, the pace of social, economic and cultural development is accelerating, and the time for university students to contact new media is greatly advanced. The new media represented by the Internet is a silent way to affect university students' life style, value orientation, learning habits, behavior, hobbies and mental health, which has great influence for university students on fostering good behavior and understanding the world. At present, university students are in an acceptance of new things and the most important period in shaping their own views. For the new things on the outside, they always have an eager impulse. At this time, in the face of online events, they may not think of every hue to the depth, simply believe that online speech, and depend on the use of new media to broaden their knowledge and vision. The fast storage information content of new media is not conducive to young university students to overcome their inertia, to study and explore. Indulge in the virtual world can easily make young students close ourselves, reduce their contacts with the outside world frequency, and the communication ability. The emergence of the eccentric, interpersonal indifference and other psychological alienation increase the incidence of young university students' anxiety, depression and other psychological problems.

In addition, as a tool for communication and learning, with the development of new media, it has permeated all aspects of daily life of university students. For a long time in the network virtual environment, it also increases the incidence of mental illness among young university students. The "communication" of young university students with new media is far more than with her friends and family. A majority of young university students will make their own thoughts, emotional sustenance in the Internet and other new media, which leads to that some students feel confused about life, indulge in the network to ease the minds of feelings of depression, but in real life in the wordless, indifferent performance of interpersonal relationship. On the other hand, the fast and convenient way of information transmission in new media makes it difficult for young university students to accept

the information they have gained, so they can easily accept it and increase their psychological burden. Therefore, the inappropriate use of new media is extremely detrimental to the physical and mental health of young university students. If the new media is allowed to develop at will, it will cause university students to rely more and more on it, so that it will be far from the real life and lead to morbid psychology.

The Positive Influence of New Media on the Development of University Students' Mental Health

In the life of modern university students, the advantages of new media relative to traditional media have become more and more obvious. The development of new media breaks the traditional information transmission mode of "one to one", and more is "one to many" or "many to many" forms of communication. During the period of university, young university students are in the best study period to train good character and psychological quality. It is far from enough to help people to develop by themselves. At this point, the rapid and convenient new media has provided a wide range of knowledge for the society, and it has also brought rich life information to university students. University students can use the new media to obtain the information at any time as quickly as possible, and analyze and organize them to help them make the right choice. The rapid development of new media technology can also help students grasp the life and learning skills, broaden the students' communicative field, so that it is not by its own constraints, strengthen their interpersonal ability, to help them find the self-confidence and self-esteem missing in reality life, reshape their own self-confidence, alleviate the psychological pressure of young university students, and use new media to promote the development of mental health.

In addition, the new media provides an outlet for students to vent negative emotions, relieve the feelings of depression in real life of young university students. The rapid delivery of new media provides sufficient time for young university students to broaden their horizons and greatly encourages the learning, development and psychological needs of young university students. For young students, learning in school time in the face of all the pressure is enormous, and the Internet, the mobile phone as the representative of the new media at this time has become a choice to relieve the depressed in the hearts. It does not require you to adjust their mood, don't need you with any pressure, it can let the young students in a relaxed, pleasant atmosphere to complain, to cultivate emotional stability. The development of new media can help university students enhance mental endurance to a great extent, cultivate their strong and decisive character.

In addition, the development of new media can meet the desire for knowledge of young university students, and has a positive effect on university students' understanding external things and the promotion of their own mental health. With the development of economy and culture, people's pace of life is speeding up. For young university students entering into higher education institutions, it has become a necessity for daily learning to use new media to obtain the information they need. The giant information capacity of the new media, the characteristics of rapid dissemination of information, matched with the contemporary young university students full of curiosity about the outside information. in the virtual space of new media construction, university students can be bound to abandon the traditional ideology, freedom express their views, grasp the text, sound, and make them to experience between people and social justice, which meet their desire to maintain their rights and be respected psychology. In such a space of independent thinking and open environment, the young university students can become the dominant person in the world, the development of new media provides a fair exchange with others and the opportunity of opening mind for university students. New media, this indispensable important link of a society, is to promote the development of its powerful charm for youth mental health of university students.

DISCUSSION

Countermeasures to promote the mental health education of university Students under the new media environment:

The development of the new media popularity is a "double-edged sword" for the young university students, and brings convenience to the study, psychological needs, spiritual help of contemporary university

students, at the same time, the information in the virtual network environment also has brought adverse effects on the students' physical and mental health development. In view of the negative influence of the development and popularization of new media on the mental health of young university students, we should start with all aspects to minimize the adverse effects.

Facing the conflict between the development of new media and the development of contemporary university students, we can adopt the following strategies to guide the development of university students' psychological health education: first, governments should be able to pay attention to the impact of new media for university students. The government should to block the websites, WeChat public number who spread bad information, but also respond to the popularity of young university students' self-understanding, deepen self-experience and self-control to maintain their mental health, and promote the healthy development of young university students. The government should properly guide the healthy development of the new media, so that students avoid excessive reliance on new media, or indulge network to create a virtual environment, resulting in physical and psychological development unbalanced, etc.

Secondly, in the face of the impact of new media development on contemporary university students, the major universities should improve their work, and strive to adapt to the impact of the media on the mental health education of university students. In the construction of university students' mental health education propaganda platform, it should increase investment in the construction of new media, making that the campus becomes able to provide convenient services for the learning of contemporary university students. According to the characteristics of school education, the relevant contents of university students' mental health education should be loaded on the campus new media website, so as to create new media with campus characteristics.

CONCLUSION

As a far-reaching technological revolution, the Internet is a new weapon and a new means of understanding the world and transforming the world under the modern conditions. The combination of Internet and university students' mental health education will bring about the innovation of university Students' mental health education and make the mental health education of university students get all kinds of new opportunities. At the same time, the computer network will bring many new situations and new problems to the university students' mental health education. With the rapid development of new media forms, it requires the education workers to improve occupation quality, media quality, to adapt to the construction of the quality in the new media environment, and make them learn to carry out psychological education for contemporary university students using the new media, to implement the win-win situation in mental health education of university students.

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