Construction of Mental Health Education System for College Counselors Based on Web Technology

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Abstract. The basic task of a college counselor to stand up to people is to contact more college students, and it is also an irreplaceable middle force for mental health education in colleges. Looking at the mental health education of college students in our country, college counselors lack the necessary psychological knowledge and attach little importance to mental health education, which leads to a great reduction in the role of mental health education practice. The purpose of this article is to build a web-based psychological health education system for college counselors, to provide psychological health education services to college counselors, and to improve the mental health education of counselors. This article will build a web-based mental health education system for college counselors based on a systematic approach so that computer networks and web technologies can be used to improve the level of mental health education services for college counselors. The system is composed of two subsystems, an online expert-type mental health knowledge system and an online psychological counseling system. The experimental results show that the college counselors' learning on this system has strengthened the psychological common sense of college counselors, improved the counselors' ability of self-cognition, self-evaluation, and self-balance, and also improved the counselors' Ability for mental health education.

Keywords: College Counselors, Web Technology, Mental Health Education System, Psychological Common Sense

1. Introduction

College counselors, as the backbone of ideological and political education for college students, have made great contributions to the rapid development of higher education in China. College counselors are guides and guides for the healthy growth of college students. While achieving outstanding results, college counselors are also facing many new problems and challenges. Neither the current status of the
team nor the working status is satisfactory. Therefore, how to improve their ability and better meet the ideological and political needs of colleges and universities in the new era. The development requirements of educational work have become a difficult problem for counselors. Relevant documents in our country also put forward higher requirements for the competence and quality of college counselors, including psychological quality. Mental health education is a highly professional job, and the proportion of counselors with a psychological background in domestic universities is relatively small. Improving the professional level of counselors in mental health education and improving the effectiveness of education has important theoretical and practical significance. College counselors play a pivotal role in carrying out ideological and political work and management of daily life for college students, and have always been close to students. At the same time, the responsibilities of college counselors are also significant. Students' learning and psychological problems are their job responsibilities. This requires counselors to have enough patience to deal with trivial daily matters and emergency events that may occur at any time. If the counselor does not have a good education ability, it will have a negative impact on students and themselves.

With the increasing penetration of computer networks into every corner of our lives, the study of mental health education through the network has become the main way for college counselors to learn mental health education knowledge [1]. At present, many psychological websites have been established, which has greatly promoted the spread of mental health education knowledge. However, although the psychological health knowledge provided by psychological websites has been categorized, these knowledge are still relatively independent or scattered It's just that they are centralized on the same website [2-4]. Most counselors lack the knowledge and skills of mental health education, that is, the overall level of counselor's mental health education ability is not high. Although college counselors have certain knowledge and scientific management skills, they are There is no systematic knowledge architecture [5]. Although colleges and universities have organized corresponding training work, in the actual training work, psychological counseling skills have not been imparted to counselors, resulting in counselors still lacking solid psychological knowledge and counseling skills. It cannot solve the fundamental problems in the mental health of college students [6-7].

This article will build a mental health education system for college counselors based on web technology. The system consists of two subsystems, namely an online expert mental health knowledge system and an online psychological consultation system. College counselors use the online expert-type mental health knowledge system to discover possible mental health problems and to comprehensively and systematically learn mental health knowledge. In addition, through online psychological counseling system to conduct online counseling on all of your own mental health problems is suitable for your own method, so as to improve your psychological quality.

2. Method

2.1 Systematic thinking and construction of web-based mental health education system

Generally speaking, the system has the following important characteristics: (1) there is a certain relationship between the various elements of the system, and the elements that are separated from each other do not constitute the system; (2) the system has an overall nature, and the elements in the system cooperate for the system Make your own contribution for the purpose; At present, various mental
health education websites appropriately classify various psychological knowledge and present it in the form of simple links. All types of knowledge are independent, and each type of psychological knowledge does not form a system. Readers look for the relationship between various types of knowledge according to their own needs, and each website uses only the simplest function of web links [8-9]. The web-based mental health education system will provide an expert-type psychological knowledge system and an online psychological consultation system based on the current web design [10]. The expert-type mental health knowledge system here refers to the system to provide psychological scales or questionnaires to diagnose psychological problems when the psychological problems are unclear, and to provide solutions based on the psychological problems or directly drive the psychological problems to give the system psychologically. Suggestions for problem solving. The so-called online psychological consultation is to provide a platform for mutual communication between psychological counselors and people with psychological problems through the Internet, so as to achieve the purpose of solving psychological problems [11].

2.2 Working Principles of Expert Mental Health Knowledge System

According to the existing mental health literature, mental health knowledge can be divided into: knowledge of diagnosis of psychological problems, knowledge of describing the state of psychological problems, and knowledge of solving psychological problems. One way of psychological diagnosis is to ask people with psychological problems to answer psychological scales or questionnaires to determine the type and extent of psychological problems. The steps and methods for measuring psychological problems with psychological scale questionnaires can actually build models. According to the idea of decision support system, we may wish to design various psychological scale questionnaires and their diagnostic steps and methods into models, and store them in the model library to Ready for extraction at any time. The results of the questionnaire filled out by the counselor are stored in the web database and the solutions to various psychological problems are also stored as data in the web database. After filling in the questionnaire, the counselor clicks the diagnosis “button” on the man-machine interface to get the diagnosis result. Then click the "Method" button to search for a solution in the web database. Of course, some psychological problems are very clear to the counselor. Counselors know its name, such as fear, anxiety, etc. In this case, the counselor can make a choice based on the various psychological problem names provided by the system, and then click the "Method" button to get a solution.

2.3 Online Consulting System

Starting from the effectiveness of solving psychological problems, the online psychological counseling system is inseparable from the expert mental health knowledge system. They play a complementary role in solving psychological problems. The online psychologist can refer to the expert mental health knowledge system for diagnosis and resolution, so as to make a more reliable diagnosis for the counselor and provide a more reliable and comprehensive solution to the problem. Online psychological counseling has attracted the attention and discussion of many experts and has been applied in the practice of psychological counseling.

3. Experiment

The first step is to randomly select 150 college counselors to fill in the questionnaire. After completing
the filling, click the "Submit" button on the man-machine interface. The system stores the completed questionnaire results into a web database, and the system analyzes the mental health problems of the counselor and presents the questions to the counselor's submission interface.

In the second step, college counselors conduct online consultation based on the problems presented in the background of the system and enter the online consultation system. Counselors can choose counseling methods such as email, online chat, and online meetings for psychological counseling. Internet chat is actually a psychological consultation with an online counselor through a voice call. The way of online meeting is actually to have a video chat with a counselor. The counselor can observe the changes in the facial expression of the counselor and the tone of the voice, and then collect the original information.

The third step is that after the online consultation, the counselor can get a concrete plan to improve his mental health in the interface of the consultation. Finally, the counselor implements the plan given by the counselor. If the counselor does not solve their mental health problems after a period of implementation. The instructor in this section returns to the second step of the experiment and repeats the cycle. Questionnaire surveys were conducted after 3 cycles.

4. Results

4.1 Analysis of the feasibility of the system

Analyze the feasibility of the system by analyzing the questionnaires collected at the end of the experiment. The details are as follows:
Table 1. Tutor's problem solving system

| Resolution status | Solve all | Mostly solved | Partially resolved | unsolved | unclear |
|-------------------|-----------|---------------|--------------------|----------|---------|
| People            | 120       | 15            | 5                  | 5        | 5       |
| total people      | 150       |               |                    |          |         |

*Data came from sorting of algorithm results*

Through Table 1, we can clearly find that 80% of the counselors have solved their own mental health problems through the mental health education system, and a very small number of counselors have not successfully solved their own mental health problems. Constructing web-based technology for constructing a mental health education system of college counselors is based on the idea of management information system decision support system. An information system is a group of interconnected components consisting of collection, processing, storage, and dissemination of information. Its organization of information includes input processing, output, and feedback. It can be divided into artificial information systems and computer information systems. The network of information exchange is based on various data interactions, and the foundation of the network pure information society is the network-based database. Therefore, a web database-based system will become a basic tool for network information exchange. The normal people face how to solve their own mental health problems, that is, the process of personal decision-making activities to solve psychological problems, that is, to determine the problem, design a solution to the problem, and then choose a solution to implement the decision and accept the feedback. Therefore, computer information system and web technology provide ideas and technical means for designing mental health education system for college counselors centered on mental health education issues. In summary, it is feasible to construct a mental health education system for college counselors based on web technology.

4.2 System operation interface and effect analysis

![Figure 1. Percentage of factors that influence the operating interface and effectiveness of the system](image)

It can be found from Figure 1 that the system operation interface and display effect will be affected by many factors. The size of the toolbar icon is the most important factor affecting the system web page display interface and effect, followed by the size of the system menu font. The smallest effect on the
interface is the line spacing. Based on the feedback from the counselor, we need to set a reasonable toolbar icon size and system menu font size. Windows applications are windowed interfaces with a unified menu bar, menu items, toolbar, status bar, workspace, border, and more. To change the menu font properties in the mental health education system window, you can only set the appearance of the Windows system. You can set the display interface you like in the properties of Windows system. In addition, the desired effect can be achieved by changing the code of the web page according to the requirements of the user. The style of the web interface must be uniform. The web interface display should be able to unify the style of all the content displayed and make the appearance clearer. The colors used in the interface should be consistent. Choose one color as the main color. When choosing other colors, try to be as close to or compatible with the main color as possible. If the display interface color is not harmonious, it will affect the user's visual effect. Set the basic operation mode to make the operation interface more standardized. Every content displayed on the web interface must follow the unified display regulations. In summary, the font size of the system menu, the size of the toolbar icons, and the interface style must be properly designed to make the system's operating interface and effects reach a perfect state.

5. Conclusions

College counselors are one of the most contacted students at school, so what the counselors say and do can affect the students' learning and the solution of some psychological problems. Most college counselors are unable to provide good psychological health education to their students due to their different majors and lack of rich psychological knowledge. However, through the web-based college counselor's mental health education system, the counselors' psychological knowledge has been broadened, their mental health education capabilities have been improved, and their awareness of self-learning psychological knowledge has also been enhanced. I believe that the psychological health education system of college counselors based on web technology will have a good application prospect.

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