

The Study of Students' Basic Literacy and Mental Health Training Strategies Based on Ideological and Physical Education

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Abstract

Cultural education, as the key course content to build students' literacy and thought, is at the forefront of ideology. The adverse influence of news media on students' ideas, opinions and consciousness will weaken the discourse power of moral education. This article takes the media era as the breakthrough point, based on the moral education as the core idea, with the rapid development of students' core literacy as the main line, to students' core literacy as the main body of scientific research, discusses the interaction between moral education and students' core literacy and logical sequence, organize cultural education, core idea, management system, the main content, way, evaluation way. Social morality and physical and mental health are also hot topics in the university education industry. With the deep level of research and discussion in recent years, the rapid development of this research has entered a systematic link. The new ideas and achievements produced by the ideological analysis and systematization of college students' mental health are the quality and prerequisite of higher vocational education. According to this reason and teaching environment, the paper discusses the implementation path and construction preventive measures of college students from the perspective of ideological and Physical courses.

Keywords: New Media Era; Ideological and Physical Education; Basic Literacy of Students; Mental Health

1. Introduction

With the support of disruptive innovation in the cutting-edge of the network, information technology, communication technology and artificial intelligence applications, Internet media is bound to emerge constantly. The establishment of its information theme, the openness of information, timely advantages, quickly integrated into the students' life and learning, is an important way for students to grasp the information around the world, express their emotions, and express their daily life. New media era, the information main body clear, information spread the line between the subject, efficient spread information reached ever relatively high (Chandler et al., 2022), students in a purposeful, organized to promote information compiled "mimicry network", on the one the

false negative information will damage students mission, core ideas, values, the outlook on life values, also to students' psychological risk and trend. On the other hand, students who have an interested and one-sided, long-term acceptance of the overall target information will form a "information cocoon". Long-term immersion in virtual devices hurts his public engagement, social norms, social learning, and critical thinking. As the key teaching content of creating students' quality and ideology, the ideological and Physical education of colleges and higher learning are the main battlefield of ideology. The bad influence of the Internet on students' ideas, views and ideas will weaken the discourse power of moral education (Almeida et al., 2019). At this stage, the teaching level of ideological and Physical education in China is constantly improving, the science and technology of psychological state education is reasonably produced, and the role of education is further

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reflected (DuPaul et al., 2022). Higher vocational education should rely on cultural education, take cultivating high-quality skilled talents as the main purpose, integrate social progress, the attribute of the modern educational theory of ideas and the complicated reality of college students' psychological problems at this stage, and analyze, reflect and summarize students' psychological health problems ideologically. This practice activity aims at exploring the research content of students' mental health, and shaping corresponding professional talents also plays a vital role.

2. Difficulties Faced by Ideological Education in Colleges and Universities in the New Media Environment

2.1 The Subjective Position of the Educator is Deconstructed

In the old model of big consciousness education, educators are the only source of students' technical expertise, so educators have credibility and relatively high consciousness in moral education. In the new media environment, the Internet and mobile terminals are

becoming more and more popular, and students can get a lot of information in time with only one mobile phone. This means that the concept educators and educatees in colleges and universities have a fair right to learn professional knowledge under the new media environment. Students realize that educators and educatees are not the only way to spread knowledge, and educators are not the "subjects" in moral education (Eblen-Zayas, Burson, & McDermott, 2022). At the same time, under the influence of knowledge and information, students' self-awareness and self-learning abilities are attracted by unique views, novel and interesting information content and forms, and convenient and fast information publishing methods on the network media platform. They not only cooperate with intellectuals and educators on a single educational measure, but also think, ponder and summarize the truth and universality behind the development of things in a series of activities such as concrete, thinking and collaboration (Harold, 2022). The traditional teaching mode of enterprise management system has long been unable to meet the development needs of students under the influence of the authority of professional ability with students as the main body. As shown in Figure 1 below.

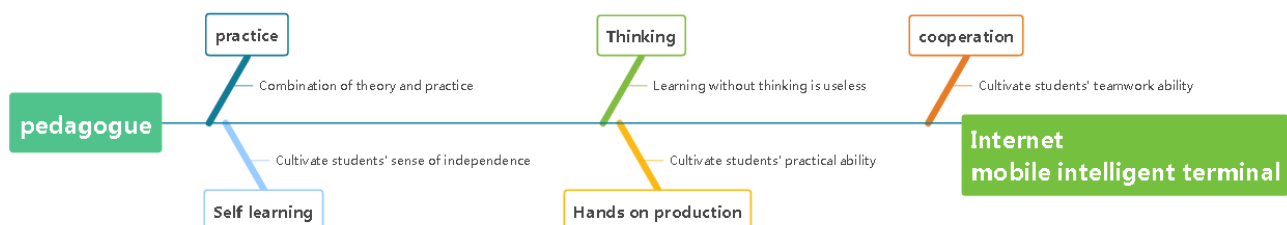


Figure 1: Structural model of the subjective status of educators

2. The Public Opinion Position of Colleges and Universities is Migrated from the Campus to the Internet

In the network era, information dissemination has reached the time and regional limit, which has caused great harm to the rapid development of mainstream media. Because of the lack of remote control online education and the inability of mainstream media to verify information, untrue negative information is freely disclosed in the current media environment. Some counter-revolutionary and anti-Chinese forces, taking advantage of the fiction, openness and security of artificial intelligence, and taking

the desire for freedom and respect for fairness as the reason, vigorously rubbed the hot and hot socialism with Chinese characteristics in the new era to resist the fictional universality (Education). College students are in the foundation period of idealization, belief, values, outlook on life, life values and values of socialist reform, and the control and recognition of the wrong views such as egoism, relativism and hedonism is poor. At the present stage, in China's high ideological education, we have actively promoted the Internet approach and social opinion fortress countermeasures, as shown in Figure 2 below. On the other

hand, the network media platform has technological advantages in commodity development, specific content of the main body, and information production and processing,

resulting in a severe situation for ideological education in colleges and universities.

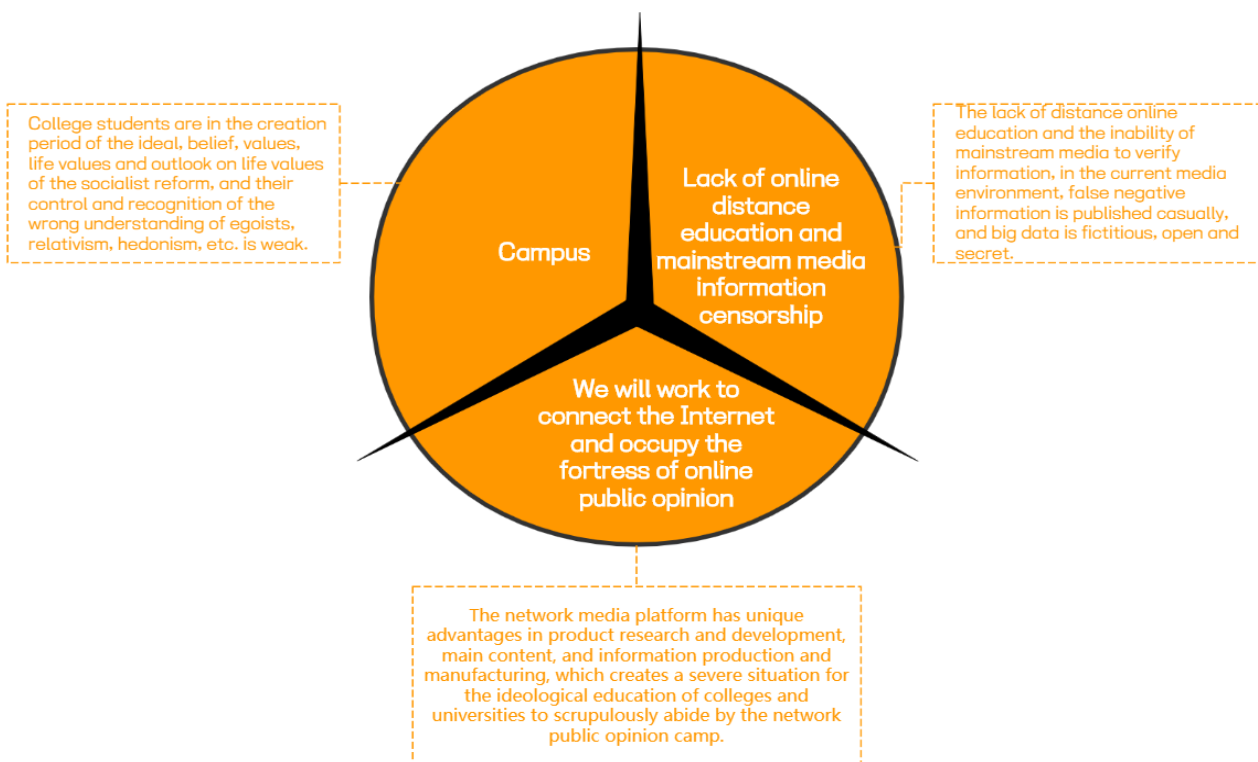


Figure 2: Shift of public opinion positions

2.3 College Students' Media Literacy is Weak

From the perspective of ideological and Physical education, the meaning of college students' information literacy has three levels. First of all, we can accurately use many news media, that is, we can disseminate opinions with appropriate insights and views. Thirdly, in order to master the information in the media, under the new media

conditions, information dissemination is affected by the fan culture and superficiality of information. Students slowly lose the passion to read the main contents of the article sentence novel collection, and their ability to obtain, integrate, analyze and information is weakened. Their logical thinking ability is also diversified and superficial, and their logical thinking ability is weakened (Ferrari et al., 2022). As shown in Figure 3 below.

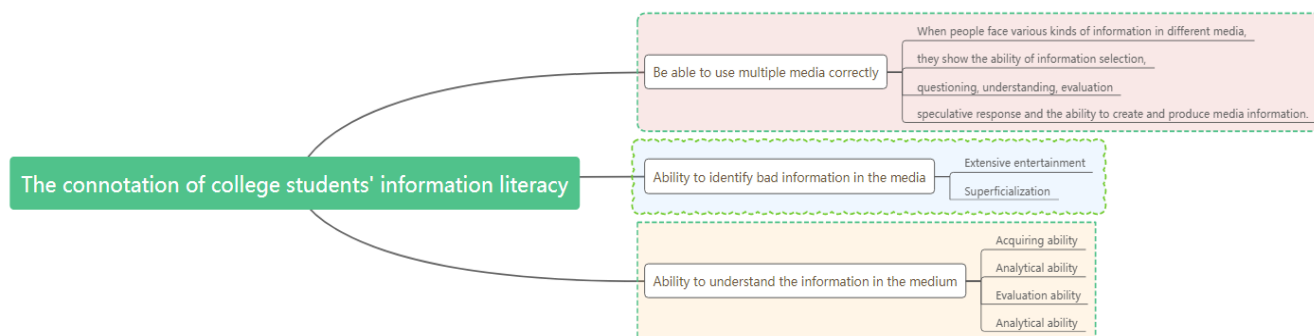


Figure 3: Three levels of information literacy among college students

3. Opportunities for the Development of Ideological Education in Colleges and Universities in the New Media Environment

3.1 The Network Resources of Ideological Education in Colleges and Universities have been Expanded

Network media expands the network resources of ideological education in colleges and universities. In the traditional ideological education model, the student learning service platform is generally the campus and teaching content, and his professional knowledge of ideological education mainly comes from educators. Although there are some practical examples in the teaching process, the diversity of network resources is poor. In the network era, children's two-dimensional space of learning

has long been transformed into the thinking ability of "a pseudo environment for social development of classroom teaching on campus", as shown in Figure 4 below. Based on the specific content of ideological and Physical education, children widely integrate network resources to carry out independent learning; Educators can enrich and optimize the current ideological and Physical education information through the Internet, and integrate social hot events, conditions and other problems. Taking the network media service platform as the ideological education news media and integrating examples to operate the teaching process can highlight the use of professional knowledge in the teaching process and meet the students' requirements for the diversification of ideological education professional knowledge (He, 2022).

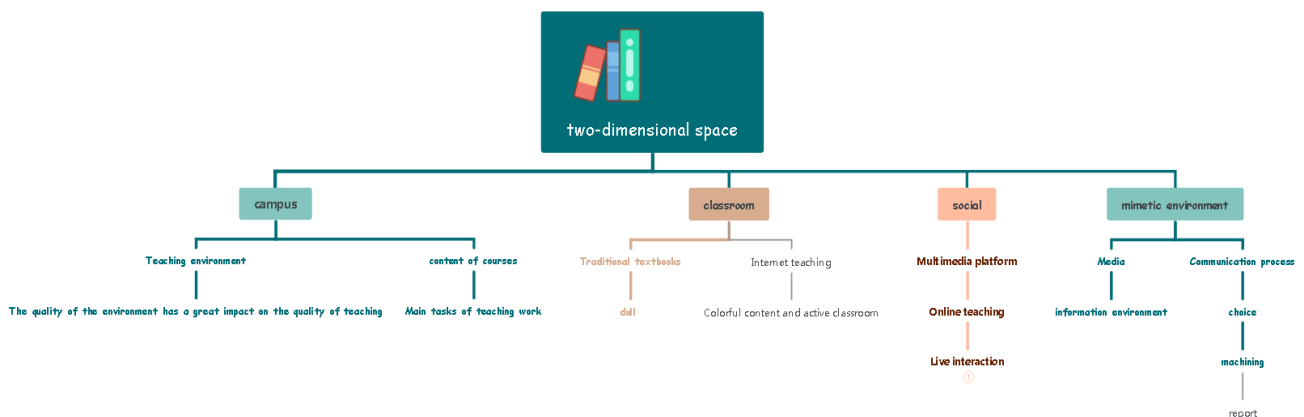


Figure 4: Transformation space of student learning in the new media environment

3.2 The Efficiency and Purpose of Ideological Education in Institutions of Higher Learning have been Significantly Improved

Ideological and Physical culture education in colleges and universities is a pioneering and innovative subject closely related to social development. As a medium to define expertise, traditional ideological education has certain limitations and lags behind, which urges ideological education to avoid students' facts, experiences and social phenomena. In the We Media era, information updates and spreads rapidly, and educators will get the latest teaching resources. Cultural education is no longer a "prison" that restricts students' rapid development, but a "real-time hot spot" that spreads students' thinking with new knowledge

(Hodes & De Vries, 2022). At the same time, Internet media has opened up a new space for ideological education in colleges and universities. The relationship between educators and students is not the vertical relationship between managers and leaders, but the mutual development trend of communication, which is beneficial to the appeal, popularity and appeal of ideological and educational texts. In addition, the new media era has further strengthened the relationship between students and educators. Making full use of the network to create students' motivation is conducive to opening the minds of educators, so that educators can closely grasp the specific ideological situation of students and carry out follow-up ideological education. This is shown in Table 1.

Table 1

The difference between traditional ideological education methods and the new media environment

tradition	new	advantage
Limitations and lag effects	Information upgrades and rapid dissemination are obvious	Efficiency and purpose have been significantly improved
Derailed from students' life conditions, experiences and social phenomena	Get the latest teaching resources	

3.3 Ideological Education Methods in Institutions of Higher Learning are Rich and Colorful

In the network age, the actual effect of information expression and transmission is different. As shown in Figure 5 below, the specific contents are visualized, beautiful and generous small videos, quick screenshots of short videos, pictures and text messages, and "very conversational" communication. Educators use online media to build a "recycling system of curriculum content", so that students can collect, sort out and analyze ideological education raw materials in classroom teaching, thus effectively improving the quality of ideological and Physical

education (Kotera et al., 2022). He also took advantage of the vivid, interesting, three-dimensional, vivid and real-time information on the network media software, students' enthusiasm for learning, students' recognition and recognition of ideological education, and actively mastered personal accomplishment and ideological awareness under the premise of ideological education. Network media not only improves the way of ideological education in colleges and universities, but also breaks the traditional top-down "indoctrination" teaching mode. The horizontal "irrigation" teaching method conforms to the reading habits and needs of college students.

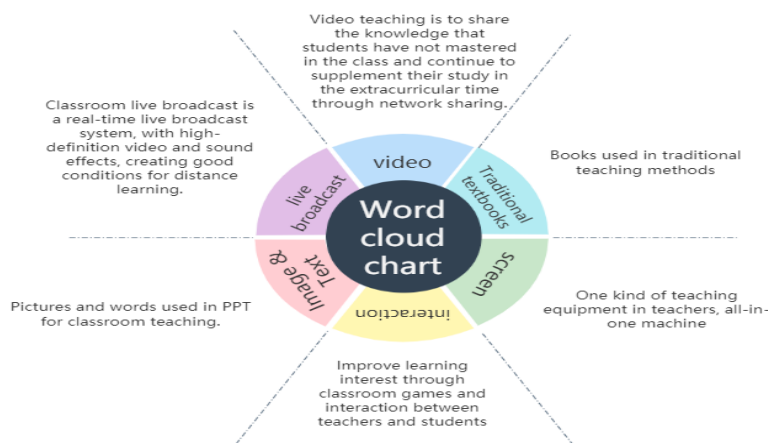


Figure 5: Word cloud diagram of ideological education methods

4. The Connotation of Students' Basic Literacy

As Wang Guowei talked about "a complete character", Schiller talked about "the pursuit of human nature perfection", its core meaning is to cultivate and create an all-round development of people. Since ancient times, people have been inheriting and carrying forward the essence extracted from the teaching process. The fashion trend of culture and education around the world is just like a sea of smoke. Innovative development caters to the changing needs of The Times and prospers the social

development and social and economic development. Education is the practical solution, is the use of detail beauty (Lai et al., 2022).

4.1 The Most Basic Connotation and Extension of Student Literacy

The key lies in the recognition of characters. There are many meanings of "self-cultivation", including self-cultivation training; Usual habits; Cultural education (especially parent-child education); Character, ideological and moral quality, etc. Therefore, "accomplishment" is generally a prerequisite for ability, professional knowledge and skills. Through further study, training, practice and theory, a person slowly builds his

own quality and accomplishment, which is the establishment of quality. Literacy is a multi-level objective cognitive ability, and the expression of emotional taste is based on work experience. As shown in Figure 6 below, the most basic accomplishment of students is a comprehensive reflection of their logical thinking ability, including their ability to understand design ideas, to appreciate beauty, to express and to cultivate themselves. There are also 3D highlights and emotional expressions, which enable students to maintain their quality and integrate into life and the development of the times (Li & Jiang, 2023). According to the

eight comprehensive abilities proposed by Shenzhen Education Bureau, they are included in the specific contents of this scientific research. Important accomplishment refers to the internal quality of students in learning, which can bring spiritual love to achieve the effect of cultivating body and mind, stimulate the complex of innovation in the shaping of ideas, create the core aesthetic concept in the ideological listening, and complete the multi-dimensional peaceful and comfortable conceptual life (Liss & Wilson, 2022).

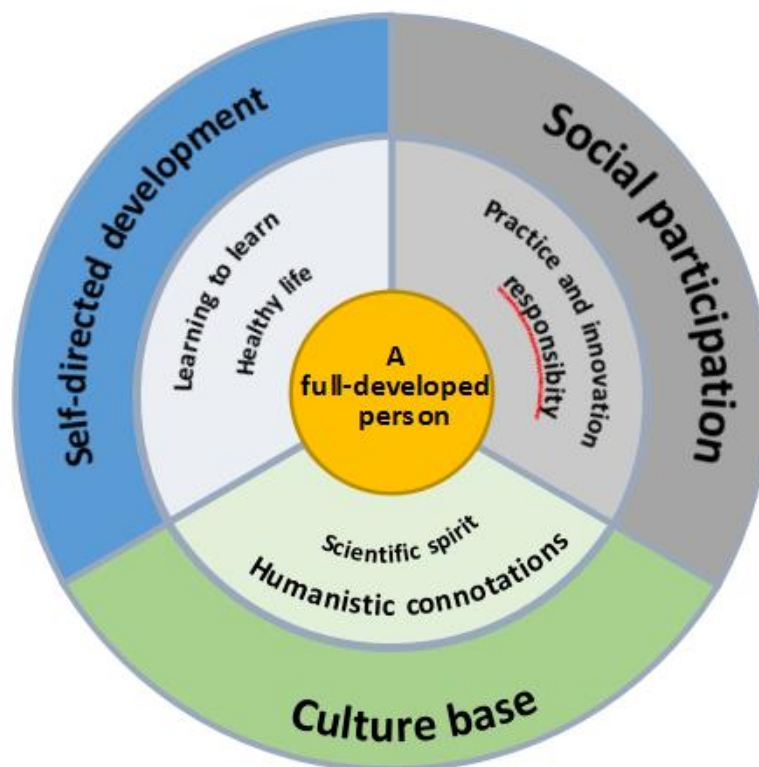


Figure 6: Composition of students' "basic literacy" development

4.2 Overview of Students' Basic Literacy

The understanding of students' basic quality is to take students as the main goal. The study of concept courses shows that they have understood some concept knowledge skills, won the sports common sense, cognitive ability and oral expression ability, won more logical thinking ability and aesthetic ability, and have a deeper understanding of the outside world. Experience ideas, express emotions, enjoy ideas and enjoy the level of beauty (Milošević Marković et al., 2022). Participating in concept activities is the artistic expression of students. Learning and training modes of thinking can help students to provide a variety of service platforms for spiritual support and emotional

performance, and help students build excellent character. In the teaching process of logical thinking ability, using different thinking forms to think and express, communicate and interact, and create the content and form of logical thinking ability is the main reflection of learning ability and self-restraint (Morris et al., 2022).

4.3 Understanding of Curriculum Construction to Improve Students' Basic Literacy

Integrating the basic principles of scientific research, this paper discusses that moral education research includes six aspects: education theory guarantee, curriculum scientific research and practice guarantee, ideological and moral teaching content development, high-tech innovation

management mode guarantee, evaluation system guarantee, and humanistic atmosphere construction and guarantee, as shown in the following figure 7. Among them, students are the main body of many elements, such as all-round hazard-defining teaching activities, various defining education and teaching management activities, evaluation index system, etc. It further enhances the efficient guarantee for students' stability (Müller, El-Ansari, & El Ansari, 2022). Therefore,

the exploration of the key basic quality is an all-round ecological system and a concrete manifestation of the integration of teaching management into the social environment. The organic composition and integration of various factors on mobile phones make all factors closely related, interact and influence each other, which is the logical framework for students to improve their basic literacy.



Figure 7: Research on moral education

5. Problems in the Training Process of College Mental Health Education Experts

5.1 Backward Professional Qualification Certification System

At this stage, the mental health education of college students in China lacks professional knowledge of practitioners' literacy, but the unified application of the identification system of mental status qualification lacks purpose. The establishment of the professional qualification certificate system for psychological consultants is of great significance to the high efficiency and professional ability of related work. The practical experience proves that the operating system is useful. However, this system also has original defects. For example, college students' mental health problems are less targeted, overemphasizing basic theories and ignoring details. Therefore, this system can no longer meet the needs of solving college students' mental health problems at this stage, so we must build a more accurate management system. The mental health problems of college students are complex and diverse, and the professional qualification certificate system of college counselors alone cannot grant college counselors enough quality (Nahar et al., 2022). Under such conditions, we should refer to relevant work experience and professional practices at home and abroad, operate efficiently in the unique professional qualification

certificate system, sustainable development standards and institutionalized work of college counselors in China, and effectively solve the mental health problems of college students.

5.2 Incomplete on-the-job Training System

Not only to have a professional qualification certificate identification system, but also need to take effective countermeasures to do the next step. Continuing re-education is the key preventive measure to ensure the continuous integration of staff knowledge structure and professional ability into practical innovation. In China, the system behind college students' psychology counselors still needs to be perfect (Nahar et al., 2022). However, in daily work, there are many factors that harm the physical and mental health of college students. It is also difficult to solve only with the advice of psychological counselors, and the activities of college students must be practiced. The form of psychological counseling is single, low consciousness, the efficiency is not high, and can not completely achieve a variety of requirements. Can not and adjust the quality of each counselor, do not benefit from the counselor's next work.

5.3 Incomplete Relevant Laws and Ethics

Perfect laws and regulations are also the key supporting point of college students' psychological counseling teaching. It ensures the professional influence of personnel, determines the professional and personal

behavior of personnel, guarantees the personal privacy of college students, causes psychological pressure to some students, and is conducive to physical and mental development. The lack of relevant laws and regulations in China makes college students' health education activities "indispensable", which is not conducive to the successful development of relevant work, but also affects the overall infrastructure of China's high psychology. For this natural environment, relevant legislative work should be carried out to promote the standardization, systematization and specialization of psychological education and fund-raising in colleges and universities (Rufino, Babb, & Johnson, 2022). It is also important to improve the construction of professional social ethics, standardize the behavior of psychological education practitioners, change their "basic knowledge" and hastily obtained traditional ways, and strictly implement relevant professional standards. Therefore, the establishment of relevant professional ethics and professional quality is conducive to the safety education and training of college students' psychological network resource consulting education.

6. The Cultivation Path and Construction Strategy of College Students' Mental Health Education Experts in the Vision of Ideological and Physical Education

6.1 Improve Professional Qualification Appraisal

(1) Professional level of psychological consultant. In this regard, you can refer to successful cases at home and abroad. In other words, the improvement of the psychological consultant professional qualification certification system is directly related to the career development trend of relevant staff. The high efficiency of the evaluation mechanism will promote the career development trend of practitioners, and vice versa. However, due to various reasons, at this stage, the management mode of professional qualification appraisal of psychological consultants in China is not perfect, and the level of systematization is also very high. First, strictly implement the bachelor's degree level of employees to improve the industry. According to the relevant regulations of Taiwan Province and the United

States, the person in charge is above the master's degree, and the technical major must be related to psychology, education, psychology and other social psychology (Siddique et al., 2022). In China, I can go to work according to the qualification examination for psychological consultants. Even if you don't consult experts, the damage is small. In this respect, there are some differences compared with European and American countries. In addition, establishing the following requirements and accepting career development is an important preventive measure to ensure employees' ability and level. In China, the management plan is not perfect and the control is not extensive, which limits the professional ability and level of relevant staff. Therefore, it is possible to carry out five years of on-the-job testing and inspection, and further improve the post and evaluation management system. (2) Improve the certification system of control rights. Being recognized as the level of work required by psychological consultants is an important preventive measure for the psychological education of college students. In contrast with foreign capitalist societies, we must organize a seminar on the physiological and psychological connection of development trends in this regard. All gaps, inadequate supervision, and poor implementation of relevant management plans. Therefore, it should be noted that in order to ensure the level of classroom teaching in learning, we must strengthen the management and certification of methods. At this stage, some teaching contents and basic theories in our country can no longer meet the actual needs, which reflects the urgency of vocational qualification certificate recognition.

6.2 Improving the Continuing Education Management System

The professional development trend of college students' mental health educators must adopt measures such as continuing education. Continuing education means that colleges and universities grasp the professional ability and actual level of in-service mental health educators. At the same time, using the mobile app with comprehensive human resources, his career development is one of the performance evaluation criteria, which can properly handle the continuing education and professional ability of employees. Great

importance is attached to the comprehensive ability of college students' mental health educators, and doing a good job in continuing education is one of the tasks that must be done in the future (Thomas et al., 2022). Continuing education must complete the development mode of classification, specialization and diversification. (1) Diversity. Different employees also have different technical expertise. It is caused by many factors, including its level, working hours or frequency of participation. For example, women need more functional tests than men, and psychological ecological environment workers are richer than psychological ecological environment workers in terms of evaluation and management methodology. Therefore, the specific content should be fully considered and defined according to the specific knowledge system, level and professional ability of employees. We must improve all aspects of the network resources, and provide

them with appropriate opportunities and actual demand for teaching content. The professional ability and career development level of such workers. (2) Effect of continuing education. College students are in the age group formed by life values and thoughts, life values and thoughts. They are in the contradiction between self-consciousness and external concepts, and are prone to various psychological problems such as compulsive thinking and schizophrenia. Therefore, we must timely adjust the specific content of mental health educators in colleges and universities, and give purposeful guidance to college students' physical health. (3) Again enrich the colorful teaching methods and methods. It includes optimizing teaching design, changing traditional single teaching methods, project teaching methods, expert lectures, small video visual effects, etc.

Table 2

Laws and regulations relating to psychological counseling and counselors

name	year	objective
Mental Health Law of the People's Republic of China	On October 26, 2012, it was adopted by the 29th Meeting of the Standing Committee of the Eleventh National People's Congress of the People's Republic of China and came into force on May 1, 2013.	The Mental Health Law of the People's Republic of China is a law enacted to develop mental hygiene, regulate mental hygiene services, and safeguard the lawful rights and interests of persons with mental disorders.
"Healthy China 2030" Plan Outline	It was issued and implemented by the Central Committee of the Communist Party of China and the State Council on October 25, 2016.	In order to promote the construction of a healthy China and improve the health level of the people, it was formulated in accordance with the strategic deployment of the Fifth Plenary Session of the 18th Central Committee of the Communist Party of China.
Guiding Opinions on Strengthening Mental Health Services	On December 30, 2016, 22 departments including the National Health and Family Planning Commission and the Central Propaganda Department jointly issued the National Health and Disease Control Fa [2016] No. 77	It is necessary to attach importance to and give play to the role of social organizations and social workers in psychological crisis intervention and psychological assistance work, and in the process of aftermath and recovery and reconstruction of emergencies, it is necessary to rely on local professional psychological assistance institutions, social work service organizations, volunteer service organizations, and psychological assistance hotlines to continuously carry out psychological assistance services for high-risk groups.

6.3 Formulate Relevant Regulations on College Students' Mental Health Consultation Education

All along, there are relevant laws and regulations on

psychological counseling and psychological consultants in China. As shown in Table 2, the law on college students' mental health education has been vacant. Therefore, it also seriously affects the development of psychological

counseling work in colleges and universities and the ideas of relevant responsible persons in their further work. The establishment of relevant laws and regulations and the improvement of system construction are important ways and preventive measures to further carry out college students' mental health education and improve employees' professional ethics (Ungar et al., 2022). In the legal profession, we should remember that the market is well-known in all fields, so that it can be implemented in our work. According to the establishment of professional competence standards and moral requirements, we should

constantly improve the assessment system, speed up the construction of the system, and safeguard the legitimate rights of educators of mental state. Relevant laws and regulations are the prerequisites for college students' mental health education and resource consultation. Therefore, the establishment of relevant laws and regulations on college students' mental health education is conducive to the continuous improvement and further development of the mental health education system in colleges and universities. The above summary is shown in Table 3.

Table 3

Current mental health education problems and corresponding strategies in colleges and universities

serial number	issue	tactics
1	The vocational qualification certification system is backward	Improve professional qualification appraisal
2	The on-the-job training system is not perfect	Improve the continuing education management system
3	Relevant legal and ethical norms are incomplete	Formulate regulations related to mental health counseling and education for college students

7. Conclusion

In the era of We Media, ideological and Physical culture education in colleges and universities is interesting and faces a development crisis. The ideological and Physical culture education in colleges and universities should have public opinion guidance and education highlands, act on network ideology, flexibly use the advantages of new media resources, communication technologies, content and form, build students' quality and ideological awareness, build students' sound personality, and unswervingly assume the mission of socialist reform.

Innovate curriculum management mode, teaching management, environmental atmosphere planning, etc. Further integrate the allocation of ideological education resources, improve the way of conceptual education courses, and cultivate school-based and rules and regulations through independent innovation. It has a certain guiding significance and guiding concept. The above analysis shows that the construction of a core concept education curriculum in all aspects and at multiple levels is the key to ensure

the quality of students.

In a word, from the perspective of ideological education, it is of great practical significance to explore the training methods and building preventive measures of senior experts in college students' mental health education. Mental health education is an indispensable part of higher vocational education, which provides a fundamental guarantee for college students to become useful, further improves their psychological ability and efficiency, more effectively solves the actual psychological problems encountered by college students in life and learning, and cultivates a large number of high-quality mental health education talents with professional theoretical knowledge and technology. This is also the law of the development of the period and the general trend. In future cultural and educational work, we should encourage and cultivate advanced workers with various energies and college students' mental health education, further improve the management mode of college students' ideological education, achieve the final level of college students' mental health, and complete the healthy development of their bodies.

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