

Ideological and Physical Education Integration in Higher Education: Strategies for Mental Health Education

Deng Shaoliu¹, Li Tongbai*

Abstract

From the actual situation and results of the people across the country working together to fight the epidemic since the outbreak of the epidemic, this article proposes the current focus of physical education in colleges and universities, namely the theory of socialism with Chinese characteristics, core values, and Chinese spirit. When major events occur in society, ideological work must respond quickly. At present, the ideological work of college graduates is at an important stage. Under the current epidemic situation, strengthen the physical work of college students, strengthen scientific guidance, strengthen humanistic care, and actively participate in the anti-epidemic work to ensure that college students can have a correct ideological system and a positive attitude. Mentality in the face of the epidemic. Based on the current situation of the epidemic and the changes in college students' ideology, psychology and values, the article puts forward the opportunities and challenges for the development of college students' ideological work under the current situation. And further discuss the possibility of reform theoretically and methodically, so as to further improve the quality of teaching and work, and provide new ideas for the ideological education work in colleges and universities.

Keywords: anti-epidemic environment; epidemic prevention and control; Physical education; mental health; strategic research;

1. Introduction

1.1 Epidemic concept

My country has classified the epidemic as a national "Class B" infectious disease. The epidemic is also a global infectious disease on a global scale. It has brought a great threat to the lives and health of people around the world, and has had a major impact on the development process of all countries in the world.

Table 1

Statistics of college students' understanding of the epidemic

	Number of people (person)	percentage(%)
complete stranger	9	1.1
relatively unfamiliar	11	1.3
understand the basics	275	32.9
more familiar	347	41.6
know very well	193	23.1
total	835	100

As shown in Table 1. It can be seen from Table 1 that college students have a high level of awareness, of which 64.7% are "relatively familiar" and "very familiar". College students have more opportunities to gain access to the epidemic and obtain more information, so they have a higher understanding of the epidemic, and the deeper the understanding of the epidemic, the more

easily their negative emotions will be affected by negative information.

1.2 The basic connotation of physical education

To exert a purposeful, organized, planned and organized influence on its members with specific ideology, political views and moral standards to achieve specific social and class requirements (Gao, 2020a). The physical education of college students refers to the physical education for college students that is targeted, planned, organized, purposeful and compatible with the development trend of socialism under the leadership of the party and with specific physical, political viewpoints and moral standards. Its goal is to make them qualified builders and successors of socialism with ideals, morals, discipline and culture.

1.3 The role of physical education

The physical education of college students has the role of guiding, guaranteeing, educating and developing. "Orientation" refers to "ideal beliefs", that is, to guide college students to establish correct "ideal beliefs", and use "ideal beliefs" to stimulate "motive force" and "guidance" behavior; the guarantee function refers to political consensus, that is, through education, discussion, combined with the development goals of society and college students, eliminate political differences and prejudice, promote political identity, and reach political consensus. "Educating people" refers to the physical education in colleges and universities based on

¹ College Marxism College, University Hainan Medical College, Haikou 570100, Hainan, China

*Corresponding author: Li Tongbai, email: hy0212021@hainmc.edu.cn

"intellectual education", combining "wisdom" and "morality", and combining "wisdom" and "morality" to promote the all-round development of "people". The role of development is to enable students to give full play to their subjective initiative and fully explore their inner potential, so as to make them better develop and become talents.

1.4 The significance of mental health education

College students are outstanding students who stand out from many high school students, and they have strong psychological advantages and pride (Hanson, 2019). However, during this time, the pressure and challenges faced by college students have also increased. College students often feel good about themselves and are vulnerable to setbacks, which can lead to a range of mental health problems. From the perspective of the external environment, the changes in the current physical concept and social life environment have a great impact on the psychological pressure of college graduates. With the fierce competition for employment, their career selection time is shortened, and the resulting A huge mental investment. Under the current epidemic situation, the mental health of college students is particularly important, especially in the current epidemic situation (Liu, 2020). The mental health

of college students during the epidemic. The current epidemic situation, the social environment, public opinion environment and psychological environment of college students are all happening There have been great changes, various physical trends on the Internet are ups and downs, and the trend of college students' ideology is diverse and changeable. As shown in Figure 1, the overall situation of the self-assessment of epidemic mental health shows that the specific statistical status is good, accounting for 56.69%, and the status is generally 19.6%. , the state is poor 13.71%, the state is worrying 9.99%. Through the analysis of the mental health education of college students, it is found that the proportion of students with generally poor mental state reaches 43%. Therefore, strengthening the mental health education of college students is an important part of physical education, so as to accurately grasp the psychological state of college students and make it different from person to person Precisely implement policies to help students release their emotions and accept their own emotions, and at the same time guide students to actively participate in physical exercise, enhance physical fitness and immunity, develop good living habits and healthy lives, and help college students form a positive and peaceful mental state.

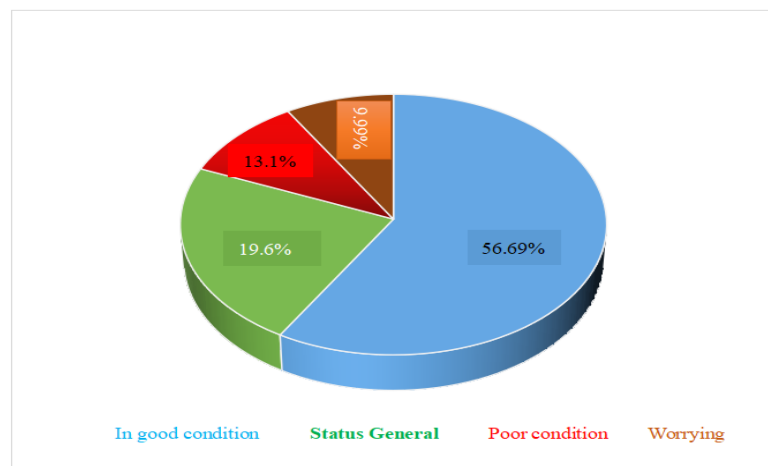


Figure 1. Overall situation of self-assessment of mental health during the epidemic

2. Problem Description

2.1 BP Learning Algorithm

BP neural network is a supervised training method. In most supervised neural network training methods, the basic idea is the same (Gao, 2020b). That is: in a given sample group, if the input value is added to the neural network, if the output result does not match the desired result, the built-in weight of the neural network must be adjusted so that the output value of the network is close to the desired result. required value, even with reduced output

errors. The error back propagation learning algorithm consists of two main links: one is the forward transmission of the input signal, and the other is the reverse transmission of the output error signal (Mason et al., 2022). The forward transmission of the input signal is from the input layer of the network to the output layer layer by layer until an output signal is obtained. The reverse transmission refers to the difference between the real output and the desired output from the output layer to the input layer, which is passed through the transmission layer to the input layer, and the weight change of each layer depends on the magnitude of the error signal transmitted to the layer.

2.2 Several problems in BP network training

The weight correction of the BP neural network is completed by the BP algorithm. This article will discuss some problems of the BP neural network.

1. Initialization problem: Before the network training starts, the owner must be given an initial value, which is the initialization problem. The initialization of the algorithm has a great relationship with the learning efficiency and learning effect of the neural network (Lage, Platt, & Treglia, 2000). For multi-layer networks, there is currently no simple and efficient initialization algorithm. In general, when no prior information is available, we use a smaller random number as an initialization method.
2. The input process of the network: If the transformation function $f(x)$ of the network neurons of the sigmoid function is used, it will be found that $f(x)$ decreases with the increase of x , that is, x decreases and tends to 0. It is not good for the adjustment of weights. Therefore, x is in a small range, so some processing must be done on the input of the network. If the actual problem of the network input exceeds 1 and needs to be normalized, then the output of the network should also be processed accordingly.
3. The universality of the network: the generalization ability is also called the comprehensive ability, that is, training with a small number of samples enables the network to achieve the required accuracy within a certain range, that is, training with a small number of samples, so that the network can Make appropriate outputs for untrained inputs. In the BP network, in order to make it have better generalization performance, there should not only be a sample set, but also a test set. This test set is mainly used to judge the optimal step size for network training, so as to avoid network overfitting.

2.3 The impact of the epidemic on physical education in colleges and universities

2.3.1 Challenges brought by the epidemic to physical education in colleges and universities

College students are a relatively special group. Their minds are more active, their minds are quicker, and they can accept new things. However, due to their age, their minds are not mature enough. In the face of the sudden epidemic, their thoughts and thoughts They will all have discomfort, which has had a great impact on their ideological and educational work; First of all, because of the sudden outbreak of the epidemic, many universities have postponed the start of the semester, so they must strictly implement the government's orders. In the family, the school adopts the form of online teaching to realize the teaching task (Wang, Zhang, & Zhang, 2016). The teaching content of physical work in colleges and universities should

focus on the anti-epidemic work, and the learning content should be closely integrated with the anti-epidemic work. At the beginning of the outbreak, the physical work in colleges and universities was faced with a new topic, that is, how to make college students understand the current situation and hazards, and make them more confident that the country has the confidence to overcome the epidemic. After making the decision to postpone the start of the school, the school put forward the slogan of "suspend classes, keep teaching, keep learning", which is a brand-new education method and a new education method. On the one hand, this online learning method will make the relationship between physical personnel and students closer, and teachers will not be able to grasp the family status of students without communicating with students, and teachers will not be able to detect the psychological changes of students (De Ruyter, 2003).

2.3.2 Epidemic has a certain impact on real life

The impact of the pandemic, which has led to closures and closures in some areas, is a huge challenge for graduates. Graduates are facing the pressure of graduation and employment. Coupled with the impact of the epidemic, it is difficult for many companies to reopen, so many companies are reducing the number of recruits. Students cannot participate in offline job internships at the same time. Civil service exams are also being held. Delays, cancellations and delays make college students who are about to graduate but have no real jobs feel anxious. In the face of students' psychological changes, the school's physical education must understand the students' emotions in time and take corresponding measures to stabilize their mentality. However, due to the impact of the epidemic, there are great changes every day. Teachers often cannot get correct answers in time. When answering questions, there are often ambiguous questions, which lead to the inability of physical education to solve problems correctly and to carry out effective psychological Grooming.

2.4 The impact of the epidemic on mental health education

Changing the educational model has changed the study habits of students, and students are psychologically and psychologically nervous (Young, Cashwell, & Woolington, 1998). With the control of the epidemic, the opening and resumption of universities are in progress. During the stay-at-home period of the epidemic, colleges and universities are actively implementing the policy of "suspending classes without stopping", changing theoretical courses to online teaching, and after returning to school after the start of school, according to the needs of epidemic prevention

and control, on-site teaching and online teaching are adopted in parallel. Further develop a large-scale network teaching mode reform. Under the new situation, the teaching mode of colleges and universities in our country has undergone fundamental changes, and students' learning methods have undergone major changes. Students have poor adaptability, low learning enthusiasm, and poor learning effects. Secondly, the technical support of online education is not perfect, and the quality of online education is not high, which leads to the unsatisfactory effect of online teaching. Due to a lot of leisure time, some college students indulge in online games and make friends, which causes them to lose control of their daily study and life.

2.5 Psychological assessment module

The content of psychological test includes psychological test, mental illness cases and their treatment, mental illness information, and psychological drug information (Jia & He, 2019). It mainly realizes that after users complete the test, they will obtain the corresponding test results and provide corresponding answers, so that users can understand their psychological state and make corresponding responses. Counseling on mental illness cases, treatment of mental illnesses, information on mental illnesses, and psychological drugs can help us understand and learn about mental illnesses. The process is shown in Figure 2. The mental health assessment module diagram.

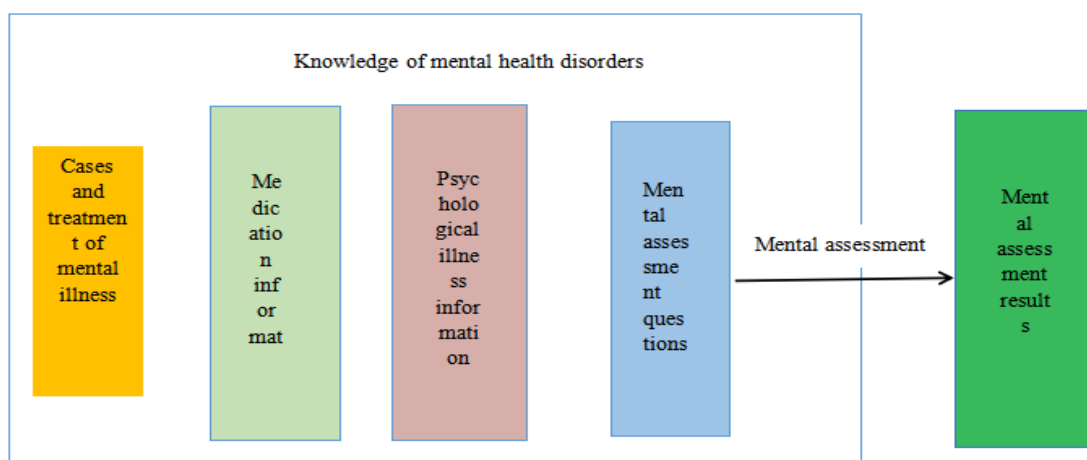


Figure 2. Mental health assessment module diagram

Mental Illness and Treatment: This unit focuses on various cases of mental disorders, so that users can learn about the prevention and treatment of mental disorders by themselves.

Drug Information: This mod displays some of the drug inserts needed to treat mental illness. You can learn some information about this drug through the introduction of this section.

Mental Illness: Basic knowledge about mental illness, including some symptoms of mental illness and a specific treatment. There are also some spiritual issues.

Psychological testing: The testing methods are digitized by applying certain methods of psychology. Use quizzes to enable users to self-understand their own mental state.

3. The Latest Technology

3.1 Overview of Neural Networks

A neural network is a network that is a basic element called a neuron that is combined according to certain rules. A neural network is composed of three major factors: neurons, connections between neurons and neurons, and training rules (Wang, Zhao, & Gu, 2018). Although the shape of the neural network is very different, its basic

structure is the same. A diagram of the neuron structure in Figure 3. Neurons are basic processing units composed of three categories: input, nonlinear transformation and output. The basic operation of a neuron is that the input is connected via weights to the neuron's internal summation procedure. This sum of weights is compared with a threshold, and then through a non-linear transformation, a result can be obtained. Its main contents include: weighted summation, threshold comparison, nonlinear transformation. The most commonly used is the finite amplitude of nonlinear transformation, Sigmoid et al.

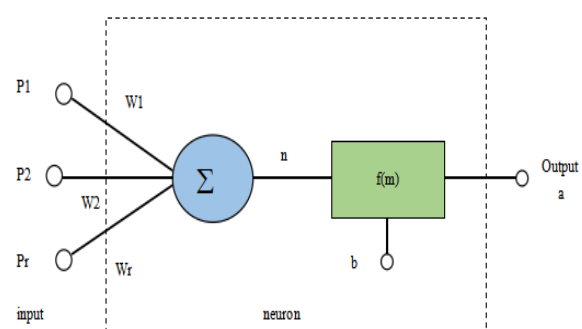


Figure 3. Neuron structure diagram

The connections between neurons are different, forming a different kind of neural network. For example, Sky Jing may be a multi-layered network in which signals are passed from one layer to another, called a feed-forward neural network. In this case, the network becomes a feedback neural network. As the network is different, its characteristics are also different.

3.2 Optimization of BP Algorithm

3.2.1 The learning process of genetic algorithm

Compared with neural network algorithms, when faced with different problems, there are differences in their individual coding methods, fitness functions, and operations, but their basic principles are the same, that is, to generate new populations through selection, mutation, and crossover operations, so that the new population has higher fitness, thus achieving global optimization (Jia, Zhou, & Peng, 2018).

3.2.2 Optimization process

Through the calculation process of genetic algorithm, different values are given to problems with similarities and differences. When solving the optimal neural network, the following factors shall be comprehensively considered:

(1) Coding method

① Binary code

When the decision variables [X1, X2, ..., Xn], L = n * 1, binary encoding is the optimal encoding format for the 0-1 knapsack problem. A binary sequence of bits b1, b2, ..., bn (representing the variable xi with bi, encoded with a 0-1 string, and determining its length.

② Floating point encoding

Floating-point encoding is an encoding method that uses a specific floating-point number to represent a single gene.

(2) Fitness matching

On this basis, a genetic algorithm based on individual fitness index is proposed, and it is compared with the fitness of the problem object, and the iterative method is used for optimization. The most important adaptation functions are as follows:

When the objective function is the minimum problem,

$$Fit(X) = \begin{cases} \frac{C(X)_{max}}{f(X)+C_{max}} & \text{if } f(X) < C_{max} \\ 0 & \text{else} \end{cases} \quad (1)$$

If the objective function is an extreme value problem, then

$$Fit(X) = \begin{cases} \frac{C(X)_{min}}{f(X)+C_{min}} & \text{if } f(X) > C_{min} \\ 0 & \text{else} \end{cases} \quad (2)$$

Cmin is the given minimum value and Cmax is the maximum value. And according to the actual situation, select the appropriate adaptive function.

(3) Select the design of the operating program

Selection operator is an operation used for population screening, which can effectively reduce the amount of computation, enhance global convergence and avoid significant genetic losses.

The idea of the selection operator is that people with high adaptability are more likely to be selected, and the relationship between the possibility Pi of selecting i and the adaptability Fi is as follows:

$$P_i = \frac{F_i}{\sum_{i=1}^M F_i} \quad (i = 1, 2, \dots, M) \quad (3)$$

3.3 BP algorithm operation process

The overall operation process of the BP algorithm can be divided into two types: the former is fitted by the method of input to output, and the latter is the back-propagation of the results of the model and the expected error, and then the results of the model are matched with the expected error. The deviations are respectively passed to the corresponding nodes to achieve the purpose of fitting.

(1) Forward propagation

Each neuron in the input layer calculates the input YSRi of the ith neuron in the hidden layer:

$$YSR_i = \sum_{j=1}^{14} w_{ij} Y_j + \theta_i \quad (4)$$

Its output i YSC is calculated as:

$$YSC_i = (YSR_i) = \left(\sum_{j=1}^{14} w_{ij} Y_j + \theta_i \right) \quad (5)$$

The calculation of the input SCSRk of the kth node of the output layer is:

$$SCSR_k = \sum_{i=1}^{14} w_{ki} YSC_i + a_k = \sum_{i=1}^{14} w_{ki} \left(\sum_{j=1}^{14} w_{ij} YSR_j + \theta_i \right) + a_k \quad (6)$$

Its output ok is calculated as:

$$O_k = \psi(SCSR_k) = \psi \left(\sum_{i=1}^q w_{ki} YSC_i + a_k \right) = \psi \left(\sum_{i=1}^q w_{ki} \left(\sum_{j=1}^M w_{ij} YSR_j + \theta_i \right) + a_k \right) \quad (7)$$

(2) Error feedback

Then, the weighted threshold of neurons is adjusted by the gradient decreasing method, and then the actual output of the network is close to the ideal state through continuous back propagation.

Use Ep to compute the quadratic error for sampled data p:

$$E_p = \frac{1}{2} \sum_{k=1}^L (T_k - O_k)^2 \quad (8)$$

The composite error of the P sample data is calculated as E:

$$E = \frac{1}{2} \sum_{p=1}^P \sum_{k=1}^L (T_k^p - O_k^p)^2 \quad (9)$$

3.4 The "crossover" relationship between physical education and mental health education for college students

However, for this special group, their goals are not exactly the same. One is to study their developmental laws, the other is to study their psychological phenomena and laws, and the other is their psychological phenomena and laws, and their psychological education laws (Zhang, 2022). However, the research objects of the two are the same, both

of them are college graduates. Therefore, the research goals of the two are also the same. The two have different viewpoints in theory, that is, Marxism and psychology; but the theoretical basis of the two has more overlaps in extension, and they are all drawn from theories such as psychology, Marxism, and pedagogy. used. Based on the similarities and differences between the research objectives and theoretical basis of the two, this paper proposes that the mental health education of college students cannot be classified as physical education, and there is no simple "inclusion" and "inclusion" (as shown in Figure 4). The research goals of the two are the same as the theoretical basis, which means that the two are not completely "juxtaposed" (as shown in Figure 5).

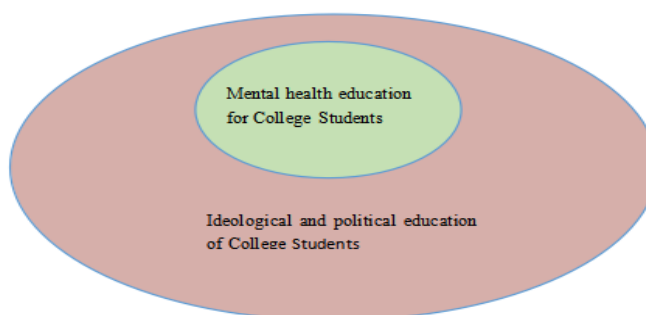


Figure 4. "Inclusion Relationship"

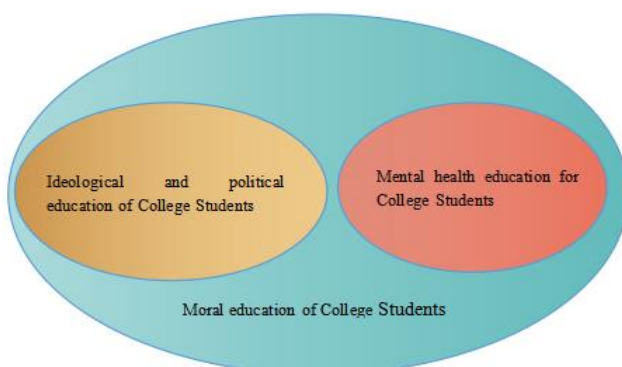


Figure 5. "side-by-side" relationship

3.4.1 The similarities and differences in the research categories determine that the two are in an "intersecting" relationship

From the educational goals, educational content, educational methods, educational environment and other aspects have been analyzed (Reschly, 2000). From the point of view of educational purpose, the purpose of physical education and mental health education in colleges and universities has its own emphasis, but both are aimed at realizing the all-round development of students: physical education includes physical education and moral education; The same way, such as theoretical education method, practical education method, typical education method, etc.; from the perspective of educational

environment, the educational environment, educational objects (college students), and educational carriers of the two are exactly the same. From the perspective of research object, theoretical basis, and object type, the relationship between the two is not completely "contained", "included", "juxtaposed", but "intersecting". The two are closely related, but not very unified; there are significant differences between the two, but they are mutually reinforcing and unified. Understanding the connotation and interrelation of the two is helpful to clarify the position of the two in the moral construction of colleges and universities, is conducive to promoting the benign interaction between the two, and is conducive to the physical education and mental health work of college students. If we must connect these two people, we are more inclined to "cross" (as shown in Figure 6).

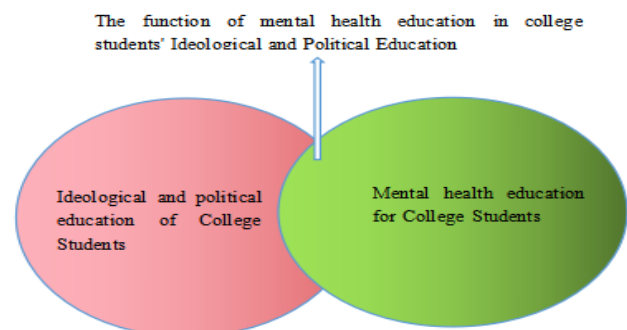


Figure 6. "Crossover" relationship

3.4.2 The principle of combining comprehensiveness and focus on mental health of college students

The purpose of college students' mental health education is to cultivate students' psychological quality, promote their all-round development, and at the same time prevent their mental diseases and protect their mental health. Therefore, the mental health education of college students should not only target all college students, but also guide them to grow up healthily, and liberate all kinds of students with psychological problems from their spirits. The mental health education of college students in my country has roughly gone through the process of combining "sitting and waiting for student counseling", "psychological education", "consulting therapy", "developmental counseling" and "disorder counseling". Adhere to the college student-centered, comprehensive-focused teaching method and provide classified guidance for students with special circumstances. To cultivate the function of ideological and physical education for college students, at the same time, we must adhere to the principles of "comprehensive" and "highlighting the key points", pay attention to "group nature", "politics", "moral education", and pay attention to "three aspects". Some college students have problems such as lack of belief, unstable position, and

moral anomie. Some college students have problems such as lack of belief, unstable position, and moral anomie.

3.5 Criteria for evaluating mental health

Mental health includes "what is mental health" and "how is mental health", the former is what is the study of mental health, while the latter is the evaluation of mental health. However, there is disagreement in the academic community's perception of mental health standards (Poole, 1997). However, at present, scholars at home and abroad generally believe that the research on mental health standards is a complex and time-sensitive. It not only takes into account individual differences, but also takes into account different cultural backgrounds and different mental health standards. Therefore, scholars at home and abroad have different evaluations of mental health. The main judging criteria are shown in Figure 7.

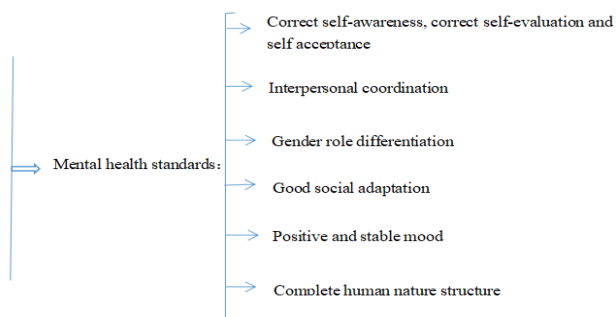


Figure 7. Criteria for evaluating mental health

3.6 Analysis of the necessity of home health for college students during the epidemic

Table 2

Statistics on the negative impact of the epidemic on college students

	Number of people (person)	percentage(%)
No effect	62	7.2
Less affected	127	15.2
general impact	240	28.7
Greater impact	319	38.2
huge influence	87	10.4
total	835	100

As can be seen from Table 2. The epidemic has little impact on college students, only 22.4%. 38.2% were severely affected. Although the economic impact of the epidemic on college students is less than that of the general population, it has a great impact on college students' learning, social interaction and psychology. The epidemic has had a huge impact on thousands of college students, especially those who are seeking jobs after graduation and getting their dissertations. Compared with other grades,

college students have higher levels of psychological stress and anxiety.

Table 3

Necessity statistics of home fitness

	Number of people (person)	percentage(%)
no need	19	2.3
Needed	816	97.7
total	835	100

It can be seen from Table 3 that during the epidemic, the vast majority of college students believed that fitness at home was necessary, and 97.7% of them had awakened to their health awareness during the epidemic, making the trend of fitness at home more vigorous under the epidemic.

3.7 Fuzzy comprehensive evaluation model

The fuzzy comprehensive evaluation model is shown in Figure 8. Since mental health is a complex decision-making problem, there are many influencing factors, and each factor has a different impact on its mental health. Therefore, the weights of the weights should be different. The fuzzy comprehensive evaluation method uses the comprehensive calculation of fuzzy matrix, that is, when calculating "Δ" and "∇", all factors will be added to the comments, resulting in the weight of each factor being too low, and many key factors are not reflected. Therefore, using a single fuzzy comprehensive evaluation model, the conclusions drawn are very different from the actual situation (Sheldon & King, 2001).

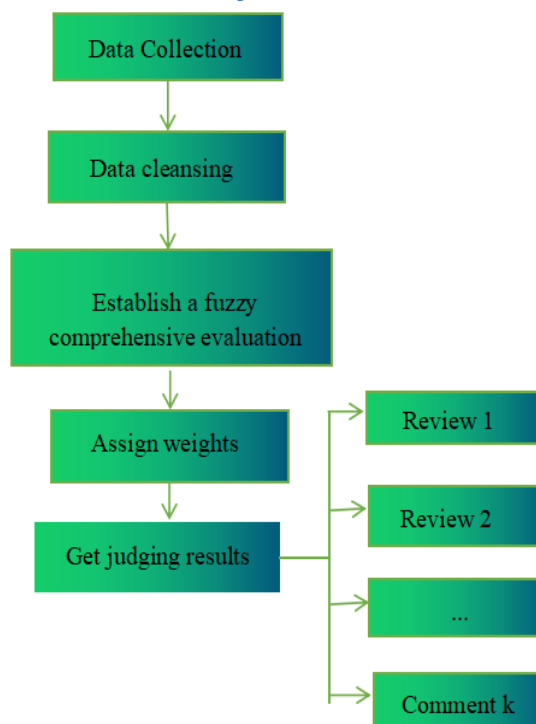


Figure 8. Fuzzy comprehensive evaluation model

4. Results and Analysis

4.1 Demand analysis of data mining in psychological crisis prevention system

In the current campus psychological management system, the data mining model based on CART decision tree, BP neural network, pattern recognition and other three modes is complementary to each other. The obtained data is mined and analyzed to finally get the desired result.

The teacher service module includes four modules: students, teachers, parents, and administrators. The teacher service module includes four modules: student information management, student measurement management, measurement data management, data management, and data management (Hermis, 2020). The main function of this system is to provide the school with the basic information of students, conduct mental health surveys, students' psychological files, and perform statistical analysis, statistical analysis, screening, retrieval and other functions on students' psychological services.

According to the above analysis, combined with the existing psychological management system, the three data mining techniques can complement each other and achieve a good psychological crisis prevention system. 2. The designed data mining module has good compatibility with the original system, can communicate data smoothly, and has higher requirements for the maintenance and reliability of the embedded module itself. 3. Realize a kind of perfection that can meet the requirements of comparing, revising and revising data mining models in various situations, and can embed other models into a data mining model.

4.2 Physical education construction and mental health education strategies under the epidemic situation

4.2.1 Response measures of multiple subjects

(1) To be different from person to person, to organically combine epidemic prevention and control with physical education. When colleges and universities carry out physical education for college students, they must "change according to the situation" according to the current epidemic situation. Under the current situation, the physical work of colleges and universities should adjust the teaching focus and methods in a timely manner (Fredrickson, 2001). In terms of curriculum content, schools should incorporate touching stories that occurred during the epidemic into the curriculum content in a timely manner. In this epidemic, a large number of heroes have appeared, such as Zhong

Nanshan and Li Lanjuan, who can tell "anti-epidemic stories" in touching language. In this way, college students' sense of responsibility and mission can be stimulated, and they can be motivated to learn from "heroes", thereby enhancing their motivation. At the same time, in addition to setting up special class activities, class meetings, online communication and other methods should be used to allow students and students to better express their confusion to class teachers, student counselors, teachers, etc. During the epidemic, in order to learn from their own gains, the network information platform is used to truly achieve the educational effect of interconnection.

4.2.2 Self-learning, self-improvement,

On paper, I feel shallow at the end, and I absolutely know that this matter has to be done. "On the premise of ensuring safety, we must actively participate in the national epidemic prevention and anti-epidemic struggle, be a stickler, a practitioner, a volunteer, and do some specific work for epidemic prevention and anti-epidemic. Such as: propaganda and anti-epidemic. Knowledge, production and distribution of anti-epidemic handbooks, participation in epidemic data analysis, participation in epidemic duty on duty, registration and investigation, blood donation for disaster areas, etc. Only those who have paid will understand that the results of anti-epidemic have not come easily. These activities can temper will and strengthen Our sense of responsibility and sense of responsibility.

4.3 Self-regulation of physical and mental health through home exercise

The research on the family physical exercise of college students during the epidemic period not only has a certain impact on their physical health, but also has a certain impact on their psychological and social life (Sheldon & King, 2001). To understand the impact of college students' participation in home physical exercise on their mental health during an outbreak, the impact should be analyzed holistically. The main basis of this study is the intensity of college students' participation in physical exercise.

As can be seen from Figure 9, 25.4% of people do not participate in home exercise. 33.3% of those who exercised lightly and did not sweat. The proportion of people with mild sweating was 38.3%. During high-intensity workouts, 3 percent sweated the most. Therefore, the intensity of college students' participation in home exercise is mainly concentrated on light and medium-intensity exercise, which is because the range of activities and space of the family limit its intensity.

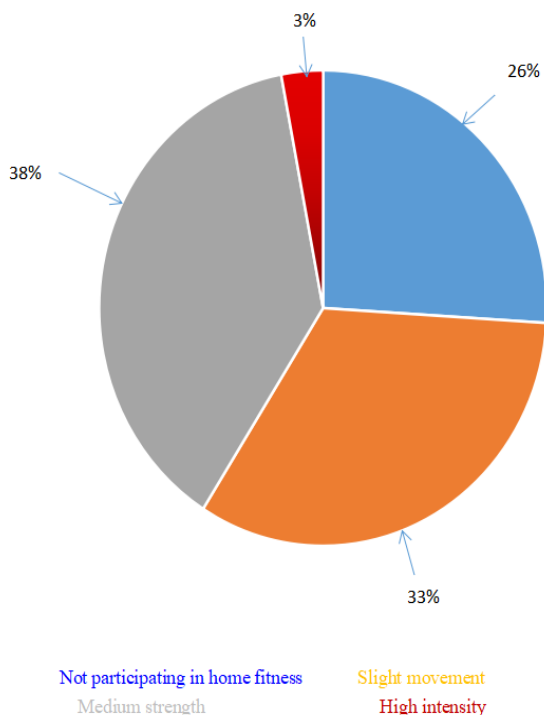


Figure 9. Exercise intensity distribution for participating in home fitness

4.4 Mental health courses should be generally offered

In order to enhance the cognition and adjustment ability of college students to mental health, colleges and universities should set up special psychological counseling institutions (McGuier et al., 2021). A questionnaire survey was conducted on five ordinary colleges and universities, and the results showed that, in the five ordinary colleges and universities, there are two courses, "College Students' Mental Health" and "Ideological and Moral Cultivation and Legal Foundation"; some universities also set up electives in general courses. courses so that students can take elective courses according to their interests (Linda, Zachary, & Lauren, 2020). Regarding the teaching staff of "Mental Health Education for College Students", 70.88% of the students thought that "the school has a mental health

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course teacher", 61.18% of the students chose "the school's full-time counselor", and 6.25% of the students chose the "psychology major" 6.25% chose "Teacher", 3.45% chose "Teacher of physical and Moral Cultivation and Legal Basics", and 18.63% chose "Teacher Who Came Out of Nowhere" (as shown in Figure 10).

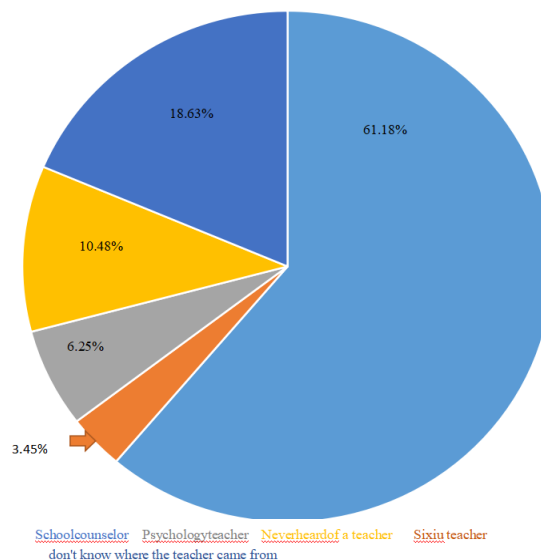


Figure 10. Students understand the role of teachers in mental health courses

5. Conclusion

In short, under the current epidemic situation, college students are a very important group. Educators should guide college students to establish "three views" in various ways, so that they can take social responsibilities in the future, and strengthen the mental health education of college students, so that they can become guides and protectors of college students. In the process of implementing health education, it is necessary to improve the role of physical education, enhance the patriotic awareness of college students, establish correct physical concepts, and effectively implement the teaching and management of physical education.

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