

# Research on the Development of Mental Health Wisdom Education for College Students Based on Big Data

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**Abstract:** Under the background of accelerating the process of information development in our country, it has injected new vitality and brought vitality into the mental health education of college students. The continuous development of information technology makes big data technology gradually widely used in various fields, based on the full play of the role of application, it has brought great convenience to people's daily life production. And the application of big data technology in college students' mental health education has opened up a new way for college students' mental health education. However, it is worth noting that there are also some problems, such as students do not attach great importance to big data timely and weak data information education awareness and technical backwardness, to some extent hinder the big data technology in the development of mental health wisdom education of college students to play a functional role. Therefore, it is necessary to study the development of college students' mental health and wisdom education based on big data.

## 1. Introduction

Big data technology is very suitable for college students' mental health education because of its quickness and accuracy. College students' mental health is an important part of college students' work. In order to ensure teachers' timely and effective exploitation of students' mental dynamics and the existence of some problems, it is necessary to use big data technology to analyze and process data quickly. The application of big data technology in the mental health education of college students can optimize the classroom teaching mode and promote the reform and development of classroom teaching. Based on this, colleges and universities should strengthen the application consciousness of big data, ensure that big data technology can be used effectively in college students' mental health education, realize the innovation of classroom teaching mode, ensure that the effectiveness of college students' mental health education curriculum can be brought into full play.

## 2. The Opportunities and Challenges of Big Data on Mental Health Education for College Students

### 2.1. Opportunities

Under the background of the big data era, the education and teaching in the society is facing major changes, it can be said that who first has and who first introduces the education big data, can grasp the future of education in the hands. The big data era has greatly facilitated the mental health education work in colleges and universities. First, college students' mental health education can help teachers to grasp the students' psychological dynamics and make up for many deficiencies brought by the traditional questionnaires and sampling methods based on the rational use of psychometric tools. The psychological test of big data technology can obtain more timely information, and also can objectively reflect the students' real situation. Based on the rapid analysis of big data technology and the full play of the function of processing data, the concrete results can be obtained in time and accurately. Second, through some precursors can detect any behavior in advance, based

on the full use of big data technology, can be in-depth analysis and mining campus information systems and social platform information, to help schools and teachers to timely access students' mental health status, and then around the established crisis intervention model in colleges and universities to accurately predict the future behavior of a student, to help teachers to take timely and effective intervention measures to promote teachers to develop mental health education programs more purposeful and targeted[1]. Third, with the help of big data technology, students can actively build their own data analysis platform, based on the use of some data to analyze themselves, to help students have a full understanding and grasp of their own psychological health, to ensure that when some problems arise, timely and effective adjustment or seek targeted help.



Figure 1 Big data has significant advantages

## 2.2. Challenges

Based on the efficient application of big data technology, it promotes the effective realization of some breakthrough development of mental health education in colleges and universities, but it is worth noting that some challenges accompanying the opportunities also exist. First of all, from the actual situation of mental health education in colleges and universities at present, the related education personnel's big data consciousness is relatively weak, lack of professional big data analysis talent, through the application of big data technology to analyze personal information process, can not clearly define the personal privacy protection of students, which threatens the personal privacy security to a great extent. Secondly, from the point of view of the distribution of all kinds of data in colleges and universities, mainly in different departments or systems in decentralized form, fragmentation and the phenomenon of data simplification are very common, not only make the information collection more difficult, but also have some problems in information processing, that is, in the context of the increasing mass of data, how to effectively store and process big data with different sources and standards and structures is very serious, and this problem has become a key research task in the field of information, which can be seen the degree of difficulty.

## 3. Strategies of Mental Health Wisdom Education for College Students Based on Big Data

### 3.1. Changing Cognition and Cultivating Big Data Consciousness

China is a large population country, so there will be a large amount of data produced every moment, in this mass of data there are some data utilization and storage effect is not good, in the process of integrating these seemingly messy data, it is very difficult. However, colleges and universities should not ignore these data information, should fully understand the impact and far-reaching significance of these data information on the work of psychological education, based on the knowledge related to big data, actively and consciously establish the college mental health education department in big data technicians, through the effective organization of these two aspects, will be sufficient manpower and material resources to ensure the effective formation of a good big data work atmosphere[2]. The professional teachers who are the main implementers of mental health education in colleges and universities should also conform to the development of the

times, form their own big data thinking effectively through continuous learning, ensure that their own big data analysis habits can be effectively cultivated, and then actively carry out some forms of psychological counseling and mental health teaching on this basis, improve their own attention to relevant data collection, and better support the effective establishment of psychological big data mining system with data.



Figure 2 Active learning to build big data awareness

### 3.2. On-Line and Off-Line, Innovation of Mental Health Education Model in Colleges and Universities

In the process of college students' mental health education, both schools and teachers should pay attention to the needs of students as the main body of teaching, and then ensure that the relevant education guidance carried out by themselves is more targeted, and promote students to change from inside to outside. In today's social network platform coverage, coupled with the efficient use of wechat, qq, weibo and so on, students in the real world of personal real feelings to talk to the willingness to gradually reduce, in turn more inclined to network virtual world aspects. Therefore, in the process of college students' mental health education, schools and teachers should also make full use of the network platform, based on the active construction of online and offline two-way interactive education model, based on the university network as the main basis, the big data sharing platform is actively built to ensure that the university psychological archives database can be gradually improved and improved, and then better classification and processing of the system data obtained through the campus network, effectively reveal the psychological characteristics of student groups to accurately, help school teachers and students to grasp the law of behavior, and then from the diversity of students' needs to carry out the teaching guidance to meet the needs, To promote the smooth development and effectiveness of mental health education.



Figure 3 Positive construction of online and offline two-way interactive education model

### 3.3. Improving the Intervention Mechanism of Mental Health Education

With the continuous strengthening of education and teaching research, it also greatly promotes

the process of psychological crisis intervention research in China, and the corresponding research results are also very remarkable, but it is worth noting that some neglect problems such as social environment and individual variability still exist. The development of college students' mental health education wisdom based on big data should start with the establishment of early warning mechanism of some mental health centers and departments and classes in colleges and universities. Secondly, it is necessary for colleges and universities in the era of big data to use the big data technology efficiently, to record the daily behavior data of the subjects in the process of using the big data technology effectively, and then to analyze the data in the designated area jointly by the psychological tutor and the big data professional, so as to establish the quantitative analysis model of mental health actively, to ensure the timely detection of the mental health risk factors faced by college students and to carry out the corresponding early warning and intervention measures in time, so as to promote the early detection of individual psychological crisis and the early intervention mechanism of college students.[3].

### **3.4. Combination of Points and Surfaces and Improvement of Mental Health Education Guarantee Mechanism**

In the process of big data analysis and early warning, some staff members do not have professional mental health knowledge, so it is difficult to ensure the close combination of big data analysis technology and students' actual situation, and it is difficult to ensure the smooth development of college students' mental health education. Based on this, it is necessary to set up the corresponding big data working group in colleges and universities actively, strengthen the cognition of the importance of the training of big data talents in colleges and universities through the practical big data management system, and then carry out the corresponding training on the big data knowledge and skills of their own mental health education personnel.

## **4. Conclusion**

The development of college students' mental health and wisdom education based on big data should pay full attention to the opportunities and challenges brought by big data, and then, according to the actual situation, turn the challenges into opportunities, promote their own optimal development, and better ensure the development of college students' physical and mental health.

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