Original Research Article

Research on the psychological file management of local university students in Yunnan province

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Abstract: In view of the importance of mental health education in colleges and universities and the practical problems of psychological file management in local universities in Yunnan, this paper aims to explore effective management strategies. Research through the literature analysis, using the method of questionnaire survey and in-depth interview, collected many local universities of Yunnan psychological archives management data, reveals the problems existing in the current management, this paper puts forward the construction of scientific file management system, improve management professional ability, using information means to optimize the management process, in order to improve the local university psychological archives management of scientific and effectiveness, provide powerful data support for mental health education in colleges and universities.

Keywords: Psychological records; University management; Yunnan local universities; Mental health education

With the rapid development of society and the intensification of competition pressure, the mental health problems of college students are increasingly prominent, and the importance of mental health education is increasingly prominent in higher education. Local universities in Yunnan and Yunnan, as an important part of higher education, are also facing the challenge of how to effectively manage students' psychological files to improve the quality and efficiency of mental health education.

As an important support for students 'mental health education, psychological archives is an important tool to record and analyze the changes of students' psychological development. It can not only provide targeted mental health services for individuals, but also is an important basis for schools to evaluate the effect of mental health education and make macro decisions. Under the guidance of the Guiding Outline of Mental Health Education for Students in Higher Education, the work of mental health education in colleges and universities has been raised to an unprecedented height. As a key link in this system, the scientificity and effectiveness directly affect the implementation and effect of mental health education. However, due to the restriction of psychological files in history, resources, concepts and other factors in the management of Yunnan local universities, there are still many problems, such as imperfect system, low degree of information, and insufficient professionals, which limit the application value of psychological files in practical work.

From the development trend of mental health education at home and abroad, the construction and management of psychological archives have been changed from a simple number

According to the collection to the depth analysis and application of data. For example, many universities in the United States and Europe have begun to use big data and artificial intelligence technologies to conduct intelligent analysis of mental files and provide data support for personalized mental health services. Such a development trend provides a possible solution for local universities in Yunnan, that is, by introducing advanced management concepts and technologies, to improve the management level of psychological archives, so as to meet the needs of education in the new era.

The management of psychological files is also an important means to promote the professionalization

and standardization of mental health services in local colleges and universities. The establishment of a sound psychological file management system can not only improve the scientific nature of mental health education, but also provide useful reference for students' future career development and social adaptation, so as to realize the whole-person development of education [1]. Therefore, the study of the current situation, problems and solution strategies of the psychological file management in Yunnan province is not only helpful to improve the quality of the current mental health education, but also conducive to promote the long-term development of mental health services in local universities.p[2]

1. research status

Scholars at home and abroad pay more and more attention to the management of students' psychological files, from theoretical discussion to practical application, showing rich and diverse perspectives and methods. In China, scholars pay attention to the construction and management of psychological files. For example, Liu Ming proposed that psychological files should include students' basic information, mental health assessment results, psychological counseling records, etc., emphasizing their systematization and integrity. At the same time, Liu Hongxia stressed the role of psychological files in psychological counseling services, and proposed that psychological files should be updated regularly to reflect the dynamic process of students' psychological changes. At the practical level, Wang Zhigang studied the application of information technology in psychological file management, and built a set of psychological file management system based on cloud computing, which improved the management efficiency.[3]

Foreign research is more inclined to the innovation of technology and method. For example, higher education institutions in the United States have begun to use big data and artificial intelligence technologies, such as Krause and Rieck's research, which have developed psychological file analysis systems based on students' behavioral data to predict students' psychological problems and academic problems. In Europe, Eisenberg et al. 's research emphasizes the privacy protection of psychological archives, and proposes that data availability and students' privacy rights should be considered in big data analysis. In addition, they also emphasized the interdisciplinary nature of psychological archives, advocating understanding students' psychological development from a multidisciplinary perspective and providing support for personalized mental health services.

2. Introduce a question

In the current research on psychological archives management, although domestic and foreign scholars have made some achievements, there are still some research gaps and problems to be solved in the specific environment of local universities in Yunnan. First of all, there are relatively few empirical studies on the management of psychological archives in local universities in Yunnan, most of which focus on macro theoretical discussion or universal strategic suggestions, and lack of in-depth analysis of the particularity of local universities. The unique regional culture, distribution of educational resources and economic conditions in Yunnan may make the management of psychological file face challenges different from universities in other regions, such as the lack of traditional understanding of mental health and the unbalanced distribution of educational resources, which have not received sufficient attention in the existing literature.

Although some studies advocate the use of advanced information technologies, such as cloud computing and artificial intelligence, to optimize the management of psychological archives, there are few detailed studies on the popularization and use of these technologies in the practical application of local universities in Yunnan,

as well as the difficulties and limitations existing in them. For example, local colleges and universities may face such problems as backward technical equipment, lack of professionals, data security and privacy protection, which directly affect the actual effect of information means in psychological file management.

Moreover, although existing studies emphasize the dynamic update and systematization of psychological files, how to ensure the real-time update of psychological files in Yunnan province, and how to effectively integrate the use of psychological files in daily teaching and counseling activities in Yunnan province, so as to promote the continuous growth of students. Solve practical problems. In addition, the feedback mechanism of the use of psychological files is not sound, and how to evaluate the actual effect of psychological files in mental health education, and how to adjust and optimize according to the feedback, is also a gap in the current study.[6]

3. Investigation, research and problem analysis

In terms of sample description, we collected a total of 1000 student questionnaires, 500 counselors questionnaires, 300 psychological counselors questionnaires, and 100 management questionnaires, covering 15 universities of different levels and types in Yunnan Province. In the in-depth interviews, we interviewed 10 mental health education leaders, 15 psychological counselors, 10 file managers, and 15 student representatives to ensure the diversity and professionalism of the sample. Through these data, we can comprehensively analyze the actual operation and cognitive differences in the psychological file management of local universities in Yunnan province, so as to provide a strong factual basis for the subsequent strategic suggestions.

Many challenges in the management of students' psychological files. First of all, the imperfection of the archival system is a widespread problem. In many colleges and universities, the establishment of psychological files is often limited to the enrollment stage of freshmen, and the lack of continuous and dynamic psychological changes during the school period. As a result, the content of the psychological file may only contain the preliminary information at the time of enrollment, but lack a comprehensive record of later growth and development, and it is difficult to reflect the whole picture of students' psychological development. In addition, the lack of unified standards and norms for the collection and arrangement of archives leads to the great differences in the file contents between different schools and different majors, which affects the comparison and analysis of data.

Low management efficiency is another major problem of psychological file management. Many local colleges and universities do not invest enough in the update and maintenance of psychological files, which leads to the lag of the update of archives information, which cannot timely reflect the latest psychological status of students. This lag makes the role of psychological files in the prevention and intervention of students' psychological problems limited, and affects the effectiveness of mental health education. At the same time, some schools still adopt the traditional manual management mode and do not make full use of modern information technology, such as database and information system, which not only increases the complexity and error rate of management, but also reduces the convenience of file retrieval and utilization.

The scarcity of professionals is a key dilemma in management practice. Local colleges and universities in Yunnan often lack specialized psychological archives management personnel, and the number of teachers majoring in mental health education is insufficient, which limits the ability of sorting out, analyzing and using archives. This leads to the potential value of the psychological archives not being fully explored, affecting the scientific decision-making of mental health education and the provision of personalized services. Moreover, the lack of training and guidance for psychological file management makes the staff may encounter difficulties in the

actual operation, which affects the quality of file management.

The lag of technology application also restricts the progress of psychological file management. Although information means has been widely used in other fields, its potential has not been fully tapped in the psychological file management of local universities in Yunnan. Some universities have not yet established electronic management systems, which leads to the low efficiency of data storage, retrieval and analysis, and also increases the risk of information loss and leakage. In addition, many schools have not yet to effectively explore and practice how to improve the analysis value of mental files through big data analysis and artificial intelligence technology.

4. Conclusion

Although local universities in Yunnan have made some progress in the management of student psychological files, they still face a series of practical challenges. Although there are clear requirements for policies and regulations, there are differences in the actual implementation, such as insufficient resource input and inadequate policy implementation. In management practice, the problems of imperfect archives system, lag of information update, lack of professionals and lag of technology application seriously restrict the effective use of psychological archives. These problems not only affect the scientificity and effectiveness of mental health education, but also hinder the professional and standardized development of mental health services in colleges and universities.

Based on the above analysis, this paper puts forward the following conclusions and suggestions, in order to promote the improvement and upgrading of psychological archives management in local universities in Yunnan.

We will improve policy and regulatory support. Local education departments should strengthen the publicity and implementation of mental health education policies, ensure that colleges and universities clarify their responsibilities in the management of psychological files, and provide necessary policy guidance and financial support. At the same time, data security and privacy protection laws and regulations should be improved to ensure that students' privacy rights are fully respected and protected in information management.

Build a scientific archives management system. Colleges and universities should formulate a unified psychological file management system, clarify the process of collection, sorting, updating and use of archives, and ensure the systematization and integrity of archives. At the same time, a dynamic update mechanism is established to regularly track the psychological status of the students, so as to update the contents of the files in time.

Improve the professional ability of managers. Improve the professional quality of archival managers and mental health educators to ensure that they have the professional knowledge and skills to handle psychological records. At the same time, interdisciplinary cooperation is encouraged to integrate knowledge from various fields such as psychology, pedagogy and information technology into the practice of psychological file management.

Through the implementation of the above suggestions, local colleges and universities in Yunnan can gradually solve the problems existing in the current psychological file management, optimize the management process, improve the quality of mental health education, and provide strong support for the comprehensive development of students. In addition, these improvements will also provide reference for other regions and types of colleges and universities, jointly promote the professional and standardized process of mental health education in colleges and universities in China, and achieve the goal of a three-pronged education.

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