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*Research Article*

# Psychological Health Education Based on Cognitive Linguistics

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## Abstract

In recent years, the college students who hold China's future hope have presented different degrees of psychological health problems. The psychological health education is the most direct way to improve the psychological quality of college students, so it is necessary and urgent to strengthen the psychological quality and self-regulation ability of college students and enhance the psychological health education of college students. Based on the techniques and methods of Cognitive Linguistics Rehabilitation Theory and the actual situation of college students, this paper puts forward a set of cognitive counselling program with popularity. The data analysis of cognitive experiment reveals that cognitive psychotherapy plays a positive role in guiding and improving the psychological health education of college students, and has certain reference and guiding significance to the psychological health education of college students.

## Keywords

Cognitive Linguistics Rehabilitation Theory • Psychological Health Education • College Students

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For the college students who hold China' and the nation's future hope, at the most critical period of their college life, it's essential to not only cultivate their professional cultural knowledge, but also develop their healthy psychological quality (Fairburn *et al.*, 2003), balance their physical and psychological development, and form a positive and healthy world outlook, and outlook on life and values, so as to realize the all-round development of individuals and ultimately make active and positive contributions to society and the country. Since the reform and opening up, the national political, economic and cultural fields are in rapid development and change, the growth and development of college students are also affected to a certain extent (Farmer and McGuffin, 2003). According to various statistics and information materials, 20% of college students have anxiety, nervousness, interpersonal communication barriers, depression and other psychological health problems. At the same time, some malignant incidents such as poisoning, suicide and homicide without fierce conflicts occurred frequently among college students, such as Ma Jiajue incident, which brought bad influence. Therefore, it is necessary and urgent to strengthen the psychological quality and self-regulation ability of college students and promote the psychological health education of college students. (Mercer and Andy, 2006)

The ultimate goal of psychological health education is to cultivate students to develop their own potential consciously and realize their self-worth to the maximum extent (Adler *et al.*, 2010). Psychological health needs psychological balance. Facing the frustration and annoyance in every aspect of life, students not only need to adapt to the social environment, but also need to have the ability of self-adjustment of psychological balance (Sutton *et al.*, 2011). Cultivating positive and optimistic attitude towards life is the most fund psychological way to improve college students' psychological health. Cognition is a process in which individuals form ideas and viewpoints when they process information about external things. For the same external stimuli, different individuals have different psychological experiences and emotional reactions, which originate from the different cognitive differences of stimuli among different individuals. Therefore, cognition is an important factor affecting the level of individual psychological health of college students.

Based on the techniques and methods of Cognitive Linguistics Rehabilitation Theory (Morrison *et al.*,2010), this paper puts forward a set of cognitive counselling program with popularity for psychological health education of college students, which attaches importance to scientific cognitive style, corrects irrational beliefs or distorted cognition and looks at problems with scientific and objective views. The data analysis of cognitive experiment reveals that cognitive psychotherapy plays an active and effective guiding role in cultivating students' self-regulation ability and improving their psychological health.

## **Cognitive Linguistics Rehabilitation Theory**

### **Relationship between cognition and psychological health**

Cognition determines psychological emotion, which influences behavior, and the result of behavior is fed back to cognition, which further restricts psychological emotion and behavior, thus forming a closed loop. Cognition plays a decisive role in individual psychological health, and its flow chart is shown in Figure 1. It is found that there is a close relationship between human psychological health and cognition, and only by

balancing the two can students' individual potential be developed to the maximum extent, that's, it's cognition that really determines the individual psychological health of college students. Therefore, it is very important to infiltrate cognitive education into college students' psychological health education (Mosher *et al.*, 2010). Improving college students' self-cognitive ability and self-evaluation ability (Rodriguez *et al.*, 2003), which can constrain their own psychological emotion and behavior management, develops their good self-regulation ability. Linguistics rehabilitation therapy is a psychotherapy technology based on the development of cognitive psychology. In the cognitive process, according to the theoretical assumptions that affect the psychological emotion and behavioral outcomes, the cognitive and behavioral intervention technology can be used to overcome psychological barriers, adjust bad mood and behavior, change people's unreasonable ideas and attitudes, and thus promote physical and psychological health.

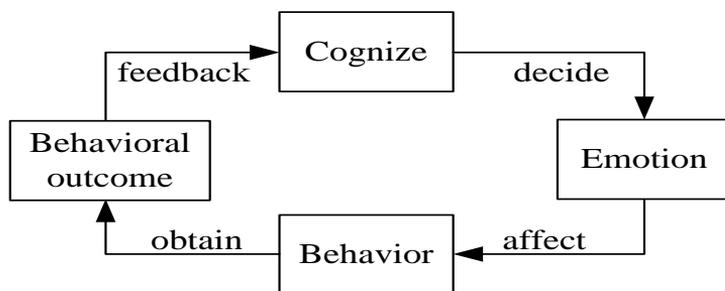


Figure 1. The effect of cognition on behavioral outcomes.

### Cognitive Linguistics Rehabilitation Theory

Cognitive therapy theory is a good state of health that can solve psychological doubts and puzzles by changing the way of cognition and belief, and then promote the positive development of psychology. This paper is based on the most representative operation mode of rational emotion therapy in Cognitive Linguistics Rehabilitation Theory, namely ABC cognitive therapy theory, as shown in Figure 2. In the figure, A is the induced event, B is the attitude and evaluation of the event (i.e., belief generated by cognition), C is the psychological emotion and behavioral outcome under this particular event (Park *et al.*, 2011), D is the cognitive counselling intervention, E is the effect of cognitive therapy, and F is the new cognitive and feeling after the treatment. Combined with the cognitive-behavioral relationship diagram of Figure 1, ABC cognitive therapy theory concludes that induced event A is only an indirect cause of psychological emotion and behavioral outcome C, while belief, attitude and evaluation B of induced event A are the direct causes of psychological emotion and behavioral outcome C. So, according to the cognitive therapy theory, this paper carries out health education and cognitive counselling on college students' negative psychology and emotion, improve the cognitive level of college students, make them master a variety of cognitive strategies to regulate emotion and behavior, and control or master self-concept, emotion and behavior, so as to better guide students to correct cognitive bias, establish a reasonable cognitive structure, and finally improve the psychological health of college students.

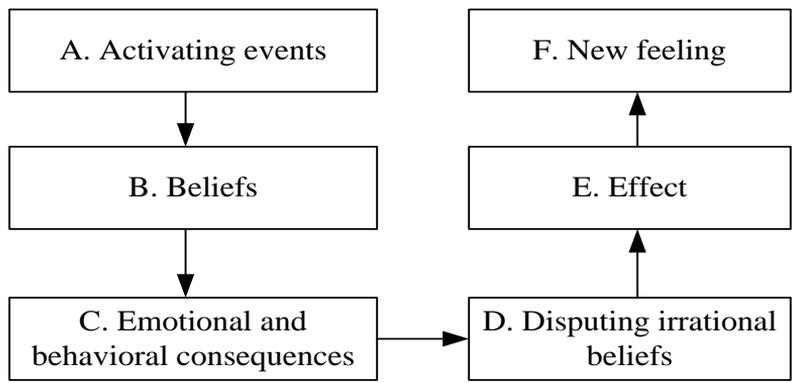


Figure 2. Flowchart of cognitive theory.

## Experimental Comparison of Cognitive Counselling Programs

### Guiding idea of cognitive counselling program

The basic idea of cognitive counselling is to understand the objective reality correctly and scientifically, evaluate the changes of psychological emotion positively, implement psychological health education lectures regularly, optimize the psychological health education environment of college students, carry out extracurricular activities conducive to psychological health, and establish the feedback archives of psychological health information (Biddle *et al.*,2011).

Psychological health education method based on Cognitive Linguistics Rehabilitation Theory refers to, mainly in the process of cognitive counselling, change the perspective of college students and give different interpretations towards issues, that's, changing the individual cognitive perspective and evaluation, so that they re-deconstruct the same event from another perspective, and gradually expand away from the original cognitive framework, until their cognition changes significantly. Different cognitive ideas produce different psychological emotions, college students' psychological health problems are mostly affected by bad or negative cognitive ideas. Therefore, cognitive counselling should be actively guided by grouping to correct their irrational beliefs and irrational ways of thinking, so as to help individual college students adjust their cognitive structure and grasp reasonable cognitive strategies to eliminate self-psychological barriers.

### Cognitive counselling program

A set of effective self-regulation methods are provided to students through training and classroom instruction, and the training of communication and stress-relieving skills and the ability to deal with emotional problems can effectively improve students' self-esteem and self-concept. With such psychological health education experiment, college students' psychological adjustment ability is improved, negative emotions and dangerous behaviors are reduced, and college students' psychological health is promoted. Classroom cognitive

counselling makes college students accept the proposition that "unreasonable beliefs or distorted thinking is the root of negative psychological emotions". By using the cognitive therapy theory and examples of rational psychoaffective therapy, this paper explains the techniques and methods of changing unreasonable beliefs or negative thinking, so that students can experience the good behavioral results of cognitive change from the active and positive psychological emotion.

Cognitive counselling mainly uses methods such as teaching, paired communication, role playing and rational psychological and emotional imagination, among which the teaching method is the most useful way to display a large amount of information, help students understand the purpose and content of cognitive counselling courses with a large number of examples, let each students participate in the discussion of questions through group discussions and questions, and guide students to look at self-psychological health issues from a positive cognitive perspective; the method of paired communication is to let the students communicate issues face to face, one student explains his or her own or other's experience, the other student listens to, and then exchanging roles, so as to give the other student the opportunity to explain the issues and views, while the other student listens to; as to the method of role playing, the simulation scenario is set according to the expectation of the script, so that the participant can understand himself, herself, or others in the life when viewing the situation more closely; rational psychological and emotional imagination is a common method in the treatment of rational emotions. Students are allowed to under the guidance enter into the situation of causing bad emotional response and experience the strong emotional response in this situation, then observe the self-expression in this situation as a bystander, supplement the reasonable belief with a series of self-questioning ways, and correct the unreasonable belief and bad emotion.

### **Cognitive linguistics rehabilitation counselling experiment**

Most of the manifestation forms of psychological problems are of fuzzy self-concept. When the actual self and ideal self are close or coincide to each other to a great extent, students' psychological health is in good condition, and when there is a serious deviation between them, students would have a bad psychological reaction. According to the self-rating scales (Symptom Checklist and Psychological Health Self-Rating Scale), which are the most widely used in the psychological counselling clinics, a self-cognitive questionnaire survey is carried out to investigate the students' physical condition, interpersonal relationship, negative psychological feelings and frustration stress, carefully listen to the ideas and suggestions of students in combination with the knowledge points summed up by cognitive therapy theory, determine several issues which have the impact on college students' psychological health problems, and carry out targeted treatment programs and content.

In order to verify the beneficial effect of cognitive therapy theory on psychological health education, the experimental group members are given cognitive counselling for a period of time, during which the data are tracked and analyzed. After a period of cognitive counselling, the results of the three groups of data before and after the test of the experimental group are matched with the sample test, and it is found that there is a significant difference in the sample test as shown in Table 1. In addition, after cognitive counselling, all the psychological health indicators show a decreasing trend as shown in Figure 3, which indicates that the psychological health status of the experimental group members has improved significantly.

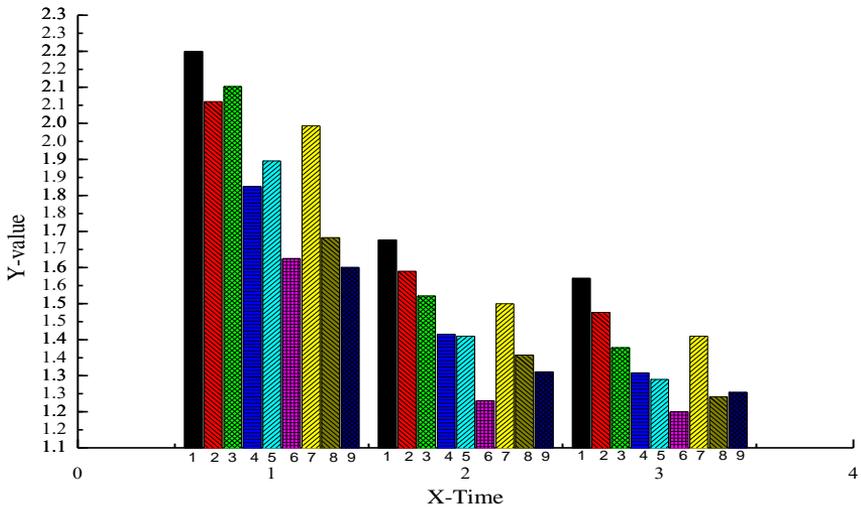


Figure 3. Post-cognitive counselling test results.

Table 1  
The Results of Cognitive Experiment Test

SN	Influence factor	Measurement data before cognitive counselling M	Measurement data after cognitive counselling M	T	Tracking measurement data M	T
1	OCD	2.2	1.676	3.65	1.57	1.1
2	Interpersonal sensitivity	2.06	1.59	2.94	1.476	0.82
3	Depression	2.10	1.51	3.96	1.378	1.32
4	Anxiety	1.82	1.41	2.747	1.308	1.02
5	Hostility	1.895	1.42	3.43	1.29	1.36
6	Terror	1.62	1.23	3.171	1.23	0.837
7	Bias	1.99	1.513	3.414	1.479	0.276
8	Psychosis	1.68	1.357	2.61	1.24	1.526
9	Somatization	1.60	1.311	2.201	1.254	0.516

After the cognitive counselling, college students realize that the bad psychological emotion and behavior results are caused by the distorted cognition or thinking mode, and their individual wrong cognition can be changed with the method of arguing with the unreasonable belief, thus improving psychological health problems. Through the cognitive counselling experiment, the influence factors such as OCD, interpersonal sensitivity, depression, terror and bias are significantly improved. Therefore, the study of psychological health education based on cognitive therapy theory is feasible for college students to cultivate self-regulation ability and improve and raise psychological health level.

## Conclusions

In recent years, malignant incidents of psychological health problems frequently occur among college students. Therefore, it is necessary and urgent to strengthen the psychological quality and self-regulation ability of college students and promote the psychological health education of college students. The conclusions of this paper are as follows:

To analyze the relationship between cognition and psychological emotion and behavioral outcome, and to reveal the close relationship between psychological health and cognition through the intervening relationship between cognition and behavioral outcome.

Based on the techniques and methods of Cognitive Linguistics Rehabilitation Theory and aiming at the psychological health education of college students, this paper puts forward a set of cognitive counselling programs with popularity by attaching importance to scientific cognitive methods and correcting irrational beliefs or distorted cognition.

The data analysis of cognitive experiment reveals that cognitive psychotherapy has a positive and effective guiding role in cultivating students' self-regulating ability, improving and raising their psychological health level, and provide a certain reference and guidance value for the research on the psychological health education of college students.

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