

Synergistic Advancement of Teachers' Professional Ethics and Students' Mental Health in Private Colleges and Universities

Yujie Ke

Hubei Business College, Wuhan, Hubei, 430079

Abstract: This paper explores the correlation between teachers' professional ethics and students' mental health in private colleges and universities, along with their significance for students' holistic development. The paper initially analyzes the challenges encountered by teachers in private colleges and universities regarding professional ethics, as well as the specific manifestations of students' mental health issues in private colleges and universities. Subsequently, it investigates the interaction between teachers' professional ethics and students' mental health. Finally, a set of strategies are put forward, encompassing strengthening professional ethics training, establishing a harmonious campus ambiance, enriching communication channels between teachers and students, and constructing a platform for home-school collaboration, to facilitate the synergistic advancement of teachers' professional ethics and students' mental health.

Keywords: Private Colleges and Universities; Teachers' Professional Ethics; Students' Mental Health

1. Professional Ethics Issues Encountered by Teachers in Private Colleges and Universities

1.1 Definition of Ethics for Higher Education Teachers

Professional ethics pertain to the moral norms and codes of conduct that teachers are obliged to adhere to in their educational and teaching undertakings. Yuan Xiyu (2021) indicated that the connotation and requirements of professional ethics for teachers in private colleges and universities encompass such excellent virtues as legal compliance, honesty, dedication, and diligence, as well as such general professional competencies as learning, communication, organization and coordination, language and writing expression, computer operation, specific professional knowledge and professional skills.^[1]

1.2 Potential Ethical Issues of Teachers in Private Colleges and Universities Professionalism Issues

Professional dedication. Young teachers in private colleges and universities might embark on teaching without sufficient training, thereby relying excessively on readily accessible online teaching resources and neglecting lesson preparation. This approach not only impacts the systematic and adaptive nature of the teaching content but also disregards the professional responsibility of teachers.

The issue of respecting students. A prevalent problem in private colleges and universities is that they overly focus on economic benefits at the expense of the essence of education, leading to some teachers who might lay excessive emphasis on grades and efficiency, and fail to pay heed to students' personalities and interests, or lack patience and understanding, and fail to provide students with adequate attention and support.

Honesty and integrity. Compared with public universities, the phenomenon of "emphasizing teaching and neglecting scientific research" is more pronounced in private universities, which, to a certain extent, results in the "governance" of private universities being relatively lax, and plagiarism and duplication might be more prone to occur.^[2]

2. Mental Health Issues Encountered by Students in Private Colleges and Universities

2.1 Concepts and Standards of Students' Mental Health

Mental health is defined as possessing good adaptability, emotional stability, behavioral coordination, and creative thinking, being capable of positively perceiving and handling personal relationships with others and the environment, and effectively realizing self-worth and goals.^[3] According to Guo Weiyu (2023), the criteria for students' psychological well-being encompass the following four domains: cognitive ability, namely, correct self-awareness and goal setting; emotional expression, namely, emotional regulation and maintaining optimism; behavioral norms, namely, adhering to social ethics and actively participating in society; and interpersonal relationships, namely, establishing

and maintaining interpersonal interactions based on respect and trust. Collectively, these standards facilitate the overall health and growth of students at the psychological level.^[4]

2.2 Common Mental Health Issues of Students in Private Colleges and Universities

Cognitive ability issues. Usually, students in private colleges and universities opt for private education due to their unsatisfactory performance in the college entrance examination. Some of them lack identification with the school have relatively low ideological and cultural literacy, and might encounter various psychological problems such as ideological deterioration, narcissism, solitude, anxiety, etc., which indicates a deficiency in ego and self-discipline.^[5]

Emotional expression issues. The emotional feelings of students in private colleges and universities exhibit distinct contradiction and bipolarity, and their self-control ability is relatively weak, thus they may experience violent emotional fluctuations even in the face of trifling matters in daily life.

Behavioral issues. High school students might cope with academic stress through behaviors like truancy, game addiction, smoking, drinking, or fighting. Additionally, social phobias or social anxiety disorders are also problems that students might encounter.

Interpersonal issues. Due to the lack of extensive social experience, high school students frequently hold erroneous perceptions regarding their social skills and social relationships, thereby giving rise to challenges or discomfort they might encounter in interpersonal interactions. The cognitive, emotional, and personality disparities among individuals can render it arduous for them to establish and sustain interpersonal relationships.^[6]

3. Interaction Between Teachers' Professionalism and Students' Mental Health

3.1 Influence of Higher Education Teachers' Ethical Practices on Students' Mental Health

Higher education teachers with a high level of professional ethics can serve as positive exemplars among students and facilitate the formation of their correct values and outlook on life. This is manifested in that teachers, through their dedication, consistency in words and deeds, as well as the demonstration of professionalism and humanistic care, not only inspire students to pursue excellence and enhance their cognitive abilities but also cultivate their self-confidence and self-esteem, and promote the expression of their emotions.

Conversely, if college and university teachers have insufficient ethical practices, this may exert a negative influence on students' mental health. For instance, unjust behavior, lack of integrity, or disrespectfulness on the part of teachers may cause students to feel neglected or treated unfairly, which might trigger anxiety, mistrust, and impaired self-esteem. Additionally, failure to be dedicated and to simplify lesson planning will inevitably result in disorganized teaching and learning, which in turn undermines students' motivation and pursuit of knowledge.

3.2 Impact of Students' Mental Health Problems on the Professional Ethics of University Teachers

The mental health status of students also has an impact on teachers' professional ethics. Psychologically healthy students are more prone to exhibit positive learning attitudes and good behavior, which in turn stimulate teachers to enhance their teaching methods and professional ethical standards. Moreover, psychologically healthy students are more likely to establish positive teacher-student relationships, which contribute to the development of teachers' professional ethics.

On the contrary, students' psychological barriers can pose challenges to teachers' professional ethics. For example, the author once arranged for students to work in groups in class, which led to rebellious feelings in a socially handicapped student, and envisioned that if the student's psychological problems were not properly guided and dealt with at that time, it would inevitably trigger conflicts between teachers and students, which in turn would affect the performance of professional ethics.

4. Promoting the Synergistic Advancement of Teachers' Professional Ethics and Students' Mental Health in Private Colleges and Universities

4.1 Strengthening Teachers' Professional Ethics Training and Mental Health Education

Private colleges and universities can employ regular training sessions, seminars, or research groups to enable teachers to acquire a deep understanding and mastery of professional ethics and enhance their moral consciousness.^[2] Simultaneously, education and training regarding mental health issues of college students will assist teachers in making accurate moral judgments when confronted with the complex circumstances resulting from students' psychological problems.

4.2 Constructing a Harmonious Campus Climate

Private colleges and universities should dedicate themselves to constructing a harmonious campus atmosphere and establishing students' correct values by reinforcing classroom education on ideology and politics, enhancing cyber literacy training, and clarifying ethical behavioral norms. Additionally, schools should develop appropriate punishment mechanisms to curb inappropriate behaviors such as bullying on campus

and foster a positive and supportive campus culture, thereby reducing psychological barriers among students and providing them with a more relaxed and harmonious learning environment.^[7]

4.3 Enriching Communication Channels between Teachers and Students

Private colleges and universities have insufficient human resources; often, counselors do not have the energy to take care of every student, and lecturers do not have an obligation to understand the students' thoughts, leading to the weakening of communication between teachers and students.^[8]Based on the aforementioned problems, the school can establish a "class teacher" position, which is held by professional teachers, so as to facilitate the teaching staff in understanding the student's learning situation and mental health and improve the overall and holistic work of mental health education.

4.4 Building a Platform for Home-School Cooperation

Private colleges and universities can construct a three-in-one hybrid psychological guidance system consisting of counselors, professional teachers, and parents: counselors maintain close contact with students, provide personalized counseling and consultation, and assist students in resolving psychological conflicts and enhancing stress resistance; professional teachers guide students to form a positive outlook on life and values while imparting knowledge; parents should establish a solid communication bridge with their children, pay attention to and respond to their children's emotional needs and offer necessary emotional support.^[5]Through this synergy, the holistic development of students and the continuous improvement of teachers' professional ethics will be facilitated.

5. Conclusions and Outlook

Teachers' professional ethical cultivation not only shapes the quality of education but also has a profound influence on students' value formation and mental health. This paper addresses the challenges of teachers' professional ethical cultivation and the diversity of students' mental health issues in private colleges and universities and proposes some strategies to promote the synergistic development of both aspects. However, the interactions between teachers' professional ethical issues and students' mental health in private colleges and universities extend far beyond what the author has witnessed. It is hoped that subsequent researchers can further explore and implement innovative educational strategies to adapt to the new trends in educational development and ensure that teachers and students can realize their respective potentials in an environment of mutual enhancement and growth. This requires not only the tireless efforts of educational institutions but also the attention and support of all sectors of society to create an ecosystem conducive to educational and personal development.

References

- [1] Yuan Xiyu. Improvement of Young Teachers' Professional Ethics Cultivation in Private Colleges and Universities under the Concept of "Three-Whole Parenting"[J]. *Talent Resources Development*, 2021(17), 72-73
- [2] Wang Xue, Zhang Xiaolei. Problems and countermeasures in the cultivation of professional ethics of college teachers in the era of "Internet+"[J]. *Science and Education Wenhui*, 2021(30), 18-21
- [3] Liu Chenling, Sun Bin, Jia Yafei, et al. The relationship between mental health literacy and positive coping styles among students in a university in Wuhan[J]. *Medicine and Society*, 2022, 35(12), 80-84+92
- [4] Guo Weiyu. Influence of professional ethics cultivation of college teachers on students' mental health and promotion strategies[J]. *Social Sciences*, 2023(06), 130-134
- [5] Yin Jingzhi, SONG Jiayi, GAO Yunquan. Exploration and research on methods to improve the psychological quality of students in private colleges and universities[J]. *Journal of Heilongjiang Teachers Development College*, 2023(09), 146-148
- [6] Zhou Xin. Analyzing the mental health problems and countermeasures of students in private colleges and universities under the perspective of positive psychology[J]. *Modern Vocational Education*, 2019(27), 120-121
- [7] Dai Xueyong, Yu Yang. Research on mental health education strategies and students' adaptability improvement in private colleges and universities[C]. *Proceedings of the ninth China Tao Xingzhi Research Symposium*, 2023, 48-50
- [8] Li Mo. Problems and Countermeasures in the Cultivation of Teachers' Professional Ethics in Colleges and Universities in the Era of "Internet Plus"[J]. *Modern Vocational Education*, 2021(07), 208-209