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## The Psychological Health Education of the female college students based on “Caring Ethics”

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### **Abstract:**

*Besides the traditional moral orientation, Caring ethics, especially, emphasizes the caring ethics orientation on account of the female gender difference. The view has great significance to the female college students' mental health education. To the female undergraduates' education, we should carry out the emotional education ethics morals education mental health education completely and systematically, and meanwhile admit the difference so as to eliminate the social discrimination, taking respect , trust and care as the guiding principle.*

**Key words:** caring ethics; female college students; psychological health education;

In the past few years, the number of female undergraduates has increased rapidly with the college expansion. They are the outstanding groups among all the women ,possessing the richer knowledge and higher quality. Meanwhile ,however, they are weaker than men in some aspects because of gender differences. The traditional moral thought and the challenge of the modern society leads to their inner conflict, anxious and confused. According to the relative survey by the Ministry of education, in recent years , a considerable part of the female undergraduates have had the ill reaction, which doesn't have a greatly effect on their sound mind and body ,and hinder their growth ,but on the construction of harmonious campus . Many scholars have probed how to strengthen the mental health education and other related issues, focusing on the situation from different aspects. To resolve this problem, it is more reasonable to aim at the gender characteristics. At present , in the educational circles , the of European and American school is cindered as the most effective, whose " caring ethics" theory has the exploratory significance and reference value to the current . Therefore, this

thesis aims at introduce some valuable proposal, on the base of exploring the implication of caring ethics to the female undergraduates education.

### **The implication of caring ethics**

The caring ethics, dating from the early the 1980s, is the very important theory in western ideological trend of caring ethics, the main representative of which is Carol Gilligan and Nel Noddings. They are regarded as the pathfinders on the thinking human development and mental health. Being different from the fair and equal principle which traditional educational theory stresses, they adopt the care strategy by the sex discrepancy. Carol Gilligan goes on empirical studies by talking: undergraduate research, abortion rights and responsibilities in her magnum opus: *In a Different Voice: Psychological Theory and Women's development*. "As a result, there is no female body and voice in the psychology sky, which is unfair. A series of papers and works about Nel Noddings (Nel Noddings) deepen the Caring ethics and perfect the theory system of caring ethics, on the bases of inheriting Carol Gilligan's thoughts. The caring ethics stresses the love and care between people and people, even sacrifice, whose starting points of caring ethics is that all people connect with each other, depend on each other, and get along harmoniously, which is different from the fair ethics. Not only such, the caring ethics pointed out the inequality and interpersonal isolation, and tried to break the situation male ruling, the land, resisted the sex discrimination and affirmed the unique female moral experience, appealing the care and respect to the female with a different voice. So it is valued for its unique value. In the process of female undergraduates education, it is worth mirroring the caring ethics, which can be helpful to the mental education of the female undergraduates.

### **The mental health state of the contemporary female college students**

With the higher education development of society and the women's social status has great improvement, more and more women entered institution of higher education, the proportion of which has been growing year after year. However, the female college students' mental development is immature and humor some. It is for them to get mental disease, when meeting the problems of study life making friends, love, occupation and so on. According to the investigation of some authorities, the number of the female college students, who are mental illness, is increasing little by little. Among these, there are 15.5% female college students with different levels of mental illness, and in this there are 25.1% of the students' psychological problem is more serious. Female college students' psychological problems are mainly manifested in the following aspects: 6.1% of them are self-contemptuous, 3.8% of them are pessimistic, 2.6% of them are lonely, 7.9% of them are blue, 10.8% of them are lack of confidence, 8.1% of them feel bored. In view of this, the female college students' mental health problem has become a concern of educators. The reasons of the female college students' psychological health problem are from various aspects, which mainly contained the contradiction and conflict between the perfect ideal and the reality.

Before entering the university, female college students desire for the ivory tower life, where everything is wonderful without the heavy learning pressure or no boring life, and where you

can enjoy the joy of youth. However, after entering the University, they found the gap of the ideal and the reality is too big, on the one hand, where they still have to work hard, in order not to be dismissed for the failing test. On the other hand, the schoolmates at college are from all over the country, their dialect are so different, that the language communication is struggling. Still less, it is not easy for them to deal with complicated interpersonal relationships harmoniously for their personality .Because for various reasons, they feel lonely low self- esteem, pessimistic, anxiety, depressive symptoms. The contradiction of career dreams and cruel reality.

As the self quality become more and more high, the female college students aspire commonly independence and autonomous .A survey shows that: 80% of the contemporary female college students' look forward to realizing their own aim and the value of life by making great efforts individually. Although there is no sexual discrimination in Higher Education, yet it is more difficult for female to find a ideal job when graduating, and the girls face more obstacles than boys. According to the " Sina" website" education" channel", the employment investigation reports of Chinese college student in 2008 : the male graduates" has signed" and" have intention but unsigned" ratio is 55.71%, and the female graduates of the proportion of 41.68%, 27.3% of employers would rather employ the boys than the girls under the recruitment bias , 80% of the female college students s encountered sexism in the process of hunting job , 34.4% of the girls suffered from being effused repeatedly . What is more ,, many employers make clear that prefer to hire the boys rather than employ the girls under the same conditions . Generally speaking, the female college students, on the one hand, struggle for their cause, on the other hand ,they are excluded by the world .Thus, they feel disappointed at the society and life and it is easy to feel inferior to the male students in all aspects, resulting in loss and blue psychology. Even worse, some of them have the trend of suicide. The conflict between love pursuit and traditional virtue.

The majority of college students in our country are in the middle of youth (18-24) of this age and their personality and physiological development is nearly complete. The affection need of them become stronger and stronger, with the various physiological functions maturation. They long for the free love, enjoy the pleasure of love, but at the same time ,they are restricted by the traditional virtue .Moreover, the cohabitation phenomenon is more common than in the past, sometimes they pay no attention to protecting themselves during enjoying the love .It is easy to ,and they are panic-stricken meeting the problem ,without knowing how to solve it for being ashamed ,which resulting in the nervous and fearful mood .Therefore, the only way to solve the pregnant is abortion ,which had bad effect on their body and mind.

### **The mental health education strategy of the female college students based on" caring ethics"**

Mental health refers to have positive mood, good quality, strong will normal intelligence, moderate emotion, harmonious interpersonal relationships and psychological behavior. Psychological health is the foundation of one's success, which is the critical factor of affected with the gender role and social culture ,and other factors in the social development, cultural heritage in position in a certain extent is more important than men. As the representative of

social elite culture, the education about female college students is related to the future of state. Therefore, it is the key link, which should not be neglected, taking proper way to the female college students' psychological health education in the morality education in universities , and that is the beneficial exploration to investigate the education from the perspective of " caring ethics". Carol Gilligan had sketched the development stages of the female caring ethics : It is Self Parenting to ensure the survival in the first stage , in which the morality is restraint imposed by society; Women emerge the responsibility to the relatives for the criticism as "selfish" previously in the second stage ,trying to make the protection to the relied, even removed the Self Parenting , in this stage, the main concern of women is on the others," good" depends on acceptance by the other persons, "the traditional female voice is very clearly seen; In the first two stages of the transition, women experienced repeated prior to the phase instability factors , trying to make new understanding and deeper understanding to the dependence on each other, through the relations between self and others . If we educate the female college students on the point of this ,at least ,we should do the following:

### **The coexistence of respect and care**

The core of " Caring ethics" is " care", the university administrators, counselors, teachers should give students more respect and attention to the female students, on the one hand, regulating the whole educational activities using the democratic principle ; on the other hand, taking care measures according to the female characteristics , letting them take part in classes and school management, participating in the school community, and other various activities, guiding them to walk out of the psychological sense of inferiority, to get rid of unnecessary restrictions, to participate in social practice, to establish the good interpersonal relationships, to struggle for personal ideals and positive health.

### **Carrying out emotional education completely and scientifically**

Female college students have grown up, and they have legitimate adult requirements, therefore, higher education should actively promote the emotional education, organizing some relevant lectures with love, marriage, sex, planning and others, conducting the related seminars about emotional education, to guide them to deal with the emotional actually, to protect themselves, and avoid psychological and physical damage.

### **Acknowledge sex differences and eliminate social discrimination**

There are certain differences in some respects between men and women as human individuals, but each one has his good points and shortcoming, with complementary potential. Intellectually speaking, the overall level between men and women is not much difference, but the constitute factors of development is characteristic. Most men have the strong sense of three-dimensional, nimble thought, good logical reasoning, but the mind is rough, being lack of ability to express; Girls are good at image thinking communication, careful thinking and the capability of language expression is strong, , but longer than the mechanical memory and apply mechanically. From non-intelligence factors, men have the responsibility, strong sense of independence, with a strong will and open mind, but with the violence, lack of sympathy; Women have clever hands and good sense, being Considerate,

and being full of caring, but they often depend on the male overly without independence. In addition, females have stronger expressive ability than males, having be richly endowed by nature with the advantages of communication. Educators and employers had better understand and recognize these differences between the sexes, making full of use of the women 's advantage, and affording more practical opportunities to them , letting them realize the individual value and make sure " I am born to be useful". At the same time, it is not wise to reject the female college students rudely, blocking their way to achieve their individual value.

Female college students ,who are in the key period of healthy psychological development, need guide reasonably and scientifically in the process of growing up. Their education is relative to the national and nationality's future. So educational workers should take advantage of the beneficial components in the caring ethics and other classic theories, establishing a relatively scientific and reasonable guidelines and education strategy , so as to conform to social trends, and meet the demand for talents in the construction of harmonious society.

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