

The Intersection of Mental Health and Discipline in Higher Education: Supporting Students with Emotional and Behavioral Challenges

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Abstract:

This paper focuses on the field of higher education and explores the intersection of mental health and discipline. It aims to explore the close relationship between mental health and discipline, with a special focus on students facing emotional and behavioral challenges. The connotation and relationship between the two are analyzed, and the current situation and root causes of student's mental health and discipline problems are deeply analyzed. Coping strategies are proposed from the aspects of strengthening mental health education and improving the discipline education system, and the effectiveness and shortcomings are analyzed in combination with practical cases. Research shows that the relationship between classroom discipline and mental health is also cyclical. Students' mental health problems may lead to the relaxation of classroom discipline. On the contrary, classroom discipline will be relatively strict if students are in good mental health. Paying attention to the intersection of the two can provide strong support for students' growth and provide a reference for the development of higher education. Researchers believe that the close balance between mental health and classroom discipline is something that every teacher needs to learn and study in depth.

Keywords:

higher education, mental health, discipline, emotional and behavioral challenges.