

Research on Integrating Mental Health Education into College Ideological and Political Education

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Abstract

Ideological and political education and mental health education are the necessary education for students to grow up. In order to reduce the number of students with mental problems, colleges and universities should strengthen mental health education. Due to the similarities between ideological and political education and mental health education in some aspects, it is necessary to integrate mental health education into ideological and political education in colleges and universities. The coordinated development of the two kinds of education is of great significance to the cultivation of all-round development talents.

Keywords

Ideological and political education; Mental health education; Colleges and universities.

1. Introduction

Mental health education and ideological and political education are the main contents of college education. The Implementation Outline of The Project for Improving the Quality of Ideological and Political Work in Colleges and Universities issued by the Ministry of Education also points out that "we should adhere to the combination of mind cultivation and morality cultivation, and strengthen humanistic care and psychological counseling". In order to ensure the healthy growth of college students and make them have good psychological quality, colleges and universities should rationally integrate the mental health education into the existing ideological and political education and pay attention to the mental health of college students.

2. Organization of the Text

2.1. The Feasibility of Integrating Mental Health Education into Ideological and Political Education

Ideological and political education is a social practice activity in which certain classes, political parties and social groups exert purposeful, planned and organized influence on their members with certain ideological concepts, political viewpoints and moral norms, so as to make them form ideological and moral activities that meet the needs of a certain society and class. [1] Mental health is a good state of harmony and unity from the inside out. [2] Mental health education is an activity in which educators guide individuals to learn to regulate their emotions, attach importance to psychological changes and keep themselves in a good state. The development of society and the growth of individuals depend on ideological and political education and mental health education, which are also the main driving forces for the growth of college students. Therefore, a clear understanding of the relationship between ideological and political education and mental health education, and the integration of mental health education into ideological and political education in colleges and universities is of unique significance to the healthy growth of college students.

First, ideological and political education is an important basis of mental health education. Ideological and political education covers the whole staff and runs through every stage of individual growth. College is the key stage of individual growth, but also the golden period to promote their overall and healthy development. College students in the physical, psychological development is not perfect, easy to be affected by the external environment and induce a series of psychological problems. Ideological and political education educates college students in socialist core values, good moral character and other aspects by way of inculcation, so as to promote college students to form positive psychological quality, guide them to externalize the knowledge they have learned into their own external behavior, and realize their own comprehensive and healthy development.

Second, mental health education creates a good educational environment for ideological and political education and provides a stable psychological basis. Mentally healthy people have stable three points of view, good at getting rid of their bad emotions, can quickly adapt to a new environment and dare to face difficulties. Systematic mental health education for college students is beneficial for college students to pay attention to their own psychological changes, adjust their emotions, maintain a positive and optimistic attitude in study and life, and gradually form a stable and healthy psychological state, which lays a foundation for ideological and political education activities in colleges and universities.

Third, ideological and political education is consistent with mental health education in some aspects. Both ideological and political education and mental health education take the overall development of people as its value pursuit. [3] In terms of teaching objectives, both of them focus on cultivating students' moral quality, ideology and firm will, so that they can establish a complete cognitive system and scientific thinking mode at the ideological level, so as to form a sound personality and good spiritual cultivation. [3] In terms of teaching methods, both of them adopt in-class and off-class teaching modes. In addition to learning in class, they also organize various activities for students to participate in and learn knowledge through practical activities. Integrating mental health education into ideological and political education is beneficial for college students to correctly understand themselves, pay attention to their mental health, and promote their physical and psychological healthy growth.

2.2. The Importance of Integrating Mental Health Education into Ideological and Political Education

With the development of economic express delivery and fierce social competition, some college students are under increasing pressure from study and employment, which brings great psychological burden to them. Under all kinds of pressure, many college students feel exhausted. In the face of this situation, some students are good at adjusting their mentality, using a variety of ways to eliminate bad emotions, so as to maintain a positive attitude, properly deal with various problems and pressure. Compared with the above students, other students lack the ability to release pressure and negative emotions, and they tend to suffer silently rather than vent, which will cause all kinds of problems for a long time, and may even have irreparable consequences. In addition, data in recent years show that the proportion of students with psychological problems in college students is increasing year by year. In the context of Internet, College students to be exposed to all kinds of ideologies and pluralistic values, they as also in the growth of population, the lack of strong willpower, vulnerable to temptation, produce self cognitive biases, and confused about their future development, difficult to adapt to the new environment, it is easy to become the factors that affect college students' mental health development. Colleges and universities are the gathering place of college students. It is necessary to strengthen the education of mental health on the basis of ideological and political education. Therefore, it is imperative to integrate mental health education into ideological and political education in order to cultivate all-round developing talents of the new era.

2.3. Measures to Integrate Mental Health Education into Ideological and Political Education

Ideological and political education and mental health education are two important kinds of education to improve the comprehensive quality of college students, which can effectively cultivate students' psychological quality and provide help for the realization of students' personal value and social value [4]. In the process of carrying out ideological and political education, colleges and universities should integrate mental health education into it, integrate the resource advantages of the two, explore the educational mode of their coordinated development, and achieve the effect of "1+1>2".

2.3.1. Set Up the Idea of Attaching Importance to Mental Health Education

Educational concept is one of the important factors for teachers to plan teaching contents. In order to integrate the content of mental health education reasonably and naturally into the existing ideological and political education, the whole society should attach importance to mental health education and cultivate their own ideas of attaching importance to mental health education. On the one hand, educators should keep up with the pace of The Times, renew educational ideas and reposition mental health education. In the traditional education process, rather than psychological education, schools and educators pay more attention to students' mastery of knowledge and ignore students' mental health problems. With the emergence of various pressures, the number of students with psychological problems is increasing. The severe situation urges colleges and universities to strengthen mental health education. Therefore, educators should always pay attention to the students' mental health development, increase the mental health education on the basis of all kinds of existing knowledge education to help students deal with problems correctly, and promote the students' physical and mental health development. On the other hand, the importance of mental health education should be widely publicized to the public, the role of society and family should be brought into play, and mental health education activities should be carried out from various aspects to form a tripartite situation of mental health education coordinated by school, family and society. College stage is a new stage for college students to explore and discover themselves. They have more free time, are willing to participate in a variety of activities, and are interested in new things. Therefore, colleges and universities can use student organizations and associations to carry out various forms of novel activities inside and outside the school, and integrate mental health education into students' cultural activities, so that students can enhance their self-awareness ability in practice, and improve their attention to the development of mental health. At the same time, the community can also regularly carry out mental health education knowledge lectures, case sharing and practice activities, to create a ubiquitous social atmosphere of mental health education, constantly influence students. Setting up the educational idea of attaching importance to mental health development in the whole society is conducive to promoting the integration of mental health education into ideological and political education and realizing the healthy and comprehensive development of college students.

2.3.2. Strengthen the Construction of Professional Teachers

Whether college students can receive good education is closely related to the quality of teachers. At present, the number of ideological and political education teachers is obviously higher than that of mental health education teachers, and the former has better work experience than the latter. In view of this situation, in order to promote the integration of mental health education into ideological and political education, colleges and universities need to build a team of teachers who have made great achievements in both ideological and political education and mental health education. On the one hand, educators should establish the consciousness of lifelong learning, on the basis of mastering their own professional knowledge,

study psychology related knowledge, master the basic theory, the reasonable integration of mental health education and ideological and political education teaching principles, methods and so on, to find the best way to comprehensively educate students. Let students in the process of setting up correct values, firm mainstream ideology also feel psychological satisfaction and happiness. After the reserve of knowledge and theory meets the requirements, educators should also externalize their theories into practice, constantly sum up educational experience, and give consideration to students' ideological and moral development and mental health development. On the other hand, colleges and universities should set up relevant regulations in the management of teachers. For example, regular group training for teachers provides a platform for centralized learning and free communication. While learning basic theoretical knowledge, teachers can exchange work experience, learn from each other and make progress together. Encourage and support ideological and political theory teachers and mental health education teachers to study for doctor's degree, to continue to improve their theoretical level and educational strength. In a word, whether mental health education can better integrate into the ideological and political education in colleges and universities, the rationality and professionalism of the construction of teachers is crucial.

2.3.3. Establish an Online Education Platform

With the rapid development of the Internet and the popularization of big data technology, contemporary college students tend to "surf the Internet" to obtain all kinds of information and like to express their real selves in the virtual network space. Therefore, colleges and universities can use the Internet platform to educate students quickly and conveniently. On the one hand, educators should educate students in a targeted way. With the help of big data technology, colleges and universities can systematically analyze and evaluate the dynamic data of students' speech activities in a specific period, so as to get the thinking mode or ideological tendency of the group. [5] Educators, by grasping the real situation and dynamics of students, timely intervene in students' thoughts and psychology, guide them to maintain a healthy psychological state, and establish a correct outlook on life and values. On the other hand, it is of great significance to explore the educational methods that students like and enjoy for integrating mental health education into ideological and political education. Colleges and universities can set up a column to publicize mental health education and ideological and political education, and publicize relevant knowledge in novel forms such as micro courses and micro videos, so that students can receive mental health education and ideological and political education anytime and anywhere. At the same time, the column can also create an education platform managed by educators, set up interactive and exchange sections, convenient for students to communicate with each other, educators can also timely answer the questions raised by students, timely find the problems existing in students.

3. Conclusion

Integrating mental health education into college ideological and political education is of great significance to increase the effectiveness of college ideological and political education and cultivate talents. At present, colleges and universities should devote themselves to cultivating comprehensive talents with all-round development of morality, intelligence, physique, aesthetics and labor, and pay special attention to students' mental health in the training process. Single mental health education doesn't meet the demand of students' development, therefore, in the existing ideological and political education in colleges and universities into the mental health education, to help students to establish correct values, on the basis of training students to keep positive and optimistic attitude, guide the student to become a perfect personality, mental health, and high quality new era youth.

References

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