

A preliminary study on the cultivation Strategy of College students' Health Psychology based on innovative ideological and political Education

Mu Yuanhong

Guangdong Mechanical and Electrical Polytechnic Guangzhou Guangdong 510515, China

ABSTRACT. *A far as the actual situation of students is concerned, mental health education is becoming more and more important. At present, more and more students show in their study, so parents and relevant educators pay more and more attention to students' mental health, and many related researchers have done detailed and comprehensive research on students' mental health, so the mental health education has become an important research direction of education. The premise of college students in the course of ideological and political education is that they must be healthy, so it plays a very important role in the future development of students to carry out mental health education for students. This paper mainly discusses the reform of ideological and political education. Firstly, this paper makes a series of analysis on the relationship between ideological and political education and mental health education of college students, and then makes a series of analysis on the current situation of university education in our country, and then summarizes how to carry out the healthy psychological training of college students.*

KEYWORDS: *College students; Mental Health; Ideology and Politics; Training path*

At present, the relevant educators pay more and more attention to the ideological and political education of students, especially college students, so the psychological quality of college students has been generally improved, and on this basis, the positive influence of college students on society has become greater and greater. University education is a deeper level of education under the condition that students have received a certain education, and has a certain level of knowledge and psychological quality. the purpose of university education is to make different students acquire professional knowledge and become talents of this major through the study of professional courses. However, considering the long-term development of students, it is far from enough to have professional quality. Ideological and political education occupies a very important position in international education. No matter what the major direction students choose, they must receive ideological and

political education. This is because college students are generally adult, their thoughts are diverse and complex. In today's society, if students' ideological and attitude is not correct, then they are likely to have a serious negative impact on society. Therefore, it is necessary to correct students' attitude towards learning and work while allowing students to acquire professional knowledge while correcting their thoughts. Ideological and political education is an important measure to implement the mental health of college students, which can effectively promote the hearts of college students.

1. An analysis of the relationship between ideological and political education and students' mental health education

1.1 The differences

First of all, their theoretical basis is different, for example, the main teaching theories of ideological and political education are related to ideology and politics, such as Marxism, Mao Zedong thought and Deng Xiaoping Theory, but the educational theory of mental health education is psychological knowledge and thought. Secondly, the two kinds of education are different in the process of development, for example, ideological and political education is mainly to explain the relevant theories to students, so that students can understand the brilliance of these ideas, and regard these ideas as their own ideological navigation mark, and finally get the improvement of ideological level, but mental health education is aimed at students' psychology and thought. The situation guides and enlightens them, so that students have a good attitude to face study and life. The last two kinds of education are also very different in the purpose of education, for example, the educational purpose of ideological and political education is to cultivate and improve the quality and morality of college students, it is mainly to make college students have a correct and positive view of serving the society, correct students' values, and ultimately promote the stability and healthy development of society, while mental health education is more inclined to the education of students' personal psychological problems. It is mainly to enable students to face a series of problems in study and life in a healthier and positive manner, so as to promote learning. The continuous progress of the living person.

1.2 Analysis of the relationship between the Ideological and political education and mental health education

In addition to the above distinction, there are many aspects of ideological and political education and mental health education. We know that the most important purpose of carrying out the ideological and political education is to educate the contemporary college students to set up the correct life values, to make the students have higher quality and moral character, but the mental health education is a positive and optimistic attitude to help the students in the process of learning and development, Therefore, the ideological and political education and the mental

health education can jointly promote the progress and development of the college students.

(1) The foundation of ideological and political education lies in the mental health education of students

The mental health guidance in college students in the learning process, can effectively promote college students more clearly know yourself, and in the process found my own shortcomings and correct them, let them achieve in certain circumstances for their actions and performance under effective control, let them learn in case of an adverse situation can with a correct attitude to face, and to find reasonable solutions, on college students' psychological health education can effectively promote the ideological and political education work, this is because the psychological health education can be a good complement of ideological and political education, in addition it can also include other impact on college students' ideological and psychological So they can jointly achieve the educational goal of promoting the comprehensive and healthy development of contemporary college students

(2) Ideological and political Education is an important guarantee for students' Mental Health Education

The implementation of ideological and political education can improve the thinking and quality of college students. At the same time, students can get the motivation of learning through the course and stimulate their enthusiasm to study and life. Therefore, this course can also promote the development of students' mental health, so it has certain guarantee significance for the development of students' mental health.

2. An Analysis of the problems in the cultivation of College students' Mental Health at present

2.1 The backwardness of Professional qualification Certification system for students' Mental Health Education experts

If we want to get some educational achievements in mental health education, we should first ensure that the development of education is supported by a perfect certification system for mental health education counselors, because only in this way can the mental health education of college students be carried out scientifically. However, as far as the actual development of mental health education for college students is concerned, the current certification system of psychological education counselors has great defects, such as the system attaches too much importance to the relevant theories of psychological education, but it is not based on the current actual situation of college students, so when faced with some real problems of students, it can not be effectively solved, so it is necessary to carry out the hearts of college students smoothly and effectively.

2.2 An imperfect on-the-job training system

Then there are some problems in the training regulations of the personnel who carry out psychological education. It should be noted that those who can engage in mental health education of college students do not only need to have qualified professional ability, but also they should be able to continue to improve themselves and improve themselves through continuous learning. Therefore, it is very important to organize relevant practitioners to participate in some more professional training work in a timely manner. At present, the society is complex and changeable, so the psychology of college students will also be affected to a certain extent, which puts forward higher requirements for the relevant mental health educators to a certain extent, because for this situation, they It is difficult to deal with it only according to their own professional knowledge, so they must have a certain adaptability, so that they can deal with some emergencies faster and better.

3. The training path and Construction Strategy of College students' Mental Health Education from the Perspective of ideological and political Education

3.1 Change the concept and unify the understanding

In view of ideological and political education and mental health education when we want to see from the global point of view, we should not only clear what are the different, they also know that they have to do, and after taking the above situation clearly, searching for the two kinds of reasonable arrangement of education in college students' education work, their role in the optimal college students are in the study to the transformation of the employment period, so they in the study of knowledge will also know about a lot of things in the society have corresponding, but because they don't have certain social experience, so at the time of the specific problems is difficult to make reasonable processing or decisions According to the above situation, relevant education workers to the reasonable arrangement of ideological and political education and mental health education, the first is to put the ideological and political education work in important position, because it is for the students' ability of dialectical and ideology has a great role in education, secondly to reasonable to carry out mental health education, let the student through the appropriate mental health guidance and can have a good state of mind to face his face problems or will soon, and let them set up correct view of ideological and political education work attitude.

3.2 Perfecting the system of Professional qualification Certification

(1) Standardize the academic level of practitioners and improve the professional requirements of students' mental health practitioners

As far as the specific requirements of mental health education personnel in our country are concerned, there is no clear stipulation on their educational level and

professional level, but an employment qualification certificate can not reflect the educational ability of educators in detail, so it is necessary to make specific and clear requirements in the educational level of employed people and the professional level they possess at present.

(2) Clarify the requirements of follow-up education and training for practitioners

The qualified mental health educators should be tested regularly, and some training activities should be organized to improve the professional level and ability of educators.

(3) Perfecting the Construction of Certification system for training institutions

As far as the certification of training institutions in our country is concerned, there are many places to be improved, the most important of which is that it is very different from the current actual situation, so it can not meet the actual needs of training, so the relevant personnel must pay attention to the improvement of the certification provisions of training institutions.

3.3 Perfecting the on-the-job Education system for employees

(1) Hierarchical requirements

Due to various personnel engaged in mental health education are different in many ways, so before to organize training according to each worker is different to divided into different levels, such as may engage in the work according to their length or their level of education and the degree of professional knowledge to the comprehensive consideration, according to different personnel to the appropriate change training ways and content of this have to do for education workers training can improve the level of their education.

(2) Improve the pertinence of continuing education

College students to the outside world generally have their own views, in addition, they also have their own ideas about some things, so they are more likely to have different ideas with others, so if when they don't have the correct ideological values, it may affect their behavior, so university education workers to understand the current actual situation of the students psychological and students generally produces psychological and the idea, and from set out actually take reasonable teaching methods to help students to solve these problems.

(3) Diversification of methods and forms of continuing education

Because of the development of information science and technology, the speed of world change is becoming faster and faster, so the innovation has become the way of survival and development in the world today, of course, the education work is no exception, the innovative way of mental health education work is many, For example, a specific example can be introduced to the students in the classroom to get the students more in-depth on the relevant educational knowledge, such as the ability to organize students to participate in lectures on related topics, and so on.

3.4 Perfecting the relevant legislation of students' Mental Health Counseling

Because in college students' mental health education in China starts relatively late, so this also caused our country to some extent of psychological health education of college student development lags behind many countries in order to promote the progress and development of the education work better, relevant education workers can from the innovation and management of related regulations Such as can go through some rules regulations and clear the status of mental health education, so that the follow-up work can be more basis, the industry can develop faster, it also can from the reform of training system, so the related education workers themselves more secure, above all, we can know the relevant regulations of the college students' health education is necessary to make proper adjustment and innovation, it can effectively promote college students' mental health education to promote the efficiency of work.

4. Tag

Ideological and political education is a required course for contemporary college students, for college students in the future has a lot to promote progress in the education of psychological health of college students can help students solve many of the problems of life and study, but also can make the students with a positive attitude to face the frustration of life and learning, the ideological and political education and psychological health education through a certain method of combined to apply to the university education can help students to better integrate into society.

Acknowledgement

Fund projects: This paper is the phased achievement of the 2016 Scientific and Technical Research Project of Guangdong Mechanical and Electrical Polytechnic , “Research on the influence of Film and Television works on College students”“ three values “Education,(number: YJW2016-09).

References

- [1] Luan Haiqing (2015). A study on the training path of positive Psychological quality of College students based on positive Psychology. Journal of Yangzhou University (higher Education Research Edition), no.1, pp.62.
- [2] Su yu (2013). A study on the training path and Construction Strategy of College students' Mental Health Education experts from the Perspective of ideological and political Education. Journal of Heilongjiang Institute of Education, no.5, pp.101.
- [3] Huang xibang (2012). tin list. A study on the Integration path of ideological and political Education and Mental Health Education for College students in the New period. Journal of Mudanjiang Institute of Education, no.6, pp.95-96.