

# Feasibility Study on the Combination of Mental Health Education and Ideological and Political Education for College Students

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**ABSTRACT.** College Students' mental health education and ideological and political education are the important contents of the current college students' education management. Their educational objectives are basically the same, and the educational theory and content are also quite original. The combination of the two is conducive to the realization of the overall development of college students and the improvement of their comprehensive quality. This paper analyzes the great significance of the combination of College Students' mental health education and ideological and political education, and specifically expounds the basic path of the combination of the two, in order to promote the management of colleges and universities to constantly change educational ideas, innovate work ideas, and solve the psychological and ideological problems of College students. In this paper, through the study of Ideological and political education, psychology, pedagogy, synergetics and other related theoretical knowledge, the feasibility of College Students' mental health education and ideological and political education is studied. It is proposed that ideological and political education should pay attention to the formation of College Students' concepts and consciousness, while mental health education is to help students adapt to the society and understand themselves. The combination of the two is conducive to the common progress of the two. In practice, it innovates new forms, expands the thinking mode of Ideological and political education, and improves the quality of quality education of college students.

**KEYWORDS:** College student education, Mental health, Ideological and political, Fit path

## 1. Introduction

Ideological and political education and mental health education in Colleges and universities are both educational means to serve the goal of talent cultivation in Colleges and universities, and also an important carrier to promote the growth of college students and realize the goal of college education [1]. The corresponding development of Ideological and political education and mental health education in Colleges and universities should not only recognize the challenges of the times, innovate educational methods, overcome their respective limitations, and realize complementary advantages, but also grasp the characteristics of the physical and mental development of contemporary college students, so as to “suit the medicine to the case” and teach students in accordance with their aptitude; clarify the talent training objectives of colleges and universities, and make the means and objectives adapt and promote each other [2-3]. College students enter the youth period of life, growth and development is basically mature and gradually stable, this stage of physiological maturity is not only reflected in the physical aspects, physiological function is also constantly improved. With the maturity of various physiological functions, the intelligence level of college students has reached the peak stage in their life [4]. Their emotions and emotions have gradually become stable and delicate, and their personality has gradually improved and perfected. They have entered the critical period of the formation of outlook on life and world outlook. It is also an important period for individuals to become independent social people.

With the continuous expansion of the scale of running a university, the number of college students is increasing, and the comprehensive quality of students is constantly improving. However, there are still a lot of psychological problems and ideological confusion in the process of the growth of college students. Therefore, college administrators should pay enough attention to the ideological and psychological problems of students. Psychological problems of college students should be given timely psychological intervention [5]. The combination of Ideological and political education and mental health education is not only the need to improve the scientificity, pertinence and effectiveness of Ideological and political education, but also the need of College Students' self healthy growth [6]. The interlinkage of human psychology and thought has laid a theoretical and practical foundation for the combination of Ideological and political education and mental health education for college students. The combination of the two is not only the need of social development in the new period, but also related to the internal development of Ideological and political education. At the same time, we should also realize that it is inevitable that ideological and political education can draw lessons from the psychology of College Students' mental health education. The theoretical significance of the combination of Ideological and political education and mental health education is to make the ideological and political education theory more systematic, theoretical and scientific from the research content, methodology and reality, so as to effectively promote the development and improvement of Ideological and political education of college students.

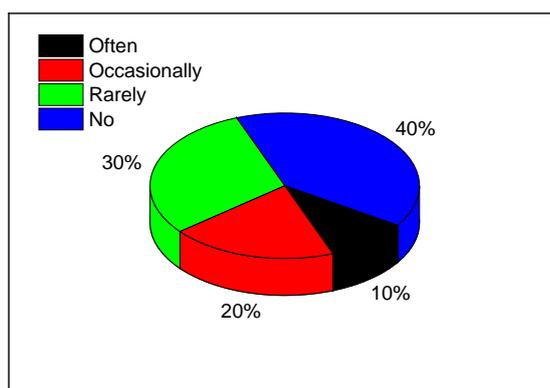
## **2. Analysis of the Current Situation of the Fit between Mental Health Education and Ideological and Political Education of College Students**

As a localization exploration suitable for university education, the combination of mental health education and ideological and political education of college students meets various requirements. First of all, for the ideological and political education itself, the combination of the two provides the necessary psychological conditions and psychological basis for ideological and political education, enriches the connotation and content of Ideological and political education, broadens the ways and methods of Ideological and political education, enhances the predictability and scientificity of Ideological and political education, and helps to improve the effect of Ideological and political education [7]. Secondly, the fit of the two is more conducive to solve the ideological and psychological problems of college students, make higher education pay more attention to the development of people, always adhere to people-oriented, and promote the growth and development of college students. Thirdly, the agreement of the two accords with the education policy of our country, which is the requirement of building a harmonious socialist society, so that college students can not only achieve their own harmonious development, but also achieve harmonious development with society [8]. Finally, the combination of the two is also the requirement of the localization development of mental health education in China. Psychological problems also require the guidance of world outlook, outlook on life and values. Only by establishing such a higher level of mental health education mode can it have a broader, more profound and more effective impact on College students, which should also be the future development trend of mental health education in China.

(1) There is a lack of penetration of mental health knowledge in the teaching process of Ideological and political education

The teaching of Ideological and political education course is an important content of Ideological and political education of college students, and the teaching of its theory is mainly carried out through teaching activities. In the teaching of Ideological and political education in Colleges and universities, the main task is to pass on the knowledge of Marxist theory into students, so that students can learn to understand and transform the world with Marxist world outlook and methodology, and establish the lofty ideal of communism and the values of dialectical materialism. However, according to the author's investigation, the ideological and political education related courses mostly pay attention to the education of the metaphysical ideological field of Marxism, and rarely integrate into the basic mental health knowledge of college students. As shown in Figure 1, The teaching content and students' actual fit is not high, which leads to many students not knowing how to use the abstract Marxist world outlook and methodology to deal with practical problems. As a comprehensive and practical educational activity, mental health education should be infiltrated into course teaching. However, the ideological and political education course which is closely related to mental health education has little been taught and the knowledge of mental health has little been taught. We can't teach students how to deal with the problems that are closely related to their daily life from the perspective of comprehensive quality training excellently. We pay not enough attention to the cultivation of psychological quality and disjointed with mental health education, resulting Not very good to meet the needs of students'

psychological development of Ideological and political education course. Students' psychological quality needs to be improved, the ability to adapt to the environment is poor. They are idealistic in looking at problems and simple in dealing with problems. The gap between theory and reality leads to a variety of psychological problems of students that can not be solved.

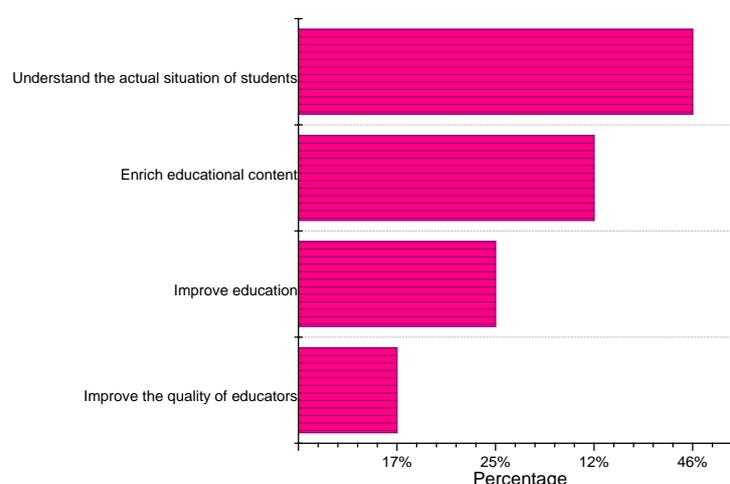


*Fig.1 Infiltration of Mental Health Knowledge in Ideological and Political Education*

(2) The daily ideological and political education work does not pay enough attention to the actual needs of students

Ideological and political education as the most close to the students of an educational activity, its fundamental starting point and foothold must be student-centered, with the development of society, students' thinking and psychology are undergoing profound changes, ideological and political education should also be with the ideological and psychological reality of college students to improve. In addition to classroom teaching, ideological and political education should go deep into the life of students and really care about their basic problems such as clothing, food, housing and transportation. Only in this way can we fully understand the real ideological and psychological state of college students in real life, so the daily ideological and political education work is very important. Most colleges and universities advocate that counselors live in student apartments in order to deepen the understanding of students, so as to find and solve problems earlier [9]. However, at present, some of the staff who do the daily ideological and political education in Colleges and universities can't Step further into Students, have a not enough communication with the students, can't fully understand aspects of the students' daily life, and do not fully investigate and study the students' psychology and thoughts. As shown in Figure 2, college students generally believe that the current ideological and political education should strengthen students' understanding of the actual aspects of students. It can be seen that students are not fully satisfied with the work of Ideological and political educators' concern for students, and it also reflects

the mentality of college students eager to be concerned and understood. However, in fact, the ideological and political educators do not understand the students deeply, which leads to the college students think that the relationship with counselors may be a kind of superior subordinate relationship, and even a small number of college students choose the disharmony relationship. This kind of heart to heart communication with students is difficult. Therefore, the daily ideological and political education work is easy to be superficial, which can be difficultly found, prevent and effectively solve all kinds of Ideological and psychological problems of college students, which is easy to lead to serious psychological problems.



*Fig.2 The Most Important Task of Ideological and Political Education*

(3) The network has not been used reasonably in the combination of mental health education and ideological and political education

As a new way of mass media in modern society, the network provides a lot of convenience for people. The coverage of university network provides a new platform for the combination of Ideological and political education and mental health education. However, in the process of the actual combination of the two, the role of the network has not been brought into full play. First of all, modern society is an information age, and the network is an “information warehouse”. Through the network, we can learn more about the ideological and political education and mental health education. colleges and universities should strengthen and innovate Network Ideological and political education. Secondly, college students are keen on the Internet, they can search for information and materials at will through the network, but teachers often do not have their enthusiasm. In this case, the knowledge taught by teachers in the classroom is very narrow. In the past, teachers were the main knowledge imparters of students. Now students can obtain the knowledge learned

through the network, and even know the knowledge beyond the teacher's lecture. From the perspective of knowledge acquisition, educators and college students are in an equal position, and the authority of educators is virtually weakened. In the face of the loss of authority, educators, who are always superior as the main body of education, are lack of psychological preparation, which will also cause their own tension and confusion, and are eager to restore their authority and dominant position among students. In this case, they will tell college students more negative effects of the network according to their own psychological needs and ignore the positive role of the network in the process of combining mental health education with ideological and political education of college students. Thirdly, as a "double-edged sword", the network brings convenience to people, but also has a lot of negative effects. The psychological health problem of college students is also an important content worthy of attention. The main reason for this problem is that the ideological and political education workers in Colleges and universities usually do not find some ideological and psychological obstacles in the process of surfing the Internet, and do not actively do a good job in the prevention mechanism and response measures, which leads to the emergence of College Students' network psychological problems.

### **3. The Path of Ideological and Political Education and Mental Health Education in Colleges and Universities**

Ideological and political education and mental health education in Colleges and universities are two inseparable modules, which can not be simply said to be the task of Ideological and political education workers or the responsibility of mental health educators. The whole school should pay attention to it. The ideological and political education workers in Colleges and universities should combine the ideological and political education with the mental health education organically, so as to help the college students solve the practical problems, and make them become qualified talents with sound personality and comprehensive development, so as to create a new situation of Ideological and political education and mental health education in Colleges and universities.

(1) Pay attention to the organic combination of humanistic care and psychological counseling

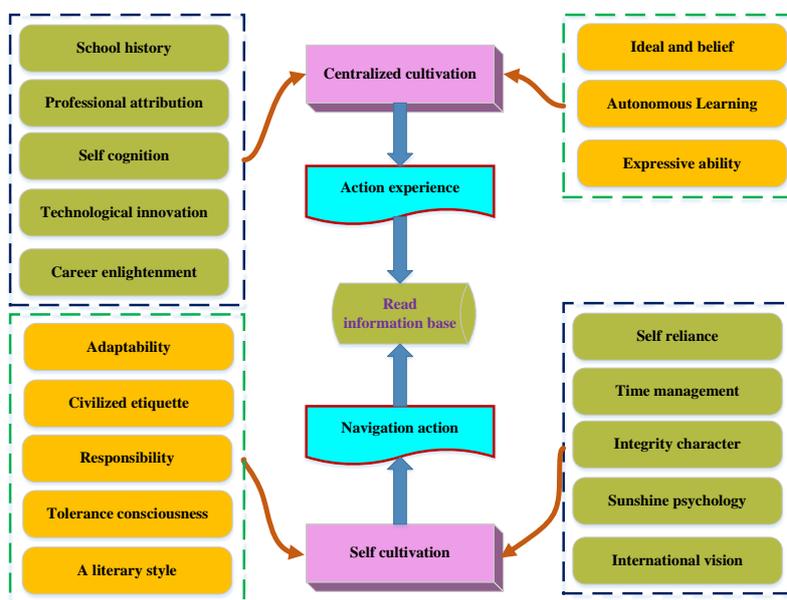
The concept of humanistic care and psychological counseling is an interpretation of the times of people-oriented and the realization of comprehensive, coordinated and sustainable development of human beings. It is also a new requirement to carry out ideological and political work in Colleges and Universities under the new situation. The essence of people-oriented is to start from the realistic people, take the needs of people as the starting point and end result, fully respect, understand, affirm, enrich, develop and perfect people, respect the main position and individual needs of people, cultivate people's self-consciousness and subjective initiative, and promote their healthy growth and all-round development. In order to improve the scientificity, predictability and effectiveness of Ideological and political education in Colleges and universities, it is necessary to attach importance to humanistic care and psychological counseling for college students. First of all, ideological and political

education workers in daily life and management, to fully close to students, timely understand students' ideological dynamics and psychological changes, and use relevant knowledge to analyze these changes. So as to realize the heart to heart communication with students, and truly become a good teacher and friend of students. In this way, ideological and political education can play a preventive role, and students' ideological or psychological problems can be solved. Secondly, ideological and political educators should take corresponding measures according to the psychological problems of different groups. For example, freshmen are prone to interpersonal tension, emotional distress and depression, so ideological and political educators should pay attention to the education of adaptive psychological problems. Second and third grade students are mainly about study, love, postgraduate entrance examination and so on. Ideological and political educators should strengthen the general education of basic psychological knowledge and psychological health care development knowledge. Graduates are mainly faced with the problems of job selection, entrepreneurship and employment, while ideological and political educators should conduct employment psychology and career guidance before going to the society, and should be able to use relevant knowledge to guide college students ideologically and psychologically. Therefore, it is the embodiment of the ideological and political education of human culture to find the employment direction and field that can play their own personality and suit themselves, and help students solve practical problems.

(2) Psychological counseling through classroom teaching and extracurricular activities

Most of the psychological and ideological problems encountered by college students are related to their own better development in daily life. Therefore, the confusion and problems exposed by students in study, postgraduate entrance examination, going abroad, employment, part-time work, love and interpersonal communication are the work contents that ideological and political educators and mental health educators should focus on. Generally, mental health education courses in Colleges and universities are offered to all students in the form of public elective courses or compulsory courses, involving a wide range of areas and high popularity. Through this organized and planned course mental health education, college students can systematically and comprehensively understand the basic knowledge and basic principles of mental health, learn a variety of basic methods and ways to improve mental health, correctly understand themselves, objectively evaluate themselves, and effectively improve their psychological quality. At the same time, a variety of mental health publicity and education activities can be held, such as psychological lectures, psychological salons, spiritual theater, psychological knowledge competition and other ways, which can also benefit college students. In addition, inviting well-known experts and scholars to give lectures on mental health and ideological and political education can also improve the effect of Ideological and political education, as shown in Figure 3. In a word, the ideological and political educators should draw on the achievements of modern science and technology, make full use of relevant resources and methods, and further enhance the attractiveness, persuasiveness and appeal of Ideological and political education and

mental health education.



*Fig.3 College Students' Attention to the Website of Ideological and Political Education*

(3) Reasonable use of network carrier to promote the combination of the two

Under the new situation, ideological and political education should be effectively combined with mental health education, not only based on the original channels and carriers, but also make full use of the network, mobile phones and other emerging media as teaching resources. Colleges and universities can extend the courses of political theory and mental health education from reality to the Internet, carry out lectures on Ideological and political education and mental health education on the Internet, and invite well-known experts, professors and teachers to conduct online teaching. We can also carry out network psychological consultation to help students solve their psychological confusion and meet the needs of students to improve their mental health. Due to the lack of correct understanding of mental health education, college students seldom seek help actively. They can make use of the indirect and covert characteristics of the network, so that college students can truly express their psychological confusion on the Internet in an anonymous way, which is beneficial for educators to accurately understand the psychological problems and ideological trends of students, and guide and communicate with people in different places. Making use of the Internet makes the embarrassing situation of face-to-face conversation into equal, real and indirect network communication, which not only makes college students willing to accept, truly tell their feelings, release psychological pressure, but also enhances the authenticity, credibility, effectiveness

and attraction of Ideological and political education.

(4) Strengthening the psychological knowledge training of political work cadres

At present, with the increasing psychological problems of college students, the original mental health education institutions and teachers in Colleges and universities are relatively weak. A number of full-time and part-time teachers engaged in Ideological and political education of students, such as the student affairs office, the staff of the Youth League Committee, the Deputy Secretary of the general Party branch in charge of student affairs, counselors, class teachers and so on, are the most suitable candidates for the second echelon. How about their psychological quality and whether they have the necessary knowledge of mental health education plays an important role in promoting the organic integration of Ideological and political education and mental health education. The leaders of colleges and universities must attach great importance to the construction and training of this team in terms of financial resources, material resources and human resources until it is stipulated in the system. Ideological and political educators in Colleges and universities learn the principles and methods of mental health education, but they are not required to engage in mental health education like psychological professionals. It is hoped that in their daily education and management, they will pay attention to the basic knowledge and methods of mental health education, pay attention to the research on the psychological development and law of college students, pay more attention to the communication with college students, show concern and understanding to college students from the heart, and truly become good teachers and friends of college students.

#### 4. Conclusion

To sum up, due to the complex thinking and psychology of college students and the limitations of Ideological and political education itself, the ideological and political education and mental health education are organically combined. Based on mental health education, ideological education as the guide, political education as the core, moral education as the focus, to promote the coordinated development and growth of College Students' psychological quality and ideological, political and moral quality is the inevitable choice to expand and improve ideological and Political Education under the new situation. This is not only conducive to effectively solve the practical problems of college students, help them grow up healthily and develop in an all-round way, but also help to enhance the effectiveness, pertinence, attraction and appeal of Ideological and political education. It is also conducive to the implementation of Ideological and political education in students' daily life, so as to achieve the desired effect of Ideological and political education. At present, the ideological and political education in Colleges and universities needs to further deepen the understanding of mental health education, and its ideas and methods should also be skillfully used. In its primary stage, college students' mental health education is more committed to its own exploration and needs to be embedded in the ideological and political education system to play a greater role and value.

### Acknowledgement

This work was supported by Sichuan Research Center of sexual sociology and sexuality education. It belongs to Humanities and Social Sciences project of Sichuan Provincial Department of Education: Research on the “endogenous” education model of College Students' awareness of “AIDS prevention” .Project number is SXJYB1805.

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