

# Research on Psychological Problems of College Students and Ideological and Political Education Mechanism of College Students at Present

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**Abstract:** *As the representatives of the younger generation, college students bear the heavy responsibility of the future development of the country and society. Their mental health is not only related to individual growth and happiness, but also closely related to the stability and progress of the whole society. Based on this, this paper studies the psychological problems of college students and the mechanism of ideological and political education in colleges and universities, analyzes the role of ideological and political education in alleviating the psychological problems of college students, expounds the main psychological problems of college students at this stage, and gives strategies to optimize the ideological and political education mechanism to better serve college students' mental health, with a view to providing useful ideas and suggestions for the improvement and optimization of the ideological and political education mechanism in colleges and universities through this research.*

**Keywords:** *College students; Psychological problems; Ideological and political education*

## 1. Introduction

College students' ideological and political education mechanism, as an important link to cultivate students' comprehensive quality and shape a good mentality, is being paid more and more attention. Ideological and political education is not only moral education, but also a key link to guide students to establish a correct world outlook, outlook on life and values, and cultivate their sense of social responsibility and innovative ability. However, in dealing with college students' psychological problems, the ideological and political education mechanism also faces a series of challenges and problems, such as how to better adapt to the needs of different students and how to improve the effectiveness and pertinence of ideological and political education. Therefore, it is very important to study the psychological problems of college students and the ideological and political education mechanism of college students at present.

## 2. The role of ideological and political education in alleviating college students' psychological problems

Ideological and political education is not only moral education, but also the key link to cultivate students' comprehensive quality, which helps to alleviate college students' psychological problems and promote their healthy growth. Its function is reflected in the following aspects:

1) Ideological and political education plays a crucial role in enhancing college students' ability to cope with pressure. By imparting moral and ethical knowledge, students are better equipped to deal with obstacles and maintain a positive outlook on life. Moreover, this type of education promotes critical thinking and independent judgment, which allows students to resist external pressures that may negatively affect their well-being. Additionally, it fosters the development of interpersonal skills and emotional intelligence, which are essential for building strong relationships and navigating through conflicts. However, it is important to note that ideological and political education should be delivered in a balanced and inclusive manner, respecting diverse opinions and promoting open dialogue. By encouraging students to critically examine different perspectives and engage in respectful debates, ideological and political education fosters a culture of tolerance, understanding, and mutual respect. This approach not only enhances students' psychological well-being but also equips them with the skills necessary to thrive in a diverse and interconnected world. Therefore, prioritizing ideological and political education in college curriculums is essential to promote the psychological well-being of

students and prepare them for success in all aspects of life.

2) Ideological and political education plays a crucial role in enhancing college students' emotional management abilities. Students often encounter emotional challenges, including tension in interpersonal relationships and feelings of loneliness. Through this form of education, students are taught about the nature and function of emotions, enabling them to better understand and express their own emotions. Additionally, ideological and political education emphasizes the cultivation of empathy, encouraging students to understand others' perspectives and empathize with their emotions. It also promotes self-reflection, helping students identify patterns and triggers that contribute to emotional distress. Furthermore, students are encouraged to seek support from trusted individuals and develop problem-solving skills to effectively manage their emotions. Ideological and political education equips students with the necessary knowledge and skills to navigate emotional challenges and maintain psychological well-being. By providing insights into the nature of emotions, students gain a deeper understanding of their own emotional experiences and learn to express their feelings in a healthy and constructive manner. The cultivation of empathy fosters better interpersonal relationships and conflict resolution skills, while self-reflection enables students to identify and address emotional triggers. Seeking support from trusted individuals and developing problem-solving skills further empower students to effectively manage their emotions. Through ideological and political education, students become more resilient and equipped to handle emotional setbacks, ultimately promoting their overall psychological well-being.

3) Ideological and political education is a critical component of college education in China, contributing to the development of students' self-cognition abilities. Self-awareness is an essential aspect of psychological well-being, enabling individuals to navigate challenges more effectively. Through guided reflection on their behavior and thought processes, ideological and political education enhances students' self-cognitive levels. This process helps them gain insights into their strengths and weaknesses, life goals, and personal significance. By becoming more aware of their own needs, values, and emotional states, students can make wiser decisions that align with their aspirations and reduce confusion, ultimately alleviating psychological problems. Ideological and political education promotes self-cognition by fostering critical thinking skills and self-reflection. Students are encouraged to analyze complex issues from multiple perspectives, challenging their assumptions and biases. This process enables them to develop more nuanced and informed opinions, enhancing their ability to make sound decisions. Additionally, regular self-reflection allows students to examine their thoughts, emotions, and behaviors, becoming more aware of their cognitive and emotional processes. This heightened self-awareness empowers students to take proactive steps to manage their mental health, reducing the likelihood of developing psychological problems. In summary, ideological and political education plays a vital role in promoting the psychological well-being of college students in China by enhancing their self-cognition abilities through guided reflection, critical thinking, and self-reflection.

4) Ideological and political education in colleges fosters a sense of social responsibility and active social participation among students. This form of education goes beyond promoting personal moral behavior; it encourages students to care about social issues and engage in social activities. Through active participation in society, students develop a stronger sense of social identity, which enhances their overall well-being and reduces the occurrence of psychological problems. By engaging in activities such as volunteering, community service, or participating in student organizations, students become more aware of the needs and issues faced by their communities. This awareness motivates them to take action and contribute to the well-being of their communities. Moreover, active social participation allows students to develop practical skills and a spirit of teamwork, which are valuable assets for effectively navigating interpersonal challenges. Active social participation through ideological and political education also broadens students' perspectives and cultivates empathy. By interacting with individuals from diverse backgrounds and engaging with different social issues, students gain a deeper understanding of the complexities of society. This understanding fosters empathy and compassion, enabling students to become more tolerant and inclusive individuals. Additionally, the practical skills acquired through social participation, such as collaboration and effective communication, are transferable to various aspects of life, including future careers. Students who actively participate in social activities are better equipped to navigate interpersonal challenges, resolve conflicts, and build positive relationships. Overall, ideological and political education plays a significant role in fostering social responsibility, active social participation, and the development of essential skills and attitudes that contribute to students' personal growth and their ability to positively impact society.

### **3. The main psychological problems of college students at present**

#### ***3.1 Interpersonal relationship***

In college life, students are faced with new social environment and interpersonal interaction, which may lead to a series of psychological problems. First of all, social anxiety is a common manifestation of interpersonal problems among college students [3]. Many students may feel nervous and uneasy, especially in new social situations. They may worry about whether they can establish friendship or contact with others. This anxiety may lead them to avoid social activities and reduce communication with classmates, roommates or professors, thus affecting their social development. Secondly, interpersonal conflict is also a common problem. In college students' life, interacting with people with different backgrounds and values may lead to conflict of ideas and tension of interpersonal relationships. These conflicts may involve studies, dormitory life, community activities and other aspects, which bring extra pressure and discomfort to college students [4]. In addition, the popularity of social media also affects the interpersonal relationship of college students. Although social media can expand social circles, it may also lead to a break between virtual social interaction and real social interaction. College students may be addicted to social media, reducing the chances of face-to-face communication, which may affect their establishment of healthy interpersonal relationships. In addition, self-expression and social expectation are also part of interpersonal problems. Some college students may feel stressed and try to present a perfect image in social life to meet the expectations of others. This kind of self-expression pressure may make them feel tired and unreal, which leads to psychological problems [5].

#### ***3.2 Self-awareness***

In college life, self-cognition problems are manifested in the following aspects. First, college students often face the challenge of identity cognition. After entering university, they may go through the process of identity change, and no longer depend on the role and identity of family and middle school. This change may lead to doubts about one's identity and values, confusion about what kind of person one wants to be, and lack of clear goals and directions [6]. This uncertainty of identity cognition may lead to anxiety and self-doubt. Secondly, social comparison is also an important aspect of self-cognition. College students are often compared with their peers, especially on social media. They may feel pressured to try to portray themselves to meet social expectations rather than express themselves truly. This kind of social comparison may lead to distortion of self-cognition and make college students lose their true cognition of themselves. Third, the problems of self-esteem and self-confidence also belong to the field of self-cognition. College students may have high expectations for their appearance, academic achievements, social skills, etc. When they cannot meet these expectations, they may have self-depreciation and inferiority complex. This self-awareness problem may lead to emotional problems, such as depression and anxiety. Fourthly, the problem of self-cognition may also be manifested as difficulty in decision-making. College students often have to face various important decisions, such as major selection, career planning and interpersonal relationships. If they lack a clear understanding of themselves, they will easily fall into decision-making difficulties and feel confused and uneasy [7].

#### ***3.3 Academic pressure***

With the popularization of higher education and the intensification of social competition, college students are facing increasing academic pressure. This kind of pressure is manifested in many aspects of perplexity. First, the heavy schoolwork burden is a major factor of academic pressure. College courses are usually tense and complex, and students need to deal with a large number of learning tasks, course assignments and examination pressures. Coupled with various elective courses and extracurricular activities, time management becomes difficult, which leads students to feel anxious and stressed. Secondly, competitive pressure is also one of the sources of academic pressure. Students often feel competition among their peers, not only in grades, but also in internship opportunities, scholarship applications and employment competition. This competitive pressure may cause students to have self-doubt and worry about their future career prospects, and then affect their mental health. Third, academic stress may also cause emotional problems such as anxiety and depression. Students may feel emotional fluctuations, fear of failure and unsatisfactory when dealing with academic challenges. This kind of emotional problem may further aggravate academic pressure and form a vicious circle. Fourth, social stress is also closely related to academic stress. College students often need to balance academic and social life, but sometimes social pressure may bother them, such as adapting to new social circles, maintaining interpersonal relationships and dealing with social conflicts. Academic stress is a major

psychological problem of college students at present, involving schoolwork burden, competitive pressure, emotional problems and social pressure.[8]

#### **4. The strategy of optimizing the ideological and political education mechanism to better serve the mental health of college students**

##### ***4.1 To integrate resources and build a module of students' mental health***

In order to achieve the goal of integrating resources, education departments and higher education institutions need to deeply study and understand students' mental health needs and how the current ideological and political education can better meet these needs. This requires an interdisciplinary approach, which integrates the research results of psychology, pedagogy and sociology to form a complete and systematic education module. In the process of integrating resources, mental health experts, educational researchers and ideological and political educators can be invited to participate in discussing and designing the contents and methods of this module. These experts can provide valuable theoretical knowledge and practical experience to ensure that this module has both theoretical depth and practical operability. In addition, teachers need to consider how to combine this module with the existing ideological and political education courses, so as to ensure that students can get guidance and help from mental health while receiving ideological and political education. This may require the adjustment and reform of the existing curriculum to meet the actual needs of students. In the process of building the module, teachers can refer to the successful experience at home and abroad, and learn from the advanced practices of mental health education in other countries and regions. At the same time, students can also be invited to participate in the design and formulation of the module, listen to their opinions and suggestions, and ensure that this module truly meets the needs of students [9].

##### ***4.2 To carry out practice and strengthen the analysis of students' psychological cases***

In the process of "carrying out practice and strengthening students' psychological case analysis", educators need to widely collect and screen real cases related to students' mental health. These cases can come from psychological counseling centers in schools, mental health education activities, and even students' own personal experiences. Then, these cases are sorted into teaching materials, which are systematically analyzed and discussed with relevant psychological theories. In class, teachers can organize students to have group discussions to analyze the psychological problems in cases, the causes and possible solutions. At the same time, students are encouraged to apply what they have learned to their own lives to help them identify and solve practical psychological difficulties. In order to improve the effect of case analysis, teachers can also invite mental health experts to participate in the discussion and provide professional guidance and suggestions for students. In addition to classroom teaching, teachers can also organize various mental health education activities, such as mental health lectures, psychological drama performances, psychological counseling training and so on. These activities can not only improve students' mental health awareness, but also provide a platform for them to show and communicate, so that they can better understand and deal with their own psychological problems. At the same time, in order to ensure the effect of psychological case analysis, educators need to evaluate and feedback teaching methods and contents regularly, and constantly improve and adjust them according to students' feedback and suggestions to ensure that they always match students' actual needs. By carrying out practice and strengthening students' psychological case analysis, it can not only provide students with a way to deeply understand the relationship between ideological and political education and mental health, but also effectively improve their mental health level and create a good environment for students' healthy growth.

##### ***4.3 Strengthen training and improve teachers' psychological counseling ability***

In order to strengthen training and improve teachers' psychological counseling ability, schools should establish an evaluation and feedback mechanism to monitor teachers' psychological counseling level and students' mental health status. This mechanism should include regular assessment tools and effective integration of student feedback. First, schools can develop regular teacher self-assessment and peer assessment procedures. This will enable teachers to regularly examine their own psychological counseling practice, identify their own strengths and weaknesses, and provide targeted feedback for improvement. At the same time, peer assessment can promote cooperation and mutual learning among teachers and improve the overall quality of education. Secondly, schools can actively collect students'

feedback. This can be achieved through anonymous questionnaires, face-to-face interviews or online feedback platforms. Students' feedback is a valuable source of information, which can help schools understand teachers' performance in psychological counseling and students' real needs and feelings. This feedback should be taken seriously to guide teachers' further training and improve practice. In addition, the school can also establish a feedback loop to incorporate the evaluation results and feedback information into the teacher training plan. This means that according to the evaluation results, the school can make personalized training plans for each teacher and provide necessary training and support in a targeted manner. This not only contributes to teachers' professional growth, but also directly improves the quality of psychological counseling services. Establishing evaluation and feedback mechanism is a key step to strengthen training and improve teachers' psychological counseling ability. Through the effective integration of teachers' self-assessment, peer assessment and student feedback, schools can constantly monitor and improve teachers' psychological counseling level to ensure that students are provided with more effective and personalized psychological support.

#### ***4.4 Stimulate participation and encourage students to discuss mental health***

Stimulate participation and encourage students to discuss mental health. We can start from the following aspects: First, schools can establish a multi-level mental health publicity platform, including online and offline resources. These platforms can provide information, articles, videos, case studies, etc. about mental health to attract students' interest. At the same time, schools can invite professional mental health experts to hold lectures and seminars on campus regularly to share the latest mental health knowledge and coping methods and stimulate students' enthusiasm for participating in discussions. Secondly, schools can encourage students to participate in mental health clubs and group activities. These clubs can provide an open space for students to freely express their feelings and thoughts, share each other's experiences and discuss mental health issues together. In addition, schools can encourage students to organize activities on mental health topics, such as symposiums, debates and mental health public welfare activities, so as to promote wider discussion and participation. In addition, teachers can also play an active role in guiding students to discuss mental health in class. Teachers can integrate mental health topics into related courses, and encourage students to discuss and analyze mental health problems related to course content. This method not only helps students to combine theoretical knowledge with practical problems, but also improves their attention and sensitivity to mental health problems. Finally, schools can set up mental health suggestion boxes or online feedback channels to provide students with a platform to share mental health problems and suggestions anonymously. In this way, students can express their needs more freely, and schools can know students' mental health problems in time and take corresponding measures to provide support and help. Stimulating participation and encouraging students' mental health discussion is one of the key strategies to optimize the ideological and political education mechanism. By establishing a multi-level publicity platform, encouraging students to participate in clubs and activities, guiding teachers to participate in classroom discussions, and providing feedback channels, schools can create a positive atmosphere and promote students to participate in the discussion of mental health topics more widely and deeply, so as to better meet their mental health needs.

## **5. Conclusion**

There is a close relationship between college students' psychological problems and the mechanism of ideological and political education. Ideological and political education should pay more attention to students' mental health needs and provide effective support and guidance for them. By continuously improving and optimizing the ideological and political education mechanism, it is expected to help college students better cope with psychological problems, cultivate a positive attitude and contribute to their growth and social progress. At the same time, the whole society should pay attention to the mental health of college students, create a healthier and happier growth environment for them, and strive for the development and prosperity of society.

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