Exploring the Integration of Ideological and Political Education into University Mental Health Education Courses Using Virtual Reality Technology

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Abstract: With the development of modern society, the mental health issues of chinese university students have received increasing attention. Mental health education courses have become an important part of ideological and political education in universities. However, there are limitations in the current approach. To address this issue, virtual reality (VR) technology can be employed to enhance university students' mental health education by integrating ideological and political education content. This integration aims to develop students' patriotism, national pride, and cultural confidence, while also strengthening their sense of responsibility, mission, and social responsibility. By incorporating VR technology into university mental health education, students can not only gain a better understanding of ideological and political theories but also improve their mental well-being. This innovative approach aligns with the vision of cultivating talents who are well-prepared for the challenges of the new era.

Keywords: virtual reality technology, university student mental health education, ideological and political education.

1. Introduction

With the rapid development of modern society, the mental health issues of Chinese university students have attracted increasing attention. Improving ideological and political awareness can enhance individuals' sense of belonging, identity, and self-esteem, thereby enhancing their mental well-being. When a person possesses a strong sense of patriotism, national pride, and cultural confidence, they feel that their life has greater meaning and value, and they are more likely to perceive their role and position in society. This increased sense of identity and self-esteem can help individuals better adapt to social environments and interpersonal relationships, thus reducing stress, anxiety, loneliness, and feelings of helplessness, which are common psychological problems. Therefore, improving ideological and political awareness can contribute to promoting individuals' psychological health and sense of happiness.

In this context, mental health education courses in Chinese universities have become an integral part of the ideological and political education of college students. However, the teaching of mental health education also faces new challenges, as many students find it difficult to understand and apply psychological concepts and theories to their lives. To assist students in better understanding the importance and theoretical knowledge of mental health education, virtual reality (VR) technology can be employed as an effective teaching tool to incorporate ideological and political education content into university students' mental health education courses.

Specifically, within the virtual reality environment, content related to ideological and political education, such as red culture, patriotism, national spirit, ideological and political literacy, and international situations, can be integrated. Through the presentation of these contents, students can enhance their sense of patriotism, national pride, and cultural confidence, while also developing their sense of responsibility, mission, and responsibility towards the social and national development. In this process, students' mental health will also be improved, as their sense of belonging, identity, and self-esteem will increase, thereby combating common psychological issues such as loneliness and helplessness. Consequently, virtual reality technology can not only assist university students in better understanding ideological and political theories but also enhance their mental health levels.

2. A Literature Review on the Application of VR Technology in Ideological and Political Education and Mental Health Education

2.1 Literature Review on the Application of VR Technology in Ideological and Political Education

Currently, there has been initial development in the application of virtual reality (VR) technology in ideological and political education. Relevant research has explored the application of VR technology in ideological and political education at the university level. For instance, as depicted in Figure 1, participants can immerse themselves in a virtual reality environment and actively engage in educational activities by donning VR glasses.

Figure 1: Participants immersed in a VR experience of red education by wearing VR glasses.

In their study, Qian Xiaodan and Li Qingyu [1] mainly focused on the application of VR technology in ideological and political education at universities. They proposed that VR technology can bring more rich, intuitive, and vivid teaching methods and tools to ideological and political education, and provided specific cases and practical experiences.

Liu Huiqin's research [2] focused on the application of VR technology in theoretical ideological and political courses at universities. It pointed out that VR technology can provide students with a more three-dimensional and immersive learning experience to improve their understanding and mastery of ideological and political theory knowledge.

The study by Zhang Ying, Wang Changyun, and Zhang Rengong [3] emphasized the application of VR technology in ideological and political education training at universities. They proposed an AR-based team-building training system and experimentally verified that the system can effectively improve students' ideological and political literacy and teamwork skills.

Chen Mengxiang and Xu Ce's research [4] focused on the practical exploration of immersive red education bases based on VR technology. They proposed an innovative and practical educational model that effectively stimulates students' enthusiasm for learning and ideological and political literacy, and enhances their patriotic sentiments and national identity.

The above research indicates that VR technology has broad prospects for application in ideological and political education at universities. By creating immersive learning environments, it can enhance students' cognition and understanding of ideological and political education. Additionally, it provides new educational methods and tools for ideological and political education at universities. However, it is important to consider the effectiveness and practical effects of the technology and avoid excessive reliance on technology during its use.

2.2. A Literature Review on the Application of VR Technology in Mental Health Education

Research in the relevant field has introduced specific applications and technical characteristics of virtual reality (VR) technology in psychology, as well as prospects and research directions for future developments.

Zhu Anping [5] investigated the application of VR technology in psychological behavior training, including its use in treating psychological disorders, regulating emotions, and enhancing cognitive abilities.

Hu Dongwu, Chen Shuang, Chen Hongwei [6] provided an overview of the application of VR technology in psychological therapy, assessment, training, and research. They also discussed the future prospects of VR technology in psychology.

Zou Mingyang, Yang Mianqing, Feng Lei, et al. [7] studied the application of VR technology in psychological catharsis using VR devices. This includes its application in psychological catharsis training, emotion regulation, and stress relief.

Yang Le, Feng Shoupeng, Zhang Shuang, et al. [8] explored the application of VR technology in psychological adaptation training during wartime. This includes its application in military psychological training, soldier's psychological adaptation, and enhancing combat effectiveness.

Xue Tao, Zhou Fu, Ren Shiting, et al. [9] investigated the application of VR technology in the treatment of psychological disorders, including its application in depression, post-traumatic stress disorder, and phobias. They also discussed the potential of VR technology in this field.

The application of VR technology in the field of psychology is becoming an increasingly important research area. With advancements in technology and the widespread use of VR devices, psychologists and medical experts are increasingly utilizing VR technology for studying and treating various psychological issues.

3. Experiencing Red Culture Education and the Historical Journey of Communist Predecessors Using VR Technology

3.1 Experiencing Historical Scenes and the Journey of Communist Predecessors Using VR Technology

Using virtual reality (VR) technology to experience historical scenes and the journey of Communist predecessors can help students gain a deeper understanding of historical events and the struggles of Communist pioneers. It enhances their belief and pride in the great rejuvenation of the Chinese nation, while also promoting their ideological and political education and improving their psychological resilience.

VR technology can place students in specific social, political, and cultural contexts, enabling them to gain insights into the challenges and difficulties faced in maintaining mental well-being in such contexts. For example, in the context of the Red Army's Long March or the Nanchang Uprising, students can experience the living environment, landscapes, and historical atmosphere of that time, leading to a deeper understanding of the background, causes, and impacts of historical events. Moreover, students can learn about the struggles and journeys of Communist pioneers under arduous conditions, such as their bravery in battle and indomitable spirit, enhancing their sense of patriotism and honor, while providing positive reference values.

Furthermore, through the contextual reproduction provided by VR technology, students can gain in-depth knowledge of the history and spirit of the Communist Party. For example, they can explore revolutionary memorials and red education bases, enabling them to understand the arduous struggles and revolutionary spirit of the Communist Party. This can deepen their belief and pride in the great rejuvenation of the Chinese nation.

Therefore, using VR technology to experience historical scenes and the journey of Communist predecessors can enhance students' ideological and political education and improve their psychological resilience. This fosters the cultivation of a new generation of youth with a sense of social responsibility and patriotism in the new era.

3.2 Insights from the Struggles and Journeys of Communist Predecessors for the Mental Health of University Students

Importance of Firm Belief: Communist predecessors, throughout their long-term revolutionary struggles, remained steadfast in their beliefs, continuously pursuing their ideals and convictions. Regardless of the setbacks and difficulties they faced, they never wavered in their beliefs. This quality of unwavering faith is crucial for individuals' mental well-being, providing inner peace and self-confidence while enhancing their capacity for self-regulation and coping with challenges.

Courage and Perseverance in Dealing with Setbacks and Difficulties: Communist predecessors encountered numerous setbacks and difficulties in their revolutionary endeavors. However, they maintained a positive attitude, constantly seeking solutions and strategies to overcome obstacles. This courage and perseverance in facing difficulties are essential for individuals' mental health, helping them overcome self-doubt and negative emotions, maintain an optimistic mindset, and better cope with life's challenges and pressures.

In Figure 2, participants are provided with a highly immersive virtual environment that depicts the historical event of the Red Army crossing snow-capped mountains. This virtual experience aims to present the participants with a realistic representation of the difficulties and hardships faced by the soldiers in such a challenging natural setting. Through this virtual scenario, participants can witness firsthand the various obstacles posed by the harsh weather conditions, treacherous terrains, and limited resources during the Red Army's journey. They will gain a deep understanding of the specific challenges that the natural environment presented to the soldiers and the impact it had on their physical and mental well-being.In addition to gaining insights into the hardships, participants will also have the opportunity to explore and learn about the strategies, tactics, and resilience demonstrated by the soldiers to overcome these difficulties successfully. The virtual environment serves as an interactive learning platform where participants can actively engage with the historical content and develop a greater appreciation for the Red Army's determination and courage during this arduous expedition.

Figure 2: Participants wearing VR glasses experience the scenes of the Long March alongside the Red Army.

Spirit of Dedication to Serving the People: Communist predecessors consistently upheld the principle of serving the people, placing the interests of the collective above their own. This spirit of dedication to serving the people helps individuals focus more on the needs and interests of others, enhancing their sense of social responsibility and mission, ultimately leading to greater happiness and fulfillment.

The struggles and journeys of Communist predecessors provide positive insights for individuals' mental well-being. By studying and understanding these journeys, individuals can cultivate qualities of optimism, courage, perseverance, and dedication to serving others. This equips them to better cope with various challenges and pressures in life, maintaining a positive state of mental health.

4. Utilizing VR Technology for Patriotic Education and Cultivating Patriotism

4.1 Utilizing VR Technology for Patriotic Education

Virtual reality (VR) technology can help students gain a more intuitive understanding of national history, culture, geography, and economy, thereby enhancing their patriotism and sense of identity. Here are several applications of VR technology in patriotic education:

Virtual Museums: By constructing virtual museums, students can have a more immersive

understanding of national history and culture, including historical relics, famous landmarks, and folk culture. Students can virtually tour these museums through VR devices and view exhibitions of artifacts and historical photographs. This approach enhances students' historical and cultural literacy as well as their sense of patriotism.

Virtual Broadcasting Studios: Through virtual broadcasting studios, students can participate in simulated significant political events of the country, such as attending meetings of national leaders, listening to reports, and delivering speeches. This approach enhances students' sense of national pride and awareness of national decision-making and development.

Virtual Educational Travel: Using VR technology, students can visit well-known domestic and international landmarks and historical sites. For example, while studying the Silk Road, students can travel along the Silk Road through VR devices to understand the cultural heritage and trade routes of different historical periods. This approach improves students' knowledge of national geography and cultural literacy.

Virtual Laboratories: Through virtual laboratories, students can engage in scientific research and discoveries. For example, while exploring the deep sea, students can simulate deep-sea environments for research, gaining insights into marine ecology and resource development. This approach enhances students' scientific literacy and innovation abilities.

In conclusion, utilizing VR technology for patriotic education allows students to gain a deeper understanding of national history, culture, and development, thereby enhancing their patriotism and sense of identity.

4.2 The importance of cultivating patriotism for the mental health of university students is reflected in several aspects

Enhancing a sense of belonging and identity: Patriotism is a core value of the nation and serves as a spiritual bond for the Chinese people. Through patriotic education, university students can develop the correct understanding of their country and nationality, enhancing their sense of identity and belonging to the nation. This facilitates better integration into society and reduces psychological stress.

Promoting collective consciousness and team spirit: Patriotic education emphasizes that national interests are above individual interests, encouraging students to connect their personal destiny with that of the nation and the people. This education helps students better understand the importance of collective interests and the value of teamwork, thus strengthening their collective consciousness and team spirit, reducing feelings of loneliness and inferiority.

Cultivating positive emotions and attitudes: Patriotic education not only ignites students' patriotic fervor but also motivates them to strive for national prosperity and rejuvenation. This education cultivates a positive emotional state and mindset among students, promoting their mental well-being.

Fostering a sense of social responsibility and civic consciousness: Patriotic education encompasses not only patriotic spirit but also civic consciousness and social responsibility. Through this education, students develop a sense of civic consciousness and social responsibility, enhancing their social adaptation skills and reducing the occurrence of psychological issues.

Cultivating patriotism is crucial for the mental health of university students. It enhances their self-confidence and self-esteem, strengthens their psychological resilience and ability to cope with stress, allowing them to better adapt and respond to various challenges and pressures in life.

5. Utilizing VR Technology to Showcase National Spirit Education and Foster a Sense of Belonging

5.1 Utilizing VR Technology to Showcase National Spirit Education

With the increasing emphasis on national culture and national spirit, national spirit education has become an important part of ideological and political education in universities. The development of virtual reality (VR) technology provides a new way to showcase national culture and national spirit.

Firstly, through VR technology, a virtual environment can be constructed to showcase various aspects of national culture and national spirit. For example, traditional forms of ethnic culture such as Peking Opera and Kunqu Opera can be presented in a virtual reality setting, allowing students to personally experience and appreciate the charm of traditional culture, enhancing their sense of cultural identity and

pride. Moreover, historical events and heroic stories related to the nation can be showcased, enabling students to feel the strength and allure of national spirit, further increasing their sense of national pride and patriotic enthusiasm.

Secondly, with the support of VR technology, a more interactive virtual environment can be created, allowing students to actively participate in the experience and inheritance of national culture and national spirit. For instance, interactive games can be designed to simulate traditional ethnic cultural activities such as batik and paper-cutting, enabling students to feel the charm of traditional culture. Role-playing scenarios can also be designed, allowing students to embody heroes or characters from traditional culture within the virtual reality setting, further immersing themselves in the power and allure of national spirit.

Utilizing VR technology to showcase national spirit education effectively enhances students' sense of national pride and patriotic enthusiasm, further strengthens the inheritance and promotion of national culture and national spirit, and provides a novel teaching method for ideological and political education in universities.

5.2 The significance of enhancing college students' national spirit in increasing their sense of belonging

Enhancing college students' national spirit holds significant importance in improving their sense of belonging. National spirit refers to the cultural essence formed through the historical and cultural heritage of a nation, representing its history, culture, and traditions. For college students, developing and embracing national spirit can strengthen their identification with and pride in their national culture, leading to a greater sense of belonging and connection.

By cultivating a strong national spirit among college students, they develop a deeper understanding and appreciation of their national culture, traditions, and values. This fosters a sense of shared identity and belonging within their country. It helps students recognize the importance of their cultural heritage and their place within the larger national community.

Furthermore, an enhanced national spirit promotes a sense of responsibility and active engagement in the betterment of their country. Students who feel connected to their nation are more likely to be invested in its success and progress. They develop a sense of ownership and take pride in contributing to the development and prosperity of their country.

In summary, fostering college students' national spirit plays a vital role in cultivating a sense of belonging. It allows students to connect with their cultural roots, develop a shared identity, and feel a sense of responsibility towards their nation. This sense of belonging not only strengthens their personal well-being and identity but also contributes to the overall social cohesion and development of the country.

6. Enhancing College Students' Ideological and Political Literacy and Mental Well-being through VR Technology

6.1 Enhancing College Students' Ideological and Political Literacy using VR Technology

Virtual reality (VR) technology can provide students with a more realistic, immersive, and three-dimensional learning experience, helping them gain a deeper understanding of ideological and political education through simulated scenarios. For example, by applying VR technology, students can participate in democratic elections and immerse themselves in understanding the mechanisms of democratic politics, thereby enhancing their awareness and comprehension of democracy. Additionally, students can personally experience the importance of adhering to laws and regulations within the virtual environment, understanding the significant meaning of laws and regulations for individuals, society, and the nation. Such experiences not only help students better comprehend and grasp ideological and political theories and practical knowledge but also elevate their ideological and political literacy.

Moreover, VR technology can provide students with a safer and more controlled learning environment. In the virtual environment, students can participate in learning without external distractions, allowing them to focus more attentively and enhance their learning effectiveness. Simultaneously, VR technology can create various scenarios to help students better cope with stress, challenges, and crises. Through simulated scenarios, students can experience and acquire problem-solving methods and techniques for overcoming setbacks, thereby improving their psychological resilience.

Therefore, utilizing VR technology for ideological and political education can enhance college

students' ideological and political literacy, consequently strengthening their sense of social responsibility and civic consciousness. This holds significant importance for the personal growth and development of college students, as well as the long-term development of the nation.

6.2 The Impact of Enhancing College Students' Ideological and Political Literacy on Mental Well-being

Firstly, college students can experience an immersive educational experience. Through VR technology, students can immerse themselves in various ideological and political scenarios, such as participating in democratic elections or adhering to laws and regulations, allowing them to experience an immersive educational environment and thereby enhancing their sense of participation and belonging.

Secondly, it can boost students' self-confidence. By utilizing VR technology, students can engage in various ideological and political practices within the virtual environment, such as delivering speeches or organizing activities, allowing them to experience a sense of success, thus strengthening their self-confidence.

Furthermore, it can improve students' communication skills. In the virtual environment, students need to interact and communicate with virtual characters or other players, which can help them enhance their communication and collaboration abilities, as well as strengthen their teamwork and collective sense of honor.

Lastly, it cultivates students' sense of responsibility and mission. Through VR technology, students can gain a deeper understanding of the history and current state of their country, nation, and people, thereby enhancing their sense of responsibility and mission, and igniting their enthusiasm to strive for national prosperity, national rejuvenation, and the happiness of the people.

In conclusion, utilizing VR technology can effectively enhance college students' ideological and political literacy, consequently benefiting their mental well-being. By providing immersive experiences, boosting self-confidence, improving communication skills, and fostering a sense of responsibility and mission, VR technology plays a crucial role in promoting students' overall development and contributing to the long-term development of the nation.

7. Conclusions

With the development and popularization of virtual reality (VR) technology, it has been widely applied in various disciplines of college education. By integrating VR technology with ideological and political education, an effective integration has been achieved in the field of mental health education, providing students with a new, immersive, and vivid learning approach. Through simulating virtual scenarios, students can have a more intuitive experience of ideological and political education, enabling them to authentically feel and understand the subject matter, thereby enhancing their knowledge acquisition and skill development.

Furthermore, the application of VR technology enables students to better comprehend the relationship between mental well-being and ideological and political education. Both mental health education and ideological and political education fundamentally focus on individual development, thus possessing strong intrinsic connections. By incorporating ideological and political education into mental health education through the use of VR technology, students can deepen their understanding of the interplay between the two, strengthen self-awareness and self-regulation abilities, and effectively achieve the dual objectives of promoting mental well-being and ideological and political education among college students.

In conclusion, the application of VR technology in mental health education and ideological and political education holds significant prospects and potential. Through continuous exploration and practice, we can expect VR technology to be more widely and deeply applied in educational endeavors, helping students better grasp subject knowledge, improve personal qualities, and lay a solid foundation for future development.

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