

Integration of psychological education and ideological and political education: Infusing red dynamism into spiritual growth

Xiaojin Wang*, Huajuan Zhong, Lizhen Lai, Malong Huang

Jiangxi University of Chinese Medicine, Nanchang, Jiangxi, 330004, China

*Corresponding author: xiaojinwang1994@163.com

Abstract: This study examines the integration of ideological and political education with psychological education, exploring its multidimensional aspects. The necessity of this integration is analyzed through three lenses: addressing students' comprehensive developmental needs, responding to challenges in complex social environments, and enhancing educational efficacy. Its feasibility and practical significance are demonstrated through theoretical alignment, shared objectives, and complementary methodologies. By synthesizing theoretical frameworks and practical case studies, the research identifies concrete pathways for integration, including curriculum development (e.g., specialized courses and content consolidation), activity design (e.g., thematic educational initiatives and psychological resilience training), and faculty collaboration (e.g., joint training and interdisciplinary mechanisms). Furthermore, the study delves into integrating red dynamism into spiritual growth, emphasizing the utilization of revolutionary resources, the inheritance of revolutionary heritage, and the promotion of revolutionary spirit. This approach aims to cultivate a new generation of talents with firm convictions, robust psychological resilience, and noble moral character, offering valuable insights and guidance for educational advancement.

Keywords: ideological and political education, psychological education, integration, red dynamism, spiritual growth

1. Introduction

In the digital age of profound global transformations, the psychological development of students is navigating an unprecedented and complex ecological landscape[1]. The tripartite catalysts of ideological confusion and psychological imbalance among contemporary youth stem from multicultural collisions driven by globalization, information cocoon effects perpetuated by social media, and value-nihilistic tendencies bred by hypercompetitive societies. According to the 2023 Blue Book on Chinese University Students' Mental Health, nearly 40% of respondents exhibit varying degrees of anxiety and depression, while value disorientation among Generation Z demonstrates an annual increase rate of 12.7%. This "modern predicament" of the spiritual realm urgently necessitates innovative responses from the educational system. The deep integration of ideological and political education with psychological education essentially constitutes a "dual-helix framework" for the soul-forging educational project of the new era. By empowering value formation through positive psychology and integrating cognitive-behavioral therapy with the cultivation of ideals and convictions, educational practices transcend the one-dimensional didactic approach of traditional moral education, evolving into a multidimensional, life-oriented paradigm. This integration not only embodies the fundamental educational mandate of "cultivating well-rounded socialist builders and successors with moral, intellectual, physical, aesthetic, and labor competencies but also serves as an innovative implementation of the strategic vision outlined in China's Education Modernization 2035 to develop world-class education with Chinese characteristics[2].

As a contemporary embodiment of the spiritual lineage of Chinese Communists, "red dynamism" infuses this educational integration with profound historical depth and cultural rootedness. The modern reinterpretation of these red genes—from the resilience forged by the Long March spirit, the mission-driven ethos nurtured by the "Two Bombs, One Satellite" spirit, the altruistic virtues epitomized by the Jiao Yulu Spirit, to the tenacity ignited by the poverty alleviation spirit—provides an inexhaustible reservoir of psychological capital for youth development. When virtual reality technology reconstructs

the ideological luminosity of Yan'an's cave dwellings, and narrative therapy intertwines with intergenerational dialogues through revolutionary correspondence, the spiritual fortification of revolutionary culture transforms into a vaccine against existential emptiness, empowering youth to anchor their self-identity within historical consciousness[3]. This integrative innovation is giving rise to an education paradigm with distinctive Chinese characteristics. As evidenced by Tsinghua University's "Red Gene + Psychological Capital" educational model, the pedagogical resonance between the moral elevation of revolutionary spirit and the developmental patterns of psychological growth cultivates a new generation imbued with patriotic ethos and psychological fortitude. This constitutes an innovative response to the fundamental questions of education—"whom to cultivate, how to cultivate, and for whom to cultivate"—marking a groundbreaking contribution to China's educational modernization.

2. The Necessity of Integrating Ideological and Political Education with Psychological Education

In the contemporary context, the integration of ideological and political education with psychological education holds profound and urgent significance. Students' holistic development requires not only the enhancement of knowledge and skills but also the cultivation of moral-ethical qualities and psychological resilience[4]. While ideological and political education shapes students' worldview, life philosophy, and value system, psychological education fosters emotional regulation and personality development. Their integration addresses multifaceted developmental needs and promotes comprehensive growth. Amidst a complex and volatile social environment—where detrimental ideologies and values threaten students' well-being, and mounting pressures exacerbate psychological vulnerabilities—this integration strengthens students' capacity to resist harmful influences and enhances psychological adaptability. Furthermore, it resolves the historical fragmentation between these two educational domains, enabling resource consolidation and synergistic effects. By embedding psychological methodologies into ideological education and infusing value-oriented content into psychological training, educational efficacy is significantly amplified.

2.1 Addressing Holistic Developmental Needs

Student development transcends mere knowledge acquisition; it fundamentally involves cultivating moral-ethical awareness and psychological robustness[5]. Ideological and political education plays a pivotal role in guiding the formation of students' worldview, life philosophy, and value system, helping them establish clear societal roles, social responsibility, and a sense of mission. Psychological education, meanwhile, focuses on emotional regulation and personality development[6]. In today's high-pressure environment, it equips students with strategies to manage stress, regulate emotions, and maintain optimism. It also cultivates resilience, interpersonal skills, and self-awareness. The integration of these fields creates a mutually reinforcing dynamic: ideological education provides value orientation for psychological growth, while psychological education ensures students' mental readiness to internalize and practice these values. This synergy fosters well-rounded individuals who embody both moral integrity and psychological health.

2.2 Responding to Complex Social Challenges

The current era, characterized by rapid change and uncertainty, exposes students to pervasive risks—from online misinformation and utilitarian ideologies to academic competition, interpersonal conflicts, and career anxieties. These pressures often manifest as depression, anxiety, and low self-esteem[7]. The integrated educational framework acts as protective armor. Ideological education strengthens students' discernment against harmful ideologies through exposure to advanced theories and role models, fostering idealism and resilience. Psychological education enhances stress management and emotional regulation through counseling and training[8]. Together, they empower students to navigate challenges with fortified conviction and psychological resilience.

2.3 Enhancing Educational Efficacy

Traditionally, ideological education and psychological education operated in silos—the former emphasizing theoretical indoctrination and moral cultivation, the latter addressing individual psychological states through counseling. This separation limited effectiveness: ideological education often failed to resonate emotionally, while psychological training risked neglecting value-based development[9].

3. The Feasibility of Integrating Ideological and Political Education with Psychological Education

3.1 Shared Theoretical Foundations

While ideological and political education and psychological education differ in their specific research foci and methodologies, they share substantial theoretical commonalities[10]. At the macro level, both are grounded in Marxist theories of holistic human development, which emphasize the cultivation of physical, intellectual, moral, and psychological capacities. Ideological and political education aligns with Marxist principles by fostering correct worldviews, life philosophies, and value systems, alongside social responsibility. Psychological education complements this by addressing emotional regulation and personality development, thereby fulfilling Marxist aspirations for psychological well-being. Micro-level synergies emerge through psychological theories. Cognitive theories enhance ideological education by elucidating students' thought processes, enabling educators to correct cognitive biases (e.g., misguided beliefs) and establish constructive thinking patterns. Affective theories enrich value-based education by emphasizing emotional engagement. For instance, stimulating patriotic sentiments and collective pride strengthens students' internalization of ideological content. Personality theories inform tailored approaches to moral cultivation, helping students develop resilience and adaptability in confronting challenges.

3.2 Alignment of Educational Objectives

Both disciplines converge on cultivating holistically developed individuals, though their emphases differ. Ideological and political education prioritizes the formation of worldview, philosophy of life, and value system through theoretical instruction, thematic activities, and social practice. It equips students to navigate complex societal landscapes with ethical clarity and civic responsibility. Psychological education focuses on nurturing psychological resilience and sound personality traits via counseling, skill-building (e.g., stress management), and fostering self-esteem[11-12]. Their shared ultimate goal such as holistic development transcends mere knowledge acquisition. Ideological education provides ethical scaffolding, while psychological training ensures mental readiness to embody these values. This dual focus cultivates individuals who harmonize moral conviction with psychological robustness.

3.3 Complementary Methodologies

Ideological and political education primarily employs theoretical instruction, role modeling, and social practice to instill Marxist principles and socialist values, building students' theoretical frameworks and social responsibility[13]. Psychological education utilizes counseling, guidance, and resilience training to address emotional challenges, enhance mental adaptability, and promote well-being. While distinct in focus—ideological education prioritizes political consciousness and moral rigor, whereas psychological education emphasizes scientific intervention and emotional regulation—their methodologies synergize effectively. Role modeling in ideological education fosters positive psychological priming and virtues like perseverance, while psychological techniques reduce resistance to ideological concepts, improving internalization. Concurrently, resilience training equips students to navigate ideological challenges. This integration creates an educational ecosystem where political ideals and psychological science mutually reinforce the cultivation of talents with moral conviction, psychological resilience, and societal commitment.

4. Practical Significance of Integrating Ideological and Political Education with Psychological Education

4.1 Cultivating Talents with Firm Ideals and Psychological Resilience

The integration infuses ideological and political education with red dynamism into psychological education, empowering students to establish correct ideals and convictions, strengthen patriotic sentiments, and deepen social responsibility. Simultaneously, psychological education fosters emotional regulation and resilience, equipping students to confront challenges with optimism and perseverance. This synergy cultivates individuals who embody both unwavering ideological commitment and robust psychological health[14].

4.2 Promoting Campus Harmony and Stability

The integration enables early identification and resolution of students' ideological conflicts and psychological distress, mitigating campus disputes and crises[15]. Furthermore, diverse campus cultural activities, such as collaborative workshops and value-driven forums, nurture an uplifting and cohesive academic environment. This approach reinforces campus harmony and ensures a stable atmosphere conducive to holistic growth.

4.3 Advancing Societal Progress

Educating individuals with moral integrity and psychological maturity elevates institutional educational quality while propelling societal advancement. These individuals, as future societal pillars, will champion social harmony and contribute meaningfully to realizing the Chinese Dream of national rejuvenation. Their dual competencies in ideological clarity and psychological fortitude position them as catalysts for sustainable civilizational progress.

5. Concrete Pathways for Integrating Ideological and Political Education with Psychological Education

The integration of ideological and political education with psychological education necessitates concrete pathways in today's educational context[16]. This can be achieved through multidimensional strategies, including curricular integration, activity-based convergence, faculty collaboration, and environmental harmonization. Curricular integration involves developing interdisciplinary courses and restructuring content to synergize the strengths of both fields, cultivating moral-ethical awareness while safeguarding psychological well-being. Activity-based convergence entails designing thematic educational programs (e.g., patriotism workshops) and psychological resilience training (e.g., team-building exercises) that embed ideological and psychological principles into experiential learning. Faculty collaboration requires joint training programs and cooperative mechanisms to foster reciprocal learning between educators, enhancing pedagogical quality through shared expertise. Environmental harmonization encompasses shaping a campus culture infused with ideological and psychological themes (e.g., value-driven murals, mindfulness zones) and optimizing family education via parent-school partnerships, thereby permeating students' developmental ecosystems with invisible yet transformative educational forces. Collectively, these pathways form a holistic framework to nurture well-rounded individuals equipped with ideological conviction, psychological resilience, and social responsibility, advancing the vision of education for national rejuvenation.

5.1 Curricular integration

Curricular integration holds significant practical value in fostering the synergy between ideological and political education and psychological education[17]. Schools can implement specialized courses such as "Moral Cultivation and Psychological Health" and "College Student Mental Health and Ideological Education", which seamlessly integrate the substantive content of ideological education with the scientific methodologies of psychological education. In the "Moral Cultivation and Psychological Health" course, educators systematically explore elements of ideological education, such as ideals and convictions, ethical norms, and value pursuits to guide students in establishing proper life goals and value orientations. Concurrently, psychological techniques like emotional regulation, stress management, and interpersonal conflict resolution are employed to address students' psychological challenges encountered during moral practice. This integrated approach cultivates students' moral-ethical awareness (e.g., discerning truth, goodness, and social responsibility) while enhancing their psychological adaptability to maintain optimism amid adversity.

The "College Student Mental Health and Ideological Education" course adopts a dual focus. First, it addresses students' psychological needs in academic, social, and personal domains through psychological assessments, case studies, and group discussions, fostering self-awareness and stress resilience. Second, it embeds ideological education by contextualizing personal growth within national development, nurturing patriotism, collectivism, and social responsibility. This dual emphasis enables students to align individual well-being with national aspirations, motivating contributions to the Chinese Dream of national rejuvenation.

5.2 Thematic Educational Activities

Organizing diverse thematic activities centered on ideological and political education and psychological education can significantly enhance educational efficacy and engagement[18]. For instance, "Patriotism and Mental Health" themed class meetings could involve screening patriotic films and sharing heroic narratives to inspire national pride, while guiding students to explore how patriotism bolsters mental resilience, such as fostering ethnic identity, enhancing self-confidence, and developing coping strategies. Students may share personal experiences of drawing strength from patriotic values during adversities, thereby recognizing patriotism as both an ethical imperative and a psychological anchor. Hosting "Socialist Core Values and Emotional Regulation" speech competitions encourages students to internalize ideological principles through practical application. Participants analyze how values like harmony and justice inform stress management, emotional balance, and interpersonal relationships, drawing from personal anecdotes. Such events sharpen critical thinking and public speaking skills while reinforcing the interplay between ideological conviction and psychological well-being. "Mental Health and Volunteer Service" initiatives, such as assisting the elderly, supporting underprivileged communities, or environmental conservation, enable students to derive fulfillment from altruism while honing social skills and adaptive capacities. Post-activity reflections help students translate volunteer experiences into sustainable mental health practices, bridging civic responsibility with personal growth. These activities seamlessly integrate ideological and psychological education within dynamic, participatory formats, fostering moral-ethical awareness and psychological resilience in an engaging atmosphere.

5.3 Environmental Harmonization

Environmental harmonization in education is achieved through synergistic integration of campus culture and family education, creating a cohesive ecosystem for ideological and psychological development[19]. Campus culture, as a transformative intangible force, shapes students' ideologies and behaviors via strategically designed spaces and activities: ideologically themed information boards and psychological health corridors visually reinforce educational objectives, while cultural performances, sports competitions, and collaborative art projects cultivate teamwork and resilience through experiential learning. Simultaneously, family education optimization emphasizes parental role modeling, where daily interactions model moral integrity and adaptive thinking, and community engagement initiatives like volunteering and environmental stewardship, which nurture intergenerational bonds grounded in social responsibility. Schools further empower families through workshops on value-driven parenting and digital toolkits (e.g., patriotism-themed discussion guides), bridging institutional and domestic efforts to foster citizens who embody collectivist ideals, psychological robustness, and patriotic commitment.

6. Infusing Red Dynamism into Psychological Development

Red resources, red genes, and red spirit are precious assets created by the Communist Party of China in different historical periods, and they possess great value in ideological and political education as well as mental health education[20]. By telling red stories, visiting red heritage sites, and carrying out red culture-themed activities, it can stimulate students' patriotic emotions and national pride, and improve their aesthetic taste and cultural literacy. Inheriting red genes is conducive to cultivating students' firm ideals and beliefs, as well as correct worldviews, outlooks on life, and values. Conducting themed educational activities and organizing social practices can enable students to deeply understand the connotations and values of red genes, enhance their sense of historical mission and responsibility, and strengthen their ideals and beliefs. Promoting the red spirit can enhance students' psychological resilience and their ability to withstand setbacks. By learning the spirit of the Long March, the Yan'an spirit, etc., and carrying out themed psychological counseling activities, students can maintain firm beliefs and tenacious will in the face of difficulties and setbacks, and improve their psychological adjustment ability and resilience. Integrating red resources, genes, and spirit into education injects powerful impetus into students' all-round growth. Ideological and political education provides directional guidance for students to establish correct worldviews, outlooks on life, and values, and cultivates students' sense of social responsibility and mission. Mental health education, on the other hand, focuses on students' inner world, helping them enhance their psychological resilience, cope with stress, and handle interpersonal relationships. The integration of these two aspects can achieve complementary advantages and jointly promote students' all-round development. Through exploring red resources, inheriting red genes, and promoting the red spirit, students can draw strong spiritual strength from ideological and political

education and mental health education, stimulate their patriotic enthusiasm, and strengthen their ideals and beliefs, injecting a continuous stream of red impetus into their spiritual growth. Exploring the integration of mental health education and ideological and political education and injecting red impetus into spiritual growth is an important mission of education in the new era. It is also an inevitable requirement for cultivating socialist builders and successors with all-round development in morality, intelligence, physique, aesthetics, and labor.

6.1 Exploring Red Resources to Enrich the Educational Content

Red resources are invaluable spiritual wealth condensed by the Communist Party of China during the long process of revolution, construction, and reform. They embody profound historical heritage and significant educational value[21]. We can deeply explore red resources and skillfully integrate them into ideological and political education and mental health education, thus greatly enriching the educational content. For instance, by telling those gripping red stories, students can seem to travel through time and personally experience the firm beliefs, fearless courage, and selfless dedication demonstrated by revolutionary predecessors in extremely arduous circumstances. Visiting red heritage sites is like opening a door to history, allowing students to immerse themselves in the former battle scenes and revolutionary holy places, truly feel that magnificent era, and deeply understand the huge sacrifices made by revolutionary predecessors for national independence and national liberation. Watching red movies, which reproduce historical scenes with vivid images, enables students to have a more intuitive understanding of the heroic deeds and lofty spirits of revolutionary predecessors. These methods can effectively stimulate students' patriotic feelings and national pride, making them aware of the historical mission and responsibility they bear. Carrying out red culture-themed activities is also an extremely important educational means. For example, in red poetry recitation, students can savor the revolutionary passion and patriotic feelings contained in the poems amidst passionate recitations and feel the unique charm of red culture. Singing red songs also has a powerful appeal. Those classic red songs have stirring melodies and inspiring lyrics. During the singing process, students can not only improve their artistic expression but also be subtly influenced by red culture, enhancing their aesthetic taste and cultural literacy. At the same time, various colorful activities such as red culture exhibitions, red-themed speech contests, and red culture essay writing competitions can be held, enabling students to have all-round and multi-angle exposure to and understanding of red culture, so that red resources can play a greater role in ideological and political education and mental health education.

6.2 Inheriting Red Genes to Cultivate Firm Beliefs

Red genes are the spiritual core of Chinese Communists and the spiritual bond of the Chinese nation. They carry the blood and dedication of countless predecessors and embody lofty ideals and firm beliefs. We can cultivate students' firm ideals and beliefs, as well as correct worldviews, outlooks on life, and values in an all-round way by inheriting red genes. Red genes contain great spiritual qualities such as loyalty to the Party, serving the people, the courage to sacrifice, and the spirit of hard work, which are indispensable spiritual nutrients for students' growth. For example, carry out themed educational activities on inheriting red genes, such as a series of colorful activities like "Inheriting Red Genes and Striving to Be New Comers of the Era." In the themed class meetings, through in-depth explanations of red stories and playing red video materials, students can deeply understand the connotations and values of red genes. When listening to the heroic deeds of revolutionary predecessors, students can feel their noble feelings of sacrificing everything for the country and the people, thereby enhancing their own sense of historical mission and responsibility. Organizing students to participate in red social practice activities is an effective way to let students personally feel the power of red genes. When visiting revolutionary old areas, students step on the land once stained with blood, touch the traces of history, and seem to be able to hear the gunshots and shouts of that year. They witness the revolutionary spirit and fighting qualities passed down by the people in the old areas and deeply realize the hard-won nature of a happy life. When consoling veteran Red Army soldiers and having face-to-face conversations with these heroic predecessors, students listen to them tell that magnificent history and feel the indelible red genes in them. Students can draw strong spiritual strength from the firm eyes and passionate words of veteran Red Army soldiers and further strengthen their own ideals and beliefs. In addition, descendants of revolutionary predecessors, experts in red culture research, etc. can be invited to give lectures to students, sharing their understandings and insights of red genes. At the same time, by using Internet technology, a platform for inheriting red genes can be built, allowing students to learn about and understand the rich connotations of red genes anytime and anywhere. Through these methods, red genes can be effectively integrated into the depths of students' thoughts and souls, laying a solid foundation for their growth and development.

6.3 Promoting the Red Spirit to Enhance Psychological Resilience

The red spirit is precious spiritual wealth forged by the Communist Party of China during the long process of revolution, construction, and reform. Like a bright pearl, it emits an eternal light and has a powerful spiritual impetus and psychological support function. During the long historical journey, the red spirit has continuously inspired generations of Chinese people to forge ahead bravely. On the arduous Long March, the Red Army soldiers overcame unimaginable difficulties and obstacles with unwavering will and fearless heroism. The Long March spirit has become a symbol of the indomitable spirit of the Chinese nation. In Yan'an, the revolutionary base, countless Communists relied on self-reliance and hard work, giving birth to the great Yan'an spirit, laying a solid foundation for the victory of the Chinese revolution. In the face of major natural disasters such as surging floods, the people's soldiers and the broad masses of cadres and the people united as one and fought tenaciously, demonstrating the great power of the flood-fighting spirit. These red spirits are not only historical monuments but also precious wealth for contemporary students on their growth path. We can effectively enhance students' psychological resilience and their ability to withstand setbacks by vigorously promoting the red spirit. For example, by deeply studying the Long March spirit, students can learn about the hunger, cold, diseases, and the encirclement and pursuit of the enemy that the Red Army soldiers experienced during the Long March, and feel how they maintained firm beliefs and tenacious will in desperate situations. This can inspire students not to give up easily and bravely face challenges when encountering difficulties in study and life. Studying the Yan'an spirit enables students to understand how to maintain an optimistic and upward attitude in difficult circumstances and how to achieve their goals through self-reliance and hard work, cultivating students' tenacious qualities and fighting spirit. Studying the flood-fighting spirit allows students to see the great feelings of people uniting as one and sacrificing their lives in the face of disasters, stimulating students' sense of responsibility and mission and enabling them to step forward in the face of difficulties.

Carrying out red spirit-themed psychological counseling activities, such as "Promoting the Red Spirit and Enhancing Psychological Resilience," can provide students with a platform to deeply understand the red spirit. In psychological counseling, by telling red stories and analyzing the connotations of the red spirit, students can draw the power of the red spirit. Guide students to combine the red spirit with their actual lives. When encountering setbacks, they can learn to seek courage and wisdom from the red spirit, adjust their mental states, and improve their psychological adjustment ability and resilience. At the same time, students can be organized to carry out red spirit-themed team activities, such as simulating the difficult trekking during the Long March and conducting scenario drills of flood fighting and disaster relief, allowing students to experience the red spirit in practice and enhance their sense of teamwork and their ability to deal with difficulties. In addition, modern information technology can be used, such as making multimedia courseware on the red spirit theme and developing red spirit education software, so that students can more vividly and intuitively feel the charm of the red spirit. Through campus culture construction[22], a strong atmosphere of the red spirit can be created, such as setting up red spirit publicity columns on campus and holding red spirit-themed exhibitions, so that students can be subtly influenced by the red spirit.

7. Summary and Outlook

The integration of ideological and political education and mental health education is of great significance in the current education field. In terms of necessity, it meets the needs of students' comprehensive development and plays a crucial role in shaping their ideological and moral qualities as well as psychological qualities. It can help students resist the impact of negative thoughts and values in a complex social environment and enhance their psychological resilience. Moreover, it can integrate educational resources, change the traditional situation where the two educations operate independently, and improve the effectiveness of education. In terms of feasibility, the two educations share similar theoretical foundations. They are both guided by Marx's theory of the all-round development of people, and psychological theories can provide references for ideological and political education. Their educational goals are consistent, both aiming to promote the comprehensive development of students. Their educational methods are complementary and can mutually promote each other to serve the growth of students. The practical significance of this integration is reflected in the cultivation of talents with firm ideals and beliefs and good psychological qualities, the promotion of campus harmony and stability, and the advancement of social civilization. Regarding the integration paths, curriculum integration can be achieved by offering specialized courses such as "Ideological and Moral Cultivation and Mental Health", integrating curriculum content, and infiltrating each other in different courses to realize the organic

combination of ideological and psychological education. Activity integration involves carrying out themed educational activities and psychological expansion training, integrating ideological and political education and mental health education into them, so that students can improve their ideological and psychological qualities through practice. Faculty integration is realized by strengthening cross-training and establishing cooperation mechanisms to improve teachers' comprehensive qualities and teaching quality. Environmental integration starts from creating a campus cultural atmosphere and optimizing the family education environment, integrating educational content into every aspect of students' growth. Red resources, red genes, and the red spirit are of great value in education. Exploring red resources can enrich the educational content, inheriting red genes can cultivate students' correct "Three Outlooks" (world outlook, outlook on life, and values) and firm beliefs, and promoting the red spirit can enhance students' psychological resilience. Integrating these into education can inject a powerful impetus into students' spiritual growth and promote their all-round development.

In the future, the integration of ideological and political education and mental health education should be further deepened. In curriculum integration, it is necessary to continuously optimize the design of integrated courses, update teaching content in line with the development of the times and students' needs, and use more innovative teaching methods to enhance the attractiveness and effectiveness of courses. In activity integration, the forms and themes of activities can be expanded. New technologies such as virtual reality (VR) and augmented reality (AR) can be utilized to provide students with a more immersive learning experience and enhance the educational effect[23-24]. In faculty integration, it is necessary to strengthen the construction of interdisciplinary training systems to cultivate more compound teachers who are proficient in both ideological and political education and mental health education. At the same time, teachers should be encouraged to carry out more innovative cooperative research to provide stronger theoretical support for educational practice. In environmental integration, attention should be paid to the synergistic effect of campus culture and family education. An all-round and multi-level educational environment should be created, and the unity of educational concepts and methods should be achieved through means such as home - school cooperation platforms. In terms of injecting red impetus, it is necessary to deeply explore the new connotations of red resources, innovate the forms of red education by combining with contemporary social hotspots and students' concerns. New media platforms should be used to widely spread red culture to attract students to actively participate in learning[25]. The in-depth integration of red education with subject teaching and social practice should be strengthened to build a complete red education system, so that red genes and the red spirit can truly become the spiritual pillar of students' growth, providing a solid guarantee for cultivating socialist builders and successors with all-round development in morality, intelligence, physique, aesthetics, and labor, and promoting the continuous innovation and development of education in the new era.

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