

Research on the Relationship between Psychological Counseling and Moral Education in Colleges and Universities from the Perspective of Development

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Abstract: Psychological counseling in Colleges and universities is an extension and supplement of moral education in the new period. It is an important way and means of moral education. It has obvious moral function, plays an important role in improving the effectiveness of moral education, and exerts various influences on moral education. Strengthening moral education and psychological counseling for college students has become an indispensable choice for college students to cultivate their healthy psychology. Practice shows that psychological counseling and moral education are closely related to each other. Only by effectively using the knowledge and technology of psychological counseling can the scientific and effective moral education in colleges and universities be effectively improved. Based on the perspective of development, this paper studies the relationship between psychological counseling and moral education in colleges and universities in order to promote the development and innovation of moral education, enhance the effectiveness of moral education, and make moral education in colleges and universities glow with greater vitality.

1. Introduction

In the dramatically changing social transition period, fierce social competition and severe employment situation have brought tremendous ideological and psychological pressure to contemporary college students, and also brought new difficulties and challenges to moral education in colleges and universities [1]. Developmental psychological counseling coincides with modern psychological viewpoints: psychological counseling should focus on normal people; Providing effective help for one's life; Emphasize personal strength and value [2]; However, the work of psychological counseling in colleges and universities in our country has just entered the initial stage. Most of the psychological counselors are concurrently political and ideological teachers or counselors, which cannot provide correct and reasonable psychological counseling for students and cannot achieve good results. Therefore, how to effectively improve the effect of moral education in colleges and universities in an intrinsic way has become a new topic that needs to be resolved. What is the relationship between psychology and moral education in colleges and universities? The necessity of applying psychology to college moral education is directly related to the effectiveness of college moral education [3]. Based on the development perspective, this paper studies the relationship between psychological counseling and moral education in colleges and universities, in order to promote the development and innovation of moral education, enhance the effectiveness of moral education, and make the moral education work of colleges and universities more vital.

2. The Relationship between Psychological Consultation and Moral Education in Colleges and Universities

2.1. The difference between the two

Different connotations. Psychological counseling refers to the process that psychological consultants use psychology and related knowledge, follow psychological principles, and help people to solve psychological problems through psychological counseling methods and techniques.

Psychological counseling in colleges and universities should not be medical or medical, its focus should be “developmental”, and its purpose is to help college students improve their psychological quality [4]. Moral education is a systematic activity process in which educators develop the ideological, political, legal and moral qualities of the educated through internalization and externalization according to the needs of certain society and the educated, following certain laws of society and the educated, following the laws of moral formation, adopting effective means such as words and deeds, etc. The purpose of psychological counseling in colleges and universities is to help students overcome psychological barriers, adjust psychological deviations, improve students' mental health, promote the health and perfection of their personality, and promote the overall development of students [5]. This is consistent with the overall goal of college moral education. Therefore, in practice, psychological counseling is not only effective in solving psychological problems, but also better solves some ideological and behavioral problems that are difficult to use with previous ideological and political education methods.

The theoretical basis is different. Psychological counseling is based on the theory of psychology, medicine, education and other disciplines. Psychological counseling requires the comprehensive application of knowledge in various disciplines. As an important part of school education, moral education in China's colleges and universities is very extensive. It includes ideological education, political education, legal discipline and moral education, as well as daily life combined with the study, life and social practice of college students. Education; therefore, there is indeed a difference between the two on specific goals [6]. But this difference is not insurmountable: a good mental state is the premise of receiving ideological education, the guarantee of accomplishing the goal of ideological education, and good ideological and political morality is the basis of shaping sound psychology. If moral education is concerned about the cultivation of students' ideological and moral aspects, then psychological counseling is more concerned about the cultivation of students' psychological quality. The two complement each other and have a certain degree of unity.

The method is different from the technology. Psychological counseling, as a branch of psychology, has its own special counseling methods and techniques, such as humanistic therapy, rational emotional therapy, and the use of respect, enthusiasm, face, interpretation and other technologies. It can be said that moral education in Colleges and universities in China has almost penetrated into all aspects of College Students' thought and behavior, learning and life. In fact, in the past, the work of moral education in Colleges and universities has been undertaking some tasks that should be completed by psychological counseling. It is in the process of promoting personal health, development and perfection that psychological counseling also promotes the improvement of personal production enthusiasm, social stability and harmony of interpersonal relationships, creates a good social and psychological atmosphere, and ultimately promotes social civilization and progress [7]. Of course, moral education also adopts specific artistic methods such as the art of choosing language, the art of choosing timing, and the art of choosing breakthrough. To enable college students to learn corresponding strategies, give full play to their abilities, and finally remove obstacles in the normal growth process to achieve the goal of all-round development.

2.2. The connection between the two

Consistency between objects and targets. Psychological counseling and moral education are both aimed at college students. Psychological activities and ideological and political concepts complement each other and complement each other in the same life. The aim of school education is to train modern talents who meet the needs of social development, and healthy psychology is the basic requirement for students to grow and develop [8]. The concept and content of moral education have changed greatly. Moral education, as a short form of moral education, has gradually evolved into a broad moral education including political education, ideological education, outlook on life education, legal education, mental health education, etc. Both psychological counseling and moral education are aimed at realizing the socialist education policy, enabling the educated to develop in an all-round way in virtue, intelligence, and physical fitness, and become qualified personnel in socialist construction, all serving the overall goal of cultivating talents in colleges and universities.

Not limited to a few people with psychological disabilities. It is also to make psychological counseling to promote the improvement of personality, not just to prevent mental illness.

Cross-penetration of content. In today's popular education, college students carry more pressures on study, life, and employment. When faced with these pressures, psychological problems and ideological problems will occur simultaneously and transform each other. For this group of students, it is necessary for college counselors to systematically provide psychological counseling to help students eliminate, correct or alleviate existing psychological deviations and psychological disorders as soon as possible, and eliminate psychological stress and psychological crisis. In other words, psychological counseling, through improving the psychological state of students, enables students to form a mentality that is willing to receive education and reflect on themselves, and to create conditions for subsequent moral education. The generation of people's ideological problems may be caused by psychological factors besides cognitive factors, moral factors and practical factors. Therefore, some ideological problems can be solved through psychological health education, which can provide psychological conditions for the effective implementation of moral education. Influenced by psychological counseling, moral education workers have changed the inherent view of teachers and students, and can work with equal mentality and helpful attitude in education, thus increasing communication and trust with students, enabling work to go deeper into practice, enhancing persuasion and improving the effectiveness of education.

3. The Principle of Psychological Counseling in Moral Education of Colleges and Universities

3.1. The connection between psychology and thought is the basic factor for psychological counseling to be applied in moral education

Psychology is the function of brain, brain is the organ of psychological activity, psychology is the subjective and dynamic reflection of human brain on objective reality, psychology dominates human behavior and is expressed through behavior activities. Psychology includes factors such as cognition, emotion, will, belief, etc. The psychological activities of college students are caused by objective things and will be reflected in their daily behaviors and expressions. Moral educators often appear in front of students in an authoritative image to judge right and wrong. Without paying attention to students' autonomy and individual needs, students can only receive education passively, which makes it difficult for students to really internalize. Psychology is the foundation and source of thought. Thought is a high-level form of psychology. It is developed on the basis of psychology. The development of thought changes is influenced and restricted by psychology. The direction and content of psychological activities are dominated by thoughts, and the mind and thought are closely Connected, inseparable. The impact on psychological counseling is multi-faceted, strengthening the moral education function of psychological counseling, and closely integrating with moral education, making psychological counseling the second front of moral education.

3.2. Psychological counseling has complementary and perfect value to moral education

The promotion of psychological counseling concept is helpful to cultivate a good moral atmosphere. Psychological counseling is a process in which counselors help people solve problems. The combination of psychological counseling and moral education in Colleges and universities in China strengthens mental health education and weakens the medical function of psychological counseling. Psychological counseling in Colleges and universities is an extension and supplement of moral education in content and form under the new historical conditions. It has distinct ideological characteristics and is an important way and means of moral education under the new situation. Moral education should draw lessons from the idea of psychological counseling, which emphasizes the establishment of consultation relations, and attach importance to the establishment of good relations with the educational objects, so that the educational objects can truly receive the education and guidance of the educators. Developmental psychological counseling is especially suitable for school situations, especially closely related to moral education. From the broad meaning of pedagogy, the purpose of developmental psychological counseling is consistent with the overall

goal of moral education. Using these principles and methods to carry out various forms of classroom activities and practical activities, to help college students improve their moral qualities in the activities, and thus comprehensively improve the effectiveness of moral education in colleges and universities.

4. The Application Path of Psychological Counseling in Moral Education in Colleges and Universities

4.1. Integrate moral education resources and infiltrate the content of mental health education

Moral education resources mainly include ideological and political theory courses, knowledge of various disciplines, social practice activities, campus culture construction, campus network and so on. Moral education in Colleges and universities is an important means to promote the all-round development of College students. It should not only emphasize its social function, but also pay attention to its individual function, so as to achieve the harmonious unity of individual function and social function. Practice has proved that many students' ideological and cognitive problems are often interwoven with their psychological quality characteristics, accompanied by reflection. Ideological and political theory course is the main channel and position of moral education. The content of mental health education should be added to the curriculum system of Ideological and political theory, and it should be included in the syllabus and teaching objectives of Ideological and political theory course. In this way, starting from the characteristics of developmental psychological counseling and the goal of school education, school educators, especially teachers engaged in moral education, who have been systematically trained in psychological counseling knowledge, can fully engage in school psychological counseling. This is also conducive to increasing students' self-confidence and sense of achievement in learning, thus forming problem-solving thinking and self-study ability. Only by following the law of the educated's psychological activities and carrying out their work through psychological consultation can moral education workers improve its pertinence and effectiveness.

4.2. Strengthen moral education workers' psychological counseling knowledge and technical training

The main body of the moral education team in colleges and universities is the school party and government cadres and the Communist Youth League cadres, teachers of ideological and political theory and philosophy and social sciences, counselors and class teachers. Therefore, in school education, psychological counseling cannot simply replace moral education, nor can moral education replace psychological counseling. In order to cultivate qualified college students who are psychologically healthy and positive, we must organically combine developmental psychological counseling with moral education. Before doing moral education work, using psychological knowledge to study the ideological dynamics and psychological characteristics of college students can grasp the psychological activity rules and ideological conditions of college students in advance and grasp the signs of their thoughts and behaviors in time. The thinking and psychology of contemporary college students are more complicated. Many of the ideological problems often have complex psychological problems. Some problems seem to be ideological or moral problems. The root cause is psychological obstacles, and some psychological problems often lead to thoughts. Behavioral issues. Therefore, it is very necessary to build a moral education team with good comprehensive qualities including healthy psychological quality. More importantly, as a theory, an idea, a concept, an attitude, profoundly affected the moral education workers and the entire moral education work, and provided a new reference for the innovation of moral education.

4.3. The theory and technology of psychological counseling are integrated into the process of moral education

The content of traditional moral education mainly includes political education, ideological education, moral, legal and other behavioral norms education. The emphasis is on making students form correct value orientation at higher levels such as political concepts, dialectical materialism,

social moral norms and legal consciousness. Moral education in Colleges and universities is based on the law of College Students' ideological activities, while the law of College Students' ideological activities is subject to the law of psychological activities. It is often difficult for moral educators to have a real understanding of college students if they only talk through regular contact or preach. Students will also consciously block some important information features, making it difficult for moral education to receive actual results. The psychological aspect can be taken as the starting point for the problems arising from the combination of these two factors, but the work cannot stop at the level of psychological problems. In fact, psychological counseling was initially introduced and used by moral education as a supplementary means and method of moral education, and psychological counseling also played a prominent role in the process of moral education, not only supplementing the deficiencies of moral education, but also making the implementation of moral education more effective.

5. Conclusions

As an auxiliary form and means of moral education, psychological counseling has been widely used in colleges and universities in our country, which has had a good impact on moral education in our country. It has provided beneficial reference and enlightenment to the innovation and development of moral education in terms of concepts, contents and methods. As the main channel, position and classroom for ideological and moral education in China, moral education in colleges and universities must fully grasp the psychological state and mental outlook of college students receiving moral education, and apply relevant psychological principles and methods to strengthen and improve moral education in colleges and universities, so as to improve the initiative, pertinence and effectiveness of moral education in colleges and universities. Grasping the function of psychological counseling and moral education of psychological counseling in moral education and combining them perfectly can cultivate college students with all-round development of mental health quality and better accomplish the educational objectives of colleges and universities. Of course, there are still many theoretical and practical problems to be solved in the combination of psychological counseling and moral education in Colleges and universities. It is not simply a merger and patchwork, nor a copy without analysis. The combination of the two is bound to be a process of sublation, innovation and development.

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