

# Psychological Power in Ideological and Political Education of College Students

Lu Jing

Mental Health Education Center, Jiangsu University, Zhenjiang, Jiangsu, China

**Keywords:** College students, Ideological and political education, Mental health education, Integration approach.

**Abstract:** With the advent of the information age, students frequently come into contact with different values, world views, and outlook on life, making their values, world outlook, and outlook on life more complex. In the process of teaching work, college teachers found that there is a cross between mental health education and ideological and political education, the teaching subject is consistent, and the teaching objectives and teaching methods are similar. This paper analyzes the problems existing in the work of mental health and ideological and political education in colleges and universities. Therefore, it is suggested that colleges and universities should create a campus atmosphere of collaborative education, strengthen the cultivation of professional talents, and strengthen the construction of educational curriculum, so as to improve the overall quality of college students.

## 1. Research background

### 1.1 Literature review

Wang Chunxia believes that in the process of ideological and political education in colleges and universities, rebellious psychology refers to the resistance behavior, negative attitude or opposite emotion expressed in the content of education, and the reasons for rebellious psychology mainly include the simple repetition of educational content, the lack of educator's personality charm, and teaching. The method is obsolete and so on (Wang, 2016). Yan Shuanghao and Zhang Lihua believe that there are still problems in the research of ideological and political education psychology, such as ambiguous knowledge structure and unclear subject orientation. It is suggested that universities should pay attention to practical experience and strengthen theoretical research to strengthen ideological and political education psychology in teaching work. Status in China (She and Zhang, 2014). Zhang Xiaohong and Yuan Guoxian believe that education is an important means to improve the scientific and effective ideological and political education in colleges and universities. Colleges and universities should deeply explore the teaching mode of ideological and political psychology from the aspects of educational content, educational carrier and teacher evaluation system (Zhang and Yuan, 2012). Zhu Hongyi explores the practical value of ideological and political education through concrete examples, and finds that ideological and political education is of great significance for cultivating and optimizing college students' political psychology, and its actual value is mainly reflected in identity value, platform value and active value (Zhu, 2019). Jinhua proposed that the psychology of college students is still in the development stage. Schools should pay attention to students' mental health, which is of great significance for students to form positive and healthy psychology (Jin, 2018).

### 1.2 Purposes of research

The organic combination of ideological and political education and mental health education can promote the richness of teaching content and facilitate the smooth development of teaching work. At present, college students' ideological and mental health faces many challenges. The coordinated development of mental health education and ideological and political education has become an inevitable choice for the development of moral education in colleges and universities. On the basis of expounding the relationship between college students' mental health education and ideological



and political education, this paper analyzes the problems existing in the work of mental health and ideological and political education in colleges and universities, and proposes an effective way to combine mental health education with ideological and political education. Students develop in an all-round way and enhance their ability to cope with frustration.

## **2. The relationship between mental health education and ideological and political education**

### **2.1 Subject consistent**

The teaching of mental health in colleges and universities is mainly aimed at college students. The colleges and universities analyze the causes of mental health problems of college students, and then propose solutions to students' negative emotions, so that students' mental health tends to the mental health level of ordinary students (Shen and Li, 2013). The objects of ideological and political education in colleges and universities are consistent with the main body of mental health education, and all of them are college students. By studying students' behaviors, ideological and political education finds that there are different degrees of difference in the world outlook, outlook on life and values of college students. On this basis, combining the preaching and carrying out ideological and political activities and other measures affects students' views.

### **2.2 Content consistency**

In the process of teaching work, teachers can find that there is a certain similarity between mental health problems and ideological and political education problems, and there is a certain relationship (Qiu et al., 2013). For example, if a student has a mental health problem, it will also have ideological and political problems to a certain extent. Students with ideological and political problems, if not educated, can also induce mental health problems (Kong and Li, 2016). At the same time, there is a certain consistency between the student's three views and the life goals and educational planning. A change in one factor will also cause other factors to change, and it has linkage.

### **2.3 The goal of education is consistent**

Because of the intersection of ideological and political education and mental health education, the main body of teaching is consistent, and the teaching objectives overlap. It is hoped that students will be positive after receiving education, have the correct three views, and be able to actively face college life. Although the two students have different emphasis on the teaching programs adopted by the students in their actual work, they all belong to the category of ideological construction. They all have the educational philosophy of Lide Shuren and are determined to cultivate high-quality, high-level and high-standard mental health. Talent.

### **2.4 Educational methods are similar**

In the teaching work, ideological and political education and mental health education methods can learn from each other. When the teaching of ideological and political education is carried out, methods commonly used in psychology research, such as observation, conversation, and analysis, can be used. Mental health teaching can also use the methods of policy propaganda, speech, and value penetration commonly used in ideological and political teaching to analyze the level of students' psychological quality and promote the smooth development of teaching work. Therefore, the psychological education work is similar to the ideological and political education work teaching method and has consistency. Psychological teaching methods can assist in the innovation of ideological and political teaching methods, and ideological and political education methods can also improve the effectiveness of mental health teaching.



### **3. Problems in mental health and ideological and political education in colleges and universities**

#### **3.1 Low professionalism of teachers**

Mental health teaching and ideological and political education are the key teaching projects of colleges and universities. However, from the current reserve of Chinese teachers, the number of professional teachers is still relatively rare. At present, the psychological teaching work of colleges and universities is mostly undertaken by school counselors or other teachers. Most of them do not have a background in psychology and lack professional knowledge related to psychology. In the process of teaching, they mainly rely on theoretical teaching and cannot provide substantive material to students. Sexual help. At the same time, ideological and political teachers are similar to mental health teachers, most of whom lack psychological professional knowledge, and it is difficult to integrate mental health teaching content into ideological teaching. It can be seen that the professional level of college teachers is low, and there is a lack of talents with both ideological and political professional knowledge and mental health professional knowledge.

#### **3.2 The teaching method of education curriculum is single**

At this stage, the teaching methods of mental health and ideological and political education in Chinese universities are generally single, and the access to knowledge of college students is relatively simple. Students can only gain theoretical knowledge from the classroom and lack opportunities to participate in social practice. At present, the content of the teaching and ideological and political teaching courses lacks coherence. The teachers who undertake psychological counseling work lack innovation in the way of education, and the methods are single, lack of initiative and means behind. At the same time, teaching work lacks a stable and effective mechanism for investigation, management, and tracking. In some colleges and universities, only one teaching method is used in the process of teaching work, which causes students to get tired during the learning process and lose their interest in learning. In some colleges and universities, due to the lag of information, the teaching methods are not updated in real time. Therefore, the teaching methods are generally single, and it is difficult to keep up with the development of mental health and ideological and political teaching.

#### **3.3 The degree of emphasis needs to be strengthened**

Some colleges and universities offer ideological health education and ideological and political education courses only in form and lack sufficient attention. Although mental health and ideological and political courses are compulsory in universities, colleges and universities pay much less attention than other compulsory courses. At the same time, most students can't correctly understand their psychological state, and they don't realize the importance of these two courses. It is difficult to carry out psychological counseling work in colleges and universities. Students lack correct understanding of psychological counseling and believe that psychological counseling has no effect on themselves. Most of the students are eager to seek success. They hope that after psychological counseling or psychological counseling, they can immediately produce results and improve their mental health. However, no matter whether they are ideological and political education or mental health consultation, they can not achieve immediate effect.

### **4. Ways to combine mental health education with ideological and political education**

#### **4.1 Creating a campus atmosphere with collaborative education**

The way of thinking and behavior of college students is influenced by the environment. Only by creating a teaching environment with both mental health and ideological and political education can the organic combination of the two be promoted. Colleges and universities should make full use of school radio, exhibition boards, campus publications and other carriers to promote positive healthy living and learning methods, and strive to create a harmonious campus atmosphere. The college and the department should actively carry out competitions, professional knowledge lectures, seminars



and other interactions, and promote the understanding and application of theoretical knowledge by college students in practice. Class committees, class teachers, and counselors of all classes should cooperate with each other to create a warm, united, friendly, and positive campus atmosphere.

#### **4.2 Strengthen professional talent training**

Colleges and universities should provide more opportunities and development channels for full-time teachers, so that professionals can selectively invest in work and achieve teaching innovation in their work. Put the effect of mental health teaching work and teachers' professional ethics as the evaluation criteria of teachers, and mobilize professional psychological counselors to engage in mental health education in colleges and universities. The implementation of the first post-training induction program will enable the ideological and political educators to have professional knowledge and then carry out teaching work, which greatly facilitates the selection of talents in colleges and universities. With the development of the times, the educational concept is constantly innovating, improving the quality of teaching, and promoting the harmonious coexistence of mental health and ideological and political education.

#### **4.3 Strengthening the construction of education curriculum**

Schools must scientifically formulate different teaching programs for different students according to their psychological characteristics and moral cultivation characteristics, improve teaching methods, and propose new teaching modes. Colleges and universities can combine theory and practice to explain theoretical knowledge, case explanations, and behavioral training to students. Because students of different grades and genders have different psychological literacy problems, schools should conduct lectures and practical activities in a targeted manner, and play the main functions of mental health and ideological and political education in university teaching. College teachers should enhance the importance of college students' mental health and ideological and political education, and encourage students to learn and improve themselves.

#### **Acknowledgements**

This research has been issued by Jiangsu Province degree committee and Jiangsu Province education department in 2017 of The Reform of Postgraduate Education "Study on the Influence of University Graduate Tutor on Graduates' Mental Health and its Countermeasures "(JGLX17\_84)

This research has been financed by Special Topics of Ideological and Political Education for College Students in 2017 of Jiangsu University "Construction and Practice of Learning Attitude Change Model of College Academic Warning Students" (JDXGXB201704)

#### **References**

- [1] Wang C.X. (2016). An Analysis of The Reverse Psychology in College Students' Ideological and Political Education, Beijing Youth Research, 21 (3), 106-111.
- [2] She S.H., Zhang L.H. (2014). Psychological Research on Ideological and Political Education: Current Situation, Problems and Development. Ideological and Theoretical Education, 35 (10), 32-38.
- [3] Zhang X.H., Yuan G.X. (2012). Research on the Way to Combine Ideological and Political Education with Mental Health Education in Colleges and Universities. Journal of Chongqing University of Technology (Social Science), 26 (1), 112-116.
- [4] Zhu H.X. (2019). Study on The Value of Ideological and Political Education from the Perspective of Political Psychology of College Students. Journal of Three Gorges University, Humanities and Social Sciences Edition, 41 (03), 34-37.
- [5] Jin H. (2018). Research on the Importance of Strengthening Psychological Education in Higher Vocational Ideological and Political Education. Contemporary Teaching and Research Theories



Series, 7 (4), 39-39.

[6] Shen Q., Li X.E. (2013). Research on The Synergistic Effect of Ideological and Political Education and Mental Health Education in Colleges and Universities. *Frontier*, 41 (9), 42-44.

[7] Qiu Z.W., Liu Q., Liu J.R., Etc. (2013). Principles and Paths Of Psychological Guidance in Contemporary College Students' Ideological and Political Education. *Journal of Hengyang Normal University*, 34 (2), 149-154.

[8] Kong D.S., Li Z.N. (2016). Psychological Counseling and Effectiveness Improvement of Ideological and Political Education under the Network Background. *Guidelines for Ideological and Theoretical Education*, 26 (7), 114-117.