

# Analysis on the Cooperative Path of Psychological Health Education and Ideological and Political Education for Higher Vocational College Students

Na Zhang

Chengdu Agricultural College, Chengdu, Sichuan, China

**Keywords:** Mental health education, Ideological and political education, Vocational students, Cooperative path.

**Abstract:** Mental health education and ideological and political education play a very important role in students' physical and mental development. Especially for the students of Higher Vocational colleges, they are engaged in fewer posts after graduation, and the pressure of competition will affect the students' psychological and political emotional fluctuations. Through the analysis of the current situation of Higher Vocational students, and the interpretation of the concept of collaboration and practical requirements. At present, higher vocational colleges should urgently solve the students' psychological and ideological problems. Under the background of the concept of synergy and realistic requirements, higher vocational colleges should actively coordinate the psychological health education and ideological and political education to achieve innovative development and achieve the training goal of students' all-round development.

## 1. Research Background

### 1.1 Literature review

With the acceleration of the times, people are under more and more pressure. After graduation, vocational students are facing various challenges. Employment, love and so on make some students bear tremendous psychological pressure. For this reason, Wang Shuxun, after studying the various problems facing the students in Higher Vocational colleges, puts forward that colleges and universities should pay attention to the cultivation of students' proper qualities in mental health education and ideological and political education, and realize that students have multiple skills and compound talents through the organic integration of the two curriculum forms (Wang, 2014). Similarly, Guo Bingbing, after studying the common problems existing in the students of Higher Vocational colleges, puts forward the methods and paths of integrating mental health education with ideological and political education, so as to ensure that students will solve their own difficulties well in the future development process (Guo, 2017). Xiong Weie, based on the concept of synergy, analyzed the current problems of mental health education curriculum and ideological and political education curriculum in Higher Vocational colleges, and proposed that higher vocational colleges should actively integrate the two, coordinate development, joint innovation, and stimulate students' interest in learning the curriculum (Xiong, 2015). In the new media era, the most important point is that the traditional media is no longer the mainstream media. The emergence of new media such as network and television makes the world more closely linked and the speed of information dissemination accelerates. Therefore, based on the background of the new media era, Wanhu's analysis of the innovative development of mental health education and ideological and political education in Higher Vocational Colleges and the use of new media platform to make students better understand the importance of the current education of both provide a strong reference for training students to have two skills, also in line with the new era. Students' Requirements for Courses in the Trend (Wan, 2015).

### 1.2 Purpose of research

China's education has been changing with the times and developing constantly. At the same time, colleges and universities are constantly reforming their own teaching content and mode in order to

provide a better educational environment for students' education. Higher vocational students, as technical talents in society, play an important role in the process of national construction and development. However, due to students' poor academic performance, they will face different degrees of frustration and psychological pressure in the future employment competition. If students' psychological pressure can not be solved, the low ideological and political awareness will lead to social unrest. Therefore, higher vocational colleges should actively carry out mental health education and ideological and political education courses, and train students to be able to effectively alleviate themselves after encountering problems (Liu, 2016). At the same time, higher vocational colleges continue to explore the cooperative and innovative development path of mental health education and ideological and political education curriculum, which also helps to stimulate students' interest in learning, so as to better absorb knowledge (Lei, 2016). Based on the study of the concept of synergy and the requirements of reality, this paper analyses the current situation and problems of mental health and ideological and political education courses in Higher Vocational Students and colleges. Based on this, it is proposed that colleges and universities should innovate synergistically in terms of teachers, strengthen the attention of the state and colleges themselves, and realize the teaching content. Organic integration and so on, to achieve higher vocational students better receive the training path of the knowledge system after the integration of the two curricula.

## **2. Cooperative Basis of Psychological Health and Ideological and Political Education of Higher Vocational College Students**

### **2.1 Synergy connotation**

Synergy originated in ancient Greek. It is defined as the process and ability to achieve a certain goal by integrating two or more resources or individuals into a self-organizing structure with various functions. Collaboration emphasizes that the systems should cooperate and cooperate with each other to transform the whole system from disorder to order, so that the new functions formed in the end transcend the sum of their respective functions. The ideological and political education of mental health education accepted by higher vocational students is an independent two individuals. Both of them have their own theoretical knowledge, methods of solving problems, the orientation of education, the goal of education and other elements in the process of development. Moreover, mental health education and ideological and political education have formed many common elements, such as schools, society and teachers, which provide a good basis for the organic integration of the two, complement each other, form a whole and orderly system, and then promote the mental health education and ideological and political education in each of the key points (Zhao, 2019). Through the coordinated development of the two, the overall synergy, the coordination, synchronization and cooperation between the two are realized, and the internal optimization of the education system is fully enhanced, which also improves the practicability and pertinence of mental health education and ideological and political education. The synergy theory makes the system of mental health education and ideological and political education of higher vocational students more perfect and the education more optimized. It also provides strong theoretical guidance for the follow-up development of the integration of the two (Mao, 2016).

### **2.2 Realistic requirement**

Ideological and political education is an educational model and fine tradition advocated by the state for a long time, which has far-reaching significance. Globalization of economy and information, cultural pluralism and political multipolarity keep the world closely linked, and the interweaving of various cultures and contents makes traditional ideological and political education face great challenges. The teaching content and mode of traditional ideological and political education can not meet the requirements of the new era. It is urgent to reform the current education mode and improve the timeliness. In addition, most higher vocational students are confronted with confusion of political beliefs and distorted values, so the current ideological status of higher

vocational students also puts forward higher requirements for ideological and political education in Colleges and universities. The continuous development of the times has intensified social competition. After graduation, due to shallow experience, psychological immaturity, poor adaptability and other problems, students encounter difficulties in employment, emotion, interpersonal communication and other aspects, resulting in a series of negative psychological emotions such as fear, fear, timidity and so on. Mental health education is particularly important, in helping students out of the shadow, dare to face the society plays a very important role. At the same time, the coordinated development of Ideological and political education and mental health education is also helpful to solve the current problems of Higher Vocational students, and also provides an opportunity for their collaborative innovation research.

### **3. Problems in the Cooperative Process of Psychological Health and Ideological and Political Education of Higher Vocational College Students**

#### **3.1 Weak professional teachers in colleges and universities**

Foreign countries attach great importance to mental health education in the process of students' development. However, it has been neglected repeatedly in China, students' psychological problems can not be solved, and death incidents occur frequently. On the one hand, there are few teachers in mental health education and ideological and political education in most higher vocational colleges, and some colleges do not even have relevant courses and teachers. On the other hand, where there are mental health education courses or counseling offices, there are no professional teachers to provide psychological counseling or professors of the courses. If students' psychological problems can not be solved, they will inevitably make adverse events to society and the state, and then rise to political problems. Similarly, most vocational colleges have few aspects in the curriculum of Ideological and political education. Traditionally, educational methods and methods lead to students' ideological awareness not being improved and do things harmful to society. Especially for Higher Vocational students, poor learning foundation is more likely to lead to psychological problems, and only relying on amateur psychological staff can not meet the psychological needs of students. At the political level, it is easier to make events that are not conducive to social development.

#### **3.2 Mental health and insufficient attention to ideological and political education**

Most vocational colleges pay less attention to mental health education and ideological and political education. The first is the ideological and political course, which is set up as a public course by most colleges and universities, and the teaching method of the course is traditional. Students are not interested in the course, truancy has become a common practice, and symbolic examinations have become the only way for students to really learn politics. This leads to higher vocational students' ideological and political errors after graduation, and is not conducive to students' subsequent learning and development. Similarly, mental health education is not valued by colleges and universities, ignoring the improvement of students' individual psychological quality and mental health education. Psychological health education in most colleges and universities has no relevant curriculum arrangements, mostly set up a psychological counseling office, usually located near dormitory buildings, medical offices, etc., and colleges and universities pay insufficient attention to the counseling office, lack of funds, work is difficult to carry out. Although some colleges and universities have set up mental health courses, most of them are regarded as minor courses. The traditional teaching mode is old, which not only can not arouse students' enthusiasm for learning, but also can not make the knowledge content of the courses better disseminated.

#### **3.3 Low integration of mental health and ideological and political education**

Vocational colleges pay less attention to mental health education and ideological and political education, which makes it difficult for them to integrate effectively. Ideological and political courses are taught in a single way, and mental health courses are not set up, which not only fails to

achieve integration, but also makes them lack a better way of integration. In addition, due to the weakness of teachers, all kinds of problems in the process of mental health education and ideological and political education can not be well solved, which is not conducive to the integration and innovation of the two. Some vocational colleges mostly set up ideological and political education courses, but not mental health education courses, so the collaborative process of courses can not be organically integrated and optimized. Moreover, most of the students in Higher Vocational Colleges reject the courses of psychological education and ideological and political education, which makes teachers unable to get effective feedback, and is not conducive to the development of the collaborative innovation and integration of the two knowledge systems.

### **3.4 The synergistic system between mental health and ideological and political education is relatively backward**

Most vocational colleges have neither set up physical courses nor promoted a course on the virtual network platform. Students can not understand the course content, and there is no way to solve the knowledge points that will not be, thus losing interest in mental health education and ideological and political education courses. Moreover, the environment chosen by higher vocational colleges in the course of mental health education and ideological and political education is also concentrated in the classroom. Students can not vividly feel the charm of the two courses and lose their desire for curriculum learning.

## **4. Cooperative Innovation of Psychological Health and Ideological and Political Education of Higher Vocational College Students**

### **4.1 Accelerating the cooperative innovation of the overall strength of teachers**

Teachers play a vital role in the efficient development of any school. Accelerate the construction of teachers' team, and strengthen and accelerate the curriculum innovation of mental health education and ideological and political education. First of all, in terms of teaching this course, both psychological teachers and ideological and political teachers have their own set of teaching theories. Through the integration of the two, we can help them to integrate resources effectively. We can not only integrate teaching methods, but also find each other's shortcomings, so as to achieve the optimization and innovation of teaching methods and achieve a new teaching mode. Secondly, it is the training of teachers themselves. Higher vocational colleges should vigorously cultivate compound talents with mental health knowledge and ideological and political knowledge. On the one hand, it can help higher vocational students to better learn the two aspects of knowledge content, on the other hand, it can also promote the integration and innovation of the two, and promote the construction of curriculum knowledge system in Higher Vocational colleges.

### **4.2 Enhancing the attention of the state and colleges to the educational objectives**

Ideological and political education and mental health education have always been an important part of national planning, but gradually began to separate in the later development process. Therefore, in order to realize the organic combination of mental health and ideological and political education, one of the first things is to need the attention of the state. After mental health and ideological and political education have been paid attention to at the national level, higher vocational colleges must attach equal importance to the construction of the two courses. Furthermore, the integration and innovation of mental health and ideological and political education will be greatly improved and supported. As a place for talent training, higher vocational colleges should vigorously build the infrastructure of the two courses, equip the hardware and software conditions, and ensure the follow-up teaching and collaborative innovation of the courses. At the same time, mental health and ideological and political courses should be converted into necessary courses, and students should be urged to learn better knowledge content to ensure that they can cope with setbacks and difficulties after graduation in the future.

### **4.3 Realizing the organic integration and innovation of teaching content**

One of the reasons why higher vocational students resent mental health courses and ideological and political courses is that the teaching methods of the courses are single and the contents are not interesting, which can not arouse students' interest in learning. Therefore, we should integrate the teaching contents of the two courses organically, find out the problems in the course teaching through the integration, so as to update the teaching methods, improve the teaching methods and skills, and enhance students' interest in the course. The ideological and political education curriculum lasts for a long time, so it can promote the coordinated development of mental health education and better apply mental health education to the classroom. Grasp the direction of students' interest, reform the education mode and innovate the content of education according to students' personality, so that students are more willing to accept the courses of both.

### **4.4 Innovation of establishing and perfecting synergy mechanism**

Higher vocational colleges can increase the online teaching mode of mental health education and ideological and political education, so that students can accept classroom courses and online courses. Moreover, students can continue to learn what they don't understand online. Higher vocational colleges should also increase the arrangement of relevant courses and improve the supporting facilities for mental health and ideological and political education environment. For example, to increase cases in mental health education curriculum, and to bring students to experience the charm of mental health education, so that students can experience more psychological content.

## **5. Conclusion**

Psychological health education and ideological and political education in higher vocational colleges Psychological health education and ideological and political education in higher vocational colleges need to be reformed urgently. Two courses are not synchronized in most colleges. Students' all-round learning can not be effectively solved, and the ideological and political education of mental health education is in an unbalanced state. The various needs of students have not been well addressed, and they can not face the difficulties after entering the society. Therefore, colleges and universities should speed up the reform of mental health and ideological and political education courses, turn the two courses into major courses, so that the course content can be better integrated into students' learning. Higher vocational colleges pay attention to the construction of professional teaching team, strengthen the educational objectives, achieve the collaborative innovation of mental health education and ideological and political education, train higher vocational students who meet the requirements of the times, and better face the various pressures brought by society.

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