

Research on the Combination of Ideological and Political Education and Mental Health Education for College Students Based on Network Community

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Abstract: With the deepening of China's economic system reform, the trend of world economic globalization is expanding, especially with the increasing popularity of the Internet, people's social life has undergone dramatic changes. College network community has become an important carrier of information dissemination and ideological exchange in Colleges and universities, especially college students have basically become participants in the network community. In order to carry out ideological and political education for college students in cyberspace, we need to re-examine the changes in the relationship between subject and object, the differences between platforms and elements, and the construction of discourse system. The development and construction of network community provides a platform for sharing resources for ideological and political education, and provides high-quality resources for ideological and political education of college students through the integration of resources through network. The ideological and political education under the new situation of the Internet has put forward higher requirements for contemporary mental health educators, and has also brought new ways, new ideas and new means.

1. Introduction

Under the background of network era, the combination of Ideological and political education and network field is more closely, and it has become a new field and trend of Ideological and political education research. Network community is a derivation of the concept of community based on spatial change in the field of sociology. College students' online community refers to the virtual space of Internet technology and platform, because common interests, needs or interests are organized or spontaneously formed into a social group with information exchange, learning and social interaction as the main part [1]. College students have great creativity and vitality, but their three views are not mature enough to correctly grasp the information in the network community. College students' psychological needs and pressure are becoming more and more prominent, and some of them even lead to mental illness [2]. The development and construction of network community provides a platform for sharing resources for ideological and political education, and provides high-quality resources for ideological and political education of college students through the integration of resources through network. The vigorous development of college students' online community has posed new challenges to the ideological and political education of college students. College students' online community has become an important position that college ideological and political educators cannot ignore [3].

The phenomenon of college students gathering in various online communities is widespread. It has become normal for college students to interact with each other through online communities, and college students' online communities are continuously developing [4]. In strengthening and innovating the ideological and political education of college students under the new situation, colleges and universities should actively explore the relationship between mental health education and ideological and political education, and strengthen the effective combination of ideological and political education and mental health education of college students [5]. Internet community provides new ways and means for college students to carry out ideological and political work.

Therefore, ideological and political educators should treat the network community objectively and scientifically, and interact with college students through integrating the network community. Ideological and Political Education under the new situation of the Internet has put forward higher requirements for Contemporary Ideological and political educators, but also brought new ways, new ideas and new means [6]. The network social behavior of college students in the network community has basic characteristics and unique behavior patterns, and has an important impact on the growth of College students. Network community has become a new carrier of Ideological and political education in Colleges and universities.

2. The Influence of University Network Community on College Students' Ideological and Political Education

The complete ideological and political education should not only take the interaction between the shaping of complete personality and social ethics as the main direction, but also have the educational connotation that embodies the national characteristics and the spirit of the times. The university network community is a social group composed of college students with the same interests and needs in the network space formed on the basis of Internet technology, which includes learning, socializing and information exchange [7]. In the era of mobile Internet, the network community is not only a collection in space, but also a redefinition of social organization and cultural transmission mechanism. Its traditional development elements have also undergone structural changes. For College students, not everyone has the ability to cope with complex information environment and independent thinking and judgment. They are often subject to various information domination in the community, which leads to their participation in action in the real world.

Ideological and political education should not only realize the perfection of personal morality, but also further embody the spirit of the times, the national spirit and the national spirit, so as to lay a foundation for the construction of a harmonious society. The ideological and political education network community beyond the scope of space effectively integrates the superior resources of Ideological and political education in Colleges and universities through the network. In teaching, students' social development is mainly achieved through communication and cooperation. The communication and cooperation between students and students, students and teachers are conducive to students' social development. The interactive relationship of students' social development is shown in Figure 1.

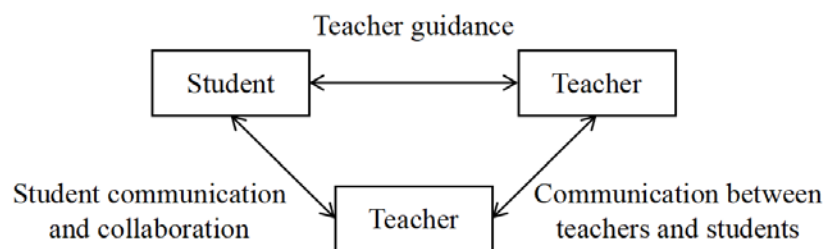


Fig.1. Student social development interaction

It is very common to exchange information through online communities. If college students gather in online communities for a long time to exchange information, they will inevitably be affected in their ideas. The concept of choosing a job changes and develops with the change of the environment of choosing a job. Only by knowing exactly the employment outlook of college students can the education and teaching management, ideological and political education and employment guidance in colleges and universities be more targeted. So as to better carry out employment concept education. Figure 2 shows the dynamic evolution of the evaluation system of college students' entrepreneurial awareness.

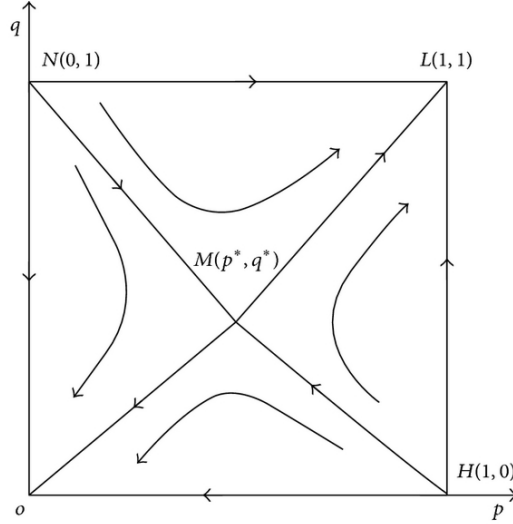


Fig.2. Dynamic evolution of entrepreneurial awareness assessment system

The profound changes in the international and domestic situations have made the ideological and political education of college students face both favorable conditions and severe challenges. The scalability of the mobile network environment makes the community develop in time and space, further breaking through the limitations of the technology platform, and can follow the different forms of environment transformation [8]. Interaction within the network community not only provides social objects for college students, but also provides more convenient and fast communication channels for social activities. For college students whose values and views of right and wrong have not been fully established, it is difficult to achieve rational feedback information, and they are easy to fall into the emotional impulse. Ideological and political educators actively participate in the network community and interact with students. They can understand students' ideological trends and focus of attention. They can also effectively carry out ideological and political education of college students by means of the network community.

3. Using Network Community to Innovate College Students' Psychological Education Strategies

3.1. Enriching Scene Elements of Network Community

College students' online communities not only have positive energy communities, but also contain many negative energy communities. When college students enter these communities, they are bound to be affected by various kinds of information. Virtual space constructed by new media has become an important living space for college students except physical space, which has caused great changes in college students' life style and has greatly influenced their life style, ideology and moral standards. Facing the pressure, college students pay more attention to self-development and self-value enhancement, ignoring other self-needs and pursuing one-sided development [9]. The characteristics of network community interaction, such as timelessness, openness and virtuality, do not exist in the traditional ideological and political education environment, which put forward higher requirements for Contemporary Ideological and political education. With the change of information form of new media platform, the way of seeking friends in traditional society is gradually replaced by the way of recommending friends.

Ideological and political education in Colleges and universities should pay more attention to the influence of network community on College Students' ideology and ideas, and innovate ideological and political education in Colleges and universities by rational use of university network community. A simple and effective way to analyze the difference between Ideological and political education and vocational skill training is to test the hypothesis of two independent sample methods. A university career instructor teaches the same course in three classes at the same time. In student

assessment, the teacher's assessment data are shown in Table 1.

Table 1 Student evaluation data of two independent sample means

Sample size	The average score	Sample standard deviation
59	81	4.4
55	75	3.8
61	84	4.1

3.2. Further Stabilize the Right of Speech of Network Community

In the process of growing up, college students will encounter many difficulties and contradictions, resulting in troubles and conflicts, which will lead to such and such ideological and psychological problems. Managers and workers of ideological and political education should attach importance to the popularization of relevant knowledge of online communities, improve the media literacy of ideological and political workers, and ensure their dominant position. Through the big data analysis of the network community, the needs and behavioral tendencies of college students in the network platform are more intuitively expressed through the data, and then selective construction is carried out on the content of the network community [10]. Compared with traditional ideological and political education, network education presents a dynamic and three-dimensional model, and the traditional ideological and political education reform is imperative. The organizational form of the network community is very similar to that of the bee colony. To operate the ideological and political community of college students with the thought of bee colony can not only establish an efficient group norm, but also regulate the language and behavior of the network community invisibly. The ideological and political educators of college students must be aware of the challenges and opportunities that the network community brings to the ideological and political education, and at the same time, they must pay full attention to the value and significance of the network community of College students.

4. Conclusions

The construction of university network community has a profound impact on the ideological and political education in Colleges and universities, but also puts forward higher requirements for the innovation of Ideological and political education. As college students in the new era, facing various new situations and various inadaptabilities, they often have different degrees of psychological problems or obstacles. Ideological and political educators should enhance their media literacy, effectively carry out ideological and political education by using the network community, so that the network community can better serve the development of College students. Combining ideological and political education with mental health education is not only the objective requirement of contemporary quality education, but also an important way to improve the scientific and effective nature of Ideological and political education. Under the background of the vigorous development of the online community of college students, ideological and political educators in colleges and universities must study the landing of ideological and political education for college students in the social media environment with the spirit of pioneering and innovation, keeping pace with the times, scientific rigour and pragmatic attitude. Based on the network community, ideological and political education is carried out, and the problem of selecting the carrier of ideological and political education from a comprehensive perspective is solved, which relieves the current dilemma that the network ideological and political education cannot give up and concentrate on different platforms.

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