

Research and Analysis on the Combination of Ideological and Political Education and Mental Health Education for College Students

Ziru Yan, Si Zhang

School of Economics and Management, Southwest Petroleum University, Chengdu 610500, China

Keywords: College students; Ideological and political education; Mental health education; combination

Abstract: The main content of this thesis is based on the ideological and political education and mental health education of college students. Firstly, it briefly expounds the main problems after the combination of ideological and political education and mental health education, and then it is based on improving the education and mental health education of college students. The effect explores the effective combination of ideological and political education and mental health education among college students.

1. Introduction

The development of the cause of colleges and universities has injected new vitality into the development of China's social market economy. Under the environment of social reform such as innovation and development. College innovation and college students' ideological political education have affected the ideological and political education level and quality of college students to a large extent. Considering the increasing demands of the society for college students, the ideological and political education of Chinese college students faces enormous challenges. At the same time, college students are faced with the impact of network thinking, the traditional teaching concept has been greatly affected, and the traditional mental health education of college students is difficult to play its role. Therefore, colleges and universities student need to attach importance to the organic combination of mental health education in the practice of college students' ideological and political education, which promote the healthy development of college students.

2. Analysis of the main problems in the combination of ideological and political education and mental health education for college students

2.1 College students' mental health education is not enough

In the practice of ideological and political education and mental health education for college students, most of the coaches focus on ideological and political education and despise mental health education. As a result, mental health education is too formalized in terms of curriculum opening, and it is difficult to play the role of mental health education. Naturally, it will affect the mental health growth of college students. Specifically speaking, the practice of college students' education mainly focuses on college students' ideological and political education, college students' scientific and cultural knowledge education, and college students' moral quality education. Mental health education has not been included in the college students' education system, resulting in the final evaluation method and evaluation results of college students. , has not yet made a reasonable evaluation of mental health education [1]. At the same time, in the current ideological and political education of college students, psychological health education has not been set up, which makes it difficult to comprehensively train students in ideological and political education. As a result, most college students are seriously lacking in environmental adaptability and adaptability, which is not conducive to the development of college students. In addition, the number of mental health education staff in colleges and universities is seriously insufficient. In order to meet the daily mental health education

needs, they are generally part-time educators, non-mental health education majors, and unable to provide professional and systematic mental health education for college students.

2.2 The lack of humanism

At this stage, the ideological and political education and mental health education of college students only focus on the requirements of the social market, unilaterally pay attention to the improvement of students' moral standards, and have not yet defined the actual needs of college students' ideological and political education and mental health education, and have not fully affirmed that students are The specific role of education, resulting in the practice of education work, cannot truly meet the growth needs of students, to a certain extent affect the individualized development of students, and thus seriously affect the cultivation of students' creative ability^[2]. In the long run, under the education mode, students' learning initiative and enthusiasm will gradually be lost, which will ultimately affect the effect of education and teaching. Under this circumstance, the quality of ideological and political education and mental health education of college students is naturally poor.

3. The organic combination of ideological and political education and mental health education for college students

Based on the above analysis, there are a series of problems in the practice of combining ideological and political education with mental health education, which directly affects the improvement of educational effects. In order to ensure the effectiveness of ideological and political education and mental health education for college students, it is necessary to closely link the actual life of college students, help college students to comprehensively improve their ability in all aspects, and promote their ability and moral level in line with social development, in order to promote the health of college students in a true sense. Become a talent.

3.1 Constantly improve the importance of college students' ideological and political education and mental health education

At this stage, most colleges and universities believe that mental health education has certain particularities, which leads to the lack of correlation between mental health education and ideological and political education. It even believes that ideological and political education is highly consistent with mental health education. The difference in educational nouns, based on the substantive point of view, the two educations can completely replace each other. At this moment, the mental health education curriculum and the ideological and political education curriculum are created, and one can be opened [3]. At the same time, from the current situation of college students' ideological status, most universities have certain psychological problems, and their ideological values are misunderstood. In summary, it is necessary for colleges and universities to pay attention to the understanding of ideological education and mental health education, unify their thinking, clarify the specific goals and requirements of ideological and political education and mental health education, and realize the organic combination of ideological and political education and mental health education. At the same time, in the evaluation system of college students, colleges and universities need to increase the proportion of mental health education and ideological and political education, and based on the actual situation, constantly improve the evaluation methods and methods of mental health education. In addition, colleges and universities need to recruit professional mental health education personnel to provide teachers with systematic and specialized mental health education [4].

3.2 Innovate the educational concept and implement the humanistic concept

Based on the current situation of college education, most ideological and political education workers and mental health educators in colleges and universities have not yet integrated ideological and political education and mental health education, and simply carry out ideological and political education or mental health education, resulting in students' problems. Effective solution directly affects the health of students. Therefore, ideological and political education workers and mental

health educators need to start from their own, actively reform the educational concept and establish a humanistic concept. At the same time, colleges and universities need to give certain inclinations in policies and other aspects, attach importance to the training of teachers, and enable ideological and political educators and mental health educators to master two aspects of education skills in systematic education and training. Complementary [5]. Specifically, ideological and political education workers need to master mental health teaching skills in psychological counseling and basic psychology; mental health educators need to master teaching skills in ethics and politics. Only in this way, ideological and political teachers and psychological teachers can dynamically grasp the problems of students' thoughts and psychology in teaching practice, and provide timely and effective guidance and help for college students. In addition, in order to help ideological and political education work and mental health education work effectively, ideological and political education workers and mental health educators need to attach great importance to the exchange of daily teaching experience, promote each other, and aim at the current psychological problems of college students. Systematic analysis of ideological problems, and jointly explore effective educational methods, and gradually improve the psychological resistance and ideological and moral standards of college students.

3.3 Emphasis on the combination of ideological and political education and mental health education platform

First of all, the network platform is an important platform for college students' ideological and political education and mental health education. University educators need to change their teaching concepts, innovate educational methods, give full play to the existing role of online education, and improve the combination of "online and offline". Ideological and political education and mental health education exercises. Secondly, colleges and universities need to pay attention to the construction of special websites, which provide guarantee for the effective combination of ideological and political education and mental health education for college students. For example, in the teaching practice of "Ideological and Political Moral Cultivation and Legal Basis" and "Mao Zedong Thought", teachers can make full use of the online platform to push relevant knowledge for students, and at the same time, to promote the improvement of students' interests, teachers can push the politics of Mao Zedong era. Hot issues, and provide systematic analysis and insights to help college students understand China objectively. At the same time, borrowing the online platform, pushing the three views of "Mao Zedong Thought" to help college students establish a correct three views, such as ideals and beliefs, etc., to enable college students to achieve healthy growth of thought and mentality. In addition, colleges and universities need to attach great importance to the role of the classroom platform, attach importance to the combination of classroom teaching platform, and lay a solid foundation for college students' ideological and political education and mental health education. First of all, ideological and political education workers and mental health educators need to give full play to the role of the main position of the classroom. In the teaching practice of "forms and policies", it is necessary to deeply interpret the current political beliefs and thoughts of college students. And combined with ideological politics and psychological education, effectively solve the problems of college students' three views, and urge college students to strengthen their political beliefs and healthy mental growth.

4. Conclusion

In summary, college students' ideological and political education and mental health education, as an important part of college students' education, play an important role in the future development of college students. Therefore, under the educational environment of the new era, college educators need to attach great importance to the effective combination of ideological and political education and mental health education among college students. In practice, based on the current situation of the ideological and political education and mental health education of college students, they should reform their own educational concepts. Give effective teaching measures, continuously improve the

effect of ideological and political education and mental health education, and lay a solid foundation for the comprehensive **development** of college students.

References

- [1] Li Qihu, Yu Yalian. Innovative Ideological and Political Education Cultivating College Students' Health Psychology. *China Adult Education*, Vol. 6 (2019) p. 51-53.
- [2] Xie Minfang. Exploration and Practice of Ideological and Political Education in the Course of College Students' Mental Health Education. *Journal of Shaoxing University of Arts and Sciences (Education Edition)*, Vol. 1 (2019) No. 39, p.11-15.
- [3] Hao Bowen, His Wen. The Integration of College Students' Ideological and Political Education and Mental Health Education in Southern Xinjiang. *Management Observation*, Vol. 4 (2019), p.113-114.
- [4] Cai Chang, Huo Huizhi. An Analysis of the Basic Role of Mental Health Education in College Students' Ideological and Political Education. *Comparative Study on Cultural Innovation*, Vol. 2 (2018) No. 32, p.27-29.
- [5] Li Yanling, Shi Wenfen. Exploration and Practice of the Course Ideological and Political Education in the Course of Psychological Health Education for College Students. *Heihe Academic Journal* Vol. 5 (2018) p.144-145.