

Applications Research of Emotion Education in the Ideological and Political Education for University Students

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Abstract: Emotion education plays an important role in college students' ideological and political work, which is the basic requirement to realize education objectives, the important method to improve moral characters and the necessary condition to guarantee the psychological health of college students. This paper gives the suggestions of strengthening emotion communication, designing practical activities and conducting psychological counseling to provide references for relevant researchers.

1. Introduction

Emotion is the attitude towards objective things produced by human's cognitive process. Emotion education refers to an educational method that stimulates people's positive emotional experience by means of emotional communication, enables people to form a psychological basis of mutual respect and trust, and transforms correct understanding into self-conscious behavior [1]. As a part of ideological and political education, emotional education pays more attention to the changes of college Students' emotions and emotions, and promotes students' ideological development and the healthy development of society through emotional education. Foreign educators usually integrate emotional education into the whole process of education and do not separate it. By means of emotional education for college students, students can consciously control their emotions, cultivate the emotions conducive to the healthy development of students, and promote students' positive emotional experience of things around them, so as to form independent, sound personality and personality characteristics. The essence of Ideological and political education is to add political thought in the teaching process, so that students can understand the meaning of political thought through the teacher's explanation, and correctly understand the connotation of Ideological and political education. Ideological and political education is an important work in Colleges and universities. Its purpose is to deal with the problems of students, improve students' interest in learning, increase learning efficiency, and enhance students' political thinking. Ideological and political educators take emotional education as an important goal in their educational activities. They form emotional effects in all aspects and resonate with students in production. And in practical work, understanding and respecting students, can stand in the position of students to consider problems, do students really bosom friends and guide. Teachers allow students to express the most real emotions in the most relaxed situation, so that emotional education can play the greatest role [2].

2. Functions of Emotion Education in the Ideological and Political Education

2.1 Emotion Education is the Basic Requirement to Realize Education Objectives.

The goal of Ideological and political education for college students is to enable them to have a sound personality and adapt to social competition. Social development is changing with each passing day. Under the impact of social environment, people's ideas and concepts are constantly changing, which leads to the change of moral category. Ideological and political education of college students is an extremely important link in the process of college students adapting to social development, and emotional education is a particularly important link in Ideological and political education with a

complete theoretical system. Emotion is also an important factor affecting people's behavior and ideas. Ideological and political education in Colleges and universities should give full play to the positive role of emotion, take respecting students as the premise, cultivate college students with good ideological and moral character and healthy personality, so that educators can have emotional resonance in education. Faced with the increasingly diversified social environment, students' thoughts are constantly changing. In order to enable students to better adapt to the social environment, educators give emotional care, through the influence of emotional education, so that students can experience more deeply, establish a positive emotional system, truly make emotional education internalized in students' hearts, externalized in actions, and Combine with practice to achieve the purpose of emotional education [3].

2.2 Emotion Education is the Important Method to Improve Moral Characters of College Students.

Teachers' implementation of emotional education is actually to build a good inner world for college students and stimulate their courage and determination to overcome difficulties. Quality education is an all-round development of moral, intellectual, physical and aesthetic education. It can meet all-round challenges, have certain ability to resist setbacks, and cultivate creativity and innovation to a certain extent. In life, it is impossible for all things to go smoothly. College students may encounter difficulties and setbacks of great or small size. Before they leave the society formally, the most important content of emotional education is how to educate them to face the difficulties and setbacks they encounter in the process of growing up correctly. Faced with the heavy study, inner anxiety and confusion about the future, students' psychology is prone to fluctuate, even pessimism and disappointment. In the face of various problems and difficulties, students can find and counseling in time, which can help students better understand themselves and improve their adaptability and control ability. This process is emotional re-education, which can deepen students' self-awareness, rebuild their self-confidence, and thus maintain a positive and optimistic attitude [4].

2.3 Emotion Education is the Necessary Condition to Guarantee the Psychological Health of College Students.

Nowadays, most of the college students are only children. They are over-protected in this family environment, lack of self-reliance, self-awareness and weak perceptual awareness. And the family protection is excessive, is the center of a family, family obedience to their children, usually manifested as wayward temper, never understanding the parents' distress; in school, because away from their parents and distress, strong personality, will be difficult to find friendship, interpersonal tension and distress. Selfish and reluctant to help others. These behaviors show that rational cognition and emotional experience cannot develop synchronously, and the psychological development of mature college students is seriously lagging behind. Because of ignoring human emotions, facing pressures, there is no place to dispense, family support is far away, interpersonal relationship is disharmonious, and it is easy to produce psychological imbalance. Although psychological courses and counseling services are offered in colleges and universities, the concept of mental health is still not well received, and most students are still unwilling to accept psychological counseling and counseling services. Therefore, we must pay special attention to the development of college emotions, rebuild their emotional world and strengthen the cultivation of students' emotional awareness.

3. Problems of Emotion Education in the Ideological and Political Education

In the current ideological and political teaching in colleges and universities, some teachers adopt the cramming teaching method, which enables students to only follow the teacher's teaching content and teaching progress, so that students can passively accept knowledge. This teaching method reduces students' desire to acquire knowledge, and reduces students' enthusiasm for learning. Under this kind of teaching mode, ideological and political education will be depressed, making students feel that ideological and political education is a dull and boring subject, which seriously affects the quality of teaching and learning efficiency. Teachers should establish good relations with students,

communicate with them more, timely understand students' psychological changes and problems encountered in the teaching process, and take effective measures and methods to make students' emotional situation effectively improved. In the ideological and political education in Colleges and universities, some teachers still use traditional teaching methods, too strict with students, unable to understand the students' psychological feelings, imposing their own emotions on students. This kind of teaching method makes students conflicting when they study, and makes the ideological and political education work unable to be carried out effectively. Some teachers just want to complete the teaching task and ensure the teaching progress, which seriously restricts the students' imagination and innovation ability. Using traditional teaching methods, we cannot timely understand the students' learning situation and psychological state, so that there is a serious gap between teachers and students, affecting the smooth progress of Ideological and political education. In the ideological and political teaching, some teachers do not extend the teaching content, but simply retell the article's point of view, without combining the actual situation, which makes students feel very difficult in the learning process, and the understanding of knowledge is very laborious. Students are bored with ideological and political education, which makes political teaching in universities empty, and leads to the lack of improvement of students' practical ability.

4. Emotion Education Strategies in Ideological and Political Education

4.1 Strengthen Emotion Communication.

Love is a process of touching the soul, and it is also the primary factor of emotional education. Educational work should always be full of love, and let students know how to love and feel loved, and care for students and teachers, which touches the soul of education and achieves the purpose of education. Therefore, ideological and political theory teachers should take the initiative to care for students, so that they can feel the warmth from the school. Encourage outstanding students to continue to make progress, help students with unsatisfactory grades to improve their learning methods, correct their learning attitudes, understand students' life, and communicate with counselors regularly to exchange student information, so as to make counselors open in the aspects of scholarship evaluation, advanced selection, Party member development and so on. Fair and just. Thus, with sincere concern and care, touching students' soul, improving students' ideological and moral quality, and enhancing the effectiveness of Ideological and political education. In the process of Ideological and political education teaching in Colleges and universities, we should attach importance to the communication between teachers and students, not only to infuse knowledge, but also to adjust the classroom atmosphere. Only by forming a good atmosphere, can students learn actively and actively. For different students, teachers should adopt different teaching methods, so that each student can make progress. Educators should give students active concern and help them deal with the problems they encounter in their study and life. Due to the impact of social culture, most college students in our country are in a hesitant stage, hoping to get the concern of family, teachers, friends, and social recognition. As the most contact with students, teachers should pay more attention to students based on emotional education. When teaching students cultural knowledge, they should also infiltrate emotional education into students' ideological education. At the same time, college counselors should pay more attention to the daily dynamics of students, timely psychological counseling to help students solve problems.

4.2 Design Practical Activities.

In the implementation of Ideological and political education, we should pay attention to the cultivation of students' ability to innovate and solve problems. In the teaching process, organize some practical activities to make the classroom atmosphere more relaxed and pleasant. Students can exercise themselves in these activities and enhance their interest in Ideological and political education. Teachers can ask students to discuss in groups according to what they want to explain, and let them express their views through debates and speeches. Teachers analyze students' ideological status through emotional education psychology, and summarize and record them. According to the students

'performance, a group of excellent students are selected and rewarded, so as to stimulate their sense of competition, activate the classroom atmosphere, enable the ideological and political work to be carried out effectively, improve students' interest in Ideological and political education, and thus improve the quality of teaching. A good educational environment on campus can exert a subtle influence on cultivating noble sentiments and forming good habits. Campus culture takes the campus as the carrier. By creating a good spiritual culture and atmosphere, the majority of students can have a sense of identity in the campus practice activities, and enhance the shaping of college students' spirit, soul and personality. The campus culture of various forms attracts countless college students' enthusiastic participation because of its unique charm. It is beneficial to form a strong campus cultural atmosphere and campus cultural emotions to carry out activities such as academic, cultural, entertainment and so on. The actual theme education activities of college students can not only enhance their cultural identity, but also realize the emotional education function of traditional holidays. College students' rich campus cultural activities play an important role in improving the quality of emotional education and cultivating all-round talents.

4.3 Conduct Psychological Counseling.

Emotional education needs to be felt with the help of inner real experience. Nowadays, college students are all post-90s. Most of them are only children. They have been over cared by their parents. The emotional education they have come into contact with is extremely weak. In general, they can self-counseling and release pressure; but when they encounter more difficult problems, they cannot be solved for a while, which will produce frustration, and will accumulate more and more, break out at a certain node, and produce irreparable consequences. At this time, the emotional education of college students will be extremely important. We should actively play the guiding role of psychological counseling and counseling in college students, help students to face themselves correctly, actively speak out their existing puzzles, and release them in a reasonable form. College students often make extreme behavior from the sources of interpersonal tension, unreasonable academic competition, too much employment pressure, psychological pressure, relegation and so on. If many problems cannot be solved in time, the above unreasonable behavior will occur. Psychological counseling has become an important way to solve students' psychological state and relieve their depressive mood. At present, there are two levels of psychological counseling rooms in colleges and universities. Many ideological educators have the national second-level psychological counseling certificate and have certain counseling ability. This enables educators to play to their strengths and help every visitor face up to problems, accept reality and enjoy life. In the process of implementing education. We should communicate with students more, understand their problems and need help, help students find their own shortcomings, improve their emotional quality and enable them to re-recognize themselves from the aspects of student's personality characteristics, emotional self-control and so on.

5. Conclusion

Only by integrating emotional education into the ideological and political education of College students, can we effectively improve their ideological awareness. We help college students to establish a correct world outlook and make them useful talents for all-round development of society. We should analyze the physical and mental development characteristics of contemporary college students, strengthen emotional education in ideological and political education for college students, make ideological and political education for college students more targeted and methodological, and enhance the effectiveness of ideological and political education.

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