

The Significance and Path of Integrating Ideological and Political Education into College Students' Mental Health Education

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Abstract: With the rapid development of economic society and the continuous progress of science and technology, there have been some new changes in the ideology, psychology and behavior of college students, and the mental health education of college students is also facing new challenges. As a critical position to train high-quality talents needed for social development, colleges and universities should play their due role in strengthening students' ideological and political education, ideological and moral education and mental health education. Integrating the ideological and political education into the mental health education of college students will help them establish a correct outlook on life, world outlook and values, and help them form a good mentality and quality. Therefore, on the basis of improving the effectiveness of ideological and political education, colleges and universities should constantly explore and innovate the methods and paths of college students' mental health education, so as to lay a solid foundation for the healthy growth and all-round development of college students.

Keywords: Ideological and political education; College students; Mental health education; Integration path

1. The Teaching Content of Ideological and Political Theory Courses Should Reflect Mental Health Education

The course of ideological and political theory is the main channel of ideological and political education for college students, and an important way to educate college students on the basic principles of Marxism and the theoretical system of socialism with Chinese characteristics. Teachers for ideological and political theory courses should infiltrate the concept of mental health education into the teaching content and teaching methods in the teaching process, so that students can clearly understand the importance of mental health, actively carry out self-adjustment, solve the difficulties and problems encountered in study and life, and enhance students' ability of self-regulation and self-management. Teachers for ideological and political theory courses can understand the psychological needs and characteristics of college students at different stages by studying the laws of psychological development of college students, and carry out targeted mental health education in combination with the current problems faced by college students in learning, life, emotion, employment and other aspects. For example, students with weak learning ability can be guided by learning methods and strategies. For college students facing family changes or other special difficulties, psychological crisis intervention can be carried out.

2. Universities Should Integrate Mental Health Education with Ideological and Political Education

An important task of ideological and political education in colleges and universities is to give full play to the role of mental health education in ideological and political education, because mental health education is not only an important content of college students' ideological and political education, but also the link between mental health education and ideological and political education. When colleges and universities carry out ideological and political education, they can integrate mental health education into it as an important content. On the one hand, colleges and universities can guide college students to form a correct outlook on life, world view and values by carrying out various forms and rich contents of mental health knowledge lectures, mental health class meetings

and other activities. On the other hand, colleges and universities can use ideological and political theory courses to educate college students about the Marxist world outlook and values, and train college students' patriotic feelings and good ideological and moral qualities by educating them about the theoretical system of socialism with Chinese characteristics and the theoretical knowledge of patriotism, collectivism and socialist core values. In addition, colleges and universities can use campus cultural activities to guide students to establish correct ideals and beliefs, and guide them to love the motherland and the people. These activities help college students form correct life ideals and attitudes, and let them understand what qualities they should have in the process of realizing the Chinese dream, so as to consciously practice socialist core values.

3. Strengthen the Construction of Mental Health Teachers to Improve the Level of Mental Health Education

Firstly, colleges and universities should constantly strengthen the construction of mental health education teams. As the dominant power of students' mental health education, mental health's teachers should integrate ideological and political education into college students' mental health education to ensure the smooth development of mental health education. Therefore, colleges and universities should start from the construction of teacher team to give full play to the leading role of teachers in mental health education by establishing and improving the selection, training and assessment mechanism of mental health's teachers. Secondly, colleges and universities should conduct mental health education training for counselors and class teachers. College counselors and class teachers are the backbone for student management, and they play an important role in carrying out ideological and political education of college students. Therefore, colleges and universities should strengthen the training of counselors and class teachers to help them constantly improve their professional quality and professional level. Thirdly, colleges and universities should regularly organize students to participate in related mental health education activities. The school can introduce some common psychological problems and countermeasures to students through some themed class meetings, lectures and other activities; Students can also be organized to participate in some social practice activities to further improve their psychological quality in practice; Students can also be encouraged to actively participate in community activities to enrich their extracurricular life while improving their interpersonal skills; Students can also be encouraged to actively participate in relevant competitions and improve their ability and level through competitions.

4. Build an Online and Offline Integrated Mental Health Education Platform

Nowadays, with the rapid development of Internet information technology, colleges and universities should build a mental health education platform integrating online and offline to promote the development of mental health education in colleges and universities. The online platform mainly refers to providing students with relevant content of mental health education through network communication channels, and propagating mental health knowledge and related policies to students through the establishment of WeChat groups and QQ groups. The offline platform mainly refers to the mental health education work carried out in the form of field visits and individual exchanges. The online and offline integrated mental health education platform can improve the effectiveness of ideological and political education and mental health education for college students to make college students better adapt to the network era and promote the healthy development of college students' physical and mental health. At the same time, colleges and universities can improve the degree of attention to the psychological problems of college students by establishing psychological files and databases. In addition, colleges and universities can also use the network platform to carry out a variety of activities and let students participate in them. These various forms and colorful activities can not only improve the enthusiasm and initiative of students to participate in the activities, but also let students experience happiness in the participation of activities. By holding various types of activities, it can not only improve students' awareness of the importance of mental health education, but also effectively promote the smooth development of mental health education for college students.

5. Combine Ideological and Political Education with Mental Health Education to Build a Benign Mechanism for College Students' Psychological Growth

In recent years, the psychological problems of college students are becoming more and more prominent, and the social attention to the mental health problems of college students is also getting higher and higher. It requires that ideological and political education in colleges and universities should play an active role in the mental health education of college students, and give full play to the role of political guidance, ideological guidance, value guidance and behavior guidance. The organic combination of ideological and political education and mental health education can establish a sound mechanism of college students' psychological growth to promote college students to form a healthy mentality, sound personality and good quality.

At present, ideological and political education plays an important role in college students' mental health education, and mental health education provides a solid foundation for ideological and political education. Therefore, colleges and universities should organically combine ideological and political education with mental health education, do ideological and political work well with a positive attitude, and do mental health work well with a sound personality, so as to build a benign mechanism for the psychological growth of college students.

6. Guide Students to Actively Participate in the Construction of Campus Culture and Promote the Development of Students' Physical and Mental Health

Good campus cultural atmosphere is conducive to the development of students' physical and mental health, and is also an important way to carry out mental health education. Colleges and universities should take the positive and healthy campus culture as the carrier, guide students to participate in the construction of campus culture, and constantly improve the psychological quality of college students. Firstly, schools can relieve the psychological pressure of college students by organizing colorful cultural and sports activities, such as campus group dance, basketball games, etc. These activities can not only enrich students' spare time life, but also allow students to relax in a pleasant atmosphere. Secondly, schools can strengthen the understanding of students' mental health by holding psychological lectures, psychological tests and other activities, so as to carry out targeted intervention. Finally, schools can organize mental health education volunteers to carry out psychological counseling activities to help students solve psychological problems.

In short, colleges and universities should give full play to the main channel role of ideological and political education when carrying out college students' mental health education, integrate ideological and political education with college students' mental health education, and constantly innovate and perfect the working mechanism of college students' ideological and political education and mental health education. At the same time, colleges and universities should continue to strengthen the construction of teachers, integrate resources, improve teaching methods, create a good campus cultural atmosphere, optimize the student management system and other measures to promote the healthy development of college students. Only in this way can we realize the effective integration of ideological and political education and college students' mental health education.

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