

Research on Integrating Mental Health into Ideological and Political Teaching-- Take “Ideological Ethics and Rule of Law” as an Example

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Abstract: This paper takes “Ideological morality and rule of law” course as an example, combined with teaching practice, discusses the feasibility of integrating mental health into ideological and political theory course teaching from three aspects: necessity, concrete application and implementation methods. By integrating the theory and method of mental health into the teaching of Ideological Morality and Rule of Law, we can promote and strengthen the ideological and political education of college students, and cultivate qualified builders and reliable successors with all-round development of morality, intelligence, physique, America and labor.

Keywords: Mental health education; Psychology; Integrate; Ideological Ethics and Rule of Law

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Ministry of Education Supply and Demand Docking Employment Education Project (20230112348) : The stage results of the construction project of the national first-class undergraduate course “Ideological Ethics and Legal System” (online and offline hybrid), and the stage results of the construction project of Shandong Province’s first-class undergraduate course “Ideological and Moral Cultivation and Legal Basis” (online and offline hybrid).

1. Introduction

The average age of first-year college students is 17-18 years old, and they are in the transition stage from teenagers to early youth, and their psychology is not mature. At the same time, they have just entered the university, and have to experience the role change from middle school students to college students and adapt to college life. Due to differences in adaptability, each person may face different problems and confusion. Ideological Morality and Rule of Law (hereafter referred to as “German Law”), as the first ideological and political theory course that college students contact after entering the university, assumes the role of the main channel of Marxist theory and ideological and moral education^[1]. Therefore, it is both possible and necessary to integrate the content of mental health into the teaching of Ideological Morality and Rule of Law to carry out mental health education for first-year students.

2. The necessity of integrating mental health into the teaching of German and French courses

2.1 The integration of mental health into the course of Ideological Ethics and Rule of Law provides guarantee for students to adapt to college life smoothly

For first-year college students, the first problem after entering the university is the adjustment problem. Empirical research finds that more than 50% of freshmen can basically adapt to college life before the end of the first semester of college, while students with poor adaptability need 1-2 years at longest^[1]. The course “Ideological Ethics and Rule of Law” is generally opened in the first semester of freshman year, which is an important node for students to start their university life and plan their future life.

2.2 Mental health and Ideological Ethics and Rule of Law are both components of moral education in colleges and universities

In August 2004, the Central Committee of the Communist Party of China and The State Council clearly pointed out in the Opinions on Further Strengthening and Improving Ideological and Political Education of College Students that efforts should be made to expand effective ways of ideological and political education of college students under the new situation and carry out mental health education [2]. As the main battlefield of moral education in colleges and universities, Ideological Morality and Rule of Law integrates mental health into course teaching, which is the reflection of the goal and approach of moral education in colleges and universities [3].

2.3 There is a homology between mental health and Ideological Ethics and Rule of Law on a theoretical basis

Mental health is defined as “a variety of educational activities carried out with the main purpose of maintaining the mental health of college students and improving their mental quality” [4]. Its teaching objective is to enable college students to master psychological knowledge, prevent mental illness, promote physical and mental health, form positive and stable emotions, establish good and harmonious interpersonal relationships, and cultivate good will quality [5]. The teaching goal of Ideological Ethics and Rule of Law course is to educate college students on Marxist world outlook, outlook on life, values and rule of law, and guide them to improve their ideological and moral quality and legal quality [6], among which “ideological and moral quality” includes the content of maintaining students’ physical and mental health and promoting students to form a correct value orientation. At the same time, it can be integrated into ideological and political theory courses such as “Foundation”, and guide students to reasonable cognition by using scientific world outlook, outlook on life and values in the way of ideological and political education.

2.4 Integrate mental health into the course of Ideological Ethics and Rule of Law to achieve the teaching effect of “entering the brain into the heart”

To let students “truly love, lifelong benefit” is the central Committee of the ideological and political theory of the teaching of the goal. In the teaching of ideological and political theory course, we should make students learn, understand, believe and use the teaching content, so that students can enter both the brain and the heart. At present, many ideological and political theory courses in colleges and universities still have bad practices such as teachers “coming to class and leaving class”, course content “learning before the exam, losing after the exam”, moral cultivation “tight in the first year, loose in the back” [1], which is far from the Party and the state’s goals and requirements for ideological and political theory courses. In order to achieve the goal of “sincere love” and “entering the mind and heart” in the course of “Ideological Ethics and Rule of Law”, we must first solve the problem of students’ learning attitude and motivation. In this way, it helps to stimulate the internal motivation of students, make students actively learn, stimulate the vitality of the whole classroom, and finally achieve the effect of “entering the brain into the heart”.

3. The concrete application of integrating mental health into the course teaching of Ideological Morality and Rule of Law

To integrate mental health into the course teaching of “Ideology, Morality and Rule of Law”, we should integrate the theory and viewpoint of mental health education into the original course content and join group psychological activities without changing the original teaching design of “Ideology, Morality and Rule of Law”, so as to achieve the teaching effect of synchronizing mental health education and ideological and political education.

3.1 Focus on the developmental problems of college students and introduce special topics through specific problems

Through years of practical teaching and psychological testing of freshmen, this paper summarizes two kinds of common developmental problems among college students, which mainly include:

3.1.1 Adapt to college life

This is a process that freshmen go through, and from a psychological point of view, it’s a matter of psychological adjustment. In order to solve this problem, the teachers of “Ideology, Morality and Rule of Law” should focus on the theme of “becoming talented” in teaching, and carry out psychological adaptation education for freshmen from two aspects of social reality and college students’ reality. Help them to complete the role transition from middle school students to college students as soon as possible and adapt to college life.

3.1.2 Improve the quality of will

The quality of will is the main factor of willpower and an important measure of the development level of individual will [8]. The

cultivation of will quality is not only an important content of moral education, but also an important guarantee for college students to successfully complete their studies and walk the road of life^[9]. In the course of “Ideology, Morality and Rule of Law”, teachers should improve students’ understanding of the quality of will through the teaching of psychological theory, and strive to improve the quality of college students’ will through colorful practical activities.

3.2 Experiential teaching improves the effectiveness of Ideological Ethics and Rule of Law

College students in the new era are mainly “post-00s”, they have a wide range of information sources, thinking leaps, independence, individuality, and seek new changes. In the course of Ideological Ethics and Rule of Law, through “experiential” teaching, students are guided to share their personal truth, express their true feelings, and grasp the truth, so that students can improve their ideological and moral cognition, understanding, criticism, selection, and construction ability.

4. The realization method of integrating mental health into the course of Ideological Morality and Rule of Law

College students have active thinking and strong curiosity and thirst for knowledge. Due to the development of the Internet and the rise of “we media”, various ideas and values emerge endlessly, which greatly impact the values of college students, and ideological and political theory courses in colleges and universities are faced with new and severe challenges. In the teaching of Ideological Ethics and Rule of Law, teachers should guide students to think independently, improve their enthusiasm, initiative and consciousness of learning, and cultivate students’ good ideological and moral qualities in the process of exploring problems.

5. Closing remarks

To sum up, integrating mental health into the course of Ideological Morality and Rule of Law is both necessary and feasible in practice. This is not only to strengthen and improve the ideological and political education of college students, but also contribute to the effective development of mental health and improve the level of mental health of college students. Maximize the education effect of “Ideology, Morality and Rule of Law” course, train high-quality college students with all-round development of morality, intelligence and physical for the country, and contribute to the construction of “harmonious society”.

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