

The Application Value of Psychological Teaching Reform to the Optimization of Normal Students' Psychological Quality

Ping Luo

Cangzhou Normal University, Cangzhou 061001, Hebei, China.

Abstract: In addition to mental health education curriculum, psychology curriculum also plays an important role in improving the psychological quality of normal students. This paper actively explores the path and method of psychological teaching reform in improving normal students' psychological quality, and applies it to teaching practice. By comparing the changes of psychological teaching methods and teaching effects before and after the reform, it analyzes the differences of students' learning methods, learning effects and psychological development, and highlights the application value of psychological teaching reform in optimizing normal students' psychological quality.

Keywords: Psychology; Reform in Education; College Student; Optimization of Psychological Quality

Psychology course has double value in normal education. On the one hand, it can help normal students understand the general law of psychological phenomenon and the application of psychology in educational practice by revealing the essence of psychology. On the other hand, by understanding the basic knowledge and theory of psychology, students can objectively analyze their own psychological phenomena and promote the development of mental health. Traditional psychology pays more attention to the teaching of basic knowledge and theory. Students' understanding of psychological knowledge remains at the level of "knowing and remembering", which fails to give full play to the real value of psychological curriculum in normal education. The goal of psychology teaching reform is to make students better understand life and self through corresponding guidance and enlightenment, and give full play to the application value of psychology education to students' quality and personality development, as so to ensure that psychological education promotes the overall harmonious development of human beings and embodies the high-level value of education.

1. The psychological quality of normal students

Professor Lin Chongde pointed out in the definition of teachers' psychological quality that teachers' psychological quality determines the effect of education and teaching, and has a direct and significant impact on students' physical and mental development. As the "reserve army" of future teachers, the development of normal students' psychological quality has important social value. Good psychological quality is related to the effect of moral education. Yang Tingting and other researchers found that students' ideological problems are often related to psychological factors. A large number of studies show that normal students have a high desire to improve their psychological quality under the promotion of growth orientation.

The good psychological quality of normal students includes: Objective self-knowledge, harmonious interpersonal relationship, extensive interest, good will quality and so on. Objective self-consciousness is the basis for the good development of college students' psychological quality. Self awareness includes self-awareness, self experience and self-control. At the

university stage, students' self-awareness is constantly improving, but there are also some problems in the development, such as more self-concern, deviation in self-awareness and insufficient self-control ability.

Previous studies have shown that college students are prone to loneliness and have higher interpersonal needs. There are differences in gender, grade and major in college students' interpersonal relationship. Academic, employment, social development, emotion and other factors will lead to interpersonal pressure of college students. The social information network has a weakening trend to the interpersonal communication of college students, and interpersonal communication is of great significance to the development of students' personality.

2. The necessity of psychological quality education for normal students

2.1 Challenges of knowledge economy

After entering the 21st century, knowledge economy began to take shape. "Knowledge economy" has brought great influence to society, accelerated the social change, which made the competition of high-tech labor market more intense, the frequency of knowledge renewal is shorter, and the complexity of people's living environment is higher. This series of changes not only brings more opportunities and space for people to develop, but also brings inevitable psychological burden and challenge to people. In the past 10 years, the behavior and psychological problems of college and middle school students have increased significantly due to the rapid development of China's social and economic, competitive pressure and other social factors, according to the China Youth Daily. Some experts predict that the 21st century will be a century of the spread of mental and mental disorders. Therefore, it is necessary to pay attention to the education of psychological quality while cultivating the talents of the cross century.

2.2 Requirements of quality education

In 2020, the guide to the evaluation of compulsory education issued by the Ministry of Education and other six departments lists students' moral development, physical and mental development and aesthetic quality as the evaluation contents, which requires the cultivation of students' correct values, necessary character and key ability to meet the needs of lifelong development and social development. As the main force of compulsory education in the future, normal students must ensure the healthy development of their physical and mental quality.

2.3 Analysis of the significance of psychological teaching reform

As a compulsory course for normal students, psychological education can make normal students better understand and master the knowledge of mental health, and apply what they have learned to practice, so as to guide their own psychological development. Therefore, as a compulsory course for university education, psychological quality education is of great significance. At present, with the continuous reform of education and teaching, psychology education and teaching are also in constant reform. In terms of content, we should increase normal students' understanding of the general law of psychological development in psychology teaching, and guide students to adjust themselves through learning psychology. In terms of goals, psychology teaching should not only include the achievement of the necessary knowledge goals for future teaching, but also include the cultivation of normal students' psychological quality. From the perspective of evaluation, we should adopt multiple evaluations to give full play to the quality of psychology teaching and benefit evaluation.

3. Psychological teaching reform promotes the optimization of psychological quality of normal students

3.1 Improving the awareness and strengthening the consciousness of psychological quality education

At present, high quality education is actively developed in primary and secondary schools in China. As the "mother machine" of future normal education talents training, normal colleges should strictly control the quality of normal students' training, not only pay attention to the development of students' knowledge and skills, but also to the cultivation of students' physical and mental quality. The fact of education still shows that students will lack strong body and good psychological quality, and they will lack strength in promoting social development and national progress in the future, which fully demonstrates the importance of psychological quality education. Therefore, psychological quality education has become an important part of school education. The relationship between the above-mentioned and ideological and political education

requires that psychological quality education should be a key content in normal colleges and universities. Normal colleges should fully understand the important role of psychological teaching in students' psychological quality education and actively explore the content and methods of psychological teaching reform.

3.2 Constructing psychological courses and improving the effectiveness of psychological quality education

Some subject knowledge is the basis of forming corresponding qualifications. In order to make the students understand the knowledge and content related to the psychological quality better, it is necessary to strengthen the construction of psychology curriculum in normal colleges. First, we should change the understanding of psychology, adjust it from the original public basic course to the professional basic course according to the requirements of the professional standards of teachers, and increase the proportion of psychology class, so as to expand the content of psychology, and ensure the integrity, appropriateness and unity of the selection and arrangement of psychology courses. Second, because the psychology course lays the foundation for students to study educational psychology and develop psychological knowledge, the connection should be made in the curriculum setting and content arrangement to ensure the systematic optimization of the psychological quality of normal students. Third, the course of mental health education should be added, and special lectures on the general psychological problems of primary and secondary students should be offered. In the aspect of teaching psychology, the psychological content of teachers is added in the psychological course, so as to ensure the continuous optimization of the psychological quality of normal students. Finally, the author explores the practical content and method in the teaching of theoretical knowledge, guides normal students to use psychological knowledge to understand themselves, and analyze their own problems and solve the puzzles in their study life, in order to achieve the goal of psychological teaching reform to optimize the psychological quality of normal students in their actions.

3.3 Establishing psychological files to ensure the follow-up investigation of mental health

For normal students to carry out high-quality psychological quality education, we need to fully understand that there are different individual differences among students. According to the feedback of different students, we need to establish a file tracking survey, and dynamically carry out auxiliary education for the problems in the process of students' physical and mental development. Psychological files can help teachers better understand the process of students' psychological changes, and carry out appropriate psychological quality education for specific problems according to students' development needs at different stages. According to the students' general psychological problems, we can also offer specific psychological counseling and counseling to ensure the good development of normal students' psychological quality.

4. Conclusion

In order to infiltrate psychological education into university education, it is necessary to clarify the key points and core tasks of students' psychological education training after the reform. The purpose of psychological education reform is to continuously optimize students' psychological quality, and cultivate students' team spirit, so as to effectively stimulate students' potential and improve students' value in the process of education. Only with the effective support of psychological education can students' psychological quality be continuously optimized and improved.

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