

Research on the Relationship between Mental Health Education and Ideological and Political Education of College Students

Shuang Ding

Hubei University of Science and Technology, Xianning 437099, Hubei, China.

Abstract : Mental health education and ideological and political education are important parts of quality education in colleges and universities. There are both connections and differences between the two. To clarify the relationship between the two can effectively combine the two and apply them to practical teaching activities. Based on this, this article analyzes the concepts of mental health education and ideological and political education for college students and the relationship between the two for reference.

Keywords : College Students; Mental Health Education; Ideological and Political Education; Relationship

The society is constantly developing and changing. The collision and fusion of various ideas and values makes college students face all kinds of troubles. At present, the problems of mental illness among college students are gradually increasing, and extreme events are not uncommon. We must pay enough attention to these issues and pay close attention to students' ideological and psychological problems. Implement mental health education, ideological and political education for students.

1. The concept of mental health education and ideological and political education for college students

It is very important to implement mental health education for students at the university stage, because college students are already adults, they are faced with pressure from various aspects such as employment and academics, and some psychological problems will inevitably occur. Having a good psychological quality is the key to success. The implementation of mental health education can provide students with correct guidance and encourage them to adjust their mentality on their own. In addition, the implementation of mental health education can improve students' mental health, allowing students to maintain a positive and optimistic attitude to face and adapt to social pressures. Therefore, colleges and universities should pay attention to the mental health education of students, adopt effective methods to guide students, and encourage students to develop good psychological quality.

Ideological and political education has always been advocated and valued by the state. It is the key to cultivating students' correct value sand good moral qualities. By implementing correct ideological and political education for students, students can correctly understand their own thoughts and behaviors and correct their own bad behaviors. Behaviour and habits, so that students' interpersonal skills and other aspects of abilities have been comprehensively improved. Either mental health education or ideological and political education is an important part of college education and teaching, and it plays a very important role in improving the quality of college education.

2. The relationship between mental health education and ideological and political education of college students

2.1 The identity of the two

First, the educational purpose of the two is the same. Both mental health education and ideological and political education serve

the purpose of cultivating high-quality talents needed by society. Mental health education starts from the psychological and physiological aspects of students, through organizing and guiding students to learn this knowledge, or psychological counseling, etc., so that students become positive and optimistic. The ideological and political education in colleges and universities mainly starts from the ideological level, allowing students to adhere to the correct ideological orientation, improve students' ideological height, and become qualified talents. Although the educational methods used by the two are different, their purpose is the same.

Second, the identity of the educational content of the two. The content of mental health education and ideological and political education are mutually perfect and mutually prerequisite. The effective implementation of ideological education requires students to have a healthy mental state, and the implementation of mental health education is also inseparable from students' good ideological and moral qualities and correct values. For college students, if they are mentally unhealthy, they will inevitably have a great impact on their thinking and behavior. Only with a healthy psychology can students be more actively involved in the learning of ideological and political knowledge, otherwise the quality of learning cannot be guaranteed. Especially in the current fierce employment environment, strengthening the mental health education for students is very helpful for students to better adapt to their jobs in the future, allowing students to correctly face various problems and stimulate their own potential. The implementation of mental health education can improve the psychological quality of students, and it can promote the smooth development of ideological and political education in colleges and universities, and achieve twice the result with half the effort.

2.2 The difference between the two

First, the difference in theoretical basis. Mental health education is mainly based on theoretical knowledge in psychology and other aspects, and ideological and political education belongs to this category, is based on Marxist philosophy, etc., and integrates the results of various disciplines.

Second, the difference in actual tasks. As the name suggests, mental health education is mainly aimed at students' psychological level, while ideological and political education is based on students' ideological level. The former is to cultivate the healthy psychological quality of students by grasping the psychological characteristics of students. The latter is to enhance students' ideological awareness and cultivate students' good moral qualities from the moral level of students.

3. The effective combination of psychological health education and ideological and political education for college students

3.1 Complementary educational functions

Although there are some differences between mental health education and ideological and political education from the perspective of educational methods and content levels, the educational functions of the two are complementary, and the combination of the two can achieve more efficient educational effects. The quality of ideological and political education is closely related to the psychological state of students. People with mental health can receive ideological and political education more actively and achieve good results. People with high ideological and political qualities will have a clearer stand when facing difficulties and can quickly adjust their mentality to overcome problems. From a practical point of view, some students have different levels of psychological problems, which are related to the effect of their ideological and political education. Combining ideological and political education with mental health education can achieve complementary educational functions.

3.2 Interoperability of educational methods

From the perspective of teaching methods, ideological and political education and mental health education are interoperable. For example, psychological measurement and interviews used in mental health education can allow teachers to enter the hearts of students, shorten the distance between teachers and students, and enable students to consciously explain the ideas and concepts taught by teachers. In addition, ideological and political education can educate students through ideological and political theory lectures, organizing various practical activities, etc., which can broaden the horizons of mental health education and make mental health education no longer limited to specific situations. Simply put, mental health education and ideological education should learn to complement each other's advantages, learn from the teaching methods that are beneficial to learning, and innovate the education model that integrates the two.

3.3 Educational content supports and complements each other

The content of mental health education and ideological and political education includes pedagogy and other disciplines knowledge. On the one hand, mental health education is closely related to the ideological and political literacy and moral character of college students. People with lofty ambitions and noble qualities have a higher level of cognition, stronger willpower, and can

actively adapt to various change the environment or improve the bad environment to maintain a good mental state. On the other hand, the quality of ideological and political education will also affect the psychological state of college students. For students who are physically and mentally healthy, the effect of implementing ideological and political education on them is better. The implementation of mental health education in colleges and universities can alleviate the unhealthy psychological emotions of students and solve psychological contradictions, which has laid a good psychological foundation for ideological and political education.

3.4 Interaction in educational practice activities

For college students, the psychological state will have a certain impact on the effect of ideological and political education. To this end, ideological and political teachers must accurately grasp the psychological characteristics of students, and effectively apply psychological knowledge to interact with students one-to-one, or through teaching methods such as role exchanges. Teachers must walk into students and pay attention to students in order to effectively carry out thinking. Political education. As for mental health education, it is not a narration or counseling education without pure theoretical knowledge of political positions. It can guide students, urge them to adapt to various environments, and solve the pressure of students from various aspects of life and work. When implementing mental health education, colleges and universities must closely follow social trends, adhere to the correct political orientation, and improve students' mental health. In practical education activities, mental health education and ideological and political education should be effectively combined. On the one hand, colleges and universities should strengthen students' ideological cognition level through the implementation of ideological and political education, and establish the correct life direction and value orientation. On the other hand, colleges and universities should implement mental health education to encourage students to develop an aggressive mentality to promote the realization of the goal of ideological and political education.

4. Conclusion

All in all, the mental health education and ideological and political education of college students are an inseparable whole. Although there are differences between the two, they also have the sameness. To this end, college educators must conduct a comprehensive analysis of the relationship between the two, and complement each other in educational functions, educational methods, educational content, and educational practice activities, so as to cultivate more high-quality college students.

References

1. Yang L. Research on the relationship between mental health education and ideological and political education of college students. *Forum on Industry and Technology* 2021; 20(7): 126-127.
2. Wang J. Analysis of the role of mental health education in ideological and political education in colleges and universities——Comment on “Ideological and Political Education and Mental Health of College Students”. *Chinese Edible Fungus* 2020; 39 (12): 268.
3. Huang Z. Analysis of the relationship between mental health education and ideological and political education of college students. *Knowledge Library* 2019; (24): 203+205.
4. Zhang Y. Research and analysis of the relationship between mental health education and ideological and political education of college students. *Science and Education Wenhui* (first issue) 2016; (1): 149-150.
5. Hao L. Research on the relationship between mental health education and ideological and political education of college students. *Asia-Pacific Education* 2015; (36): 254.
6. Yin C. On the relationship between mental health education and ideological and political education of college students. *Journal of Changchun University of Science and Technology* 2013; 8(4): 80-81.