

# Research on Psychological Health Education for College Students from the Perspective of Ideological Education

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**Abstract:** With the continuous deepening of education and teaching reform in China, the attention of various sectors of society to the mental health education curriculum for college students is becoming increasingly high. Focusing on the perspective of ideological education and exploring the reform of mental health education for college students is of profound significance in establishing students' correct ideological, moral, and values. This article deeply analyzes the relationship between mental health education and ideological education for college students, explores the current situation of mental health education for college students, and proposes the practical path of integrating ideological education into mental health education for college students, aiming to provide theoretical reference for improving the quality and effectiveness of mental health education teaching.

**Keywords:** Ideological education; Psychological health education; Teaching mode; Colleges and universities

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Facing the new era of comprehensive development, higher education institutions need to take mental health and values as key elements of education, construct a framework for students' cognition, thinking, and concepts, integrate ideological education into college students' mental health education, and cultivate modern and high-quality talents<sup>[1]</sup>. Integrating ideological education with mental health education is beneficial for universities to improve the effectiveness of mental health education, promote students' physical and mental development and health, and lay a good foundation for subsequent learning and life. Therefore, based on the perspective of ideological education, how to carry out mental health education reform and update the mental health education model has become a key content that mental health educators need to pay attention to at present.

## 1. The Relationship between Psychological Health Education and Ideological Education for College Students

### 1.1 Psychological health education and ideological education for college students have the same theoretical foundation

After entering the campus, college students will experience a certain degree of psychological change, leading to the emergence of various psychological problems. Failure to effectively solve psychological problems will not be conducive to cultivating students' correct three perspectives<sup>[2]</sup>. Modern college students have grown up in the information age, with unique personalities and a pursuit of fashion. Incorporating mental health education into ideological education can improve the freshness and effectiveness of ideological education, and promote students to better understand relevant knowledge. Based on the current situation of college students' learning and daily life, targeted psychological health education and guidance are provided to college students, while ideological education is provided throughout the entire teaching process, which can enable them to recognize and fulfill their responsibilities and missions. Ideological education and mental health education share the same theoretical foundation, both of which aim to implement the education line of the Party and the country, build a harmonious society, enhance ideals and beliefs, and cultivate college students to become comprehensive talents required by the country. Therefore, we need to innovate and develop students' ideological education, and introduce mental health education methods into the process of ideological education, To ensure that ideological education is actively carried out while integrating mental health education into it.

## **1.2 The consistency between the teaching objectives of mental health education and ideological education for college students**

Ideological education and mental health education for college students are interdependent and inseparable. Both have the same educational goals, promoting the comprehensive development of students and making them high-quality and comprehensive talents. Without mental health education, it is difficult to achieve ideological education, and without ideological education, it cannot fully develop mental health education. By utilizing interdisciplinary theories and technologies based on psychology and education, students can systematically and systematically learn about mental health education, enabling them to engage in healthy and positive ideological education, promoting, guiding, inspiring, and influencing students, ultimately improving their own cultural literacy, and cultivating new socialist youth with ideals, beliefs, patriotism, and profound knowledge.

## **1.3 Psychological health education provides a good psychological foundation for strengthening and improving ideological education**

Psychological health is a prerequisite for college students to achieve healthy development in ideology, politics, and morality. Psychological health education in universities can promote the formation of good ideological and moral character among college students. Therefore, on the basis of improving students' good psychological quality through the teaching of mental health education courses, ideological education will achieve twice the result with half the effort.

## **1.4 Psychological health education and ideological education can learn from each other in terms of methods**

Thanks to the development of psychological science, mental health education has developed many methods, providing reference for ideological education. For example, psychological counseling methods provide new methods for ideological education. Adhering to socialist core values in psychological counseling can help college students form the correct "three perspectives". The psychological measurement method provides an effective approach for measuring and evaluating the effectiveness of ideological education. At the same time, the role model, criticism, and self-criticism methods of ideological education can also provide reference for mental health education.

## **2. The Current Situation of Psychological Health Education for College Students**

In the process of mental health education in universities, there are certain problems in education and teaching due to the influence of traditional teaching models, cognitive concepts, and other factors.

(1) The education system and the lack of professional teachers have basically established mental health education courses on university campuses, but the specific role played by the courses is not good<sup>[3]</sup>. In the survey, it was found that the teaching measures and methods related to mental health education courses in most universities have not yet been fully established, or although there are methods, they are not implemented, which to some extent hinders the development of mental health education in universities. In addition, most of the mental health problems of college students come from aspects such as family and learning, and psychological teachers should have sufficient professional literacy and abilities. However, in practice, the teacher did not achieve the expected results. A survey conducted on the mental health education team of college students found that the problem of a shortage of specialized talents still exists. Most mental health educators are part-time workers, and their professional knowledge and skills are not proficient. As a result, they are unable to take effective measures to address the problems arising from mental health education for college students.

(2) The one-sided cognition of mental health education was investigated in response to the understanding of mental health education among university teachers and students. It was found that although universities offer more courses on mental health education, the emphasis on this course at the student level is not high, and there is a one-sided understanding of mental health education. Teachers also fail to pay sufficient attention to the introduction of ideological education in the teaching process, resulting in a lack of prominence in the content of mental health education courses in universities and the problem of marginalization. In this situation, if university teachers and students' understanding of mental health education courses cannot be improved, then the ultimate effect of education cannot be improved.

## **3. Exploration of Strategies for Integrating Ideological Education into Psychological Health Education for College Students**

### **3.1 Expand teaching content**

Conditional universities should conduct in-depth research on teaching content based on the four major goals mentioned above,

incorporate ideological education content into textbooks, and organize demonstration textbooks. Schools without conditions can add ideological education content according to the actual situation. For example, the chapters on learning to adapt and career development should include content on ideal and belief education, guiding college students to establish lofty ideals and beliefs, and achieve brilliant lives. The chapter on self and personality development should incorporate socialist moral content, guide college students to enhance their self-esteem and confidence, consciously enhance their moral cultivation, and hone their moral character. The chapter on interpersonal communication should incorporate traditional Chinese virtues, so that college students can form the core socialist values of harmony, equality, integrity, and friendliness. The chapter on learning psychology should include the content of national spirit, so that college students can inherit the hardworking, brave, and self-improvement national spirit of the Chinese nation centered on patriotism, work hard to learn, and serve the motherland. The chapter on love and emotion should include content on the concept of marriage and love, so that college students can form a correct concept of marriage and love. The two chapters of emotional management and stress management should incorporate a dialectical view of life's contradictions. The two chapters of life education and crisis intervention should include content on a philosophy of life.

### **3.2 Continuously optimize the allocation of educational resources through the integration of teaching staff**

At present, there is a serious shortage of teaching staff for mental health education in Chinese universities. Based on this, it is necessary to integrate the teaching staff for ideological education and mental health education, and achieve continuous optimization of educational resource allocation. Ideological education, as an important compulsory course in compulsory education and even higher education, endows teachers with higher missions and responsibilities. Ideological educators should not only be responsible for students' mental health education, but also continuously integrate mental health education and related knowledge into daily ideological and political course teaching. At the same time, professional teachers of mental health education should also reserve relevant political theoretical knowledge and participate in activities such as teacher-student exchanges and subject discussions with ideological educators. Through continuous communication and exchange, the teachers of the two courses have enriched their work experience and developed into comprehensive teachers with both mental health and ideological literacy, truly achieving mutual assistance and win-win in the education process.

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