

“Ideological and political elements” into the teaching practice of psychology courses in public security colleges and universities

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Abstract: With the rapid development of society in the new era, people’s ideology has undergone profound changes, which also puts forward higher requirements for the course teaching of psychology major in colleges and universities. As the main position of police personnel training, how to optimize and perfect the personnel training work is an important issue that ideological and political educators should think about. In the current era, students are susceptible to the dual impact of employment pressure and social environment, resulting in psychological problems. How to effectively integrate ideological and political elements with mental health education can train public security professionals in the new era.

Key words: ideological and political elements; Integration; Public security college; Psychology

Foreword

Public security higher education is an important part of China’s higher education, is a special field of education, undertakes the special task of training public security professionals. Public security colleges and universities have both the same and significant differences with ordinary colleges, that is, they have distinct characteristics of public security education, and must adhere to the development road of “highlighting characteristics and winning with special characteristics”, which is the basis for the survival and development of public security colleges and universities. Mental health education, as a compulsory course in public security colleges and universities, is closely related to students’ physical and mental development. Therefore, to promote the ideological and political education of psychology course is the key to fully implement morality and cultivate people, and it is also the inevitable way to train public security professionals with strong comprehensive quality to adapt to the new era. In the teaching of general psychology courses, how to infiltrate ideological and political elements into the curriculum practice activities is helpful to achieve good results, promote the healthy growth and development of students’ physical and mental health, and help students enhance their personal ideological and political consciousness, and establish a correct view of problems.

I. The important value of integrating “ideological and political elements” into general psychology courses in public security colleges and universities

In the course of running a school for a long time, public security colleges and universities have formed special educational concepts. For example, the guiding ideology of “political police building, political school building” and “strict police management, strict school management”, the talent training standard of “firm politics, excellent business, fine style and fair law enforcement” and so on. These ideas concentrate on a core issue, that is, in the direction of education, more emphasis on political and ideological education, more emphasis on the cultivation of students’ loyalty quality, which is obviously different from the education concept of ordinary colleges and universities, and is the soul of public security education. Therefore, it is necessary to attach importance to ideological and political education, strengthen the study and thinking of ideological and political education, so that students can deeply understand and know the political ideas of the country, and effectively absorb the content of it. At present, the overall effect of ideological and political education in Chinese colleges and universities is not good, and the teaching mode is relatively fixed. Therefore, the effective combination of ideological and political elements with the content of mental health education is helpful to make the boring content more vivid, so as to improve the learning effect of students. In the past education work of public security colleges and universities, we should pay attention to educating students to form a correct stance and a good legal concept, so that students can realize growth and development. However, the development of psychological education is helpful to play a good complementary role, to help students do a good job of positive publicity and guidance, to solve the practical problems of students, and to promote the healthy growth and development of students.

2. The feasibility analysis of integrating ideological and political elements into mental health education

The main purpose of ideological and political education work is to do a good job in the field of ideological and moral guidance, so that students stand in the right position. The development of mental health education course is helpful to solve students’ psychological problems, so that students can strengthen their ability of psychological adjustment and form a better personality. There are some differences between mental health education and ideological and political education, but they have strong integration in educational goals, educational ideas and educational results.

(1) The goal is consistent

Before ideological education and mental health education work, teachers need to do a good job in the guidance of value orientation, so as to mobilize students’ enthusiasm for learning, so that students can enhance their own quality and ability level, and promote the growth and development of students. The consistency of teaching objectives helps to effectively combine mental health education with ideological

and political education, help students to find practical problems and correctly understand problems, so as to form good moral character and establish correct values.

(2) The content has commonality

Positive psychology also belongs to the category of mental health education. In mental health education, teachers pay more attention to infiltrating the elements of positive psychology, paying attention to finding the positive energy in the heart, and fully motivating people. Positive psychology comes from the humanistic thought, which helps to better develop the potential of students and pay attention to the healthy growth and development of students. Socialist core values is a crucial content, which reflects the main points of socialist core values and is consistent with the goals of positive psychology.

(3) The effect of education promotes each other

The important purpose of mental health education is to enable students to enhance their mental adjustment ability and form firm ideals and beliefs. Strengthening the ideological and political education for students is helpful to make students firm their position, and form a more tenacious willpower, so that students can learn more knowledge in the field of mental health, and effectively use these knowledge points in life. The teenagers who are not firm in their ideals and beliefs often have a misunderstanding of value tendency. Therefore, teachers should fully understand the characteristics of students' cognitive development, give play to the guiding role of values, so as to effectively penetrate the connotation of ideological and political education, really make the effective combination of mental health education and ideological and political education, so that students can correctly view the problem, so that students can correctly understand themselves, and form more firm ideals and beliefs.

3. “ideological and political elements” into the principle of college psychology general courses

(1) Student-oriented principle

The key for students to achieve sustainable development and growth lies in the formation of good mental health quality and the formation of their own personality characteristics. The infiltration of ideological and political elements into the mental health education requires teachers to follow the student-oriented concept, and at the same time infiltrate more ideological and political education elements in theoretical teaching, and combine the content of mental health education to carry out systematic teaching guidance, promote the growth and development of students, and cultivate students' ability and quality together with the requirements of social development.

(2) The principle of unity of commonness and individuality

Mental health education teachers should combine the contents of the concentrated and universal ideological values and value judgment in the student group, so as to carry out targeted education work. Teachers should combine the actual situation of individual students, standardize the non-standard and unreasonable problems, and do a good job of personalized mental health work, which is conducive to better training students' healthy behavior norms.

(3) The principle of organic integration

As an important course to promote the growth and development of students, psychology curriculum contains rich teaching principles. As a psychology teacher, we should fully tap into these educational concepts, and imperceptibly penetrate them into teaching practice, infiltrate diversified ideological education elements, so that students can realize high-quality learning, be influenced by the heart, and play the important value of psychological courses.

4. The specific measures of integrating “ideological and political elements” into psychology general courses in colleges and universities

(1) Enhance teachers' ideological consciousness and professional quality

In the education work of public security colleges and universities, mental health education and ideological and political education are generally taught by different teachers, which makes it difficult to achieve effective connection of teaching content. The mental health education is still relatively shallow, the teachers' work experience and education experience are insufficient, and the school's own conditions are limited, the lack of corresponding mental health educators, and the utilization rate of school psychological counselors is low, students can not receive mental health counseling, the vast majority of cases are counselors to carry out the education counseling work. Therefore, teachers in public security colleges and universities should improve their ideological consciousness, integrate all kinds of education and teaching resources, and constantly optimize and improve the education work, regularly organize and carry out training practice activities, so as to achieve the depth of communication between teachers. At the same time, public security colleges and universities should encourage teachers to pursue further studies and improve their professional quality through continuous learning. In addition, public security colleges and universities should continue to deepen the construction of teachers, strengthen the standardization of work from the aspects of teacher selection and entry standards, train more educational talents who love education work, and build a more perfect teacher team.

(2) Optimize the curriculum design and improve the effectiveness of education

To combine ideological and political elements with the content of mental health education, it is necessary to continuously improve and perfect the content of the curriculum, and set up corresponding educational activities in combination with the goal of educating people. First, curriculum development should be student-centered, according to students' learning characteristics and growth needs, based on the advantages of the discipline to strengthen personnel training, so as to design the curriculum content scientifically and systematically. In curriculum teaching, teachers should pay attention to the effective penetration of curriculum ideology and politics. Second, in the teaching

work, teachers should pay attention to the combination of theory and practice, establish the connection between theory and reality, so as to extend the whole aspect. Moreover, teachers should improve their teaching methods, dig deeply into the content related to ideology and politics in the curriculum, so as to effectively combine the two together and design corresponding teaching practice activities. Only through the effective penetration of ideological and political elements in the course teaching, grasp the convergence point of education, can we reflect the important value of curriculum education.

(3) Change the course teaching mode and pay attention to experiential teaching

Experiential teaching means that teachers combine teaching content to create a warm and beautiful teaching scene, so as to build a more lively classroom teaching environment and mobilize students' enthusiasm for learning. As an innovative teaching mode, experiential teaching helps students immerse themselves in the environment and quickly integrate them into the classroom learning activities. As an innovative teaching mode, experiential teaching helps to build a good learning environment, so that students can quickly integrate into the learning activities and put into a good learning state. Taking "the cultivation and stimulation of learning motivation" as an example, teachers should combine modern educational technology to project movies related to patriotic education for students, so that students can watch movies, be inspired and influenced in a strong patriotic education atmosphere, form a good patriotic feelings, and establish a learning motivation for the prosperity of the country.

Positive emotions can enable students to form an open mind, enable students to form innovative ability, increase psychological resilience, and bring long-term benefits to individuals. Therefore, teachers should pay attention to arranging interesting class practice activities in classroom teaching, so as to enhance students' innovative quality, improve teaching effectiveness, achieve expected educational goals, do a good job in education guidance, and enable students to have a good emotional experience by rewarding them. During this period, teachers should infiltrate the key points of ideological and political education, really inject "emotional" into it, strengthen students' ideals and beliefs, and form a high sense of identification with socialist core values.

(4) Use positive political news to lead students to grow up

The content related to positive psychology in "mental health education" pays more attention to developing students' advantages and potential, and helps students establish a more positive attitude. In each topic teaching, teachers can add current political content with educational significance. For example, in the special teaching of "Mental health education", teachers integrate the expectations of the Party and state leaders for young students, and are in charge of the growth and development of young people, so as to better implement the task of cultivating morality and cultivating people, guide students to integrate their own growth goals into the future of the country and the nation, and enable students to form a good sense of responsibility.

For example, in the thematic teaching of "Setting ideal goals", teachers should adopt case teaching method and introduce example cases in the new era, so that students can form a sense of responsibility. Teachers can introduce example cases in the new era into the teaching, so that students can learn by watching videos, so that students can intuitively understand and learn. For another example, in the topic teaching of "emotion management", teachers can integrate the content of "strengthening social psychological services" to guide students to correctly understand the Party and the state's attention to national mental health education, so that students can form the correct self-adjustment ability and build a more sound personality.

Epilogue

To sum up, the effective combination of mental health education and ideological and political elements helps to have a positive impact on students' ideology and behavior, thus forming a good teaching effect. However, in the current background of The Times, how to break through the limitations of educational work, and constantly expand the scope and field of education, in order to better integrate the content of ideological and political education and mental health education into campus life, and improve the overall effect of education, educators in public security colleges and universities need to think.

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