

Research on the combination of ideological and political education and psychological education in colleges and universities

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Abstract: The implementation and development of ideological and political education in colleges and universities plays an important role in the growth of college students. Under the conditions of market economy, the impact and influence of various bad values have brought great challenges to the ideological and political education in colleges and universities. The development of traditional ideological and political education is difficult to meet the needs of young people in the new era. This paper takes ideological and political education as a foothold, puts forward the necessity of combining ideological and political education with psychological education, and puts forward specific suggestions for the way of combining ideological and political education in colleges and universities. Through exploring the reform of ideological and political education in colleges and universities, broaden the working ideas of ideological and political education in colleges and universities.

Key words: ideological and political education; Psychological education; Mental health

Introduction

At present, with the continuous development of China's social economy, the values and living habits of college students are undergoing great changes. Various undesirable values, such as money worship, materialism and individualism, have an impact on the thoughts and psychology of college students, and bring great challenges to the ideological and political education in colleges and universities. Traditional ideological and political education can not meet the needs of college students. Therefore, it is an important topic in the current quality education to explore the educational mode that combines ideological and political education with psychological education, and to carry out deeper education work.

1. The necessity of combining ideological and political education with psychological education

The goal of ideological and political education is to train students to form a good ideological and moral quality, while the goal of psychological education is to train students to establish a perfect psychological quality and personality quality, the formation and development of people's ideological and moral quality is inevitably related to their psychological quality and personality quality. Under the condition of market economy, China's ideological and political work has a relatively weak situation. It does not meet the requirements of modern social development. There are many reasons for the poor ideological and political work, but one of the most important reasons is that we have neglected personality and cultivation for a long time.

Ideological and political education focuses on the outlook on life, values and world outlook established by students on the superstructure of moral cognition, etc. It focuses on macro topics under the social background, such as patriotic education, moral education, social morality education, etc. It pays attention to the overall concern of students but ignores the education of students individually, while psychological education pays more attention to individuals. Such as personality psychology, emotional regulation, interpersonal communication and so on more emphasis on the individual's internal cognitive level of education. Only the effective combination of macro and meticulous can deal with and cultivate students' psychological problems and ideological and moral concepts more effectively, and promote the effectiveness of ideological and political education and mental health education to be implemented. Therefore, by incorporating psychological education into ideological and political education, it can broaden the working ideas of ideological and political education, make the vision of ideological and political educators more comprehensive and more three-dimensional, so as to solve the above limitations in ideological and political education, and further improve the effectiveness of ideological and political education. Ideological and political workers carry out ideological and political education from a single idea to a multi-dimensional idea, view students' ideological problems from multiple perspectives, respect the law of psychological development of college students, and more profoundly understand the causes behind the surface problems. The improvement of the implementation strategy of ideological and political education will promote the scientific, profound and effective development of ideological and political education, and further improve the comprehensive quality of college students.

Psychological education pays attention to following the law of people's internal psychological activities, emphasizing that the individual's external behavior is determined and promoted by the internal cognition and psychological activities. Psychological education makes up for the deficiency of ideological and political education, and makes the ideological and political education workers in colleges and universities shift their attention from the attitude and behavior level to the emotion and psychological motivation level behind it. Thus, it provides a psychological basis for improving the ideological quality of college students. Ideological and political education in colleges and universities pays attention to guiding college students' outlook on life, world outlook and values, aiming to help students establish the correct direction of life and shape their behavior to meet the requirements of The Times and society. Mental health education itself is an important means to improve personality and develop personality, and its content is the supplement and perfection of ideological and

political education, making up for the deficiency of ideological and political education. The ideological and political education extends to the psychological field, and enhances the attention and guidance of the internal psychological world such as students' emotions, psychological needs, psychological motivations, so as to help cultivate students' good psychological quality and lay a good foundation for the formation of college students' good moral quality.

The psychological quality of college students can be improved in order to have better cognitive ability and emotional regulation ability, and on the basis of good psychological conditions and conditions, ideological and political education can be further effectively carried out. Therefore, psychological education should be integrated into the ideological and political education of college students, the method of psychological education and ideological and political education should penetrate and combine each other, and strengthen the functional complementarity of the two. Thus can improve the ideological and political education scientific and effective.

2. Reform and exploration in ideological and political education

2.1 Change the traditional ideological and political education model

The traditional mode of ideological and political education is mainly carried out through theoretical indoctrination, persuasion education and other methods. Teachers occupy the dominant position, and students are in the secondary position of being educated. In the process of teaching, teachers tend to impose ideas on students, thus ignoring students' subjective initiative, and it is difficult for teachers to stand in the psychological world of students to understand students' psychological changes. The educator and the educated are in an unequal position. In the new ideological and political education mode, it is necessary to improve students' personality status. Educators should respect students' personality and regard students as a complete, rich and unique person. Educators should not only pay attention to students' ideological politics, ideological concepts and other issues, but also pay attention to students' psychological dynamics, psychological motivation and other deep-rooted problems, not only pay attention to students' knowledge, skills guidance, but also pay attention to students' emotions, needs, interests and other internal aspects of guidance, not only to pay attention to the general needs of the whole student, but also to help pay attention to students' individual needs. Not only pay attention to the cultivation of students' moral quality, but also pay attention to the development of students' mental health, so that the comprehensive quality of students can be fully and comprehensively developed.

2.2 Pay attention to students' recessive education

Traditional ideological and political education puts a lot of energy on the education of how to establish correct values. Although this kind of education leads the value direction of students, this kind of education belongs to the explicit, external and indoctrination-oriented education, lacks the inside-out and recessive education, and rarely deepens the education of a person from the level of personality and individual psychology. Thus, the ideological and political work lacks the effect of imperceptibly and silently educating people.

The establishment of a person's behavior is a process from internalization to externality. Educators should not only pay attention to the explicit education of students, but also pay attention to the implicit education of students. Ideological and political education involves the various methods of students' life, the thoughts and cognition contained behind the external behavior patterns of students' mannerisms and behavior habits. If educators only judge and define a person by his or her explicit behavior, they will inevitably ignore the intrinsic motivation behind the actor. This judgment is one-sided and unfair. In the process of education, each individual has its unique differences, to treat the same issue, different personalities of people, have their own different views, values and judgments, so educators can not use a standard rigid consideration.

2.3 Improvement of teaching methods

The ideological and political theory course is the main channel and front of ideological and political education for college students, and it plays a very important role in the establishment and formation of good values for college students. However, many college students think that ideological and political courses are too boring and have little interest in them. Some students just take classes to get credits and think that ideological and political courses are not very helpful to them.

In the course of teaching, many teachers adopt the rigid teaching method of filling the classroom. When students are confronted with the purely theoretical teaching content, they have no interest in class, and the teaching of psychological courses adopts more diversified teaching methods such as interactive teaching, scenario simulation, heuristic, discussion style and case style. Therefore, the teaching of ideological and political courses can learn from the teaching of psychological courses. Give students the teaching subject status and respect, win the trust of college students, reduce the psychological exclusion of college students, achieve the "smooth and silent" education realm, and realize the people-oriented teaching concept. In addition, the psychological test and evaluation of college students can find the psychological confusion of college students, so that the ideological and political course teaching in colleges and universities is targeted, and the effectiveness of teaching is better improved. This will open up a broader field for the teaching of ideological and political courses.

3. The way to combine ideological and political education with psychological education

3.1 Change the traditional ideological and political education model

The traditional mode of ideological and political education is mainly carried out through theoretical indoctrination, persuasion education and other methods. Teachers occupy the dominant position, and students are in the secondary position of being educated. In the process of teaching, teachers are easy to impose ideas on students, thus ignoring students' subjective initiative. The educator and the educated are in an unequal position. In the new ideological and political education mode, it is necessary to improve students' personality status. Educators should respect students' personality and regard students as a complete, rich and unique person. Educators should not

only pay attention to students' ideological politics, ideological concepts and other issues, but also pay attention to students' psychological dynamics, psychological motivation and other deep-rooted issues, so that students' comprehensive quality can be fully and comprehensively developed.

3.2 Adopt heuristic education

In ideological and political education, compulsory education should be avoided. The establishment of personality is an imperceptible internal process, and the formation of morality is also a gradual process. Educationist Vygotsky mentioned that school education should follow the law of students' psychological development. In teaching, teachers should be avoided as the center and students should be forced to "indoctrination" knowledge. "Indoctrination education" is built on the basis of teachers' authority and ignores the main role of students in teaching, which leads to the lack of vitality and vitality in classroom teaching. The traditional ideological and political courses mainly use the single teaching method of teaching, the lack of interaction and connection between teachers and students, there is a bad phenomenon of teachers "one word", and students are prone to dislike and reverse psychology. In teaching, we will use heuristic teaching methods to fully respect the equality of students' personality and avoid the rebellious psychology generated by compulsory education. When students are in a critical state of "anger" and "anger" for thinking about life and social problems, the "revelation" and "revelation" teachers will give to students in the process of education can be "enlightened" and enlightening to them until they realize a profound understanding of knowledge.

3.3 Build up students' ability of active thinking

As the ancients say: "Teaching people and fish is better than teaching people to fish", teachers carry out ideological and political education teaching process, mostly teaching method, to impart knowledge as the guidance goal, focusing on ideological guidance, this "teaching people to fish" education and teaching mode is not conducive to cultivating students' subjective initiative, in ideological and political education, should focus on students' thinking mode of guidance, so that students take the initiative to construct knowledge, Cultivate students' ability to find problems and solve problems. Actively promote interactive teaching, expand students' thinking horizons, and stimulate students' initiative to learn. Teachers should keep close contact with real life in teaching, and find the best meeting point of ideological and political knowledge on the basis of practical cases for specific theoretical analysis, so as to enhance students' practical perception and sense of identity.

3.4 Improve teachers' personality cultivation

"Teaching by example is greater than words", the power of example is huge, in the school, the teacher's personality accomplishment, the teacher's person and behavior are also always infected with students, it can be said that the educator's personality cultivation and ideological realm determines what kind of realm the students can lead to. Invisible education is greater than tangible education, students often take teachers as their own life model, teachers every word and deed affect the students. Ideological and political course in colleges and universities is a compulsory course for college students and the main position and channel to implement ideological and political education in colleges and universities. Ideological and political teachers should not only pay attention to improving their professional teaching level, but also pay attention to improving their personality cultivation. Ideological and political teachers are the leaders of ideological and political course teaching, and their quality directly determines whether ideological and political course teaching can effectively cope with new problems under the new situation. Outstanding talents in the new era should not only store a lot of knowledge, but also strengthen their own moral cultivation and improve their own personality accomplishment.

Epilogue

Ideological and political education and mental health education is an important part of quality education in colleges and universities. Under the current situation of comprehensive and rapid social and economic development, students' mental health problems have attracted more and more attention from the society. The development of social modernization has also brought huge impact on students' thoughts. It is also helpful to improve the effectiveness of ideological and political education, so as to promote the comprehensive and healthy development of college students and cultivate high-quality talents who are more in line with the needs of social development.

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