

Research on the Strategy of Integrating Psychological Health Education into Ideological and Political Education in Universities

Jinxiu Zhai

School of Marxism, Shandong University, Jinan 250100, China

Abstract: Currently, with the rapid development of the social economy, the competition for employment is becoming increasingly severe. College students are facing heavy employment pressure, and their mental health problems are also increasing. The ideological and political education in universities is an important way to impart ideological and political knowledge to students and guide them to form correct values. Integrating mental health education into it has a positive effect on promoting the physical and mental health of students. This article will analyze the necessity of integrating mental health education into ideological and political education in universities, and propose strategies for integrating mental health education into ideological and political education in universities, in order to further improve the quality of ideological and political education in universities.

Keywords: Psychological health education; Ideological and political education; Integration strategy

In the new era, as the main battlefield for cultivating socialist builders and successors, universities should keep pace with the times and carry out educational reform and innovation. With the wide application of Internet technology and social media platform in people's daily life, psychological problems in college students' emotional management, academic pressure, interpersonal communication and other aspects have gradually emerged in the public view, becoming one of the key issues in contemporary college education. College ideological and political education is an effective means of imparting ideological and political knowledge to students, guiding them to establish correct views on life, values, and the world. Therefore, teachers should integrate mental health education into ideological and political education in universities, and fully leverage the synergistic educational role of the two, in order to cultivate more excellent talents with both physical and mental health and moral integrity.

I. The necessity of integrating mental health education into ideological and political education in universities

1. Enriching the content of ideological and political education in universities

Psychological health education focuses on guiding and improving students' inner world, emotional state, and other aspects. Integrating it into ideological and political education in universities helps to further change the monotony of traditional ideological and political education emphasizing theoretical teaching, and adds some humanistic care to ideological and political education in universities. Integrating mental health into ideological and political education will pay more attention to the psychological needs and emotional changes of students, thereby effectively improving the personalization and diversification of ideological and political education content in universities. Emotional management, coping with stress, self-awareness, interpersonal communication, and other aspects are the main contents of mental health education. These have similarities with the content of ideological and political education in universities in terms of educational concepts and goals. Integrating the two organically can achieve an educational effect of one plus one being greater than two. In addition, mental health education is a course that emphasizes practical teaching, which will carry out teaching activities through diverse teaching methods such as case analysis, group cooperation, and role-playing. Integrating it into ideological and political education in universities also has a positive effect on enhancing the methods and means of ideological and political education.

2. Improving Students' Psychological Quality and Stress Resistance

Most college students are already adults, so they can view and solve problems in their daily lives and studies with a more mature thinking mode and social cognition. However, due to their limited social experience, they may exhibit poor psychological resilience and low stress resistance when facing complex situations. Psychological health education is an education that helps students learn how to respond to complex real-world problems with a positive attitude. Currently, in addition to possessing good professional knowledge and skills, college students should also have relatively mature psychological qualities and stress resistance when graduating for employment, in order to better adapt to social development and work environment. Integrating mental health education with ideological and political education can guide students to establish a sense of social responsibility, cultivate their teamwork spirit and communication skills, help them better cope with work and life stress, and maintain mental health.

3. Promote the comprehensive development of students' core competencies

Through mental health education, students can better understand themselves. Psychological health education helps students analyze their true selves from a psychological perspective, thereby better understanding their strengths and weaknesses, discovering their interests and potential, and better clarifying their career development direction. Integrating mental health education with ideological and political education in this process helps to enhance students' cognitive height, plan their future life paths in combination with national development and social levels, make ideological and political education in universities more in line with the needs of the times, cultivate students to form good core literacy, further improve their social adaptability and employment competitiveness, and promote their comprehensive development

and growth.

II. Strategies for integrating mental health education into ideological and political education in universities

1. Exploring the Psychological Health Education Elements in Ideological and Political Education in Universities

According to the perspective of positive psychology, creating a harmonious cultural atmosphere and a positive campus environment can promote the positive development of students' mental health. In the new era, although college students have a rich and colorful material life, they often lack education on setbacks, and their ability to think independently and distinguish right from wrong is relatively weak. Therefore, in ideological and political education in universities, teachers should explore the psychological health education elements in the teaching content, improve the teaching quality of ideological and political education, and enhance the learning effectiveness of students. Enable students to receive good mental health education unconsciously while understanding and mastering corresponding ideological and political knowledge and literacy. For example, when teaching content related to "interpersonal communication", teachers can encourage students to combine their own experiences, think about the positive effects of good interpersonal relationships on themselves, and guide students to clearly establish the socialist core values of "integrity and friendliness". Enable students to not only understand the theoretical knowledge of ideological and political aspects of interpersonal communication, but also feel the important impact of positive and upward friendship relationships on maintaining their own mental health. For example, when teaching students the corresponding teaching content of "cultural inheritance", teachers can combine the national spirit of unity, love for peace, diligence, bravery, and self-improvement to guide students to feel the cultural inheritance in the national bloodline, and inspire students with excellent traditional Chinese culture. At the same time, teachers can also introduce content such as intangible cultural heritage and red culture, stimulate students' emotional resonance, and further cultivate students to form good cultural confidence and patriotism. Through these teaching contents, students are encouraged to establish lofty ideals and beliefs, and to engage in learning and life with the correct "three views" and a good mentality. In addition, teachers should also create a good campus cultural atmosphere for students and promote the effective improvement of their comprehensive quality. For example, teachers can allow students to create WeChat official account images and texts of ideological and political education in colleges and universities, and regularly conduct science popularization of mental health education knowledge. And use methods such as bulletin boards, broadcasts, and cultural corridors to provide students with a more natural sense of mental health education.

2. Enhancing the Teaching Ability of Psychological Health Education for College Ideological and Political Teachers

As guides and organizers of ideological and political education in universities, teachers should actively learn and practice the spirit of educators, establish a student-centered educational philosophy, deeply understand the learning needs and emotional psychology of contemporary students, in order to improve the pertinence of ideological and political education and mental health education in universities, and implement the concept of enlightening and nurturing the heart, and teaching according to students in the spirit of educators. And continuously innovate and reform teaching methods, apply information technology to carry out ideological and political education, based on the "great ideological and political" education concept, cultivate new era university students with good comprehensive qualities.

In ideological and political education in universities, teachers should have a solid theoretical knowledge foundation and a certain understanding of national policies and guidelines, and be able to provide students with correct values education. At the same time, teachers should also master certain psychological health education skills, so as to timely detect students' psychological problems and provide targeted suggestions and opinions to help students grow up physically and mentally healthy. Secondly, teachers should constantly enrich their knowledge system, actively learn and absorb modern ideological and political education concepts and knowledge of mental health education. With the help of the Internet platform, learn the excellent cases of the integration of ideological and political education and mental health education in other colleges and universities, and apply them in practice in combination with the actual learning situation to improve the quality of ideological and political education in colleges and universities and the effect of educating people. When providing mental health education to students, teachers should make good use of information technology tools and provide high-quality psychological counseling services through digital psychological counseling tools. At the same time, teachers should pay attention to maintaining affinity, patience, and love in classroom teaching and student communication, in order to narrow the distance between teachers and students, and stimulate students' enthusiasm for receiving ideological and political education and learning psychological knowledge. In practical implementation, universities can regularly invite experts and scholars in the fields of ideological and political education and mental health education to hold lectures or training classes, providing teachers with opportunities to understand relevant cutting-edge trends and the latest teaching developments. Or encourage teachers to actively participate in relevant teaching and research exchanges and interactions, so that they can gain benefits from learning and communication with other teachers.

3. Innovative integration of mental health education into ideological and political education activities in universities

In order to improve the quality and effectiveness of integrating mental health education into ideological and political education in universities, university teachers should also continuously innovate corresponding educational activities. Let students step out of the classroom, out of the campus, and in social practice, comprehend the application of learned knowledge and skills in practical life. In this regard, teachers can innovate and integrate ideological and political education activities in universities that incorporate mental health education into students' daily lives and majors. For example, volunteer services, social surveys, etc., enable students to collaborate with each other and solve problems together in educational activities. This type of educational activity can not only test the ideological and political

literacy of students, but also test their physical and mental development level, and cultivate their team spirit and temper their willpower in this process, which has important practical significance for improving the comprehensive quality of college students. For example, teachers can organize students to engage in professional internships during winter and summer vacations, allowing them to experience the actual work content and environment of their field of study, allowing them to personally experience the difficulties of work, and understand that every industry is an important component of promoting social and economic development. At the same time, it also helps students clarify their career development plans and establish the correct “three values”. In addition, teachers can organize a series of fun and relaxing educational activities to help students release stress and gain a good mood. For example, in ideological and political education classes, students are organized to undergo a psychological test called “Building Trees to Cultivate People”, allowing them to deepen their self-awareness from their own paintings. Alternatively, take students to the playground and lead them in a series of “team building” games, allowing them to practice their learned knowledge of ideological and psychological theory in the game activities.

4. Improve the ideological and political evaluation mechanism in universities that integrates mental health education

In higher education, the evaluation mechanism is an important means of measuring teaching quality and student learning outcomes. However, the current evaluation mechanism for ideological and political education in universities mainly relies on written exams as the main assessment and evaluation basis, neglecting the development level of students’ core competencies. Based on this, teachers should combine their actual learning situation and improve the ideological and political evaluation mechanism in universities that integrates mental health education. Firstly, teachers should enrich the evaluation content. To better develop the comprehensive quality of students, teachers need to assess the traditional level of knowledge mastery, and innovate reforms to add assessment content on students’ moral quality, learning attitude, psychological quality, innovative thinking, and teamwork ability. For example, moral qualities can be refined into evaluating the integrity, moral values, and social responsibility of students through their performance in teaching activities. Secondly, teachers need to innovate diverse evaluation methods. In addition to traditional evaluation methods such as exams, observations, and assignments, teachers can also introduce various methods such as questionnaire surveys, one-on-one interviews, and student self-assessment to enhance the scientific and effective nature of the evaluation mechanism. For example, teachers can use thematic psychological questionnaires to test students’ mental health status and self-awareness. Through one-on-one group interviews, we can gain a deeper understanding of contemporary students’ views and understanding of the application of ideological and political education learning. Although one-on-one interviews require teachers to invest more time and effort, they can also grasp the physical and mental characteristics of students from their tone, demeanor, and other aspects. At the same time, teachers should also provide timely feedback on the evaluation results to students, so that they can understand their strengths and weaknesses and make targeted improvements. Good evaluation feedback also helps to enhance students’ initiative in learning knowledge and skills related to ideological and political education and mental health, and promotes the synchronous improvement of students’ ideological and political literacy and mental health.

III. Conclusion

In summary, higher education should pay more attention to the mental health issues of students, and integrate mental health education into ideological and political education in universities as an effective way to strengthen the cultivation of comprehensive quality and physical and mental health of students. In practical education and teaching, teachers can promote the innovative development of higher education by exploring corresponding educational elements, enhancing their teaching abilities, innovating educational activities, and improving evaluation mechanisms, enabling students to respond to unknown challenges with a more positive and healthy attitude.

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General Project of Shandong University: Research on the Impact and Countermeasures of New Media on Education and Teaching - Based on the Perspective of Ideological, Moral and Legal Courses; Project number 2023Y202.