

Integration path of Ideological and political education and mental health education in Colleges and universities in the new media era

Lihong Li¹;Xiabo Wu²

1.Beijing Institute of Economics and Management, Beijing, 100102

2.Wangjing Hospital, Chinese Academy of Traditional Chinese Medicine, Beijing, 100102

Abstract: the integration of new media and college education provides a broad space for innovation for the development of Ideological and political education. The effectiveness of Ideological and political education in Colleges and universities can be further improved by using new media technology and resources to expand education and teaching ideas, enrich teaching content, and guide college students to establish positive moral concepts and ideological cognition. As a necessary supplement to the ideological and political education in Colleges and universities, mental health education also plays a vital role in improving the effectiveness of Ideological and political education. Based on this, this paper mainly explores how to promote the deep integration of Ideological and political education and mental health education in Colleges and universities in the context of the new media era, in order to promote the high-quality development of Ideological and political education in Colleges and universities, and help college students achieve better growth and development.

Key words: new media era; Ideological and political education in Colleges and universities; Mental health education; Fusion path

In the new media era, the forms of information dissemination are diverse and novel, which has greatly enriched students' life and learning experience. College students have been in the new media environment for a long time, and their ideas, adaptability and behavior have changed to some extent. As the forefront of cultivating students' Ideological and moral quality, ideological and political education in Colleges and universities should make corresponding adjustments in the aspects of education methods and contents in combination with the development of social mainstream media. At the same time, it should be closely integrated with mental health education, so as to promote the comprehensive improvement of College Students' thinking ability, ideological and political quality and psychological quality.

1. Opportunities and challenges of Ideological and political work in Colleges and universities in the new media era

1.1 The positive impact of the new media era on Ideological and political education in Colleges and Universities

First, strengthen the dominant position of College Students' Ideological and political education. In the era of traditional media, ideological and political education for college students is mainly in the form of classroom teaching and meeting communication. Teachers play a leading role, and students are always in the position of passive education. The emergence of new media has completely broken this form of Ideological and political education, highlighting the position of college students in the whole process of education. More importantly, the form of students' education is also developing towards diversification. Both the content and form of education reflect the joint participation and creation of teachers and students.

Secondly, it broadens the platform of College Students' Ideological and political education. Based on the new media technology, the ideological and political education resources in Colleges and universities can be effectively integrated and optimized. The ideological and political education of college students based on new media advocates the whole staff education, the whole process education, and the all-round education. The education position is no longer limited to the classroom, but the focus of education has slowly shifted to the ideological and political education in daily life. Moreover, the ideological and political education in the new media era takes into account the differences of students, pays more attention to promoting the personalized development of students, and further consolidates the main achievements of comprehensive education in Colleges and universities.

Finally, it enriches the way of College Students' Ideological and political education. The ideological and Political Education under the traditional education concept mainly focuses on lectures, discussions and conferences, and students are also passively educated in a limited space. The rapid development of new media technology has provided colorful and diversified methods and means for broadening the ideological and political education situation of college students. Colleagues who spread advanced science and culture have also provided more favorable conditions and possibilities for promoting the comprehensive growth and development of students.

1.2 Challenges of Ideological and political education in Colleges and universities in the new media era

The new media era has brought a positive impact on the ideological and political education in Colleges and universities, but also brought new challenges.

First of all, college students in the new era have used new media in all aspects of life and learning. They almost have the ability to use new media to analyze and solve problems. However, the good and bad information transmitted by new media is uneven, and it is difficult to distinguish the true from the false. If college students accept it all, it is likely to have a negative impact on their thinking and behavior. At this time, teachers need to skillfully use new media to strengthen communication with students, so as to guide students to move in the right direction. On the contrary, it will greatly restrict the deep integration of new media and ideological and political education, and is not conducive to the overall quality improvement of Ideological and political education. From this point of view, how to avoid the negative information impact brought by new media is the current problem that teachers should focus on.

Secondly, with the advent of the new media era, new media platforms such as wechat, shuaiyin, Kuaishou and microblog are constantly emerging, and college students' access to information is more convenient and diversified. However, there are still some deficiencies in the supervision of various new media in China, and the values embodied in the information content are also uneven. For college students whose values have not yet taken shape, Among them, bad ideological trends will have a negative impact on college students, which is unfavorable to improving college students' Ideological and political literacy. Therefore, teachers should actively strengthen their ability to carry out ideological and political education, actively guide college students to establish correct values, and then improve the comprehensive quality of college students.

2. The necessity of the integration of Ideological and political education and mental health education in Colleges and universities in the new media era

2.1 It is the realistic need to cultivate high-quality talents in the new era

College students need to have healthy and healthy psychology and character, in order to achieve comprehensive development and arouse the great task of rejuvenating the Chinese nation. Among them, psychological quality education is an important cornerstone and key premise to cultivate contemporary college students into new people in the era of all-round development. It can not only cultivate college students' excellent psychological quality and healthy personality, but also effectively promote the cultivation of College Students' respect for confidence and active attitude towards life; At the same time, we should establish college students' ability to resist frustration and pressure, automatic control response skills, scientific outlook on life, world outlook and values. However, as far as the current basic implementation mode of College Students' mental health education is concerned, it still focuses on the guidance of mental health problems and pathological simulation, and the working method of "preventive treatment of disease" still needs to be further improved, which also weakens the effect and function of health quality education to a certain extent.

2.2 It is an urgent requirement to improve the quality of Ideological and political work in Colleges and Universities

The national education conference emphasized that cultivating all-round development of socialist builders and successors is the primary task of China's Higher Education. This is also the important significance and historical mission of Ideological and political education in Colleges and universities in the new era of China. As a key component of Ideological and political education in Colleges and universities in China, psychological education is not only the development orientation and important goal of psychological education in the new era, but also the main way and connotation of improving the comprehensive quality of students' Ideological and political education. However, there are still many contradictions between the singleness of the current education methods and the multidimensional factors of College Students' physical and mental problems, and the contradiction between the lack of the actual level of the education team and the compound education methods has not yet been alleviated. Therefore, we should actively promote college students' psychological education, which is also an important way and means to improve college students' Ideological and political management level and achieve the goal of cultivating talents with all-round development.

2.3 Is an important guarantee to improve the effectiveness of Ideological and political work in Colleges and Universities

The mental health education in Colleges and universities has been shouldering the important mission of infiltrating ideological and political teaching and strengthening the effectiveness of Ideological and political education. Whether they can achieve actual results depends on how to effectively improve their ideological and political moral consciousness and self-cultural level. The ideological and psychological quality education of college students in the new era requires colleges and universities to base themselves on the needs of talent training, disseminate psychological health teaching knowledge to contemporary young people according to their mental development characteristics and personality changes, cultivate excellent psychological quality, and cultivate sound psychological ability and good personality. At the same time, the development of College Students' psychological course will help educators better understand contemporary college students, help students overcome mental health problems, and help students better understand and practice the content of Ideological and political education. Therefore, continuous innovation of College Students' psychological education mode and improvement of the combination of

psychological education and contemporary college students' psychological characteristics are the key guarantee to enhance the effectiveness of College Ideological and political teaching.

3. Integration strategy of Ideological and political education and mental health education in Colleges and universities in the new media era

3.1 Strengthen the concept of education and promote the interaction between mental health education and ideological and Political Education

First of all, in the process of interaction and influence, psychological educators and education and teaching managers must form the thinking of interaction and integration between the two from the concept, so as to integrate the advantages of the two in teaching work. By studying the common characteristics of students' psychological education and ideological and political teaching, combined with the practice of psychological health and ideological and theoretical teaching, we can give full play to the effects of the two kinds of moral education to improve the quality of learners. Secondly, in the process of the combination of the two, we should break the previous teaching ideas, take the initiative to integrate mental health education into the ideological and political teaching work, give full play to the function of Ideological and political teaching in personnel training, promote the development of the two through the moral role of mental health education, and summarize valuable experience in the process of implementation, Further improve the integration methods and training methods of the two, so as to enhance the role of the combination of the two.

2.2 Enrich teaching content, strengthen the integration of mental health education and ideological and Political Education

By promoting the integration of Ideological and political teaching and mental health teaching, we can complete the teaching tasks of mental health teaching and ideological and political education respectively within the unified teaching driving mechanism, and realize the fundamental task of cultivating morality in the context of the combination of the two. Therefore, on the basis of ideals and beliefs and according to the psychological quality of contemporary college students, we should deal with a series of problems in their learning activities. At the same time, on this basis, we should effectively guide young college students according to their own psychological development characteristics, so that they can form a perfect personality, So we can combine the ideological and political teaching with psychological education. In carrying out ideological and political education activities for them, we can understand the situation and difficulties they face in learning from the aspect of psychological education. On the other hand, we can change their understanding of Ideological and political teaching through psychological education, so as to guide them to form a good knowledge concept and learning attitude, In this way, we can realize the effective combination of the two educational roles. In addition, in the process of school mental health education and other combination, mental health teachers and other teachers should better interact and communicate, share educational resources with rich successful experience, use more excellent educational resources to overcome the defects existing in the education of various disciplines in the school, and form a teaching force in this way, So as to improve the effectiveness of the combination of the two and further enhance the effectiveness of Ideological and political education.

2.3 Integrating education methods to realize the complementary advantages of mental health education and ideological and Political Education

From the above analysis, it is precisely because mental health education pays more attention to the psychological quality of learners, and more attention to students' experience from the inside out in the learning process. Therefore, in the process of carrying out ideological and political teaching, there should be not only psychological classroom, but also psychological knowledge lectures, psychological counseling and other ways. From the perspective of the integration of psychological education and ideological and political teaching, learners should use psychological education to carry out ideological and political teaching at the same time, In this way, we can achieve the complementary advantages of the two. For example, educators and school administrators can actively organize students to participate in lectures on relevant topics on the eve of the national day, so that students can understand the development and change of China in the new era through participating in lectures, and guide students in similar lectures in an educational way, so that students can gradually develop excellent patriotism in learning activities, So as to carry out socialist patriotic education.

2.4 Expand education channels and highlight the carrier role of mental health education and ideological and Political Education

In the process of the integration of school mental health education and ideological and political education, school mental health education and students' Ideological and political education can also be mutual carriers. On the platform of psychological education, we have made full use of various teaching platforms such as campus newspapers and television, school network platform, campus film and television, and art gallery to carry out psychological health teaching and ideological and political teaching for students. Health training can also be carried out for students through mental health knowledge competition, health salon, mental health problem training and other

forms. In addition, we should enrich the educational resources of the school, carry out unified management of teachers, and enable students to experience the great significance of psychological education when they participate in various social practice activities. Only in this way can we improve their inner strength of learning, so that students can develop good quality and sound physical and mental health from the subjective meaning.

4. Conclusion

In the process of carrying out health education and ideological and political education in Colleges and universities, only by further changing teaching ideas and strengthening the mutual accommodation between the two can we effectively help students form a positive and healthy attitude, so as to help students overcome growth barriers and improve their ability to adapt to the environment and society, In order to better adapt to the development of social production in the future, it is necessary to further strengthen the integration of the two, and help young college students establish correct socialist core values through ideological and political education, so that students can consciously shoulder the major responsibility of building a socialist society in the future development of social life, Lay a good foundation for the realization of the core values of socialist ideology.

References:

- [1] Huangjuan Discussion on Ideological and political education and mental health education of college students [J] Journal of Huainan Polytechnic, 2022, 22 (3): 37-39
- [2] Liu Shuang, Wang Jia Research on the combination mechanism of Ideological and political education and mental health education in Colleges and universities [J] University, 2022 (10): 173-176
- [3] Sunlifang Research on the combination mechanism of Ideological and political education and mental health education in Colleges and universities [J] Wen Yuan (middle school edition), 2021 (5): 468
- [4] Tong Fang Difficulties and solutions of College Students' Ideological and political work and mental health education in the new media era [J] Shanxi youth, 2020 (6): 155
- [5] Chenyuqin Analysis on the integrated development of Ideological and political education and mental health education in Colleges and universities [J] Friends of humanities, 2021 (3): 85-87
- [6] Yuan Yan Research on the integrated development of Ideological and political education and mental health education in Colleges and universities [J] Friends of humanities, 2021 (4): 42-43
- [7] Zhou Na Research on the combination mechanism of Ideological and political education and mental health education in Colleges and universities [J] Education, 2016 (15): 44-44
- [8] Zuo Xuchen On the integrated development of Ideological and political education and mental health education in Colleges and universities [J] Modern vocational education, 2018 (33): 239
- [9] Chen Hao Integration of Ideological and political education and mental health education in Colleges and universities [J] Gansu Education, 2021 (11): 37-38
- [10] Qin Chenglu Analysis of the combination of Ideological and political education and mental health education in Colleges and universities [J] Journal of science and Education - Electronic Edition (first ten days), 2021 (2): 27-28
- [11] Zhangmenghong Reflection and Exploration on the ideological and political education of college students in the new media era [J] Intelligence, 2022 (1): 33-36
- [12] Liguiyan Analysis on the innovation strategy of Ideological and political education in Colleges and Universities under the background of new media [J] Technological innovation and brand, 2022 (4): 73-75
- [13] Chenyuewei Exploration on the application path of new media in Ideological and political education in Colleges and universities [J] Journal of journalism research, 2022, 13 (8): 203-205
- [14] Laiyunzhen, huangyaling, maolisu Research on Ideological and political education and Party building in Colleges and universities from the perspective of new media [J] Model world, 2022 (8): 214-216
- [15] Wang long, Qi Fenghua Analysis on the innovation of Ideological and political education in Colleges and universities from the perspective of new media [J] Western academic journal, 2022 (10): 109-112