

Research on the role and path of empathy in school ideological and Political Education

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Abstract: with the continuous advancement of education reform, teachers are no longer limited to the traditional education mode, but will change the knowledge-based education concept, focusing on infecting students with emotion. Through the infiltration of empathy in Ideological and political education, it can not only mobilize the enthusiasm of students to participate in educational activities, but also enhance their emotional experience effect, so as to significantly improve the effectiveness of Ideological and political education. In this regard, this paper first analyzes the role of empathy in school ideological and political education, and then explores the effective application path, in order to provide reference for researchers of Ideological and political education.

Key words: empathy; Ideological and political education; Role; path

Empathy is not only the ability to empathize with others' situations, but also the ability to objectively analyze and understand others' emotions. Therefore, teachers' use of empathy to carry out ideological and political education can make them think from the perspective of students, eliminate students' resistance to themselves, shorten the distance between students and teachers, and promote ideological and political education to achieve the desired effect. In addition, the effective integration of Ideological and political education and empathy can not only implement the "people-oriented" education concept, but also promote the ideological and political education to keep pace with the development of the times, and then guide students to establish correct values.

1. The role of empathy in school ideological and Political Education

1.1 It is conducive to enhancing the feelings between teachers and students

In Ideological and political education, teachers often encounter various problems. For example, some students are introverted and seldom share their feelings with teachers. Facing this type of students, teachers still use the traditional preaching mode, which is difficult to ensure the expected effect of Ideological and political education. At this time, teachers' integration of empathy into Ideological and political education can effectively make up for the shortcomings of the traditional education mode and innovate the form of Ideological and political education. And through empathy, teachers can be guided to change their educational role and think about their ideas and problems from the perspective of students. This is not only conducive to teachers' gaining the trust of students, but also can shorten the distance between students and teachers, effectively alleviate students' resistance, resonate with them in mind, effectively enhance the feelings between teachers and students, and effectively improve the quality of Ideological and political education.

1.2 Conducive to enhancing the effectiveness of Ideological and Political Education

In the past ideological and political education, the teaching methods adopted by teachers were relatively single and did not think about problems from the perspective of students, which not only failed to stimulate students' interest in learning, but also led to their boredom with ideological and political education, which was not conducive to improving the effectiveness of education. While teachers integrate empathy into Ideological and political education, teachers will timely innovate their own educational ideas and think from the perspective of students, which is convenient for teachers to accurately grasp students' ideological trends, adopt targeted strategies to dredge their potential psychological problems, and promote their active participation in educational activities. In addition, empathy, as a new means of education, contains sincerity, empathy, understanding and emotional rendering, which can enhance students' trust in teachers and improve their willingness to accept ideological and political education, so as to lay a solid foundation for enhancing the effect of education and effectively improve the effectiveness of Ideological and Political Education.

1.3 Conducive to internalizing students' moral behavior

Ideological and political education is the process of students' realization of knowledge, emotion, will and action. When teachers can use empathy to carry out ideological and political education, they can not only carry out educational activities with appropriate body language, but also listen to students' real ideas with heart, infect them with their own actual behavior, and urge students to change their external behavior imperceptibly. In addition, empathy has a wide range of influences, such as speech and behavior, behavior style, expression language, and ideological motivation, which will have a certain impact on students, prompting them to internalize these into their own moral behavior, realize value guidance and moral infection, and then continuously improve students' comprehensive quality, and finally cultivate high-quality talents that the society really needs.

2. Requirements of empathy for ideological and Political Education

2.1 Change teaching ideas in time

In the past, there were many rules and regulations in the teaching philosophy, which would restrict students' free play, just simply instill knowledge into them, and lack of useful teaching guidance, which was not conducive to expanding their ideological and political

thinking. At the same time, students would gradually lose interest in learning. The application of empathy in Ideological and political education requires teachers to change their teaching ideas in time, apply teaching methods that are compatible with students' psychological characteristics, stimulate their interest in learning ideological and political knowledge, promote them to actively participate in educational activities, and form a good ideological level in the process of tacit transformation. Therefore, teachers need to pay attention to the use of empathy, which can not only improve the teaching mode, but also broaden the teaching perspective, increase the freshness of students, and keep pace with the times to promote the quality of Ideological and political education to be significantly improved.

2.2 Respect students' individual differences

Integrating empathy into Ideological and political education is to make it easier for students to accept this course, generate interest in relevant knowledge, and help Qi better master the teaching content. Therefore, when applying the concept of empathy education, teachers need to respect students' individual differences, analyze where their differences are concentrated, and summarize the analysis results, so as to carry out ideological and political education with empathy, so as to meet the diversified learning needs of students and continuously improve their learning efficiency, We should really cultivate them into high-quality talents required by the society.

2.3 Cultivating students' autonomous learning ability

When applying empathy, we should focus on improving students' ability of autonomous learning, encouraging them to play freely, and leading them to consciously and purposefully learn ideological and political knowledge. In addition, under the influence of empathy ability, students can use their mastered ideological and political knowledge to elaborate events related to ideological and political education in real life, so as to continuously improve their comprehensive quality. Therefore, when using empathy to carry out ideological and political education, we should pay attention to cultivating students' autonomous learning ability, so as to promote its high-quality development.

3. The application path of empathy in school ideological and Political Education

3.1 Psychological counseling regulates psychological problems and enhances the affinity of Ideological and Political Education

Under the guidance of empathy, teachers need to pay attention to the use of psychological counseling to adjust students' potential psychological problems, so as to enhance the affinity of Ideological and political education. Teachers can carry out educational activities in the following forms, such as cognitive teaching method, classroom discussion method, behavior training method and role play method. First of all, cognitive teaching method, teachers can carry out psychological education to students through imagination, observation, experience and thinking activities; Secondly. Classroom discussion method, teachers can guide students to discuss the factors causing these psychological problems according to common psychological problems. In this process, students can share their own opinions and exchange their ideas with teachers. Teaching problems can not only be effectively solved, but also effectively cultivate students' ability to communicate with others; Then, with the behavior training method, teachers can conduct individual counseling in this way, mainly for students who lack self-confidence in the class. Teachers should set relatively simple tasks to improve the ability of these students to affirm themselves, and the application of behavior training method can effectively relieve students' nervous mood before the exam, so as to promote students to deal with the exam in a full state; Finally, with the role-playing method, teachers can guide students to have a correct understanding of their own interpersonal relationships and their own state through the form of performance, and urge students to fully release their bad emotions, and also learn how to handle interpersonal relationships well. Although there are various forms of mental health education, teachers should apply corresponding teaching methods according to different psychological problems, so as to effectively improve the quality of mental health education.

3.2 Incentive education method to improve the effectiveness of Ideological and Political Education

In the ideological and political education, teachers need to pay attention to the implementation of emotional incentives in order to improve the application effect of empathy. Through emotional incentives, teachers can not only feel the care from teachers, enhance their trust in teachers, but also fully mobilize the enthusiasm of students to participate in Ideological and political education, so as to improve the overall quality of education. For example, when students' test scores are not ideal, teachers should not only encourage students, but also help students analyze their existing problems, so as to enhance students' learning self-confidence and promote their learning level to be improved imperceptibly, which is also an effective way to enhance students' comprehensive literacy. Or, when the students are cleaning the class, they accidentally damage the broom, mop and other facilities. At this time, if the teacher directly uses the criticism method, it will lead to the students' rebellious mood, but the teacher uses the gentle way to manage the students, which can make the students actively find their own shortcomings, effectively improve the incentive effect, and promote the healthy development of students' physical and mental development. In addition, teachers need to integrate emotional care into it, so that students can not only feel the love of teachers, but also shorten the distance between the two sides, and then give full play to the value of incentive mechanism in Ideological and political education. For this reason, teachers can also use the goal incentive method. For example, the overall goal can be divided into daily plan, weekly plan and monthly plan. When students reach any goal, they should receive corresponding rewards, which can ensure the realization of educational goals. However, it is worth noting that teachers need to ensure that the small goals are organically combined with the actual development of students, that is, students' cognitive ability and learning foundation are adapted to the small goals, so as to promote students' continuous progress towards the overall goal, and then significantly improve the quality of Ideological and political education.

3.3 Immersive extracurricular activities to enhance the emotional appeal of practical activities

When applying empathy in Ideological and political education, the teaching atmosphere tends to become boring due to the relatively large amount of theoretical knowledge. Therefore, in the specific implementation process, teachers can carry out some immersive

extracurricular activities to enhance the emotional appeal of practical activities, give full play to the educational value of empathy, and promote the healthy development of students' body and mind. For example, in the specific implementation process of immersive extracurricular activities, teachers need to contact local public welfare institutions or organizations to explore effective materials as the carrier of immersive extracurricular activities from the perspective of Ideological and political education. When carrying out activities such as community condolences and nursing in nursing homes, teachers can respect the elderly and the virtuous as the carrier of immersive extracurricular activities, Students will share their personal experience in this activity and compare it with their own experience, so as to deepen their emotional experience. In addition, teachers can also combine with students' majors, integrate corresponding professional elements into immersive extracurricular activities, cultivate students' professional quality and professional ethics, and ensure that the quality of Ideological and political education is improved, while students' ideological level and professional quality can also be improved, laying a solid foundation for enhancing the application effect of empathy in Ideological and political education. Especially for professional posts with relatively heavy job responsibilities, it is important to use empathy in Ideological and political education to supplement students' emotional cognition, so that they can identify with professional responsibilities on the basis of ideology, abide by job ethics, and become high-quality talents really needed by the industry and society.

Summary:

In a word, under the background of education reform, colleges and universities should implement the concept of "people-oriented" into Ideological and political education, focus on the healthy growth of students, and guide teachers to actively use the concept of empathy in Ideological and political education. In this regard, teachers can start from the following paths: psychological counseling to regulate psychological problems, enhance the affinity of Ideological and political education; Incentive education method to enhance the effectiveness of Ideological and political education; Immersive extracurricular activities enhance the emotional appeal of practical activities. In this way, we can give full play to the educational value of empathy, effectively improve the quality of Ideological and political education, and then continuously enhance the comprehensive quality of students.

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