

A Study on the integration of ideological and political education and college students' Mental Health Education

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Abstract: Ideological and political education in colleges and universities and college students' mental health education are both important components of college students' comprehensive quality education, which can play a synergistic role in the growth of students. Ideological and political education can help students grasp the correct values and outlook on life, rational face difficulties and setbacks, and mental health education is conducive to improving students' emotional regulation ability, pressure management ability, and improve mental health quality. The full integration of the two can help students improve their comprehensive quality and adapt to the social environment more effectively. Based on this, this paper first analyzes the advantages of the integration of ideological and political education in colleges and universities and college students' mental health education, and then puts forward feasible integration path based on the author's practical experience, so as to provide theoretical and practical value for the comprehensive development of college students.

Key words: colleges and universities; Ideological and political education; College students mental health education; merge

Introduction

The integration of ideological and political education in colleges and universities with college students' mental health education is conducive to improving college students' own quality, and can help them establish correct values and outlook on life. It is of great significance to maintain students' physical and mental health and help students adapt to social development. In the education work, we should make the ideological and political education in colleges and universities and college students' mental health education in the same direction, promote each other, and play a synergistic role in the cultivation of students' comprehensive quality.

First, the integration of ideological and political education and college students' mental health education advantages

In higher education, ideological and political education and college students' mental health education is one of the two key contents, and the integration of the two has a very significant educational advantage. First of all, the integration of ideological and political education and college students' mental health education can provide more comprehensive guidance for the growth of students. Traditional ideological and political education in colleges and universities focuses on the cultivation of morality and quality, while college students' mental health education focuses on students' physical and mental health, both of which are conducive to promoting students' all-round development and growth. After the integration of the two, the educational objectives and purposes are more clear, and the education work focuses on the development of the firm ideal and faith, noble moral character and healthy psychological quality of college students, so as to provide students with more comprehensive and more guiding educational services. Secondly, the integration of ideological and political education and mental health education can improve the self-cognition of college students and contribute to their self-development. Psychological research shows that correct self-cognition is the basis of mental health. Mental health education can help students better guide students to establish good self-cognition, regulate bad emotions and behaviors, improve the level and ability of self-cognition. At the same time, in ideological and political education, college students can learn correct methods of social cognition and improve their ability of social cognition. It is of great significance for students to conduct interdisciplinary learning around cognition and learn and recognize themselves and society from different levels. Thirdly, the integration of ideological and political education and mental health education is conducive to the construction of a harmonious campus. Ideological and political education and mental health education integration, jointly responsible for the education of students' self-cognition and self-management, more effectively improve students' moral concepts, exercise students' emotional management ability, cultivate students' independent thinking and self-restraint ability, help timely find students in the thought and behavior of the problem, and give targeted guidance and help.

Second, the integration path of ideological and political education in colleges and universities and college students' mental health education.

1. Integration of ideas

1. Integrate mental health education into ideological and political education

With the continuous development of society, mental health problems have become a common social problem. In this context, ideological and political education, as an important form of education with a leading role in value, also needs to adapt to social changes, integrate mental health education into it, so as to better help students master mental health knowledge, and encourage them to deal with various problems on the road to growth with a positive attitude and correct methods. First of all, ideological and political education should convey correct mental health concepts to students, and integrate positive psychology knowledge into ideological and political education. For example, teachers can guide students to be aware and cognize their own emotions and psychological states through ideological and political education cases, help them understand the problems they are facing, and avoid being in a passive attitude towards study and life for a long time. Secondly, combine ideological and political education with frustration education, explore the coping mechanism of frustration,

master the correct methods to relieve psychological pressure such as reading, writing, sports, etc., and guide students to learn the correct psychological adjustment strategies. Thirdly, teachers can integrate mental health tests into ideological and political classroom teaching, observe students' mental health status, find out students with bad mental state, and help them find appropriate ways of relief and treatment.

2. Promote the realization of ideological and political education goals through mental health education

Ideological and political education plays an important role in guiding mental health education. By improving students' ideological and political quality, passing mental health methods and practical exercises, students can help them correctly understand themselves and the outside world, so as to improve the comprehensive quality of college students more effectively. First of all, teachers can help students understand and know their emotions and behaviors by introducing mental health education. For example, in ideological and political classes, students can be organized to have explanations and group discussions around certain topics, helping them to have a deeper understanding of their inner world and making them realize that human emotions are complex and diverse. In this process, attention should be paid to the questions and doubts put forward by students to guide them to understand the changes and causes of their inner emotions, and take effective methods to solve the problems, so as to help students establish a correct emotional attitude, build a good interpersonal relationship and behavior habits. Secondly, teachers should promote students' self-management and self-healing ability through mental health education. Different students face pressure and emotional state is different, through the introduction of mental health education to help students to think more, listen to their own physical and psychological needs, and targeted to introduce some methods to maintain physical and mental health, can help students learn to resist pressure, learn to face a variety of setbacks and difficulties with a positive attitude. For example, breathing relaxation method, good sleep and diet balance method, can effectively regulate the operation of the body function, improve the students' self-resistance ability, teachers can introduce this teaching content into the classroom.

3. Strengthen the interaction between ideological and political education and mental health education

Strengthening the interaction between ideological and political education and mental health education can help students establish correct world outlook, values and outlook on life, and better face the challenges of study, life and development. In the process of promoting the integration of the two, teachers should attach importance to the play of their interaction. Firstly, ideological and political education can provide a solid theoretical basis for mental health education. Ideological and political education emphasizes correct outlook on life and values, which has an important impact on students' mental health. The improvement of psychological quality often starts from rational thinking and the cultivation of correct values. Ideological and political education can help students establish a positive outlook on life and values, and urge them to look for happiness and self-worth from the inner heart, which is conducive to the improvement of mental health. Secondly, in mental health education, emphasis on cognitive and emotional education for students, can help students better understand the social phenomenon and human science and culture, and establish a correct outlook on life. This is what ideological and political education has always emphasized, so ideological and political education and mental health education can be integrated with each other as a starting point.

2. Fusion method

1. Establish a sound mechanism and system

With the diversification of college students' thoughts and the intensification of psychological pressure, the solution of college students' psychological problems has become an important issue in the management and development of colleges and universities. The integration of ideological and political education with college students' mental health education has become one of the important tasks of current college education. Colleges and universities need to establish and improve relevant mechanisms and systems to provide support and guidance for the integration of the two. First, colleges and universities should establish and improve campus ideological and political and mental health organizations and institutions. In combination with the common psychological problems and sources of life pressure of contemporary college students, we should improve the education work content of relevant departments of ideological and political education, and formulate perfect ideological and political education plans and programs; To establish a mental health center to provide students with professional psychological counseling and ideological and political education services. Colleges and universities should encourage innovation and guide teachers to build a deep combination of "ideological and political education and mental health education" and modular courses, so as to effectively enhance students' interest in learning and ideological consciousness.

2. Carry out various forms of activities and courses

In order to promote the integration of ideological and political education in colleges and universities and mental health education in college students, various forms of activities and courses should be carried out to maintain students' mental health, achieve all-round development, and provide diversified guidance and help. Firstly, teachers can enhance students' mental health awareness by carrying out various forms of activities and courses. For example, they can set up mental health courses, organize lectures on mental health knowledge and psychological counseling services, and provide students with self-recognition and self-management as well as psychological help and support. The development of these activities and courses will enable college students to enrich the reserve of college students' mental health knowledge and enhance their self-adjustment ability. Secondly, teachers can guide students to pay attention to their mental health and understand their mental health problems and their solutions through mental health day, themed class meetings and other forms. Thirdly, teachers can integrate mental health education and ideological and political education into campus culture through the shaping and construction of campus culture. For example, students can be organized to participate in various cultural activities to guide them to understand mental health knowledge, improve their humanistic quality and obtain more spiritual nutrition.

3. Build professional teaching staff

The integration of ideological and political education and college students' mental health education is an important trend in current college education. As the two core education of universities, the integration of ideological and political education and mental health education is not only conducive to the improvement of the overall quality of college students, but also the inevitable requirement to realize the all-round development of college students' personality. In the process of realizing this goal, it is very necessary to establish a professional teaching staff. First of all, to build a high level of ideological and political education teachers, which is the key to the integration of the two. Ideological and political education is an education that every student in a university must go through. The reason is that it is an important position for the inheritance and cultivation of values. Therefore, colleges and universities should strengthen the selection, training and introduction of teachers specializing in ideological and political education, and encourage them to explore and produce teaching methods, teaching means and teaching resources that meet the characteristics of The Times and the needs of students. Secondly, it is necessary to strengthen the mutual cooperation and exchange among teachers, establish a pragmatic team cooperation mechanism, and provide support for ideological and political teachers and mental health education teachers to jointly carry out academic research, so as to effectively promote the professional development of teachers, encourage them to research out a better interactive teaching model, and further improve the effectiveness of education and teaching.

Epilogue

In conclusion, the integration of ideological and political education in colleges and universities and mental health education in college students is an important way to improve the quality of higher education and strengthen the guidance of value, which has a profound impact on the growth of students' study, life and career. In recent years, with the acceleration of social development, people's ideas and ways of life change with each passing day, the interaction between ideological and political education and mental health education is particularly important. Teachers should give full play to the mutual and complementary advantages of ideological and political education and mental health education, jointly promote the effective integration of ideological and political education in colleges and universities and college students' mental health education, and promote the innovation of the two integration methods based on mechanism and system construction, activity and curriculum innovation, teacher team construction and other aspects.

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