

# Investigation and analysis of vocational students' psychological state and countermeasures of ideological and political education

-- Taking Jiangxi M Vocational and Technical College as an example

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**Abstract:** Vocational college students generally face the double pressure of study and employment, as well as psychological problems such as identity. In order to understand these problems and help them solve, we need to carry out psychological investigation and analysis, understand the students' psychological state and problems, through strengthening vocational skills training, provide psychological counseling services, strengthen ideological and political education and other ways to help vocational students relieve psychological pressure, improve the comprehensive quality and competitiveness. In this paper, Jiangxi M vocational and Technical College as an example, in the ideological and political education, guide students to correctly understand their identity, cultivate their self-confidence and self-esteem, improve their comprehensive quality and competitiveness. It provides practical guidance for the implementation of ideological and political education for higher vocational students more accurately.

**Key words:** Students in higher vocational colleges; Mental health; Ideological and political education

## Foreword

Vocational students refer to students who choose to enter secondary vocational schools to receive vocational education after completing nine-year compulsory education in junior middle school. These students are usually faced with more severe study, employment pressure, identity and other problems, their psychological status investigation and analysis and ideological and political education countermeasures should be carried out? This paper takes Jiangxi M Vocational and Technical College as an example, through the analysis of the psychological investigation of students in higher vocational colleges, to understand their current psychological status, based on its psychological analysis to talk about how to implement ideological and political education.

## 1. The relationship between mental health education and ideological and political education

First, mental health education is an important part of ideological and political education. In modern society, people are facing pressure and challenges from all aspects, and mental health problems are becoming more and more prominent. Therefore, adding the content of mental health education in ideological and political education can help students better understand their own mental state, grasp the correct way to solve problems, improve the level of individual mental health, so as to better adapt to the development of modern society. Secondly, ideological and political education is also an important part of mental health education, people's mental health status is often closely related to their ideological concepts and values. Therefore, adding the content of mental health education to ideological and political education can help students establish correct values and world views, cultivate positive mental state and emotional expression ability, and improve self-identity and social adaptability.

To sum up, mental health education and ideological and political education are complementary to each other, and the relationship between them is inseparable. Through effective mental health education and ideological and political education, students can improve their mental health level and ideological quality, and better adapt to social development and changes.

## 2. It is necessary for mental health education to integrate ideological and political education

1. Improve mental health: vocational college students often have mental health problems when facing the pressure of employment and study. Through investigation and analysis and education, students can be helped to understand their mental state and grasp the correct way to solve the problem, so as to improve their mental health.

2. Enhance self-identity: vocational college students often face identity problems in employment and life, which will affect their self-confidence and sense of accomplishment.

3. Improve comprehensive quality: Vocational college students may be better than other students in vocational skills, but there may be some gaps in other aspects, such as language expression ability, comprehensive knowledge and cultural literacy. Through education, students can be helped to get a more comprehensive training in terms of comprehensive quality and improve their competitiveness.

4. Promote social stability: vocational college students are part of the society, and their mental health is related to social stability. Through investigation and analysis and ideological and political education, vocational students can be helped to establish a correct sense of social responsibility and responsibility, and become an important force for social stability.

Therefore, it is very necessary to investigate and analyze the psychological state of vocational college students and ideological and political education, which has positive significance for the development of students and society.

### 3. Vocational college students psychological status investigation

Taking the 2020, 2021 and 2022 vocational college students in Jiangxi M Vocational and Technical College as the research objects, the method of random sampling survey was adopted by UPI test software, and the test results were statistically analyzed by the school mental health studio education management system and spss26.0 software system. A total of 7689 vocational students participated in the survey. 7689 questionnaires were collected. The UPI valid number was 7280 and the effective rate was 94.68%, as shown in Table 1

**Table 12020-2022 The number of higher vocational college students who participated in UPI test**

Grades	Number of people	Boys		schoolgirl	
		Number of people	%	Number of people	%
Class 2020	2434	1386	56.9%	1048	43.0%
Class of 2021	2311	1290	55.8%	1021	44.2%
Class of 2022	2535	1392	54.9%	1143	45.1%
Total	7280	4068	55.9%	3212	44.1%

According to the UPI test on the mental health status of students, 589 students in the first category, accounting for 8% of the total number, may have obvious psychological problems, of which 289 students in the class of 2020 (11.9%), 134 students in the class of 2021 (5.7%), and 166 students in the class of 2022 (6.5%); 1347 students in the second category, accounting for 18.5% of the total number, may have some kind of psychological problems, including 348 students in 2020 (14.3%), 458 students in 2021 (19.8%) and 541 students in 2022 (21.3%); The third group of 5,344 students, accounting for 73.4% of the total number, are mentally healthy, of which 1,604 (65.9%) students in grade 2020, 1,719 (74.4%) students in grade 2021 and 1,828 (72.1%) students in grade 2022. The students in higher vocational colleges may have mental problems, accounting for 26.6% of the total, and the number of mental health accounted for 73.4%.

There are 56 symptom items in the UPI score of college students' personality questionnaire. According to the selected number and percentage, the performance of psychological problems of vocational college students can be judged. The test results show that all the items in the top 12 are mental symptoms, and the number of positive answers accounted for more than 20% of the total number of test, indicating that the emotional stability of vocational students, poor psychological condition.

### 4. Psychological status analysis and the main performance

Vocational college students face many different challenges and pressures, which may have an impact on students' mental health status. The main manifestations of students' psychological problems include the following aspects:

1. Great pressure of study and employment: Since vocational college students receive vocational skills training, they usually need to study harder to meet the needs of their careers. At the same time, due to the increasing popularity of higher education in society, vocational college students are under increasing pressure to compete in the job market. In the face of the pressure of future employment, there may be symptoms of anxiety, tension, insomnia and so on. The specific manifestations are the decline in academic performance, insomnia, headache, loss of appetite, palpitation, stomach pain, fatigue, anxiety, tension and other symptoms.

2. Identity problem: Vocational skills training for vocational college students is not as well recognized by the society as in ordinary high schools and universities, which may bring them identity problems. In addition, since vocational skills training is often seen as a "low-end" education, vocational students may face discrimination and exclusion when interacting with other types of students. There may be loneliness, difficulty adjusting, problems making friends and so on. The specific aspects are loneliness, difficulty in making friends, interpersonal conflict, inferiority complex, social phobia, dependence on others and other problems.

3. Relatively low comprehensive quality: Because vocational college students receive vocational skills training, they may have a certain gap in comprehensive quality compared with other types of students. For example, they may be relatively weak in terms of language expression ability, comprehensive knowledge and cultural literacy.

4. Employment anxiety: Due to the low educational background, the employment prospects of vocational college students are uncertain, which may lead to worries, confusion and other emotions, and may also appear in interview tension, job search difficulties and other problems. Employment anxiety is reflected in the future employment prospects, self-deprecation, self-doubt, confused about the future, do not know how to plan their career development and other problems.

### 5. The way to carry out ideological and political education according to the psychological status quo of vocational college students

1. Carry out mental health education courses. The goal of mental health education is to help students establish a positive outlook on life and values, improve emotional intelligence and psychological quality, and cultivate good interpersonal relations and social adaptability. Adopting interactive teaching methods, mental health education courses should adopt interactive teaching methods, such as group discussion, role playing, situational simulation, etc., so that students can participate in them, improve classroom interaction, and help students better understand the course content. Focus on the effectiveness of the curriculum. Establish a long-term mechanism, mental health education can not be achieved overnight, it is necessary to establish a long-term mechanism, regularly carry out mental health education courses, while

strengthening the construction of campus mental health services, and establish a sound psychological consultation and counseling system.

2. Organize psychological counseling activities. Clear guidance objectives. Before organizing psychological guidance activities, it is necessary to clarify specific guidance objectives, such as helping students relieve anxiety, reduce pressure and improve self-confidence, and design corresponding guidance contents and methods on this basis. Choose good counseling teachers, psychological counseling teachers are very important, need to choose experienced, strong professional ability, high psychological quality of psychological counselors. If the school does not have a professional psychological counselor, you can consider inviting professional organizations or professionals to provide services. Use a variety of forms of counseling methods, counseling activities can take many forms. Establish a long-term mechanism. Psychological counseling can not be done overnight, it is necessary to establish a long-term mechanism, carry out psychological counseling activities on a regular basis, while strengthening the construction of campus mental health services, and establish a sound psychological counseling and counseling system.

3. Guide students to participate in various social practices and volunteer service activities. Propaganda and publicity, the school can through a variety of forms, publicity can highlight these activities on the students' own quality and social responsibility training role. To make plans, schools can make plans for social practice and volunteer service activities, and according to the actual situation of students, make different plans to meet the needs of students at different levels. At the same time, some tutors or leaders of social practice and voluntary service activities can also be arranged to guide students to participate in the activities and ensure that the activities are carried out smoothly. Encourage and motivate. Schools can set up reward mechanisms to encourage students to actively participate in social practice and volunteer service activities, and through the reward mechanism, students can be motivated to participate in activities more actively.

In a word, The Times are developing, and the requirements of society for students are also increasing. Vocational college students need to have a good psychological quality and technical ability to fit in this era. Therefore, higher vocational colleges should strengthen the reform and innovation of ideological and political education, and use various ways to combine ideological and political education and mental health education.

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