

Challenges and Ways of Integrating Mental Health Education into Ideological and Political Education in the New Era

Sisi Fei

School of Yangtze University, Jingzhou 434023, China

Abstract

Education is the cornerstone of social progress and national revitalization. The Chinese people deeply understand the fact that a country is strong when education is prosperous and a country is strong when education is strong. It can be seen that education plays a vital role in the future development of China. With the continuous development of social economy and the deepening of the reform system of college teaching, there are certain problems in the process of ideological and political education in colleges and universities. For the various problems existing in the education, it is no longer only the problem of ideology and morality, and has an important connection with the psychological health of college students. To promote college students to establish correct ideological concepts, we should organically combine college students' psychological education with ideological and political education, which is the inevitable requirement to promote the healthy development of college students' body and mind, and is also the key content of the current ideological and political education work in colleges and universities. At present, "What to cultivate, how to cultivate and for whom to cultivate" is the new problem facing higher education. College students are in the process of forming their outlook on life and values. In the process of educating students, higher education institutions must strengthen psychological health education in order to truly achieve the purpose of educating people. At the same time, college students are affected by the social environment and employment pressure, presenting more and more psychological problems, if not timely guidance, will produce a variety of adverse consequences. Therefore, ideological and political education must be organically integrated with mental health education in order to truly realize the purpose of moral education.

Keywords

Ideological and Political Education; Mental Health Education; Higher Education.

1. Introduction

In the new era, higher education is an important target for the level of development and development potential of a big country. Today, the need for higher education and the need for excellence in knowledge science and talents is more important than ever before in the development of the Party and the country. At the same time, there are certain problems in the ideological and political construction of colleges and universities, so the work of mental health education for college students has also received wide attention from educators and the whole society. Mental health education and ideological and moral education have a lot of similarities in content and purpose, and they play an important role in school education and are an important part of school education. Therefore, using the teaching mode of combining mental health education and ideological and political education in the daily education process of schools is an urgent problem that needs to be solved in current school education. with the continuous development of social economy and the deepening of reform system of teaching in colleges and universities, there are certain problems in the process of ideological and political

education in colleges and universities. In order to promote college students to establish correct ideological concepts, the organic combination of college students' psychological education and ideological and political education is an inevitable requirement to promote the healthy development of college students' body and mind, and it is also the key content of the current ideological and political education work in colleges and universities.

2. Ideological and Political Education and Mental Health Education

The core purpose of higher education in China is to cultivate innovative and comprehensive talents with high quality for the country, and to provide a sufficient talent pool for the country to achieve high quality development. The guiding ideology of ideological and political courses and mental health education courses offered by major universities is Marxism, and the teaching content should be supplemented and flexibly adjusted according to the development of the times to adapt to and promote the development of students. Although these two subjects have different teaching contents, teaching modes and teaching methods, they are highly consistent in the goal of teaching and educating people, so that they can stand firmly in the ever-changing society on the basis of promoting students' all-round development of moral, intellectual, physical and aesthetic.

2.1. Challenges of Mental Health Education and Ideological and Political Education

At present, although higher education has determined the important status of Civics education, but the development goal of colleges and universities with the goal of improving school popularity and professional skills, yes the Civics class of colleges and universities is not fundamentally important. For a long time, the phenomenon of emphasizing theory rather than practice in the university's Civics course is serious, which makes students pass the theoretical exams but have problems with the real moral quality. The lectures of the college Civics courses are taught by special teachers and supervisors, while the daily work of scientific research and the difficult teaching tasks are combined together, which makes it difficult to guarantee the teaching effect. As college students enter campus, they do not have a clear idea about their future life, and with the emergence of various ideas that have a great impact on the three views of college students, their thoughts and behaviors have challenged the traditional teaching of Civic Education.

With the development of the level of information and intelligence, people's living standards have improved and the pace of life has accelerated. A variety of basic recreational facilities and activities to meet the great, but many students are not in the study of the above, the professional goal of the lack of the phenomenon of impetuous mentality! In this period, young students are the most sensitive period of psychological development, because their social experience is still lacking and their psychological ability to bear is not enough, they are prone to various mental health problems in the face of the great changes that have occurred in society. Nowadays, students in colleges and universities have a lot of psychological problems, and although the efforts of mental health education are greater, they have not yet achieved the expected results. Most colleges and universities invest too much in counseling students, and do not provide comprehensive mental health guidance to students. In addition, the process of mental health education for students throughout the whole process is not enough, and there is a lack of targeted psychological education for special targets, and not enough attention is paid to the prevention and protection of daily mental health.

2.2. The Necessity and Feasibility of Integrating Mental Health Education with Ideological and Political Education

The goal of higher education is to cultivate qualified talents for socialism, and college students should not only have high professional quality but also have correct ideological and moral quality and positive and healthy psychological quality. In the Opinions on Further Strengthening and Improving Ideological and Political Education of College Students (No. 16 [2004]) issued by the Central Committee of the Communist Party of China and the State Council, it is clearly proposed that colleges and universities should "carry out in-depth and detailed ideological and political work and psychological health education". In the new era, the actual demands of college students have changed a lot, and their three views are located in a sensitive period, especially in response to various social events, and they are extremely prone to various kinds of ideological problems at all levels, so in order to improve the ideological and political education to keep up with the times and improve the all-round ability of students, we must combine the personal characteristics and psychological development characteristics of students in the teaching process of ideological and political education. In order to improve the ideological and political education, it is necessary to combine students' personal characteristics and psychological development in the process of teaching ideological and political education.

The teaching task of ideological and political education in China is the same as the task of moral education, that is, to improve the ideological awareness and moral concepts of college students, and to ensure that the students' three views develop in the right direction. The goal of mental health education is to enable students to face the changing society with a positive, healthy and stable state of mind, and to adjust themselves so that they can adapt to it. At the same time, the excellent self-regulation ability can also be reflected in the noble ideals and excellent moral quality established in the students, and these factors mentioned earlier are exactly the necessary conditions for the healthy psychological comprehensive quality of college students. To sum up, the lofty values established by the ideology and political science courses have a positive guiding effect on students in all aspects, especially on the improvement of students' psychological quality. Therefore, the effective implementation of ideological and political education is a strong guarantee for the mental health education of students, and the two-pronged approach can improve the ideological character and psychological quality of students. A deep study of the content of ideological and political courses and teaching contents reveals that there is a lot of mental health education hidden in them: firstly, mental health education can take ideological and political education as the cornerstone; secondly, there are a lot of contents linked with psychological education in ideological and political teaching materials and course contents. Therefore, in order to ensure the effective shaping of college students' values, we can start from the perspective of mental health education to carry out the construction of college Civic Science Course. At the same time, in order to make college students have positive and healthy psychological conditions, colleges and universities can effectively combine the teaching content and psychological health in the teaching of ideological and political education.

3. The Positive Role of Mental Health Education in Ideological and Political Education

Mental health education has a fundamental role in the development of ideological and political education, so it must be combined in the ideological and political education for college students, with the help of the relevant courses, so that students recognize the importance of emotional management and learn the relevant methods and master the skills of parenting and communication; in this way, students can improve their understanding and perception of the ideological and political courses on the basis of the ability to distinguish between right and

wrong things. In this way, students will be able to improve their ability to distinguish between right and wrong, so that they will be able to deal with various changes in their lives comfortably.

3.1. Mental Health Education is Conducive to the Personalization of Thinking and Political Education

In general, many students' ideas are formed or changed because of new changes or new needs in their hearts. Therefore, it is necessary to effectively combine ideological and political education with mental health education, and to provide individualized guidance according to the actual situation of different students, so that they can be transformed on the basis of their own ideas, so that they can develop positive attitudes and self-confidence, and be able to solve problems when they encounter them. The students who receive ideological and political education in colleges and universities are all college students, but each college student has a different background from childhood and family education, which makes each student different from the other in terms of personality and behavior. In order to ensure the role of education, teachers need to carry out targeted teaching, understand the basic situation of students in advance and analyze the causes of students' psychological characteristics and personality differences with the help of relevant expertise in mental health education, so as to prepare for the development of their ideological education.

3.2. Mental Health Education Facilitates the Effectiveness of Civic Education

Only when students are in a positive and happy mood, they will be more willing to accept some truths and knowledge that they have never been exposed to before, so with the help of ideological and political education, teachers can have a deeper understanding of students' psychological characteristics and make this aspect a priority in classroom teaching, so as to change students' attitudes towards things. This will make students' attitudes more positive. The path of two-way integration of ideological and political education and mental health education In order to realize the two-way integration of ideological and political education and mental health education, it is necessary to build a mutually supportive education system. In the process of training high-quality talents for the country, institutions of higher education should not only abide by their laws, but also fully integrate the resources and advantages of the two, form a synergy, and actively explore effective ways for the synergistic development and two-way integration of the two.

4. Exploring the Path of Integrating Mental Health Education into Ideological and Political Education

Under the background of the new era, the education work of college students is complicated and difficult, facing tests and challenges. Under the current situation of cultural diversity, individualized value and diversified thought, the problems of ideology and morality as well as mental health of contemporary college students are prominently in front of the educators. To improve the curriculum system of the integration of the two, create high-quality teachers, and combine with new media technology to form a synergy of college education, in order to enable students to correctly view and reasonably regulate the various ideological impacts and psychological pressure encountered in the process of social development, and then achieve the overall development of physical and mental health. Various complex social phenomena bring college students not only ideological and moral problems, but also mental health problems, which are intertwined, and it is often difficult to rely on single-education methods alone. First of all, the goals of ideological education and mental health education should be managed at the same time. The ultimate goal of both is to cultivate healthy and qualified talents for the society,

so the teaching content and the psychological education teaching content should be integrated in the process of education.

4.1. Improve the Integration Mechanism of Mental Health Education and Ideological and Political Education

A healthy and positive ideological and moral quality of college students is a prerequisite for a healthy psychological formation of college students, and a healthy psychological state of college students is a prerequisite for a smooth absorption of ideological and political education contents. Therefore, these two subjects must be closely related in the teaching content. Finally, in the way of education and teaching, ideological education and mental health education should penetrate and learn from each other. In the process of integrating mental health education with ideological and political education, it is necessary to address not only the group, but also individual differences, as well as psychological counseling and intervention for various psychological and behavioral problems that have emerged in individual education subjects. Mental health education for individual education targets can be divided into two types: developmental and remedial. Developmental individual mental health education is mainly for individual differences in individual education subjects and individual counseling for the best development of subjects with different characteristics. Second remedial individual counseling can be generally divided into three stages. The first stage is the psychological diagnosis of the student, in which information about the subject and his or her psychological problems is collected. Based on the information available, educators conduct a systematic analysis to determine the type, nature and extent of possible problems, and on this basis determine the goals of counseling. The second stage is the implementation of counseling, in which a solution is chosen that is suitable for the conditions of both parties and has the possibility of success, and then the help is implemented for the client according to the plan. Finally, there is the examination and consolidation stage. Ideological and political education teachers should absorb and use the concepts of democracy, respect, understanding and empathy in the process of teaching and communicating with students, so as to trigger students' identification in their thoughts and emotions, stimulate students' subjective functions and consciously put the relevant concepts into practice. Mental health education should learn the active, open and comprehensive way of ideological and political education, effectively combine classroom teaching with large-scale special lectures and talks, draw the attention of the society to the mental health problems of college students, and effectively improve the psychological conditions of students.

4.2. Improve the Integration of Quality Resources in the Faculty

At present, the ideological and political education and mental health education in most colleges and universities are held by different teachers, in general, the task of ideological education is held by the teachers and counselors of ideological and political courses, who are relatively rich in teaching and working experience; while the psychological education is relatively weak, some schools are limited by their own practical conditions, not only do they have no professional psychology teachers, but even the mental health counseling room for students is also virtual. The psychological health education is not guaranteed at all, and it can only fall on the counselors. Therefore, colleges and universities must integrate teachers' resources to build a quality faculty with proficient business, strong sense of responsibility, and reasonable age. Therefore, it is necessary for universities to integrate teachers' resources to build a high-quality teacher force with good knowledge of business, strong sense of responsibility and reasonable age structure. The university should hold regular training and business exchange for the teachers of Civics and Mental Health Education, and establish a communication and collaboration mechanism between them to improve the deep integration of education work. At the same time, colleges and universities can also introduce incentives to attract teachers of Civics and mental health

education to improve their professional knowledge and professional level, so as to create teachers who are proficient in teaching psychology and Civics. In addition, universities should develop evaluation systems that are clearly and specifically in line with the teaching rules and actual conditions of the two subjects, so as to guarantee the deep integration of Civics and Mental Health Education.

4.3. Building an Online Education Platform

College students are a generation growing up in the network, and the long-distance and virtual nature of the network allows them to speak freely in the network. In the high-tech era of rapid development of knowledge economy, computer and Internet technologies are widely used in various fields of education, and gradually become one of the important auxiliary means of mental health education in modern society. With the increasing prominence of mental health issues, relying on the original educational resources alone can no longer meet the growing demand for education. Relying on modern network technology can significantly improve teaching efficiency and save teaching time and educational investment. At the same time, modern network technology can organically combine signals such as sound, animation, graphics, subtitles and video, providing educated people with rich information resources, broadening their horizons and creating a learning environment that helps them bring their personalities into play, especially to stimulate their interest in learning and thus promote their independent learning. At present, many universities have established online mental health education platforms, which cover different fields such as psychological counseling, mental health knowledge, psychological testing, and psychotherapy, and introduce knowledge about mental health and counseling in detail online. The college students should make full use of the function of collecting and organizing big data on the Internet to understand and obtain the most real inner state of college students, prevent their bad psychological emotions and thoughts, and guide them to have a good and positive psychological state and establish a scientific outlook on life and the world. The main channel for college students to collect information is the new media. Civic education and mental health education can team up to establish their own online accounts, or set up boards in their respective official blogs to penetrate each other". These contents should avoid purely preaching when setting, and can be in the form that college students like to see, such as micro-lessons, micro-films, psychological tests, etc. In addition, in the new media platform, interactive and communication boards should be set up, and educators should communicate and reply to the problems raised by students in a timely manner, break through the limitations of time and space, intervene in students' psychological and ideological problems accurately and timely, solve students' practical difficulties, and promote them to have a positive psychology and establish a scientific and healthy outlook on the three.

References

- [1] Zhang Meiyong. Collaborative innovation: the development path of combining mental health education and ideological and political education in colleges and universities[J]. Journal of Higher Education, 2019(23): 26-29.
- [2] Yuan Hong. Analysis of the strategy of combining ideological and psychological education in the era of self-media [D]. China Press, 2019(20):104- 105.
- [3] Wang Jiazhi. Strategy of healthy psychological cultivation of college students based on innovative Civic Education[J]. Think Tank Times, 2019 (42): 58-59.
- [4] Zhang Meiyong. Collaborative innovation: the development path of combining mental health education and ideological and political education in colleges and universities[J] . Journal of Higher Education, 2019 (23):26-29.
- [5] Qu Zhen yuan. Connotative development of higher education: from "promoting" to "realizing" [N]. People's Daily,2017-12-21.

- [6] Bei dun rong, Yi Mengchun. Trend of universal access and strategic choice of higher education development in China [J]. Tsinghua University Education Research,2017(3).
- [7] rong. Increase the connotation of curriculum: the root of innovation of talent cultivation mode in colleges and universities [J]. Shandong Higher Education,2017(6).
- [8] Bei Dunrong. On the internal development of colleges and universities [J]. China Higher Education Research,2016(5).
- [9] Bei Dunrong, Qin Xiaoyun. On the humanistic demands of China's university teaching management system [J]. Higher Education Research, 2005(9).
- [10] Bei Dunrong, Li Jiaxin, Wei Lina. University teaching culture: concepts, models and innovations[J]. Higher Education Research,2015(1).