

Exploring the Integration Path of Psychological Health Education and Ideological and Political Education for College Students

Yumeng Zhang¹, Xuejie Guo¹, Jingjing Fang¹, Shaopeng Meng², Солодухо А.С³

1. Department of Philosophy Social Psychology Belarusian State University, Minsk 220030, Belarus.

2. Human Resource Management at Belarusian State University, Minsk 220030, Belarus.

3. Associate Professor, Department of Psychology, Faculty of Philosophy, Belarusian State University, Minsk 220030, Belarus.

Abstract: In higher education, mental health education is a complex task that involves many educational factors. From the perspective of psychological education, the basic tasks and value pursuits of university mental health education and curriculum ideological and political education are the same. Both are student-centered, providing a basic guarantee for the integration of the two. Currently, some universities are facing issues such as the need to clarify the concept of "psychological education", the trend towards value neutrality in mental health education, and the need to improve the quality of the psychological education team. In response to this situation, universities should integrate educational factors, provide clear value guidance, strengthen integrated education, improve the overall quality of the education team, continue to promote the ideological and political construction of psychological health education courses in universities, and achieve new breakthroughs.

Keywords: Psychological Education; Psychological Health Education; Curriculum Ideology and Politics

1. The Application of Ideological and Political Education in Psychological Health Education for College Students

Logically, mental health education is to provide special education to students according to their psychological development patterns. Based on a systematic and targeted approach, psychological education should be provided to students in a planned and targeted manner to master hygiene knowledge, cultivate their good psychological qualities, cultivate their health awareness and personality, and ultimately ensure the physical and mental health and harmonious development of students in teaching activities. From the perspective of individual health, ideological and political education can also play a positive role in students' mental health, because it is not only about mental health education but also about ideological and political education. Education, its ultimate goal is to educate students and also for the mental health of college students. This provides a theoretical basis for constructing high-quality educational curriculum ideological and political education.

1.1 Unify the basic requirements of ideological and political work with the mental health work of college students

The application of Marxism in ideological and political work in universities has always been an important link in China's ideological and political work. The ideological and political curriculum should consolidate the ideological position of Marxism in universities and always adhere to the important position of socialist education direction during this process. The ideological and political education course is an important course that casts the soul and cultivates people. Its starting and ending points are to cultivate college students into qualified socialist builders and reliable successors with comprehensive development of morality, intelligence, physical fitness, aesthetics, and labor. It is consistent with the mental health work goals of college students.

1.2 The Value Orientation of Ideological and Political Work and Psychological Work for College Students

In university, education is provided to students on legal literacy, moral qualities, and ideals and beliefs. If the pursuit of values in mental health education and ideological and political education for college students is consistent, the worldview refers to a fundamental view of the world and its connections held by humans. It is the foundation of other ideological concepts and has a direct impact on human psychology. A good mindset, positive values, and attitude towards life are all important indicators. The outlook on life reflects a person's life value, purpose, and attitude, and is closely related to a person's spirit. Law and moral education use social norms to shape the moral character of college students, guide their moral behavior, and enable them to better adapt to social life. The content of ideological and political education is to equip them with good qualities. To lay a solid foundation for cultivating good spiritual qualities and forming a good personality.

1.3 The ideological and political education of college students should be student-centered

The improvement of personality is a necessary condition for individual development. Conducting mental health education in universities is to adhere to student-centered principles, actively stimulate the subjective initiative of young students, and improve their ability to self regulate their psychology. The mental health education in universities is based on comprehensive respect for students, guiding them to become the masters of their own mental health, allowing them to timely detect the ups and downs of their emotional and mental states, thereby cultivating a good self-awareness and improving their psychological adjustment ability. The ideological and political education in universities starts from the individual development needs of students' moral and social development, and pursues higher spiritual needs such as inspiring students to have noble morals, firm ideals, and firm willpower. It stimulates the endogenous motivation of college students' growth and enables them to maximize their potential. From this point, it can be seen that both the ideological and political work of college students and their ideological and political work are student-centered.

2.1 The concept of psychological education urgently needs clarification

Thought leads behavior. However, current universities lack a specific and clear psychological education theory across the country, whether in society or individuals. So far, the psychological education work in universities has been helpful to students. To solve psychological problems and make mental health education a key focus of moral education, it is necessary to integrate psychological education into the ten aspects of ideological and political education, such as the education system. The concept of psychological education only emerged in the 20th century. Apart from the concept of "people-oriented and humanized" proposed in the 1980s, there has been no more clear and specific concept of psychological education. We cannot provide a definitive answer to the question of 'what kind of person to cultivate and for whom to cultivate'. The basic problem is that in the new era, universities find it difficult to carry out substantive reforms and innovations in psychological education due to the lack of clear theoretical guidance. Many mental health and ideological education personnel have not yet realized this. I have gained a full understanding of the importance of integrating mental and moral education.

2.2 Ideological and political education tends towards neutrality

Currently, many universities' mental health education tends towards a value orientation. Psychological health education for college students is an important component of psychological counseling for college students. Although its effect is obvious, for a long time, many people's mental health education still exists. Staff attach greater importance to the spiritual education of college students, with a focus on the issues of college students.

There are many psychological problems and illnesses among students, but there are fewer psychological problems for students. A comprehensive and in-depth understanding tends to be value neutral, while neglecting the impact on universities. The mainstream values of college students have been influenced to some extent. The upper level has lost its value orientation, and values and psychological education goals are gradually separated. To achieve the fundamental task of cultivating virtue and talent, it has brought great challenges. Faced with severe tests, some college students' obsession with socialist core values has been severely weakened, causing them to lose their goal of striving, resulting in psychological education outcomes.

3. The reform approach of combining ideological and political education with mental health education for college students

From the perspective of psychological education, universities should conduct innovative mental health education through careful reflection, rational face, and overall implementation of the fundamental task of cultivating moral character, comprehensively planning educational factors, and clarifying prices. Guided by value, strengthening collaborative education, improving the quality of the education team, promoting the ideological and political construction of mental health education courses in universities, and achieving new breakthroughs in the new development.

3.1 Based on the overall situation, organically combine moral education factors with university moral education factors

Universities should organically combine moral education factors from a holistic perspective to promote the implementation of mental health education courses in universities. Firstly, the psychological education of universities should focus on the overall situation, pay attention to the comprehensive effect of ideological and political education, comprehensively consider the key elements of psychological education, identify the key elements, and maximize the guidance and support role of these elements, while clarifying the concept of "people-oriented".

3.2 Establishing Correct Values and Realizing the Overall Optimization of Psychological Education

From the perspective of psychological education, from the perspective of psychological education in universities, it is necessary to better promote psychological education in universities. In college ideological and political education, psychological education is one of the top ten teaching systems, which contains a large amount of teaching resources.

3.3 Building an online teaching platform based on new media

The "95s" and "00s" are the main groups of college students, who are the new generation who grew up in the internet. The open and virtual nature of the internet enables them to gain more attention on the internet. He can express his own thoughts, as well as his own thoughts. Ideological and political education and mental health education in universities should make good use of the collection and organization of online big data materials to understand and grasp the most authentic mental state of college students, timely intervene in their thoughts and psychology, guide them to have a good and healthy psychology, and establish a correct outlook on life and the world.

Conclusion

Under the new historical conditions, the ideological and political work of college students is a heavy and arduous task. It is not only a test of college students' ideological and political work, but also a challenge to college students' ideological and political work. In the context of cultural diversity, personalized values, and a diverse social environment, the ideological and moral issues and mental health issues of contemporary college students are particularly prominent in front of educators. Finding a development path that combines the two can effectively promote the physical and mental health development of students, laying a solid foundation for cultivating qualified talents in society. We need to improve the curriculum system that integrates the two, establish a high-quality teaching team, and combine it with new media technology to form a synergy of university education; Correctly understand and reasonably adjust the various ideological shocks and psychological pressures faced in the process of social development, in order to achieve comprehensive physical and mental development.

References

- [1] Zhang L, Li FY. Knowledge, Intention, and Action: A Path to the Integration of Psychological Education and Moral Education [J] Reference for Middle School Political Teaching, 2021, (19): 64-66.
- [2] Zhong MH. Practical Exploration of Combining Ideological and Political Education with Mental Health Education in Universities. Education Modernization, 2019, 6 (A1): 241-243.

[3] Zhang MY. Collaborative Innovation: The Development Path of Combining Psychological Health Education and Ideological and Political Education in Universities [J]. Journal of Higher Education, 2019 (23): 26-29.