

Research on Effective Approaches of Mental Health Education in College Ideological and Political Education Work

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Abstract: The fundamental purpose of ideological and political education in colleges and universities is to inspire and enhance young students' ability to correctly understand and transform the world. College students born after the 1990s are in a period of social transformation in China. The open and pluralistic society influences the formation of their moral, life, world, and value outlooks. A healthy young student needs both a healthy body and a healthy mind to adapt to social development and changes. By applying their psychological knowledge, the authors actively carry out mental health education for various problems troubling students, boldly innovate the working ideas of student management, and improve work efficiency. Practice has proved that mental health education is an effective approach to ideological and political education in colleges and universities. It is of great significance to use mental health education to expand and enrich the connotation of ideological and political work in colleges and universities.

Keywords: College students; Ideological and political education; Psychology; Mental health education

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1. Introduction

The ideological and political education work in colleges and universities is the ideological transformation work, taking college students as the work object. Its content covers systematic education in basic Marxist theories, education in life outlooks and world outlooks, education in moral outlooks, education in patriotism and internationalism, education in socialist democracy and the legal system, as well as daily ideological and political education. The fundamental purpose of the ideological and political education work in colleges and universities is to inspire and improve the ability of young students to correctly understand and transform the world^[1].

However, in the new historical development period, people's ideas have changed with the progress and development of society. In colleges and universities, the ideological and political education work for college students still cannot fully adapt to the ideological changes of college students, and there are still many weak links in educational management. As front-line teachers in college student management, we have personal experience that the management of post-90s college students is difficult to be effective only by conventional

ideological and political work. While singing the main theme of ideological and political education, it is also necessary to, according to individual differences, use educational and psychological theories to deeply analyze the substantive contradictions of various problems existing in this specific group. For those who belong to the objects of psychological education, timely supplementary healthy psychological education and counseling can achieve twice the result with half the effort.

2. Standards of college students' mental health education and its compatibility with ideological and political education

The Third International Mental Health Congress in 1946 defined mental health as: "Mental health refers to developing an individual's mood to the best state within the range where the body, intelligence, and emotions do not contradict the mental health of others." College students' mental health includes the standards of being able to correctly understand and accept themselves psychologically, adapt to the real environment well, have harmonious interpersonal relationships, strong self-regulation ability, reasonable behavior, and complete and unified personality qualities, etc.^[2]. A healthy person should have both a healthy body and a healthy mind. Only when a person is in good physical and mental states is he truly healthy^[3].

Mental health education for college students has been widely carried out in various colleges and universities. This work is basically implemented by relying on the college students' mental health guidance center and its full-time and part-time teachers. In terms of the intensity of the work, not only has the publicity of mental health education not been deeply rooted in the hearts of the people, making many mentally ill students in the college student group have biases in understanding and be deterred; but also the investment of schools in human, financial, and material resources is in an awkward situation of being a drop in the bucket, especially the attention paid to mental health education by managers at all levels, which urgently needs to change the current passive pattern of being important in theory but secondary in practice.

If ideological and political education is the main channel of moral education in colleges and universities, then mental health education for college students is an effective approach to ideological and political education in colleges and universities^[4]. Mental health education for college students puts forward high requirements for the professional quality and business ability of full-time psychological teachers in terms of both its technical content and work difficulty, which can inject modern educational concepts into college ideological and political education, provide new operation modes and carriers, and expand and enrich the work connotation of college ideological and political education.

3. Universal and individual characteristics of contemporary college students

The rapid social changes have led to a sharp increase in competitive pressure; the increase in social tolerance has led to the continuous improvement of people's living needs. Contemporary college students are exactly in the period of social transformation in China. The open and pluralistic society affects the formation of their moral, life, world, and value outlooks. Independence and openness in thought, distinct and publicized personality, and strong self-centered awareness are the common characteristics of young people of this era. Among them, not only is the number of mentally unhealthy people on the rise year by year, but many psychological problems lie dormant in their hearts. This is no different from a time bomb, which may explode someday when encountering entanglements.

However, under the common characteristics, there are great differences among individuals. People

themselves are a combination of contradictions, not to mention a large collection of thousands of students in colleges and universities, and the psychological differences among individuals are even more uneven. Common ones include freshmen's maladjustment, interpersonal maladjustment, handling of love and gender relations, post-traumatic stress disorder, network dependence (Internet addiction), post-job-hunting frustration leading to postgraduate entrance examination or employment anxiety, campus psychological crisis intervention, or personality psychological disorders and emotional out of control such as introversion, inferiority complex, anxiety, depression, etc. caused by personal growth environment.

4. Practice and effect of teachers' supplementary psychological guidance in student management

Counselors in independent colleges are faced with the above-mentioned college student group with both common and individual characteristics. Teachers should first establish the educational concept of people-oriented, specifically student-oriented, in the post, focus on the school's fundamental task of "cultivating people by virtue," keep pace with the times, face difficulties directly, and constantly open up new fields of college students' ideological education.

There is a saying: There must be something to love in life. We may not be able to take what we love as a career, but there must be one thing that is a sufficient reason for us to spend time and energy on all other people, things, and matters, and is the starting point and destination of any effort we make, just as counselors love their students. It is precisely in the daily work objects that we use psychological knowledge to provide help in many aspects, such as adaptation to independent life and new environment, adaptation to interpersonal communication, handling of the relationship between study and social work, handling of love problems and gender communication, guidance for postgraduate entrance examination and employment of graduates, etc., and implement healthy psychological education according to the situation, so as to improve the ability of psychological early warning and counseling for students.

4.1. Group guidance with clear themes

Group counseling and typical guidance are necessary and feasible. Group counseling is suitable for group psychological phenomena such as freshmen's maladjustment and graduates' postgraduate entrance examination and employment anxiety^[5].

When freshmen enter the university, after the tense military training ends and the body and mind are completely relaxed, various phenomena of maladjustment appear one after another. In addition to creating some emotional and resonant scenarios in the activities to let freshmen fully arouse their passion and integrate into the class collective as soon as possible, the counselor timely organizes class meetings for each class. More importantly, it is necessary to timely identify the objects in need of psychological support. On the one hand, cooperate with the college psychological specialists, and on the other hand, list them as the key interview objects in daily management work.

Taking the postgraduate entrance examination is the first choice for graduates. The huge employment pressure has led to graduates of independent colleges competing to apply for postgraduate studies. As teachers, first, encourage their enthusiasm for applying; second, try to invite experienced experts or seniors with personal experience to carry out postgraduate entrance examination consultation lectures or experience exchange reports for them; third, constantly impart the psychological cognition level of it to them with their own postgraduate entrance examination experience, aiming to clear up their blindness in taking the postgraduate entrance

examination, get out of the utilitarian misunderstanding, be indifferent and quiet, start preparing from the sophomore year, and achieve being confident as soon as possible.

4.2. Gradual individual counseling

4.2.1. Interpersonal relationship troubles are common problems endangering college students' mental health

A certain female student has been in a tense relationship with her classmates, especially her roommates. One of the roommates is strong-willed and likes to lose her temper, and the other two roommates echo the dominant classmate, resulting in her being isolated and the estrangement deepened. On the one hand, the student felt extremely depressed, and on the other hand, she felt at a loss. Therefore, she chose to avoid and proposed a request to change the dormitory. Obviously, this is a case of interpersonal conflict in the dormitory caused by incomplete communication, knowledge, or lack of communication skills. As a teacher, I put myself in her shoes and analyzed the advantages and disadvantages, pointing out that changing the dormitory was only a temporary solution and could not solve the fundamental problem. Even if the dormitory is changed this time, how to deal with similar roommates or situations again? People are social beings. When an individual cannot change others in a collective, he must learn to change himself. Instead of retreating, it is better to start with self-transformation, treat each other with sincerity, and strengthen emotional ties between each other; be modest and tolerant to win people's hearts. Of course, this takes a certain amount of time, so-called time reveals a person's true nature. The class and dormitory in the university are the main places for students to study and live. Only the harmonious interaction among people can cause ideological resonance, and then integrate with everyone, and finally achieve the effect of win-win and multi-win. Interpersonal relationship is just as defined in the Encyclopedia of China. Psychology as "the psychological relationship established by people in common activities, through which each other's psychological needs are met"^[6,7].

4.2.2. Handling love and gender relations is undoubtedly the eternal theme of young people

A certain male student was attracted to a cheerful female classmate with an outgoing personality after more than a year of contact. Although both sides understood each other, he never formally confessed to the female student. However, recently, he found that the female student he was attracted to had been in close contact with other male students, thinking that she was dating two people at the same time, so he was torn about himself, depressed, anxious, and felt that he could not lift his interest in anything. After analysis, the teacher pointed out: Since the other party has not expressed personal affection, she has the right to choose others. There is no room for reluctance in emotional issues. Instead of brooding, it is better to be magnanimous, concentrate on studying, and let knowledge enrich you to relieve the depressed mood^[8,9].

The above cases belong to general psychological problems, but they are the life events with the highest occurrence rate in the college student group. In addition to common ideals, interests, values, and factors such as mutual acceptance and tolerance, how to grasp the proportion of communication between men and women and the skills of maintaining feelings are also crucial^[10,11]. However, the premise is to be conducive to the academic progress and physical and mental health of both sides. The psychological counseling done by teachers is exactly to use rational-emotional therapy to guide them to free themselves from specious, unreasonable cognitions with a positive attitude.

5. Enlightenment of mental health education in student management practice

A healthy mind, like a healthy body, is the necessary capital for human survival and development in the 21st century. Mental health education focuses on catharsis and guidance. Objectively, there are differences between people, and there are also differences in individual cognitive levels and the degree of individual mental illness^[12]. Counselors need to, according to the actual situation of individuals, through interviews and analysis, reveal the fundamental reason unreasonable cognitions bring emotional disorders to individuals, adopt cognitive-behavioral therapy, and help them change the “fixation” of original wrong cognitions^[13] and establish reasonable concepts. Sometimes it takes several, more than a dozen or even more rounds, and it is impossible to achieve it overnight^[14]. In fact, only when the parties internalize the learned mental health education into individual awareness can they truly resolve their heart knots, alleviate negative emotions, change their cognition of things, and achieve the ideal effect of health education.

Through the attempt of mental health education in student management work, I have realized the true meaning of the ancient Greek philosopher Epictetus’ saying that “people are not troubled by things themselves, but by their views on things”^[15]. Because everyone has a basically positive orientation, the key is to be good at discovering, excavating, and inspiring the individual’s positive orientation, giving effective psychological support, turning disadvantages into advantages, and developing physical and mental potential. Counselors are the full-time teaching staff directly managing students in colleges and universities. Under the new situation, we must continue to innovate in work, use healthy psychological education to expand and enrich the connotation of ideological and political work in colleges and universities, and then worthy of the name, use love to fulfill the dual responsibilities of the leader of college students’ ideological and political education and the cultivator of their physical and mental health development.

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