

Research on the Application of Psychology in the Ideological and Political Education of Counselors in Higher Vocational Colleges

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Abstract: As an important base for the training of skilled personnel, the ideological and political education of counselors plays a vital role in the process of personnel training in higher vocational colleges. Based on the analysis of the current situation of ideological and political education of counselors in higher vocational colleges, this paper analyzes the application value and strategies of psychology in ideological and political education, aiming at providing a set of systematic psychological application frameworks for counselors in higher vocational colleges, so as to promote the all-round development of students and realize the fundamental task of cultivating morality and educating people.

Keywords: Higher vocational colleges; Counselors; Ideological and political education; Mental health education; Psychology

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1. Introduction

As an important part of higher education, higher vocational colleges undertake the important task of cultivating high-quality and skilled talents. As the person directly responsible for the ideological and political education and daily management of students, the effectiveness of the counselor's work has a direct impact on students' growth^[1]. Under the background of social diversification and information technology, the ideas, value orientation, and psychological state of college students are increasingly complex and diverse, which puts forward higher requirements for counselors' ideological and political education. Therefore, integrating psychological theories and methods into ideological and political education has become an important way to improve the work effect.

2. Analysis of the current situation of ideological and political education of counselors in higher vocational colleges

2.1. Challenges faced

Under the current educational environment, the ideological and political education of counselors in higher

vocational colleges is facing unprecedented challenges and difficulties. With the rapid development of society and the deepening of globalization, students' ideas are becoming increasingly diverse, and their values are showing a trend toward greater diversification. Although it promotes the collision of ideas, it also makes it particularly difficult to form a unified consensus in the process of ideological and political education ^[2]. Students often hold different views and positions on the same issue, which requires counselors to not only impart knowledge in the process of ideological and political education but also guide students to learn to think critically and form correct value judgments.

2.2. Existing problems

The explosive growth of Internet information and the acceleration of its dissemination provides students with massive information resources, but at the same time, it also brings a lot of negative information. Vocational college students are in a critical period of forming their values and often lack sufficient discernment. They can easily be misled by negative information such as Internet rumors, false advertisements, and extreme remarks, resulting in cognitive biases and even forming incorrect values. With the intensification of social competition and the acceleration of the pace of life, vocational college students are facing increasing academic, employment, and interpersonal pressure, leading to more prominent mental health problems. Anxiety, depression, and other mental diseases occur frequently among students, seriously affecting their learning effect and quality of life ^[3]. However, the lack of effective connection and integration between ideological and political education and mental health education in some higher vocational colleges makes the counselors powerless to deal with students' mental health problems.

3. The application value of psychology in the ideological and political education of counselors in higher vocational colleges

3.1. Improving the pertinence of ideological and political education

As a discipline that studies human psychological activities and their laws, psychology has irreplaceable application value in the ideological and political education of counselors in higher vocational colleges ^[4]. The application of psychological theories and methods can significantly improve the pertinency of ideological and political education. Through the use of psychological observation, interviews, questionnaires, and other means, counselors can deeply understand the inner world of students and grasp their ideological dynamics and psychological needs, so as to formulate ideological and political education plans that are more in line with the actual situation of students. It is helpful to enhance the pertinence and effectiveness of education and improve the effectiveness of ideological and political education

3.2. Enhancing the appeal of ideological and political education

The skills of emotional resonance and regulation in psychology can enhance the appeal of ideological and political education. By using these skills, counselors can get closer to students, establish a harmonious relationship between teachers and students, and create a relaxed and pleasant educational atmosphere. In such an atmosphere, students can freely express their thoughts and feelings and have emotional resonance with counselors, so they are more likely to accept and internalize educational content. This emotion-based education mode helps to enhance the appeal and persuasion of ideological and political education and enables students to practice socialist core values more consciously ^[5].

3.3. Promoting the all-round development of students

The application of psychology in ideological and political education helps to promote students' all-round

development. Ideological and political education does not merely involve ideological and political education for students, but it is also an important way to promote students' all-round development. Psychology pays attention to the development of students' psychological quality, moral quality, interpersonal skills, and other aspects, which is highly consistent with the goal of ideological and political education. Through the application of psychological theories and methods, counselors can guide students to establish a correct worldview and outlook on life and values, cultivate their good psychological and moral qualities, and improve their interpersonal skills and social adaptability. This all-round education mode is conducive to the realization of the fundamental task of cultivating morality and cultivating people, and cultivating more high-quality talents with noble morality, healthy psychology, and solid skills for society ^[6].

4. The application strategy of psychology in the ideological and political education of counselors in higher vocational colleges

4.1. Adhering to the principle of organic integration

The primary task of counselors in ideological and political education is to ensure the organic integration of psychological theories and methods, rather than simply being an additional or superficial component. This principle emphasizes the deep integration and mutual penetration of psychology and ideological and political education, aiming to enhance the pertinence and effectiveness of ideological and political education through the perspective and method of psychology ^[7]. Specifically, counselors must thoroughly understand students' psychological characteristics and needs as a prerequisite. Through daily observation, interviews, psychological assessments, and other methods, they should gain a comprehensive grasp of students' psychological dynamics, identify their confusions and needs, and establish a solid foundation for developing personalized ideological and political education programs. On the basis of an in-depth understanding of students' psychology, counselors should flexibly use psychological theories, such as cognitive behavior theory, social learning theory, etc., to design ideological and political education content and activities close to students' lives and in line with their psychological characteristics. These programs should pay attention to guiding students to establish a correct worldview, outlook on life, and values. At the same time, it is imperative to pay attention to their emotions, will, behavior, and other aspects of developmental needs. It ensures that psychological theories and methods are integrated throughout the entire process of ideological and political education. In classroom teaching, group discussion, individual talk, or social practice, counselors should consciously apply the principles and methods of psychology, pay attention to the changes in students' psychological state, timely adjust educational strategies, and ensure the effectiveness and continuity of ideological and political education. By integrating psychology with ideological and political education, students receive accurate guidance, leading to meaningful spiritual growth and personal development ^[8].

4.2. Innovating working methods

On the basis of adhering to the principle of organic integration, counselors also need to constantly innovate working methods and carry out ideological and political education in more flexible and diverse forms, stimulating students' learning interest and participation and better meeting their diversified needs. On the one hand, counselors should actively explore the use of interactive teaching methods. Case analysis, role-play, group discussion, and other methods in psychology can provide students with a more vivid and intuitive learning experience. Counselors can introduce these methods into ideological and political classes, and guide students to actively participate and think deeply by simulating real situations and discussing hot issues, so as to deepen their understanding and recognition of ideological and political education content ^[4]. On the other hand, counselors should pay attention to personalized counseling services. In view of various psychological perplexities and problems encountered by

students during their growth, counselors should provide one-on-one counseling services and use professional knowledge of psychology to help students analyze the reasons and find countermeasures. At the same time, students' psychological files should be established to regularly track the changes in students' mental state and provide them with continuous psychological support and guidance. In addition, counselors can also use modern information technology means, such as network platforms and social media, to expand the channels and forms of ideological and political education. Students are provided with more convenient and efficient learning resources and psychological services by setting up online courses, establishing mental health WeChat groups, and publishing mental health knowledge tweets. This can broaden students' horizons and knowledge and enhance the relevance and appeal of ideological and political education ^[9].

4.3. Strengthening the integration of mental health education and ideological and political education

Although mental health education and ideological and political education have different emphases, they have the same goal of promoting students' all-round development and shaping healthy personalities. Counselors should become active promoters of this integration process, skillfully integrate the content and methods of mental health education into all aspects of ideological and political education, and form a mutual promotion and complementarity. Counselors should take the initiative to assume the responsibility of mental health education, set up special mental health education courses, and systematically teach students mental health knowledge, including emotional management, stress coping, interpersonal relationship handling, etc. Students are guided to master basic psychological adjustment skills and establish correct mental health concepts, realizing the importance of mental health for personal growth. By organizing regular mental health lectures and activities, such as psychological salons, psychodrama performances, and mental health awareness months, students are engaged in diverse and interactive activities. This approach helps popularize mental health knowledge, foster a positive campus environment, and enhance students' psychological well-being in a relaxed and enjoyable setting ^[10]. At the same time, in ideological and political education, counselors should focus on guiding students to pay attention to their own mental health problems, integrate the content of mental health education into the ideological and political class discussion, case analysis, and other links, stimulate students' self-reflection ability by guiding them to analyze social phenomena and discuss life values, and help them realize the close connection between mental health and ideological and political quality and develop positive attitude and emotional management skills.

4.4. Establishing a sound support system

In order to ensure that counselors can carry out ideological and political education work smoothly, especially the effective integration of psychological theories and methods, higher vocational colleges should establish a sound support system to provide comprehensive and multi-level protection for counselors ^[11]. On the one hand, strengthening the construction of the counselor team is the key. Higher vocational colleges should attach importance to the professional development of counselors, and improve the professional quality and comprehensive ability of counselors through regular training, academic exchange, and practice. In particular, it is necessary to strengthen the knowledge reserve and skill training of counselors in psychology and pedagogy, so that they can better use psychological theories and methods to carry out ideological and political education. On the other hand, it is also necessary to establish a sound mental health education service system and crisis intervention mechanism. Vocational colleges should set up special psychological counseling centers or mental health education institutions to provide professional psychological counseling services and crisis intervention support for students. At the same time, students' psychological files should be established to understand the changes in students' mental states, so that potential psychological problems can be discovered and solved in time ^[12]. In addition, a

sound campus crisis response mechanism should be established to ensure that emergencies can be quickly and effectively intervened and dealt with. In the process of the construction of the support system, higher vocational colleges should also pay attention to the integration of resources and form a joint force. By strengthening the relationship and cooperation with family and society, we can pay adequate attention to students' mental health problems. Through the establishment of an information-sharing platform and a collaborative work mechanism, the seamless docking and organic integration of mental health education, ideological and political education, student management, and other work can be promoted.

5. Conclusion

To sum up, it is of great significance for counselors in higher vocational colleges to apply psychological theories and methods in ideological and political education. Through an in-depth analysis of the status quo and application value of psychology and ideological and political education, a series of specific application strategies are proposed, including adhering to the principle of organic integration, innovating working methods, strengthening the integration of mental health education and ideological and political education, and establishing a perfect support system. It can not only effectively improve the pertinency and effectiveness of ideological and political education but also better promote the all-round development and healthy growth of students.

Disclosure statement

The author declares no conflict of interest.

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