

Research on the Integration of Ideological and Political Education and Mental Health Education in Undergraduate Colleges

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Abstract: In recent years, the integration research of ideological and political education and mental health education in undergraduate colleges has attracted much attention. The integration of the two can not only help to improve students' ideological and political quality but also effectively promote the overall development of student's mental health. With the rapid development and change of society, college students are facing increasingly complex psychological pressure and challenges, therefore, ideological and political education and mental health education combined, have become one of the important directions of the current higher education reform. Based on this, based on a comprehensive analysis of the close relationship between ideological and political education and mental health education, the article takes undergraduate colleges as the research object and actively explores the integration path of the two.

Keywords: Undergraduate colleges and universities; Ideological and political education; Mental health education

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1. Introduction

The Opinions on Strengthening and Improving Ideological and Political Work in Colleges and Universities under the New Situation issued by the Central Committee of the Communist Party of China and The State Council proposed that colleges and universities should start from positive psychology and innovate the practice mode of ideological and political work. As an important part of China's higher education system, the Opinions on Strengthening and Improving the Ideological and Political Work in Colleges and Universities under the New Situation were issued, which provided the fundamental guidance and direction for the deepening of ideological and political education reform, the construction of education ecosystem, and the realization of the fundamental task of cultivating morality and educating people. Ideological and political education and mental health education are important ways for undergraduate colleges to realize the fundamental task of cultivating people by virtue. Although they are different in basic theory, educational task, educational method and educational relationship, they complement and interoperate in educational goals, educational functions, and

educational approaches ^[1]. Therefore, for undergraduate colleges and universities, the integration of ideological and political education and mental health education can give full play to the role of educating people in the complementary advantages of the two, and help the realization of the fundamental task of moral education ^[2].

2. Interpretation of the relationship between ideological and political education and mental health education

Ideological and political education and mental health education in undergraduate colleges and universities have shown a close correlation in both theoretical and practical aspects. Ideological and political education focuses on cultivating students' world values, life values and moral values, aiming at shaping students' moral quality and social responsibility. While mental health education focuses on improving students' psychological quality, helping students build a healthy mentality and the ability to cope with pressure. Although the two are different in terms of focus, they share the same macroscopic goal of educating people and are committed to promoting the all-round development of students ^[3].

2.1. Differences between ideological and political education and mental health education

The differences between mental health education and ideological and political education are mainly reflected in the following four points: First, the basic theory is different. The main purpose of mental health education is to strengthen the humanistic care for students, aiming at cultivating self-esteem, self-confidence, rational peace, positive college students in the new era. Ideological and political education is based on Marxist thought and socialist core values to guide students, and effectively exert the function of political guidance ^[4]. Secondly, teaching tasks are different. Mental health education focuses on cultivating students' healthy psychology, mastering certain mental health knowledge and self-regulation skills. Ideological and political education focuses on enhancing students' political literacy, stimulating a sense of social responsibility and mission, and establishing correct life values, moral values and worldview. Third, teaching methods are different. Mental health education takes classroom education as the main position combined with practical teaching, through psychological counseling, sandplay, group psychological counseling and other ways to promote the mental health growth of college students, and most of them take the form of one-to-one. Ideological and political education is mainly carried out through classroom education, practice visits, evaluation competitions and other ways, the development mode is mostly one-to-many. Fourthly, the educational relationship is different. In mental health education, teachers and visiting students are in an equal position, and they unconditionally accept, understand, respect and care for visiting students; In the process of ideological and political education ^[5], teachers usually guide students to establish correct concepts in the form of demonstration, so teachers have advantages in status.

2.2. The convergence of ideological and political education and mental health education

The essence of both is education, in order to realize the fundamental task of moral education. First, they share the same goals. Mental health education mainly improves students' mental health level, while ideological and political education pays great attention to the cultivation of students' social concepts, sense of responsibility and patriotic spirit, both of which guide students to embody their personal values. Second, mental health education can help students better adapt to the social environment, improve students' ability to resist pressure and frustration and guide students to face life with an optimistic attitude and positive attitude. Ideological and political education focuses on the shaping of students' values and moral qualities, which can promote students'

mental health to a certain extent. Therefore, they are similar in function and purpose. Third, in the process of education work, the two complement each other and promote each other. Mental health education through the popularization of mental health knowledge, cultivates students' self-esteem, self-confidence, rational peace, and positive social mentality, in this aspect, its ideological and political education is interlinked, therefore, in the specific implementation process, the two can be carried out together ^[6].

2.3. The relationship between ideological and political education and mental health education

Ideological and political education can not only assist mental health education but is also an important basis for mental health education. Ideological and political education can cultivate students' social concept, sense of responsibility, patriotic spirit, and promote the improvement of students' overall quality ^[7]. Therefore, if the student's mental health level were to be improved, it is important to strengthen the guidance to students from the aspects of ideological and political consciousness and political concepts, so as to effectively guarantee the effectiveness of mental health education and promote students' healthy growth and all-round development. First, mental health education has a certain auxiliary role in ideological and political education, students only mental health, quality perseverance, its political view, moral values and life values can be correct, such as a student if there are psychological problems, do not comply with social morality, you can imagine, its organization, discipline will inevitably have some problems. Second, in the process of ideological and political education, want to improve the ideological and political education of the era, not only to integrate information technology in ideological and political education, but also to strengthen the understanding of the psychological characteristics of college students in the Internet era, to improve the pertinence of education, and then promote the integration of the two. Thirdly, it is clearly pointed out in the "Outline of Moral Education in Chinese colleges and Universities" that mental health education is a branch of moral education. Therefore, undergraduate colleges and universities should actively promote the coordination of mental health education and ideological and political education, so that the two complement each other and fully integrate, and work together to cultivate students' healthy thoughts and sound personalities.

3. The integration strategy of ideological and political education and mental health education in undergraduate colleges

3.1. Strengthen learning exchanges and improve teachers' ideological and political awareness

The fusion effect of ideological and political education and mental health education largely depends on teachers' ideological and political awareness and ability. Therefore, as ideological and political educators, we should seriously study the spirit of the National College Ideological and Political Work Conference, the spirit of the National Education Conference, the spirit of the school ideological and political theory teachers' symposium, seriously study and thoroughly implement the relevant policies or opinions issued by the state in the field of college ideological and political education. Including "Several Opinions on Deepening the Reform and Innovation of Ideological and Political Theory Courses in Schools in the New Era" and "Guiding Outline of Ideological and Political Construction of Curriculum in Colleges and Universities," fully realize the significance of the integration of ideological and political education and mental health education, understand the educational attributes of mental health education, and can consciously and actively explore the convergence

of ideological and political education and mental health education courses. Thus, the educational function of ideological and political education and mental health education can be fully brought into play^[8]. At the same time, teachers should fundamentally change their ideas, and can deeply realize that strengthening ideological and political education, mental health education education is the boundless responsibility and duty of teachers of various disciplines. In addition, from the perspective of undergraduate colleges and universities, schools should regularly organize excellent ideological and political teachers to explain ideological and political theory knowledge to professional teachers including mental health education teachers, analyze current issues, guide teachers to communicate with each other in competitions and explore ways and methods of curriculum ideological and political education, to achieve the goal of promoting education through competition. In order to promote the continuous improvement of mental health education teachers' ideological and political ability, and promote the ideological and political education and mental health education in undergraduate colleges and universities to be in the same frequency resonance, the same direction^[9].

3.2. Pay close attention to current affairs and promote the positive energy of society

Teachers should constantly strengthen the ideological and political awareness of the curriculum, closely follow the hot current events, combine the relevant knowledge points of ideological and political education and mental health education with the hot current issues, and condense the ideological and political elements such as social responsibility, patriotic feelings, cultural confidence, scientific spirit, legal awareness, and humanistic quality, to further promote the integration of the big society in small classes. Actively carry forward some positive energy events in the society in class, cultivate the good quality of honest and trustworthy, patriotic and family loving, down-to-earth and dedication of contemporary young college students with vivid and warm Chinese stories, and guide them to establish correct values, outlook on life and world outlook. For example, when teaching the chapter on "self-awareness," teachers can guide students to establish a correct employment outlook, enhance their sense of social responsibility, and take the initiative to learn their precious spirit of fearless^[10], self-sacrificing, courageous and selfless dedication by listing some touching cases of extraordinary contributions in ordinary posts, such as medical workers, volunteers, people's police, etc. In addition, teachers should pay close attention to and timely study the relevant policies and documents of the state, and communicate with students in class and share the latest information^[11].

3.3. Combine science and practice to enhance the integration effect

The talent training goal of undergraduate colleges is not only reflected in knowledge but also in the improvement of student's abilities in all aspects. In the process of talent training, teachers should not only explain ideological and political education and mental health theoretical knowledge, but also organize students to carry out rich practical activities, guide students to experience and feel in practice, and master scientific psychological adjustment methods while accumulating theoretical knowledge^[12]. For example, teachers can organize students to debate the two different viewpoints of "knowledge changes destiny" VS "studying is not as good as working," so that students can clearly learn knowledge and improve skills for their long-term development in thinking and debating. Then, by playing for students the living situation of people in some poor countries, the distress of the early days of the founding of our country, a group of patriotic scientists have learned to return to the country, guide students to fully realize that the country is becoming stronger and stronger without the unremitting efforts and hard work of every aspiring young people, individual values, personal ideals and national development goals should be the same frequency resonance, Personal destiny

is closely related to the development of the country, so as to stimulate the learning power of students and promote students to establish a sense of responsibility and life.

3.4. Use the second classroom to expand the path of integration

Relative to the main position of classroom teaching, the second classroom is a teaching activity carried out outside the classroom teaching time around the teaching content. Compared with classroom teaching, the second classroom carries out more diversified forms and more flexible time and space. In teaching practice, teachers can closely follow the teaching content, combine the specific work arrangement of the school, or select some important festivals or time nodes with special significance to organize students to carry out the second classroom activities, and flexibly integrate ideological and political elements into the activity process^[13]. For example, in the annual “5/25” mental health education month, teachers can take this as an opportunity to integrate ideological and political elements into mental health education activities in an invisible way, so that students can accept the baptism of thought in the rich activity experience. For example, when developing group rules in group psychological counseling activities, teachers can guide students to establish a sense of rules and abide by established rules, to realize the penetration of socialist core values such as justice and the rule of law. In addition, in the process of carrying out activities, friction, contradictions and even conflicts will inevitably occur between students and members because of different opinions and ideas. In the face of these problems, teachers should guide students to learn to be inclusive, and let students know that “good-neighborly friendship” and “amity, sincerity, mutual benefit and inclusiveness” are always the basic principles of handling domestic and foreign affairs in China. The way people get along with each other also needs to follow this concept and live in harmony^[14]. In addition, teachers can also organize students to carry out the second class activities such as “listening and talking in the nursing home” and “doing three things every day.” While helping students to learn and accumulate psychological knowledge, teachers can also promote traditional virtues such as filial piety, respect for the elderly, self-discipline and self-confidence^[15].

4. Conclusion

In short, in the process of promoting the integration of ideological and political education and mental health education, undergraduate colleges and universities need to make joint efforts in various aspects, starting from improving teachers’ ideological and political literacy, paying close attention to current affairs, combining science and practice, using the second classroom and strengthening home-school cooperation, and constantly innovating ways and methods of integration, to jointly contribute to the healthy growth of students.

Disclosure statement

The author declares no conflict of interest.

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