

Study on the Integration of Ideological and Political Education and Students' Mental Health Education

Piaoyi Jiang*

Geely University of China, Chengdu 641423, Sichuan Province, China

*Corresponding author: Piaoyi Jiang, 1150323838@qq.com

Copyright: © 2024 Author(s). This is an open-access article distributed under the terms of the Creative Commons Attribution License (CC BY 4.0), permitting distribution and reproduction in any medium, provided the original work is cited.

Abstract: In the new era, the rapid advancement of Internet technology has promoted the development of social economy and education. Although the current education conditions and education system of colleges and universities have been significantly improved, the attention to students' mental health education is low. Nowadays, there is various uneven and unhealthy information on the Internet, which will negatively impact the shaping of correct values in students, and play an essential role in improving students' discrimination ability. Therefore, it is very important to realize the good integration between ideological and political education and students' mental health education in college education, which can promote the all-round development of students. Based on this, this paper mainly focuses on the integration of ideological and political education and students' mental health education, so as to provide theoretical reference for the smooth development of relevant research in the future.

Keywords: Colleges and universities; Ideological and political education; Students; Mental health education; Integration

Online publication: February 28, 2024

1. Introduction

College students will soon enter society, so they should have a strong psychological quality and moral quality, and become the excellent talents needed in today's society. With the progress of society, the requirements for the comprehensive quality of excellent talents are improving, and universities are encouraged to emphasize the integration of ideological and political education and mental health education, which aims to promote the healthy growth and all-round development of students. Both ideological and political education in colleges and universities and mental health education will affect the growth and development of students. However, according to the analysis of the actual situation at present, there is a phenomenon of separation between the two sides, and it is difficult to obtain good results in specific teaching. Therefore, in college education, it is significant to strengthen the good integration of ideological and political education and mental health education.

2. The importance of the integration of ideological and political education in colleges and universities with students' mental health education

At present, when ideological and political education in colleges and universities and students' mental health education are well integrated, its importance should be fully reflected. The importance is as follows: effectively improving educational effect, enhancing educational content, cultivating students' sound personalities, and promoting the all-round development of students.

2.1. Improving educational effect

In the current ideological and political education in colleges and universities, teachers should cultivate students' moral consciousness and ideological quality, while mental health education should pay more attention to the development of students' mental health and improve students' psychological level and quality. Through the integration between ideological and political education and mental health education, ideological and political education can align with students' learning needs, and the quality and effect of education can be strengthened to ensure the effectiveness and reliability of ideological and political education. At the same time, mental health education can provide scientific and reasonable methods for ideological and political education in colleges and universities, so that students can master more knowledge of ideological and political courses and mental health courses, and improve the quality of education and teaching effect.

2.2. Enhancing educational content

In the traditional ideological and political education in colleges and universities, teachers focus more on explaining the theoretical knowledge related to ideology and morality to students, ignoring students' mental health development. In the ideological and political education in colleges and universities, teachers should pay attention to the integration of mental health education, so as to realize the diversity and richness of ideological and political education content, so that it is closely aligned with students' daily life. In terms of mental health education, it involves students' interpersonal relationships, emotional management, and self-awareness, etc. It is regarded as an effective supplement to ideological and political education to help students understand their own situation, communicate well with others, let students develop good psychological qualities, and form a positive attitude towards learning and exploration. By improving the educational content, students' comprehensive quality and social adaptability can be significantly improved ^[1].

2.3. Cultivating students' sound personalities

In current college education, teachers should pay attention to the integration between ideological and political education and mental health education, so that students can establish correct values, develop psychological quality, and overcome challenges. Through mental health education, students can solve psychological problems and puzzles, develop a positive learning attitude, cultivate psychological quality, and form a sound personality. A sound personality can promote the all-round development of students, so that they can better cope with the challenges and pressures in future work and life.

2.4. Promoting students' all-round development

Both ideological and political education in colleges and universities, and mental health education, are designed to better promote the all-round development of students. Through their integration, the needs of students can be met, their social adaptability will be improved, and their comprehensive quality and moral quality will be cultivated. Through the all-round development of students, they can maximize their own potential in future work and life, and realize the improvement of social value and individual value. At the same time, the

comprehensive development of students is also one of the requirements of the current society for excellent talents, which is the key goal of colleges and universities to train excellent talents^[2].

3. The relationship between ideological and political education in universities and students' mental health education

In the current college education, there is an obvious relationship between ideological and political education and mental health education. The educational goals of both sides have common characteristics, and the educational content permeates each other, the teaching methods learn from each other, and the educational effects promote each other.

3.1. Common educational goals

In the current stage of college education, whether ideological and political education or mental health education, although they have priorities, both sides attach great importance to the cultivation of students' comprehensive quality, so that students can develop a sound personality. In terms of ideological and political education in colleges and universities, teachers should pay attention to the cultivation of students' sense of responsibility and mission and moral accomplishment, whose purpose is to help students establish correct views. In view of mental health education, teachers should focus on the development of students' mental health in practical teaching, cultivate students' sound personality and psychological quality, and improve students' ability to deal with challenges and problems. Based on the above content analysis, through the integration between ideological and political education and mental health education, students' healthy growth and all-round development can be achieved, effectively improving students' ability to adapt to society, so that students' comprehensive quality is significantly improved. Therefore, ideological and political education and mental health education have a common goal to promote and complement each other and improve the overall quality of education^[3].

3.2. Interpenetrating educational content

Based on the content analysis, there is a certain degree of crossover between ideological and political education and mental health education, and the two sides should penetrate each other. For example, in the process of ideological and political education in colleges and universities, collectivism, patriotism, and moral ethics are closely related to interpersonal relationships, self-awareness, and emotional management in mental health education. At the same time, in mental health education, psychological counseling and positive psychology are very important and are regarded as an effective supplement to ideological and political education to better help students understand and master the course knowledge. Through the mutual penetration between ideological and political education and mental health education, it can realize the integration of teaching content, improve students' ideology and moral accomplishment, promote the development of students' mental health, cultivate the students' psychological quality and comprehensive quality, and promote the healthy development of students.

3.3. Mutual learning of teaching methods

From the analysis of teaching methods, ideological and political education and mental health education in colleges and universities should learn from each other. For example, the application of team counseling, psychological counseling, and other methods in the process of mental health education is very important, which can provide methods for ideological and political education in colleges and universities to meet the specific needs of students. At the same time, in the process of ideological and political education in colleges

and universities, political theory learning and ideological education and other methods can be used as guidelines by mental health education, so that students can develop a positive learning attitude, and form a good psychological quality. Through such a teaching method of mutual reference, the teaching quality and teaching effect can be strengthened, contributing to students' overall development. Through mutual reference between ideological and political education and mental health education, teachers can achieve the diversification of teaching ideas, realize the innovation and enrichment of teaching methods and teaching means, and effectively improve teaching quality and effectiveness^[4].

3.4. Mutually reinforcing educational effects

Ideological and political education and mental health education can promote each other in the implementation process, and realize the strengthening of educational quality and effect. On the one hand, students should form a good psychological quality, which is the basic condition for students to receive ideological and political education, so that students can develop a healthy psychological state and accept ideological and political education. On the other hand, the implementation of ideological and political education can cultivate students' psychological literacy and promote their mental health development, so that students can correctly deal with life burdens and pressures. Through mutual promotion, the teaching effect is strengthened and the healthy development of students is promoted. Integration between ideological and political education and mental health education can meet students' mental health development and ideological and moral needs, cultivate students' comprehensive quality, allow students to better adapt to today's society, and achieve the improvement of adaptability^[5].

4. Integration of ideological and political education and students' mental health education

At present, when ideological and political education and mental health education are well combined, we should focus on the implementation of specific integration countermeasures. To realize the optimization of curriculum setting, we need to pay attention to the innovation of teaching methods, strengthen the construction of campus culture, guide students to participate in practical activities, and ensure the quality and effect of practical teaching. In this way, the integration of ideological and political education and mental health education can be realized, so that students can master more theoretical knowledge and cultivate psychological literacy to better adapt to the working environment in the future.

4.1. Optimizing the curriculum

In the integration process of ideological and political education and mental health education in colleges and universities, the optimization of the curriculum should be realized, which is the key carrier to ensure the smooth realization of the educational goal. In the current process of ideological and political education in colleges and universities, teachers should pay attention to the reasonable integration of mental health education content and set up relevant elective courses, such as social psychology and ideological and political education, mental health, and personal growth. Through such elective courses, ideological and political education and mental health education can effectively supplement the course content, so that students can find the connection between the two courses, and then learn and master the course knowledge from this point. At the same time, it can also ensure the richness of the teaching content and ensure the rationality and practicability of the course content. In addition, colleges and universities should also offer interdisciplinary courses. For example, social psychology and moral psychology, etc., to constantly deepen students' learning and exploration, let students understand and

master more course knowledge, promote students' mental health development, cultivate students' moral literacy and psychological literacy, guide students to apply the knowledge to solve specific problems, and promote the overall development of students. Therefore, in the integration of ideological and political education and mental health education in colleges and universities, we should pay attention to the comprehensive optimization of the curriculum, let students take the initiative to participate in the course knowledge learning, improve students' learning ability, and cultivate students' knowledge literacy ^[6].

4.2. Innovative teaching methods

In the current college education, the teaching methods will have a significant impact on the quality and effect of ideological and political education and mental health education. Teachers should realize the innovation of methods and means in practical teaching, such as role-play, cooperative teaching, and case analysis. In the integration of ideological and political education and mental health education, the application of such teaching methods stimulates students' interest and motivation in learning and significantly improves students' participation in the classroom. Through specific methods, students can understand and experience the practical connection between ideological and political education and mental health education in practical activities. At the same time, teachers should pay attention to the application of information technology in integrated teaching, and realize the innovation of teaching methods, such as micro-classroom and network courses, so that students can have flexible methods in learning, and then students can master their own learning skills. In addition, universities can also organize lectures and invite outstanding alumni or experts to the campus to share their rich experience, so that they can broaden students' thinking and horizons. Therefore, when integrating ideological and political education and mental health education in colleges and universities, teachers should pay attention to the innovation of teaching methods, guide students to find suitable learning methods, and actively study and explore various teaching means, so as to improve students' learning and exploration ability.

4.3. Building campus culture

At present, campus culture has an obvious impact on students' healthy growth and all-round development, which is an environmental factor that cannot be ignored. Therefore, colleges and universities should create a positive campus cultural atmosphere and pay attention to the construction of campus culture, through holding publicity activities and lecture activities, so that students' psychological quality, moral quality, and ideological consciousness significantly improve. At the same time, teachers should pay attention to the promotion and publicity of ideological and political education and mental health education, so that students can establish correct ideas and improve students' mental health care awareness. Under such circumstances, colleges and universities can set up a special mental health education center to provide psychological counseling services for students. In addition, colleges and universities should organize a rich variety of campus cultural activities, including sports competitions and art competitions, to improve students' spirit of cooperation and cooperation consciousness as well as cultivate students' sense of responsibility and sense of mission. Therefore, when integrating ideological and political education and mental health education in colleges and universities, teachers should focus on the construction of campus culture and create a harmonious campus cultural atmosphere. In this way, students can be influenced by a positive atmosphere, promoting students' mental health development and cultivating students' moral accomplishment and ideological consciousness.

4.4. Strengthening practical teaching

In the current integration process of ideological and political education and mental health education in colleges and universities, teachers should guide students to participate in the study of theoretical knowledge, ensure the

smooth development of practical activities, let students learn to consolidate knowledge, and cultivate students' moral quality and comprehensive quality. At present, colleges and universities should emphasize the integration of ideological and political education and mental health education in education, and provide students with rich opportunities through voluntary service and social practice activities, so that students can realize the necessity of learning ideological and political knowledge and mental health knowledge in specific practical activities. For example, teachers should encourage students to participate in public welfare activities and community activities, improve students' empathy, and cultivate students' sense of responsibility and mission. At the same time, colleges and universities should underscore the cooperation with government departments and enterprises, so that students can have internship opportunities, realize the significance of professional quality cultivation, and form a healthy psychology. From this analysis, students can master more theoretical knowledge through the continuous strengthening of practical activities and students' social adaptability can be cultivated by integrating it with real life, as well as cultivating students' psychological literacy and comprehensive literacy. Therefore, in the integration of ideological and political education in colleges and universities and mental health education, teachers should carry out practical teaching activities smoothly, guide students to actively participate in practice, and master the relevant knowledge of ideological and political courses and mental health courses, and improve students' practical skills.

5. Conclusion

To sum up, it is vital to realize the integration of ideological and political education and mental health education. At this time, teachers should change their teaching ideas, pay attention to the integration between the two sides, promote the healthy development of students, let students shape a healthy psychology, help students solve the problems faced during their growth and development, so that students can better adapt to the current environment. Therefore, in the current ideological education and mental health education, teachers should guide students to establish the correct values, guide students' social work responsibility in the future, improve students' sense of responsibility and mission, enhance the all-round development of students, and promote the integration between ideological education and mental health education in colleges and universities.

Disclosure statement

The author declares no conflict of interest.

References

- [1] Fan Y, 2024, The Combination of Mental Health Education and Ideological and Political Education for College Students. *Journal of Science*, 2024(01): 33–36.
- [2] Bai X, 2023, Research on the Integration of Mental Health Education and Ideological and Political Education in Colleges and Universities. *Journal of Jiamusi Vocational College*, 39(02): 110–112.
- [3] Liu J, 2022, Research on the Integration Path of Mental Health Education and Ideological and Political Education in Colleges and Universities. *Journal of Zhejiang Vocational and Technical College of Communications*, 23(01): 63–67.
- [4] Tian G, 2022, Research on the Integration of Mental Health Education and Ideological and Political Education in Universities. *Public Relations World*, 2022(04): 112–113.
- [5] Li Y, 2022, Exploring the Integration of Mental Health Education Curriculum and Ideological and Political Curriculum in Colleges and Universities. *Quality Education in Western China*, 8(04): 40–42.

- [6] Liu X, 2022, Research on the High Integration of Mental Health Education and Ideological and Political Education in Colleges and Universities. Shaanxi Education (Higher Education), 2022(01): 22–23.

Publisher's note

Bio-Byword Scientific Publishing remains neutral with regard to jurisdictional claims in published maps and institutional affiliations.