

Thinking on the Combination of Mental Health Education and Ideological and Political Education of College Students

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Abstract: In recent years, with the continuous progress of ideological and political education in colleges and universities, the spiritual outlook of college students has been generally improved, but in the development of college students, still will face some problems and confusion, these problems bring great difficulties to the development of college students. This paper mainly analyzes the combination of mental health education and ideological and political education of college students, so as to promote the overall development of college students.

1. Introduction

The physical and psychological qualities of college students are gradually moving towards the critical stage of maturity. They also have preliminary contact with social experience, but lack of strong self-control ability. They are always influenced by the outside world mentally and psychologically, thus forming bad behaviors. Therefore, colleges and universities must pay attention to students' mental health education and ideological and political education, correctly guide students, improve students' political quality and moral level.

2. The Necessity of Combining Mental Health Education with Ideological and Political Education of College Students

2.1. Mental Health Education is Closely Related to Ideological and Political Education of College Students

The physical and mental health education of college students is inseparable from the content of ideological and political education. Excellent ideological and political education can not only cultivate the political quality and ideological and moral level of college students, but also can make them always keep positive mood, and provide them with a healthy psychological environment. The physical and mental health education in colleges and universities is an important basis for cultivating students' excellent political belief and noble morality. Only under the condition of healthy psychological quality of students, teachers in schools can smoothly and efficiently carry out ideological and political teaching [1]. However, due to the continuous development of China's current economy and society, college students are susceptible to many psychological problems caused by various reasons, such as the influence of their own family environment, which makes some college students have a sense of inferiority since the beginning; influenced by the bad social culture, many college students obtain funds through naked loans, loan sharks and so on in order to satisfy their vanity; or many students who are about to graduate will face the pressure of severe competition in choosing and finding a job and the large amount of family education expenses. Or many students who are about to graduate, facing the severe competition situation in career selection and job hunting and the large investment in family education expenses, facing the pressure of finding a job and other difficulties, they will have the pessimistic thought that the future is bleak, causing huge heart pressure. These are not conducive to the mental health of college students, but also include anxiety, fear, depression, isolation, interpersonal communication and other mental health situations, which can actually find solutions through ideological and political education [2].

The current organizational structure and leadership mechanism of mental health education in schools is shown in Figure 1.

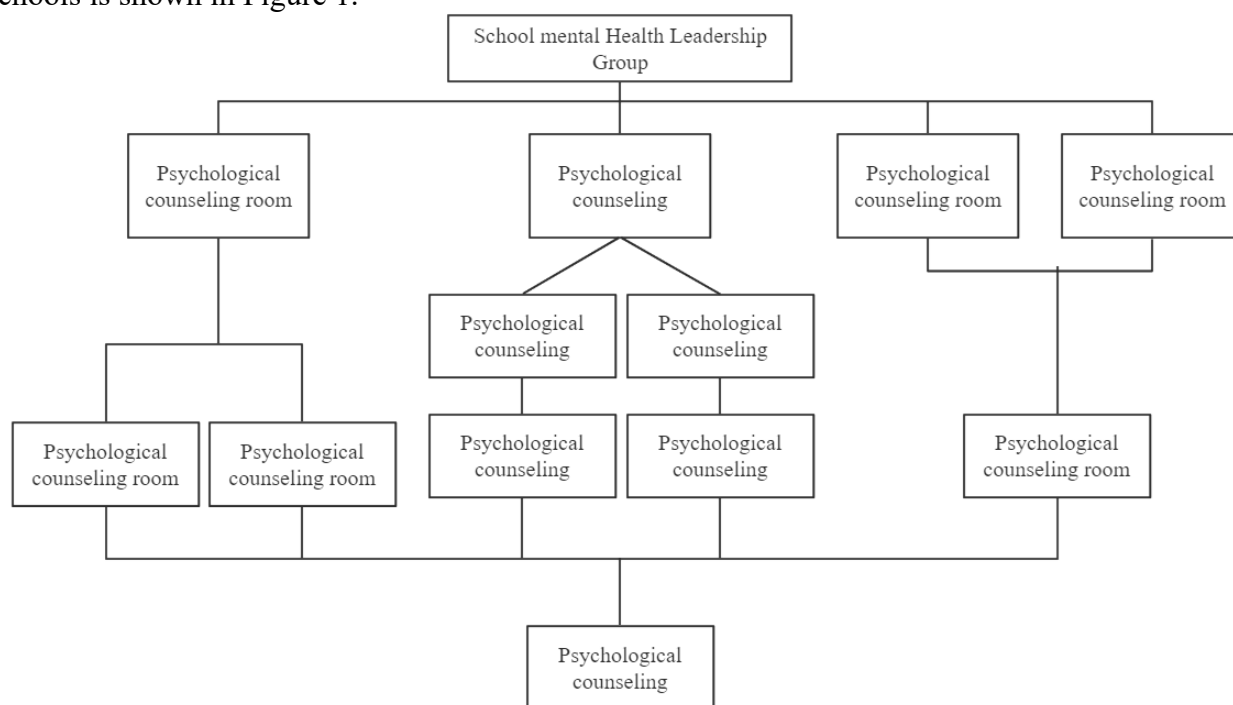


Figure 1. Organizational structure and leadership mechanism of school mental health education

2.2. Mental Health Education is Consistent with the Goal of Ideological and Political Education of College Students

Mental health education in large universities is undoubtedly to publicize the basic knowledge of mental health in large quantities like students, so that students can be exposed to more knowledge about mental health, and then adopt the method of guidance so that students can pay attention to their psychological situation at all times. When students encounter some psychological frustration problems, teachers can use personalized ways to guide students on psychological problems so that students can reduce the trouble of their heart problems. At the same time, this can also enhance the ability of self-regulation of college students [3]. In the future, they can face the frustration problems with a positive attitude in their study life and work. And ideological and political education occupies an important position in the education of colleges and universities, which can not only cultivate a good sense of social responsibility and mission of college students, but also be a good channel to cultivate a good outlook on life, worldview and values of college students. For example, through ideology and politics, patriotism education is given to college students so that they can always have strong patriotic feelings. In addition to patriotism education, patriotism can also be transformed into a lofty ideal of serving humanity, which in turn makes college students study harder and work hard, thus promoting the healthy growth of college students. In general, the goal of mental health education and ideological and political education of college students is the same, both of which are aimed at improving the overall quality of college students and promoting their better growth and development, so as to lay a good foundation for their future work in society [4].

3. Thought problems and psychological characteristics of college students

3.1. Confusion about Self-Development

With the increasingly severe form of education in China, more and more college students are confused about their career planning and future development, and some of them develop according to the requirements of employment direction or the requirements of further study, ignoring the needs of other aspects, so there is a situation that one side is cold. Under the constraints of the real conditions, many college students pursue a single development piece by piece, and there is no

complete plan for improving and perfecting themselves, and of course, there is a lack of plan [4]. Therefore, they ignore the influence of scientific development on life development and the positive effect of mental health education on personal development. For example, many students think that they are in a major that they do not like, and even if they work, they will not work in this job, so they always hold a kind of attitude that they will not work in this major after graduation anyway, and it is the same attitude whether they study or not, and they start to muddle through their college years, which is very unfavorable for students' personal development. Some students are facing potential difficulties in finding jobs and other pressures, and they will have pessimistic thoughts about their future, causing great mental pressure. Secondly, university students come from all over the world, and there is a huge difference between students in terms of family environment, cognitive level, living environment and living habits, which also creates a great difference in their behavior and insight. Many rural students in remote areas have worked hard for more than ten years to get into university, but after entering the university they will be ridiculed or isolated by other students because of their living habits and insight, etc. The teachers and counselors of the university also ignore this problem and slowly start to doubt whether they really need to go to this school and so on. Once these thoughts pop up, it is like a spring that is hard to disappear. Over time, these students who are ridiculed or isolated will form an imbalance or inferiority complex in their hearts and have severe total psychological problems. Finally, with the education reform, students' mental health has become a major focus of the reform, and the combination of mental health education and college students' ideological and political education has a certain promotion effect on students, but many colleges and universities still ignore this focus, not only do not pay attention to it, but also increase students' pressure, which makes students' heart problems more and more serious [5].

3.2. Active Thinking and Susceptible to Three Views

Ideological and political education is mainly to educate students about the three outlooks and cultivate them to establish correct three outlooks. And mental health education is to cultivate college students to have a healthy and stable psychological quality. However, with the continuous development of modern society, the way and content of information received by college students have been diversified, especially the virtual world of the Internet has great attraction for college students with active thinking, online games, online dating, etc. bring college students a sense of mystery and achievement, which make up for their personal shortcomings and deficiencies. More and more college students like to indulge in the virtual world, but the uneven and mixed information on the Internet often leads to the loss of college students' cognition, and many college students whose mental development is not yet perfect will imitate this situation, which is extremely unfavorable to the development of college students' establishment of correct values, worldview and outlook on life, and eventually cannot establish correct values, worldview and outlook on life. Secondly, with the continuous development of China's economy, people's values and lifestyles have changed a lot, and this change will also impact every family, and at the same time bring great influence to the children of the family, thus producing some bad behaviors. For example, the parents of some students' families nowadays worship foreigners, become corrupt and vicious, etc. And students who are under such family environment for a long time will be influenced by the subtle influence and also slowly become such people, while being influenced by the bad social culture [6]. Many college students in order to meet their own needs, through naked loans, loan sharks and other ways to obtain funds, so as to meet their own needs, and eventually will not be able to pay back the high interest rate of the loan led to the phenomenon of suicide by jumping off the building repeatedly. In addition, many students are now overly spoiled and sheltered by their parents or elders, so that children do not have the space to think independently, cut the lack of social experience, so that up to have a self-esteem too high, unrealistic sense of superiority, after the trials and tribulations of life, the heart becomes more and more fragile, easy to produce negative emotions, and from then on, never recover. Finally, college students are in the late stage of adolescent development and pre-adult stage, the phenomenon of unrequited love and lost love produced in this stage will also seriously affect the students' heart health, because everyone's concept of love is

different, therefore, their attitude towards love is also different, for example, some students will try to keep each other by self-harm and self-harm after losing love, and some will even hurt each other, these phenomena are common in our society nowadays.

4. Ways to Combine Mental Health Education with Ideological and Political Education of College Students

4.1. Enhance the Importance of Mental Health Education and Ideological and Political Education of College Students

At present, college students in colleges and universities do not have sufficient understanding of mental health education and ideological and political education. In their opinion, mental health education is a special kind of existence, and the correlation between it and ideological and political education is not very big, and there are even some students who confuse ideological problems with psychological problems. They think that if there is a problem in the heart, it must be because the mind is not correct, and only if the mind is correct, there will be no problem in the psychological aspect, and the two are interchangeable [7,8]. At present, many college students generally have mental health problems, just more or less, and the appearance of these mental health problems is inseparable from the ideological values. Therefore, it is necessary for colleges and universities to improve college students' understanding of mental health education and ideological and political education, to be consistent in their thinking, and to clarify the common goal of ideological and political education and mental health education. While mental health teaching focuses on cultivating the mental health of college students and further improving their psychological quality. However, both ideological and political education and mental health education are aimed at better training and shaping students, and the only way to get twice the result with half the effort is to integrate the two well [9].

4.2. Create an Atmosphere of Combining Mental Health Education with Ideological and Political Education

At present, with the rapid development of China's economy and the enhancement of the trend of economic globalization, the problems related to the convenience of our life have also emerged slowly. Under the environment of rapid economic growth, the psychological aspects of college students have also undergone drastic changes, while the traditional mode of ideological and political education can neither meet the needs of contemporary college students nor effectively solve the problems faced by college students. Although it is said that China's education is also constantly reforming, it still needs the joint efforts of everyone [10]. The ways for college students to obtain education mainly come from colleges and universities, families and life. Therefore, when combining mental health education and ideological and political education to carry out teaching, colleges and universities can start through these three aspects. For colleges and universities, colleges and universities should pay attention to the construction of campus culture, such as opening training courses, organizing educational activities and other ways, so as to create and promote a strong educational atmosphere, so that students can have a deep understanding of mental health and ideological and political education, and this can be influenced by subtle influence, so as to improve their ideological and political level, and the school can also better accomplish the goal of teaching and educating people [11]. As for family education, a good family environment plays an important role in the ideological and political education and mental health of college students. Therefore, every family should create a harmonious and loving family, actively communicate with students, and penetrate relevant knowledge about ideological and political and mental health education, so that students can enjoy continuous education. For the society, colleges and universities must take the direction of serving the overall development trend of the society and provide corresponding educational conditions for college students, so that they can be exposed to the knowledge content of the society in school, etc., which can lay the foundation for them to go to the society in the future. Creating a comprehensive ideological, political, cultural and mental health

education platform for college students at three levels of school, family and community can further promote the growth and development of college students [12].

4.3. Enrich the Content of Combining Mental Health Education with Ideological and Political Education

Enriching the content of mental health education and ideological and political education can not only stimulate students' learning enthusiasm, but also improve students' political and moral level and reduce the occurrence of mental health problems. Since the current social structure of China is evolving towards diversification, there are various kinds of interference from foreign cultures in the family life and study of college students, plus college students are at an important turning point in their life development at this period, once they do not have a mature sense of discernment, they will have a wrong state of mind and thinking because of the interference of wrong ideas. Therefore, schools should be able to take appropriate measures and methods to guide them, and college students should be able to take the initiative to screen the favorable information content when facing various cultural information, so that they can have a more mature ideology [13]. Secondly, in the process of teaching, we should also pay attention to the cultivation of students' individuality and independence, and achieve good results in paying attention to and solving students' psychological problems while taking effective measures according to the character characteristics of college students, so as to strengthen the ideological and political education teaching for students. For example, effective measures can be taken from the aspect of students' life, professional knowledge learning, personalization, etc. to strengthen the attention to students and promote their overall development [14]. Furthermore, it should also focus on treating every student with guidance and sensitization, while displaying humanistic care, boldly encouraging students and stimulating college students' learning initiative. At the same time, college teachers should also communicate effectively with college students to deepen the friendship between them and teachers, so that students and teachers can become good teachers and friends, and college students will open their hearts to teachers. Colleges and universities can provide financial subsidies to students from poor families in the form of grants, or at the stage of enrollment, teachers start to establish college students' files, master their family basic information and family development, and communicate with students' parents regularly. According to the students in the campus and home education mentality and concept of communication, so as to create a relaxed and happy, equal and open campus learning environment for students. Finally, in the teaching process, teachers can also carry out teaching for students by constructing game teaching method, creating situational teaching method and problem-guided teaching method, or provide students with a variety of mental health education and ideological and political education learning resources by integrating online teaching with offline teaching, so as to improve students' psychological quality and political literacy. However, it is worth noting that teachers in colleges and universities must not adopt the didactic or one-size-fits-all education mode when enriching the content of mental health education and ideological and political education, which is very unfavorable to the cultivation of students' psychological quality and political literacy [15].

4.4. Optimize the Construction of Teachers' Team for Mental Health Education and Ideological and Political Education

Mental health education and ideological and political education are highly professional, and the professional skills of college teachers will directly affect students' moral concepts, ideology and politics and behavior. Therefore, teachers in colleges and universities should be strict with themselves, set a good example and set a good example in the teaching aspect or in the process of their daily educational work. They should always pay attention to whether their own words and behaviors are appropriate in students' minds, reflect on whether their own practices can give students an exemplary effect, and give full play to the role model of a good teacher, so as to provide students with a healthy, positive, positive learning atmosphere and a good campus environment. Secondly, college teachers should also embrace socialist core values as a spiritual level pursuit to enrich their spiritual world [16]. As long as they have a firm belief and a rich spiritual world,

teachers will be more dedicated to their teaching positions and give full play to their subjective initiative. At the same time, teachers should always keep in mind that their responsibility is to teach and educate people, so that they can better devote themselves to the cause of higher education and make due contributions to the development of higher education. Finally, universities can also carry out various activities, such as psychology lectures and training courses, to improve the professional ability of teachers and lay the foundation for them to carry out teaching smoothly [17].

5. Conclusion

The smooth development of the combination of mental health education and ideological and political education of college students is an important way to improve the ideological and moral level and comprehensive quality of college students. Therefore, in the study of teaching methods, colleges and universities should take the essence and discard the dross of traditional political teaching methods, explore some creative, rich and novel teaching methods, so as to improve students' mental health quality and ideological and political level, improve students' comprehensive development ability, and promote their all-round development, so that students can self-regulate and consider calmly when facing problems, and can respond quickly in a relatively unfamiliar environment. There are many ways to combine mental health education with ideological and political education of college students, and colleges and universities can implement them according to the specific conditions of students, so that students can develop comprehensively.

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