

Strategies of Combination of Ideological and Political Education and Psychological Health Education for College Students

Yi Ding

Qinghai Normal University, China

Abstract: Ideological and Political Education and Psychological Health Education are two basic courses in colleges and universities, both of which are of great value to improve the comprehensive quality of college students and promote their healthy growth. Although the two courses have different educational orientations, they are inextricably linked. Therefore, how to combine these two courses organically is the main problem that colleges and universities need to solve at this stage. The combination of Ideological and Political Education and Psychological Health Education for college students is an important measure of talent training in colleges and universities. It not only meets the needs of society for talents, but also promotes the overall development of college students. Based on this, this paper studies the strategy of the combination of Ideological and Political Education and Psychological Health Education for reference.

Keywords: College students; Ideological and Political Education; Psychological Health Education; Combination; Strategies

Publication date: December, 2020

Publication online: 31 December, 2020

***Corresponding author:** Yi Ding, 120252936@qq.com

The Ideological and Political Education in colleges and universities aims to understand the ideological and political level of contemporary college students and improve their ideological and political consciousness through the theory of socialism with Chinese characteristics, so as to better contribute to

the construction of socialism. And Psychological Health Education in colleges and universities aims to improve the psychological quality of college students so that they can be optimistic and courageous in the face of setbacks and failures, and form a correct outlook on the world, life and values. It can be seen from this that the aims of Ideological and Political Education and Psychological Health Education are basically the same, and Psychological Health Education can better understand the characteristics of the psychological development of college students at various stages, let the Ideological and Political Education work be able to "have something to rely on, have something to point to".

1 Analysis on the Necessity of the Combination of Ideological and Political Education and Psychological Health Education

As China enters the information age, the value orientation of our country tends to be diversified, which has a certain impact on the traditional values of our society. Every citizen can learn about foreign thoughts and culture through the Internet. The information and thoughts in the network world are both positive and negative. However, in today's social background, college students whose outlook on the world, life and values have not yet formed are easy to have some ideological and psychological problems. Therefore, it is very important to carry out Ideological and Political Education and Psychological Health Education in Colleges and universities. Moreover, the development of the times also makes the current Ideological and Political Education and Psychological

Health Education more complex. Therefore, it is urgent to innovate the methods of Ideological and Political Education and Psychological Health Education to meet the needs of the times.

Possessing good ideological qualities and correct value orientation can ensure the individual's psychological health, while healthy psychology, positive attitude and indomitable will can urge individuals to adhere to their ideological and moral bottom line and good quality, so as to put an end to the invasion of bad ideas. Individual psychology and ideology are inseparable, so the school's Ideological and Political Education and Psychological Health Education should also complement and interact with each other. Educators in colleges and universities should actively explore the strategy of the combination of the two, so as to promote the Ideological and Political Education and Psychological Health Education can give full play to their role and value.

2 Research on Strategies of Combination of Ideological and Political Education and Psychological Health Education for College Students

2.1 The combination of educational contents and objectives

University is an indispensable period for the growth and development of students. During this period, they may encounter many difficulties and produce certain confusion and contradictions, which include not only political, ideological and moral problems, but also many psychological problems. To help college students effectively solve these confusions and contradictions, colleges and universities should strengthen the implementation of Ideological and political education, from the ideal and belief, moral quality, mental health, attitude and behavior and other different levels, strengthen the interaction between Ideological and political education and mental health education, combine the two education, and promote the education to get the best effect. At this stage, the Ideological and Political Education system of colleges and universities has been perfected day by day, and some content of psychological health has become the content of ideological and political theory teaching, which undoubtedly realizes the cultivation of students' psychological quality in the field of

consciousness.

2.2 The combination of educational methods and means

There are similarities and differences between Ideological and Political Education and Psychological Health Education in educational methods and means. Therefore, colleges and universities should be good at promoting the complementary advantages of the two educational methods and means, so as to better play the role of the two kinds of education. In the process of moral education in colleges and universities, the relationship between educators and educators is actually an interpersonal relationship. To a certain extent, whether the moral education has achieved remarkable results is directly related to the effective communication between teachers and students. Therefore, in order to improve the effectiveness of moral education, colleges and universities should pay attention to building a democratic and equal relationship between teachers and students, guide teachers to master the art of communication between teachers and students, and avoid the tense relationship between teachers and students caused by teaching methods such as criticism, warning and preaching in the process of Ideological and Political Education in the past, so as to avoid the phenomenon that college students are not willing to accept Ideological and Political Education. Educators in Colleges and universities should take the concept of respect, understanding and listening in Psychological Health Education as a reference to carry out Ideological and Political Education. Firstly, educators in Colleges and universities should take the idea of Psychological Health Education as the basis of their Ideological and Political Education work, adjust their attitude and behavior to work, and make the healthy development of students' psychology as the starting point of Ideological and Political Education work. In the process of talking with students and psychological counseling, educators can more comprehensively understand the characteristics of students' psychological development law and psychological characteristics. At the same time, educators should constantly improve their ability to understand and comprehend the law of education, especially the law of talent cultivation, and the ability and level of communication with students, so as to create a more conducive campus environment for students'

physical and psychological health development, so as to promote the Ideological and Political Education work to meet the development needs of students and improve the quality and effect of teaching. Secondly, educators in colleges and universities should also innovate and reform the teaching methods and means of individual guidance in Psychological Health Education. Adhere to the Psychological Health Education for all students, adopt a variety of teaching methods and means of psychological health professional classroom teaching, psychological health special lectures, group counseling and individual consultation to mobilize college students' attention to psychological health, which shows the humanistic care of the school for students. This can not only promote the healthy development of College Students' psychology, but also open a new pattern of Ideological and Political Education, so that college students can accept the Ideological and Political education from the school psychologically.

2.3 The combination of education teams

To achieve the combination of Ideological and Political Education and Psychological Health Education, schools need to strengthen the degree of cooperation between the two teams of ideological and political education and psychological health education in the education and teaching process. From the current basic situation of colleges and universities, it is not difficult to see that the educators in the two teams basically overlap. The staff of Ideological and Political Education is generally composed of class teachers, counselors, full-time political work cadres, and ideological and political theory teachers. Psychological Health Education does not have a clear staff, usually by ideological and political education staff, but these staff are not psychological health education professionals, so they do not have professional psychological health education knowledge and skills. Therefore, the school should combine the two teams to form a new type of teacher team that is good at understanding students' psychology and carrying out ideological and political education. Psychological Health Education is a kind of educational concept and attitude. In educational psychology, teachers, especially class teachers, should carry out education and teaching work according to students' psychological development law and psychological characteristics. This is also

the mainstream trend of the organic combination of Ideological and political education and psychological health education under the background of the new era. It is the key to improve the effectiveness of school moral education. Therefore, colleges and universities should pay attention to and regularly carry out the professional training of full-time and part-time teachers of psychological health education, keep pace with the times and improve their professional theoretical knowledge and skills of mental health education. At the same time, the school should also carry out the professional training on the related contents of psychological health education for the class teachers, counselors and other teachers engaged in the ideological and political education of college students, so as to guide them to gradually master the basic knowledge of psychological health education, so as to better understand the ideological situation and psychological activities of college students at different stages. In this way, it can help them to find out the psychological problems of college students in time in the teaching work, and conduct counseling in the best time, so as to effectively carry out ideological and political education.

2.4 The combination of educational subjects

In the implementation of Ideological and political education and psychological education in Colleges and universities, we should pay attention to the mutual cooperation between the educational subjects (mainly refers to schools, families and Society), and promote the organic combination between the educational subjects. As we all know, the ideological and political education and psychological health education of college students are the main content and task of teaching in Colleges and universities. How to combine them and give full play to the maximum value of the two kinds of education is the main goal of innovation and reform of teaching in colleges and Universities under the background of the new era, and it is also the social requirement of the times for colleges and universities. The influence of family education on children is imperceptible and plays an important role in the growth of children. Most parents hope that their children can become useful talents, so they pay more attention to their children's learning and physical conditions, but ignore the healthy development of children's ideology, politics and psychology, which leads to the fact that

many college students at this stage are not striving to be ideological, have nothing to pursue politically, and have frequent psychological problems. Therefore, family education should not only pay attention to children's learning education, but also pay attention to the combination of children's psychological health education and ideological and political education. By strengthening the communication and exchanges between schools and families, family education can keep pace with school education, so as to better promote the development of College students. The influence of social education on the development of college students cannot be ignored. Under the background of today's information age, British and American culture and values are in a fierce collision with Chinese traditional culture and values, which directly impacts on the ideology and psychology of college students. If the correct guidance is not given, as time went by, students will have wrong ideas, and even have psychological problems. Once there was a survey on the quality of contemporary people, which showed that the key to the quality of contemporary people can not meet the needs of social development is the lack of certain psychological quality. Therefore, the society has the responsibility to create a good educational environment and actively participate in the research of college students' ideological and political education and psychological health education, so as to promote the better development of college students. Therefore, construct an education network system that combines ideological and political education and psychological health education in schools, families, and society, and integrate the three educational subjects of school, family, and society to form an educational synergy, which can we promote the better development of college students.

To sum up, in order to cultivate qualified socialist builders and successors for the society, colleges and universities should not only carry out ideological and political education for college students, but also needs to be combined with psychological health education, which is the main way to cultivate talents in the

new era. As the teacher who engaged in Ideological and political education and psychological health education in Colleges and universities, they should not only have a deep understanding and Research on these two kinds of education theoretically, but also gradually find out the best point of the combination of Ideological and political education and psychological health education in the practical activities of education and teaching, so as to promote the effective combination of Ideological and political education and psychological health education, and to improve the overall quality of college students.

References

- [1] Wang TM. On the construction of College Students' psychological health management mechanism from the perspective of Ideological and Political Education[J]. Journal of Jinzhou Medical University (Social Science Edition), 2019, 17(2): 43-47.
- [2] Zhang ZM. Effective Combination of College Students' Ideological and Political Education and Psychological Health Education[J]. Journal of Chengdu University of Traditional Chinese Medicine (Education Science Edition), 2018, 20(04): 78-80.
- [3] Qin LH. On the effective integration strategy of college students' network ideological and political education and psychological health education[J]. Journal of Guangxi Institute of Education, 2018(5): 137-140.
- [4] Feng GH, Liu ZN. On the integration of psychological health education and ideological and political education in Colleges and Universities[J]. Journal of Liaoning University of Technology (Social Science Edition), 2017, 19(1): 89-91+95.
- [5] Wang FC, Zhai YY. On the integration of Ideological and political education and psychological health education for College Students[J]. Journal of Zibo Teachers College, 2013(1): 24-26.
- [6] Xu H, Li H. Reflections on the work of ideological and political workers in colleges and universities in the new era: A study on the mechanism of combination of ideological and political education in colleges and universities with mental health education for college students[J]. Work & Study Abroad, 2011(6): 45-46.