

## **Research on the Convergence System Construction of College Students' Ideological and Political and Mental Health**

**Chao Li**

Wuhan Qingchuan University, Hubei, Wuhan, 430062, China

**Keywords:** Convergence System, Construction, College Students, Ideological and Political, Mental Health

**Abstract:** Strengthening the emphasis on mental health education in colleges and universities is an important part of further improving and improving the ideological and political education in colleges and universities in China under the new normal. The paper starts with the problems existing in the process of combining mental health education with ideological and political education in colleges and universities. On the basis of earnestly analyzing and summarizing the causes of problems, it changes the concept of education, integrates educational content, innovates teaching methods, and improves knowledge structure. In one aspect, the new path of the combination of mental health education and college ideological and political education is analyzed.

### **1. Introduction**

Ideological and political education and mental health education are two important components of college students' education and two important ways to improve their overall quality. Ideological and political education is the ideological work of being a human being, spreading political theory and moral concepts, and improving people's political accomplishment and moral quality. Mental health education is to use the relevant knowledge and skills of psychology to help college students enhance their ability and better adapt to society [1]. Since the beginning of the new century, with the rapid development of China's economy, changes in the social environment, and increased employment pressure, college students need to face more pressures and challenges from various aspects, which leads to their psychological problems becoming increasingly prominent. These problems affect their learning and physical health to some extent, and have also had a certain impact on schools and society. Therefore, as an ideological and political education worker in colleges and universities, it is necessary to have a deeper understanding of the relationship between ideological and political education work and mental health education work. When faced with the ideological and psychological problems frequently encountered by college students, they should be good at mastering the laws of college students' psychological changes. Using the principles of psychology to observe and analyze their ideological and psychological characteristics, determine the focus of ideological and political work according to their ideological and psychological characteristics, and help them solve problems. The work of ideological and political education and mental health education is an organic whole. The effectiveness of ideological and political education ultimately depends on the effectiveness and effectiveness of each student's healthy, positive morality and values. Therefore, only by integrating ideological and political education with mental health education, it is possible for our ideological and political education work to be recognized by students and achieve the results we want. At the same time, integration is also the requirement of the times, and it is also the reform of ideological and political education in colleges and universities.

### **2. The Significance of Integrating Mental Health in College Ideological and Political Education**

The fundamental goal of ideological and political education is consistent with the requirements of college students' mental health. The object of ideological and political education in colleges and

universities is college students. The purpose is to improve the overall quality of college students, promote the all-round development of college students, become a healthy personality, and be willing to be a socialist cause. A successor who contributes. The requirement of contemporary college students' mental health is that college students have a correct outlook on life, world outlook and values. This correct three-view and ideological and political education are basically the same. Therefore, this high degree of integration is mental health education and ideological politics. Prerequisites for the integration of education [2].

Ideological and political education and mental health education are mutually infiltrated, complementing each other's ideological and political education and college students' mental health education. Although there are similarities between the two, there are still some differences between the two. Therefore, the organic combination of the two can complement and improve the two. Ideological and political education. The mental health of college students is mainly psychological, while the high-efficiency ideological and political education is mainly aimed at the ideological level of college students. The problem of psychological level is mainly the problem of individual college students, while the problem of ideological level is mainly Marx's main theory and patriotism and collectivism education. and many more. The integration of mental health education into ideological and political education further reflects the people-oriented education thought. It also increases the educational content of mental health and excludes students' psychological problems by referring to the educational methods of mental health education, which fully enhances the participation of college students in ideological and political education. Participation and increase the enthusiasm of college students to participate in ideological and political activities.

The integration of ideological and political education in colleges and universities and the psychological health education of college students is the inevitable requirement for the all-round development of college students. The comprehensive development of college students including the development of thought, mind, physique and innovation ability. The ideological and moral quality of college students is the key to the overall quality of college students. This requires that the ideological and political education of colleges and universities should not only pay attention to the ideological education of students but also pay attention to the mental health problems of college students, cultivate the good psychological quality of college students, and improve the anti-frustration ability of college students. Only when they have a good psychological quality can college students If you have a deeper understanding of the ideological and political theory, you can apply this theory to practice, arm yourself with ideas, and make yourself a person with goals and ideals to firmly love the motherland. In the new era, the thoughts of colleges and universities Political education should emphasize the psychological quality of college students while improving the ideological and political foundation of students, and provide ideological guarantee for the comprehensive development of college students and the cultivation of comprehensive quality [3].

### **3. Problems in the Combination of Mental Health Education and Ideological and Political Education**

The degree of emphasis on mental health education in the process of ideological and political education is not enough. In the mid-to-late 1980s, according to the development of education and teaching, colleges and universities in China began to set up a psychological health consultation room for college students as an auxiliary education for colleges and universities to carry out ideological and political education. However, in fact, mental health education for colleges and universities has not yet with sufficient attention, the slogan response has taken up a large part, and its positive role in ideological and political education has not been fully revealed. At the same time, in the process of ideological and political education for college students, colleges and universities only pay attention to educating students to use Marxist basic theory and socialist theory system with Chinese characteristics to observe, recognize and transform the world, emphasizing the establishment of a lofty ideal and establishing a correct world view. , the outlook on life and values, the lack of comprehensive training of students' comprehensive quality, but also the psychological quality of college students from the perspective of mental health. The university period is a

transitional stage for college students from the student era to the society. It is a transition from youth to middle age. This change is not only reflected in the physiology, but also in the psychological changes. Due to the lack of attention to mental health, college students have poor anti-strike ability, lack of social adaptability, weak psychological endurance, interpersonal relationship, various ideological and psychological problems, and a series of vicious incidents about college students. As a result, roommates poisoning, assassination, jumping off the building, suicide, etc. are not uncommon, seriously affecting the physical and mental health of college students.

The lack of humanistic care in the process of ideological and political education. The higher standards, the unified goals, and the neglect of individual differences among college students as the main body of education are the universal problems of ideological and political education in colleges and universities. The educators instill a positive one-way education and rigid knowledge content. It is taught that the basic morality of the society is to the students, but in the process of education, the main subject of education is ignored. The actual needs and psychological needs of college students are neglected, and the spiritual communication between people is neglected. The mental health problems have therefore become ideological and politicized. In fact, mental health education is more concerned about the individual's mental health. Mental health education aims to cultivate college students' complete personality, healthy psychological quality and good psychological adjustment ability, and better help college students to solve the ideological fluctuations brought about by psychological problems [4].

The lack of knowledge in the mental health education of the teaching staff. In the process of combining mental health education with ideological and political education in colleges and universities, a more prominent problem is that the professionalism of the mental health education of teachers is not strong, mainly reflected in three aspects: First, the lack of knowledge of the mental health education of the teachers. At this stage, in addition to the "two-course" teachers in China's colleges and universities, the counselors and class teachers are the main components of the ideological and political education team. The main characteristics of this group are the young, most of them just graduated from the university campus. Engaged in student education. In addition, most of them lack social experience, lack of social experience and weak practical ability. More importantly, colleges and universities do not have restrictions on the majors they choose when they choose counselors or class teachers. Therefore, few of these people have specialized in professional knowledge in mental health education. The problem of students' mental health in their work cannot be handled properly. It is impossible to accurately and effectively grasp the psychological characteristics of college students. Most of the time, only The management and constraints are simply and directly governed by the school rules and regulations, and ideological and political education replaces the content of mental health education. Second, teachers and political workers lack the time for systematic study. At present, the political work groups in colleges and universities in China lack the necessary time to learn the knowledge of mental health education. There is still no systematic research and analysis on the psychological development law of college students and the characteristics of specific presentation. This is an inconsistency in front of the group of political workers in colleges and universities. Neglected problems. In-depth analysis of the causes of these problems, mainly in the operation of the existing system of colleges and universities.

#### **4. The Construction of Ideological and Political Integration System for College Students' Mental Health**

##### **4.1 Multi-Channel Construction of the Two Modes of Integration.**

Schools should be student-oriented, incorporate mental health education into the ideological and political education system, establish an effective ideological and political education mechanism, and promote the all-round development of students. Taking M College as an example, in 2010, the mental health education and counseling center was rebuilt on the basis of the original psychological counseling center, and the psychological counseling teachers and ideological and political teachers with rich experience were hired as full-time and part-time teachers, and exchange activities were

held regularly, with a view to institutionally Incorporate psychological counseling teachers into the ideological and political education work team and make them one. In addition, regular training for the majority of part-time ideological and political education workers (including political counselors) to master certain basic knowledge and skills in mental health education theory and psychological counseling, integrating mental health education and mental health education in students The development of ideological and political education has changed from a "single" system to a "complex" system.

The department is specifically coordinating, taking the class as the main position of ideological and political education. The political counselors have a deep understanding of the students, establish a good class psychological atmosphere, give full play to the role of the class cadres, establish a psychological mutual help group, and hire a full-time psychology teacher if necessary. As a class tutor, supervise the group's growth activities to improve the effectiveness of the class teacher's ideological and political education [5].

No matter where you live, the healthy growth of college students is always inseparable from the care of the family. As a parent, you should insist on contacting the school, always cooperating with the school work, paying attention to the children's dynamic development, especially in dealing with the emotional aspects of adolescent college students. The role of the family is more effective than any other institution.

#### **4.2 Multi-Level Construction of the Two Modes of Integration.**

Ideological and political educators with professional knowledge of psychology. Ideological and political education workers with professional knowledge are the key to constructing a model of integration of mental health education and ideological and political education at multiple levels. Taking M College as an example, teachers who have been engaged in ideological and political education for many years supplement psychological knowledge and strongly support their admission to the national second-level counselor certificate, which provides guarantee for more scientific and professional ideological and political education.

Political counselors with health psychology. College student political counselors are an important foundation for constructing a multi-level model of mental health education and ideological and political education. Because they are in the first line of defense for students' ideological and political work, they regularly conduct psychological health education training for counselors and guide them to keep an eye on students. The dynamics of thoughts, timely respond to and deal with the problems of students' psychology and thoughts, care for students and guide students with humanistic feelings, improve their mental health education level, and set a good example for students.

Psychological counseling experts. Counseling teachers are an essential part of ideological and political education. Ideological and political education is not a panacea. For problems that cannot be dealt with in ideological and political education, such as students' depression, inferiority, and even suicide, psychological counseling teachers can use psychological counseling to help students deal with psychological problems and obstacles. Therefore, the successful implementation of psychological crisis intervention ultimately depends on high-level, high-start psychological counseling experts.

The implicit education of teachers in various disciplines. All the faculty and staff members of the university, especially the class teachers, are responsible for the mental health of the students and the initiative to do a good job in the ideological and political education of the students. They should be regarded as one of the contents of the assessment of teachers' teaching and education. Emphasis on teaching and educating people is to pay attention to the overall growth of students, to care about their studies, and to care about their physical and mental health. Subject professional teachers have certain advantages in mental health education for students. While imparting professional knowledge, they can fully educate students on how to behave and how to deal with some psychological confusions encountered in their study life.

## 5. Conclusion

Ideological and political education should start from the psychology and reality of college students, constantly explore the potential of students and stimulate students' initiative in self-management and self-discipline. In this process, it is necessary to integrate into the mental health of college students. The effective integration of the two can enable students to improve their psychological quality on the basis of mastering ideological and political, comprehensive development, and the correct use of the knowledge they have learned. Play your best ability on the basis of good psychology and thought, and make more contributions to the cause of socialism.

## References

- [1] Luo Lilin, Yan Jianjian. On the Combination of College Students' Ideological and Political Education and Mental Health Education--From the Perspective of Stimulating Social Responsibility [J]. Legal System and Society, 2010, (27). 89
- [2] Zhao Lian. On the organic combination of ideological and political education and mental health education in colleges and universities [J]. Educational Academic Monthly, 2010, (03). 55
- [3] Du Dan, Che Xuemei. On the combination of ideological and political education and mental health education [J]. Campus Psychology, 2010, (01). 43
- [4] Cheng Jianhua, Liang Ruiying. A glimpse of the ideological and political education of college students in independent colleges under the perspective of psychology [J]. Journal of Hebei Youth Management Cadre College, 2009, (05). 41
- [5] Wang Haixia, Tian Jianwei. On the relationship between college students' ideological and political education and mental health education [J]. Journal of Shangqiu Vocational and Technical College, 2009, (03). 34