

The Relationship between the Education of College Students' Concept of Happiness and Ideological and Political Education

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Abstract: The concept of happiness is people's definition and viewpoint of what happiness is. The education of the concept of happiness received by college students is to help improve the ability of college students to pursue their own happiness and how to pursue their own happiness. . College students' ideological and political education can lay a solid foundation and theoretical guidance for college students' well-being education. Compared with college students' well-being education, college student's ideological and political education is an education with a leadership orientation. It can lead the college students' well-being education correctly. The cultivation of direction can promote college students to shape a healthier personality and more comprehensive development, help college students establish their own outstanding values, and provide better support for the formation of life values.

1. Introduction

Since the 19th National Congress of the Communist Party of China, General Secretary Xi Jinping has put forward a lot of discourses related to happiness. College students' happiness concept education and ideological and political education are both ideological education that contemporary college students must receive. College students' ideological and political education can help students establish correct happiness. It also provides a firm direction for the education of college students' outlook on happiness.

2. The Meaning of Contemporary College Students Establishing a Correct Outlook on Happiness

The new era of socialism with Chinese characteristics is a good era for college students to shape their own independent personality and cultivate their own outstanding values. General Secretary Xi Jinping pointed out that "to realize the Chinese dream of the great rejuvenation of the Chinese nation is to realize the prosperity of the country, the rejuvenation of the nation, and the happiness of the people". As a college student in the new era, you should carry the Chinese dream of realizing the great rejuvenation of the Chinese nation, pursue happiness, cultivate your own outlook on happiness, and pursue your own outlook on happiness through various methods. Therefore, as a college student in the new era, Establish a correct outlook on happiness and strive to spread the correct outlook on happiness to the people around you. The cultivation of a correct and positive outlook on happiness for college students has its historical significance and background.

(1)The correct view of happiness can establish the correct three views Contemporary college students are in the age of establishing the correct three views, and they have to consider more things in the face of various choices. The basic concept of happiness can help college students establish the correct three views, namely, worldview, outlook on life, and values. Can guide college students to establish the correct life goals and the choice of which path to take in the future life path and how to achieve their goals.

(2) The concept of happiness enables college students to find their ideals in life

As contemporary college students, we are looking for our own ideals in life, but life is not smooth sailing. Many things cannot be accurately estimated. In realizing our ideals in life, we will encounter many problems and ups and downs, and the right happiness View can help us not to be hit by a momentary failure, can correctly help contemporary college students face the difficulties and incomprehensions in future life, and help college students solve the setbacks encountered and find their own happiness. As for the realization of their own ideals in life.

The concept of happiness can help contemporary college students to better conduct interpersonal communication and cultivate a harmonious social environment

The concept of happiness is a kind of satisfaction expressed in the heart for life or anything. The concept of happiness of college students can affect their ability to coordinate their interpersonal relationships, and directly affect the harmony of the social environment, and the development of society. The happiness of the people is inseparable. Only a happy society for the people can be more harmonious. The happiness of the people and the development of the society are mutually influenced and connected. Therefore, if a harmonious society is to be realized, the people need to have a correct concept of happiness [1].

3. An Overview of Contemporary College Students' Ideological and Political Education

The content of contemporary college students' ideological and political education must closely follow the pace of the times and advance with the times. Only by constantly letting the content of college students' ideological and political education develop with the development of the times can such content be the most dynamic and the content that is most suitable for the current background of the times. It is the most viable ideological and political education. At the same time, it is necessary to Fully understand the educational object, analyze the educational object, study the educational object, make the content update, fit the reality of the society, fit the reality of the college students, and truly solve the college students' thoughts, questions, doubts, and concerns.

The renewal of the content of ideological and political education for college students should be planned from a macro perspective, highlighting key content, and enhancing the leading role while promoting overall development. At the same time, it pays attention to the systemicity and reality of the content itself and its compatibility with students' physiology and psychology. Any ideological and political education that separates from students is invalid ideological and political education.

If the content of ideological and political education of college students is close to students, it is necessary to make full use of the big data function of the Internet, analyze students, and grasp the characteristics of students' thoughts and behaviors, so as to optimize integration and realize targeted ideological and political education of college students. The Internet has the advantage of resource sharing. The update of the content of college students' ideological and political education should fully develop excellent network resources, and actively realize the construction of the online and offline ideological and political education content system for college students.

It is necessary to create a unique teaching method for ideological and political education. With the advent of the new era, new elements and new things continue to emerge. The methods and methods of ideological and political education must continue to advance with the times. While focusing on exploring new methods, new perspectives, and new ideas, we must also actively promote traditional ideological and political education methods and methods, and integrate new elements and new technologies of the times to shine new light. The traditional methods of ideological and political education for college students in the new era, such as indoctrination and teaching methods, still play an important role in the process of ideological and political education for college students. We must make full use of traditional ideological and political education methods for college students. However, the traditional methods of ideological and political education for college students have many shortcomings, and it is necessary to constantly add new factors according to the development of the times to promote it to advance with the times. The application of traditional ideological and political education methods requires continuous optimization and integration of educational content, adding new elements of the times, new stories, new examples, and focusing on language art, making the ideological and political education process

full of humor, modernity, philosophy, and education guidance. , Close to the students' learning reality and life reality, thus making the whole ideological and political education process full of fun, meaning, reflection, and determination. In addition to the traditional methods and methods of ideological and political education for college students, it is also necessary to actively explore new methods and methods. Such as practical method, experiential teaching, flipped classroom, MOOC and so on. Among them, the practical method has been widely used in the ideological and political education of college students, and it is the key link for college students to realize the combination of theory and practice. General Secretary Xi Jinping has repeatedly emphasized the importance of practice to the vast number of young people, and pointed out that "the majority of young people must unite knowledge and practice, and focus on learning the true knowledge and understanding the true meaning in practice, strengthening training and increasing their skills." It can be seen that the practice method is the only way for college students to grow up and become talented. It is a key link for students to master real talents, perceive the world, and establish socialist core values. Through professional practical teaching, social practice, voluntary service, innovation and entrepreneurship practice, etc., the practical activities are carried out in a planned, targeted and targeted manner, so that students can enhance their sense of mission and social responsibility while improving their various abilities. In the process of ideological and political education, emotional factors play an important role in promoting the integration of knowledge and action among college students. Therefore, no matter what methods and methods are used, educators must pay attention to the injection of emotions, respect and listen to students in the process of ideological and political education. , Caring for students, cherishing students, meeting students' psychological needs for equality, respect, sense of value and sense of accomplishment in the growth process, and promoting college students' ideological and political education to become a warm education [2].

4. The Relationship between College students' Happiness Education and Ideological and Political Education

Ideological and political education for college students is an ideological education. The purpose is to cultivate politically firm, high-quality socialist successors with sufficient skills. At the same time, some scholars have pointed out that ideological and political education should also have higher education value. It is to realize the comprehensive and free development of people, and the purpose is to cultivate the physical and mental health of college students and help college students find their own happiness. Therefore, the common goals of college students' happiness concept education and ideological and political education are the same. The goal of the research on the concept of happiness of college students is how to enable college students to correctly understand happiness, understand happiness, feel happiness, and how to use the correct methods to create their own happy life, and cultivate their own concept of happiness to become a person who can discover and feel happiness People, because only by getting enough happiness can they contribute their understanding of happiness to this society and build a harmonious society. Therefore, whether it is to adopt the ideological and political education of college students or the education of the concept of happiness of college students, from the perspective of promoting a harmonious society and cultivating the full and free development of college students, or the purpose is to enhance the happiness of college students, both are for the realization of humanity. Ideological and political education for the common well-being of people, so the educational goals of the two are the same.

The happiness of college students and many contents of ideological and political education are mutually influenced and integrated. The current contents of ideological and political education of college students in my country mainly include world outlook, outlook on life, value education, ideal and belief education, moral character education and mental health education. Among them, the scope of education on the outlook on life is relatively broad, including the education content of the outlook on happiness; how to obtain happiness? It also belongs to the category of moral education, and mental health education includes the cultivation of happy personality. In addition, happiness education is also an important part of the content of ideological and political education. At the same time, the idea of experiencing happiness and enjoying happiness in the process of education

emphasized in happiness education has also promoted the improvement of the effect of ideological and political education [3].

5. Conclusion

The relationship between the education of college students' concept of happiness and the ideological and political education of college students is mutually influencing and complementary. The goals of the two courses are to experience happiness and cultivate the correct concept of happiness to promote the harmonious progress of society. The two courses should complement each other and cultivate excellence. The socialist successors of the People's Republic of China have established a correct ideological and political and happiness concept.

References

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