

Research on Mental Health Education of College students from the Perspective of ideological and political Education

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Abstract: Today, with the integration of the global economy, talent is the core force for enterprises to participate in market competition. Modern colleges and universities are the main base for training high-standard professionals for the country. Therefore, in addition to educating college students in professional knowledge and paying attention to their academic achievements, colleges and universities should also understand the ideology and consciousness of college students. As an effective way to cultivate students' knowledge, emotion, faith, righteousness, behavior and guidance, colleges and universities should undertake the important task of adjusting college students' psychology and pay attention to the mental health status of college students. According to the different psychological state and ideology of each student, the mind of the students should carry out. Manage tutoring work, guide students to establish ideas and thinking consciousness conducive to their own development. Social competition is becoming more and fiercer, resulting in a serious impact on the mental health of college students. The analysis of the relationship between mental health education and college students' ideological and political education is helpful for us to understand the value of the organic combination of mental health education and college students' ideological and political education, to strengthen mental health education and promote the effectiveness of ideological and political education in colleges and universities. Therefore, mental health education in college students' ideological and political education is becoming more and more prominent and important.

1. Introduction

For modern China, talent is the fresh blood for maintaining social and economic prosperity and promoting scientific and technological innovation. The State Council of the CPC Central Committee and the grass-roots people attach great importance to the education situation of colleges and universities. The group of college students is the mainstream force of entering the society and leading a time. Therefore, the growth and personal quality of college students are highly concerned by the society. Contemporary college students not only have to bear the pressure of learning competition, but also face life pressure, post pressure, emotional frustration and so on, in this situation, many college students have exposed a variety of psychological obstacles. In order to enable college students to live happily and fully, colleges and universities should carry out psychological education for college students from the level of ideological education.

2. The significance of strengthening College students' Mental Health Education from the Perspective of ideological and political Education

2.1 Promoting the all-round Development of College students.

With the rapid development of socialist market economy in our country and the continuous infiltration of foreign culture under the background of economic globalization, the spiritual world of college students is experiencing unprecedented difficulties and metamorphosis. As the most active and sensitive group in society, college students often have more keen insight into the changes and shocks of the environment, and the fluctuations caused by these changes and shocks in their

thoughts are also the most significant and strong, prone to confusion, worry about their own ability and future. To a certain extent, the degree of mental health of college students affects their future development. Only by maintaining a healthy psychological state can college students maintain a healthy psychological state. Can carry on the study of scientific and cultural theory knowledge smoothly, and realize its own value in the fierce competition society. Thus, it can see that it is very important to improve the mental health level of college students from the perspective of ideology and politics. When carrying out ideological and political education, colleges and universities can train college students to form a correct world outlook, outlook on life, values and mental health education is an important means to promote the all-round development of college students. Therefore, while carrying out ideological and political education, colleges and universities must pay attention to the mental health of college students and establish an education system that is helpful for college students to maintain mental health, which determines the development of college students in the future.

2.2 Perfecting the content of ideological and political Education for College students.

The contents of ideological and political education of college students divided into four aspects: ideological education, political concept education, moral cultivation education and mental health education. However, the traditional concept of ideological and political education in China has been deeply rooted in people's hearts, resulting in colleges and universities have not carried out in-depth research on this work. Therefore, the key work of the country and colleges and universities must be on the improvement of mental health education of college students. Only by comprehensively understanding the psychological characteristics, changes and development direction of current college students, can educators had better carry out mental health education and improve the mental health level of college students.

3. An Analysis of the Present Situation of College Students' Mental Health Education

The United Nations World Health Organization (WHO) has given a new definition of health: "Health refers not only to normal mental health of college students without disease or physical union, but also to physical, psychological and social adaptation." Thus, it can seen that physical and mental balance, emotional and rational harmony is a necessary condition for a healthy person.

3.1 The important role of mental health education has not been paid enough attention.

The ideological and political work of colleges and universities attaches great importance to the cultivation of college students' ideological and moral quality, scientific and cultural quality, ability and physical quality. When the school evaluates a student, the standards include political position, ideological viewpoint, moral quality and only mental health. Mental health and humanistic spirit are not placed in due position, and the preventive education of mental health in school education system is seriously lacking.

3.2 Personnel engaged in mental health education are relatively weak.

Personnel engaged in ideological and political work, mainly composed of professional political workers, counselors; class teachers and so on, mainly complete mental health education in colleges and universities. Most counselors set foot on this position just after graduating from university, lack of social experience, social experience and strong practical ability, in the face of many social reasons and the actual reasons in life lack of specific and in-depth analysis, so they cannot make a deep explanation for students. so they have to use system and discipline to manage college students in practical work. The lack of quality of relevant managers engaged in mental health education leads to the lack of in-depth, non-specific, single strategy and content of ideological and political work. the ideological contradictions of students, there is no necessary means and measures to solve the ideological and psychological reasons for students, so it is difficult to achieve the purpose of education.

3.3 The guarantee system is not perfect.

Many colleges and universities have not given great support to mental health education in terms of financial, material and human resources. The guarantee of funds is the key to the real implementation of specific work. Colleges and universities should ensure that a certain amount of funds should allocate to mental health education every year; otherwise, everything will be in vain. At present, there is a serious gap in the funds for mental health education in colleges and universities, or the funds are often not in place. There are also reasons for the recognition of the qualifications of full-time mental health education personnel, the purchase and funding of facilities in mental health education institutions, the study of mental health education personnel, the reasons for the evaluation of professional titles, and so on. To be solved.

4. The difference between Mental Health Education and ideological and political Education

Mental health education is to use the principles and methods of psychology, pedagogy and other disciplines to carry out intellectual education, consulting education and good behavior training for college students. The theoretical basis is psychology and pedagogy. The main contents of education are as follows: publicizing and popularizing the knowledge of mental health so that college students can set up mental health consciousness. Imparting the methods of psychological adjustment, so that college students can learn to adjust themselves, effectively and eliminate psychological difficulties. Confused, consciously cultivate persistent will quality and the spirit of hard struggle, improve the ability to bear and deal with setbacks, as well as the ability to adapt to social life, analyze psychological anomalies, make college students understand the causes and main manifestations of common psychological problems, and treat all kinds of psychological problems with a scientific attitude. Most of the methods adopted have practical operation, such as cognitive behavior intervention method, behavior shaping method, rational emotion therapy, and contradictory image method and so on.

According to the educational policy of the Party, ideological and political education, in order to realize the political goal of cultivating and cultivating the constructors and successors of the socialist cause, has a purposeful influence on the social ideology of college students, in order to change their thoughts and then guide their social behavior. It based on Marxist philosophy, political science, and ethics and so on. The focus of its work is to cultivate students' ideological and political ideas and good moral quality. The educational methods are mainly theoretical education and propaganda. It can see that the mental health education of college students and the ideological and political education of college students are from different angles and sides, with different scientific theories and methods, for college students. The world reformed to shape the spiritual world that is in conformity with the human's own development and social demands.

5. The relationship between Mental Health Education and ideological and political Education

Mental health education is the basis of ideological and political education. Mental health education can ensure that ideological and political education achieves good results. In order to cultivate students' good moral quality, we must first have good social adaptability, be able to correctly understand themselves, appreciate themselves, successfully communicate with others, and have good emotional control ability. In many problems in students' daily life, mental health education can achieve better results.

The working team of mental health education has crossed and coincident with the ideological and political education working team. At present, the two teams of the colleges and universities have different proportions of overlap or cross over the structure of the personnel. Ideological and political educators should learn to acquire new knowledge and methods from the aspects of mental health education and improve the ability to solve practical problems. The mental health educators should also consciously strengthen the study of the theory and method of ideological and political education, and blend the basic theory and method of ideological and political education in the

course of mental health education. To organically combine the two teams, the ideological and political education personnel must master the relevant psychological knowledge, which It is helpful for them to better understand and understand students' thoughts and psychological behavior, to find out the psychological obstacles in time, and to provide targeted help within their abilities.

The method of mental health education can use for reference to ideological and political education. Ideological and political education mainly based on theoretical education and propaganda, mainly through positive persuasion, model demonstration and so on. Mental health education mainly adopts the methods of popularizing psychological knowledge, talking and discussing with college students, allowing college students to carry out role analysis and playing, psychological training, and psychological measurement and so on. The methods and means of ideological and political education should also adopt and draw lessons from the methods and means of mental health education, especially the psychological tests, which have been widely used in mental health education, should introduced into ideological and political education, to have a more comprehensive understanding of students' strengths and shortcomings. Understand the temperament type, personality characteristics and ability characteristics of the students, so that the ideological and political education work is more in line with the reality of the students, to achieve better results.

6. Measures to improve the Mental Health level of College students from the Perspective of ideological and political Education

To improve the attention of colleges and universities and improve the construction of ideological and political education team, if we want to improve the mental health of college students from the perspective of ideology and politics, we must improve the attention of colleges and universities and improve the construction of ideological and political education team. In the present education work of the country and all colleges and universities, we should take the work of ideological and political education as the most important work. Increase the investment of talents, form a team with strong teachers, and ensure that the mental health education of college students can completed effectively as scheduled under the influence of ideological and political education. Therefore, colleges and universities can improve the mental health level of college students from the following two aspects. First, strengthen the construction of teaching staff to ensure that teachers engaged in mental health education and ideological and political education can be perfectly “switched”; second, regularly train teachers in ideological and political education and psychological education to ensure that educators have their own level of professional knowledge.

To combine mental health education with ideological and political education by means of scientific education, if we want to improve the level of mental health in universities from the perspective of ideological and political education, we must adopt scientific educational means to combine mental health education with ideological and political education. When teaching, the relevant educators can adopt a variety of educational methods, such as classroom teaching, the establishment of groups to discuss, the introduction of cases for analysis and regular conduct of some related lectures. Under the influence of political education, mental health educators can adopt the method of psychological consultation or psychological counseling to integrate psychological education into the work of ideological and political education, to improve the mental health level of college students.

7. Summary

To sum up, in the process of social development, more and more internal and external factors interfere with the psychological state of contemporary college students. The psychological pressure and burden from employment, emotion, and life and so on seriously affect the development of students themselves. Psychological obstacles will not only limit the development direction of college students, interfere with the learning state and quality of life of college students, but also lay hidden dangers on social stability and national development. In the present stage of ideological and political education, people pay more and more attention to the mental health education of college

students. Colleges and universities can only improve the mental health education system of college students, and carry out effective ideological and political education and mental health education of college students. In order to help college students hone their will, strengthen their hearts and guide them to establish the direction and development ideal of life. Colleges and universities should formulate psychological counseling and ideological education programs so that the mental health, academic achievement and practical ability of college students can developed in a coordinated way in order to help college students hone their will, strengthen their hearts and guide them to establish their ideals of life and development.

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