

A Study on the Relationship between the Establishment of College Students' Psychological Capital and Ideological and Political Education

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Abstract: As an important carrier of college students' psychological capital establishment, ideological and political education in colleges and universities plays a special educational function in the process of college students' psychological capital establishment. Based on the theory of ideological morality and psychological capital, this study analyses the problems existing in the process of establishing college students' psychological capital, understanding the role of ideological and political education in the establishment of college students' psychological capital, and it finally explores the path of constructing college students' psychological capital by means of Ideological and political education, so as to improve psychological level of students in the university.

1. Research background

1.1 Literature review

Li Lei and others found that the development of college students' psychological capital is at a medium level, and according to the comparison of different types of school students' psychological capital level, it is found that the level of college students' psychological capital is positively correlated with their mental health level (Li et al, 2013). Su Xing and others made a detailed analysis of the relationship between college students' psychological capital, academic achievement and mental health by using the life satisfaction scale, psychological capital scale, social support rating scale and self-rating anxiety scale. It was concluded that psychological capital was positively correlated with academic achievement (Su et al, 2013). Shen Qing and others found that ideological and political education in colleges and universities in many different dimensions of intervention, with its unique advantages and role, can effectively solve the psychological crisis of college students (Shen and Li, 2014). Luo Xiaoman and others found that psychological capital was negatively correlated with vocational students' boredom tendency, positively correlated with career decision-making efficacy, and moderated between career decision-making efficacy and boredom tendency (Luo and Shao, 2016). According to Tang Jialin's research, the positive psychological capital of college students has a positive impact on subjective well-being(Tang et al, 2012). Li Fei and others found that the application of positive psychological capital in the current ideological and political education in colleges and universities can improve the way of ideological and political education and it can improve the teaching effect of ideological and political theory course(Li and Bai, 2017). Through principal component analysis, reliability and validity analysis and univariate test, Pei Jingxian and others put forward five intervention schemes for the five dimensions of college students' psychological capital: positive, expectation, calm, resilience and self-efficacy(Pei et al, 2014).

1.2 Purpose of research

At present, there is a lack of research on the correlation between psychological capital and ideological and political education. Therefore, this study centers on the theory of ideological and moral and psychological capital. First, it analyses the problems existing in the process of establishing psychological capital of college students. Secondly, it understands the role of

ideological and political education in the establishment of psychological capital of college students, and finally it analyses its correlation. Studying the correlation between the establishment of college students' psychological capital and ideological and political education will help colleges and universities to formulate more measures for the establishment of college students' psychological capital, to construct a scientific and to innovative practical way for ideological and political education, and to carry out practical and effective education work that conforms to the law of college students' psychological capital development.

2. Problems in the establishment of college students' psychological capital

2.1 Academic career development, school atmosphere and interpersonal relationship management cause pressure on college students

For College students, academic career development mainly refers to learning opportunities. 61.7% of college students think that their stress source is academic career development (Zhu and Hao, 2015). School atmosphere refers to a characteristic that can be maintained for a relatively long time in the internal environment of the school. School atmosphere includes school morale, communication style, learning atmosphere, learning style and so on. According to the survey, 58.9% of college students think that their stress source is some uncontrollable random factors in learning, and 61.6% of college students think that their stress source is school morale and learning atmosphere. Interpersonal communication means communicating with people that we know in our study and society. In the survey, 52.8% of college students were under great pressure because of insufficient feedback or recognition of their learning performance, and 54.3% of college students were under pressure because of insufficient guidance and support from teachers.

2.2 Stress leads to the decrease of college students' enjoyment of study and life year by year

The pleasure of college students feels the influence of pressure. With the increase of stress level year by year, the proportion of college students with higher sense of pleasure also declined. It is worth noting that the psychological pleasure of senior college students has declined year after year. According to the survey data, under the influence of pressure, 49.2% of college students have sleep problems, 52.2% have negative emotions, 15.9% have bad relationships with couples, 27.2% have physiological diseases, 5.1% have bad relationships with parents, and 25.7% have increasing problems on smoking or drinking.

2.3 Although the pressure of college students has been reduced, it is still at a high level

The number of college students adversely affected by pressure is increasing year by year. According to relevant surveys, 24.2% of college students feel a little bit stressed, and 3.8% have a lot of pressure. The figures are slightly lower than those of previous years, but they are still at a relatively high level. According to the survey, the psychological endurance of Chinese college students is generally high, but the impact of stress on students' physical and mental health is very unfavorable. This proves that although the level of psychological quality of Chinese college students is generally high, there may not be an effective way to use psychological factors. According to the survey, only 4.2% of the universities have taken special measures for the construction of psychological capital, and only 27.6% of the college students understand the concept of psychological capital.

3. The role of ideological and political education in the establishment of college students' psychological capital

3.1 The role of ideological identity

Ideological and political education is a job that is full of honor. As the frontier of its development, the school is a people-oriented, talent-training field and garden. People-oriented education is characterized by teachers' love for students, enthusiasm for work and enthusiasm for students. For

the ideological and political education in schools, people-oriented is mainly embodied in three points. First, the focus of everything tends to be students. Second, it pays attention to developing an all-round training plan for students. Third, it guarantees the healthy and comprehensive growth and development of students. The ideological and political education in universities aims at moral quality, political quality and psychological quality. It aims to cultivate students' healthy psychological personality, hoping to improve students' psychological quality in all aspects. Ideological and political education promotes the relationship between people through various communication activities, strengthening the mutual connection and it produces the collision between heart and mind, establishing its own value system, promoting itself in an all-round way.

3.2 The role of all aspects of guidance

Cultivating college students' psychological capital is a complex and systematic project. The emergence of university ideological and political education is due to the practical needs of the establishment of college students' psychological capital. In the process of establishing and perfecting the psychological capital of contemporary college students, ideological and political education should not only meet the social practice needs of college students, but also meet their own development needs. Ideological and political education promotes the behavior, value and goal orientation of college students' psychological capital establishment, and it provides direction guidance for college students' comprehensive, healthy development. Ideological and political education is conducive to college students to establish a correct outlook on life, values and world outlook.

3.3 The role of optimizing the environment

Psychological capital is not only born, but also acquiring training plays an important role in the establishment and development of psychological capital. Education plays a decisive role in the process of psychological capital training. At the same time, ideological and political education can also improve students' acquiring environment. First of all, ideological and political education can regulate the psychological state, stimulating cooperation and optimism, harmonizing group relations, improving the bad atmosphere. At the same time, it can also play a lubricating role in the university system and management of college students while teaching students in accordance with their aptitude, and it provides institutional guarantee and environmental purification for the establishment of college students' psychological capital. Secondly, ideological and political education is in line with the development of the times. Ideological and political education for college students can improve their understanding of psychological capital and it promotes the development of environmental atmosphere.

4. Analysis on the path of constructing college students' psychological capital with the aid of ideological and political education

4.1 Learn to do self-examination

The way most people know themselves is through what others think of themselves. Although praise and social identity can improve their own satisfaction, they can only rely on other people's point of view to see themselves, and self-awareness is based on other people's point of view, which will lead to cognitive ambiguity, thus hindering the real establishment of psychological capital. Therefore, college students should learn to examine themselves from the bottom of their hearts, respecting their true views, starting a dialogue with their hearts, and they should turn introspection into daily habits. Through daily reflection on this habit, we can summarize the failure of life, learning, interpersonal communication and the experience of achievements, which can lay the foundation for the improvement of psychological endurance and the stability of psychological level in the future.

4.2 Keep good interpersonal relationship

As a social animal, human beings have the need to communicate with others. In the

communication among people, a good interpersonal relationship is conducive to relieving loneliness and generating a sense of happiness, thus promoting physical and mental health. In addition to establishing harmonious interpersonal relationships with people in society, including colleagues, fellow countrymen, classmates, partners, friends, etc., individuals also need to establish harmonious relations with family members. In social interaction, it is easy to produce a sense of pleasure, and it is easy to lead to loneliness, suspicion, inequality, which is very fatal to physical and mental health, if you are alone in one place every day without interpersonal communication.

4.3 Construct Self-Cognition System

In the process of ideological and political education, college students should actively recognize themselves. First of all, in the process of continuous growth and development, people will gradually distinguish themselves from others and the outside world, and to think about it, thus generating self-awareness. Then, self-awareness is self-perception. Self-perception includes three points: first, others' understanding of themselves; second, they think others' understanding of themselves; and third, their own perception of themselves. Self-perception then develops into self-evaluation, which refers to the individual's evaluation of his ideas, opinions, self-demands, behavior and personality, and on this basis forms the evaluation results of self-affirmation. Self-evaluation includes spiritual evaluation, social evaluation and material evaluation. Finally, self-identity is that individuals can rationally see what they are doing and their environment, accepting the influence of the outside world and themselves, not immersing themselves in past frustrations, actively treating their decisions, knowing who they are.

4.4 Establish positive beliefs

First of all, ideological and political education can establish positive beliefs at the ideological level, and through the analysis of practical problems, individuals can deeply understand the significance and value of positive beliefs. In this process, the habit of replacing negative beliefs with positive beliefs should be cultivated, so that individuals can understand the importance and necessity of learning to replace negative beliefs with positive beliefs. Secondly, it carries on the method study at the practical level and let individuals learn certain specific behavioral patterns in some artificial scenarios, which is optimistic ways of dealing with problems, including self-relaxation, decision-making and communication.

4.5 Be tolerant of the past

Being tolerant of the past refers to facing reality positively and not evading responsibility. To deal with the controllable factors in the situation, we should adopt the problem-oriented active restructuring system to deal with them, so as to make a favorable judgment. We should learn to summarize the attitudes and feelings we have now, and we should see the positive aspects of things under any conditions. This is especially true when these positive aspects are caused by sustained, universal and self-imposed factors. Finally, we should try to have a clearer understanding of ourselves, seizing the opportunity while the school and society are progressing. For himself, positive attitude is a powerful tool, which can inspire individuals to face challenges and constantly improve themselves.

4.6 Enhance Psychological Resilience

Life is full of variables. Only by facing up to the psychological gap and doing things well, can we gradually realize our ideal of life. Ideological and political education enables people to improve their psychological resilience and treat ideals and reality correctly. It not only keeps people's psychological balance, but also drives individuals to achieve self-transcendence. Psychological resilience refers to the ability of an individual to withstand high levels of destructive change and to exhibit as few bad behaviors as possible. Good psychological resilience can prompt individuals suffering from major stress and danger to recover quickly through dynamic interaction and adapt flexibly to the changing environment outside.

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