

Research on the Infiltration of Psychological Health Education into the Teaching of Ideological and Political Theory Course in Colleges and Universities

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Abstract: With the continuous improvement of the development mechanism of higher education, psychological education is more and more widely used in College teaching. In the new period of development, more and more colleges and universities begin to attach importance to students' ideological and political education. In the process of carrying out ideological and political teaching in colleges and universities, teachers should constantly innovate and improve teaching methods, only in this way can students improve their ideological level of understanding. This paper will infiltrate mental health education into the main content of college ideological and political theory teaching to conduct comprehensive analysis and discussion, and then put forward some suggestions and measures to improve the teaching level of ideological and political theory courses in colleges and universities.

1. Introduction

The teaching of Ideological and political theory course in Colleges and universities is an important period for students to learn mental health knowledge, and it is also an important period for external things to produce sensitivity. However, in the actual teaching process, many students still need to improve their personality. Therefore, it is very important to strengthen students' mental health education in the teaching of ideological and political theory courses in colleges and universities.

2. Overview of Mental Health

Mental health usually refers to good psychological quality, mental health and normal activities. Due to the influence of heredity and acquired environment, it will have a great impact on the development of mental health to a certain extent. The meaning of mental health mainly refers to all aspects of psychology and the process of activity showing a good state. Ideal state in mental health mainly refers to maintaining perfect personality and normal intelligence, which requires emotion, attitude and behavior to adapt to good state [1]. Mental health corresponds to sub-health and mental illness. Mental health has different meanings according to different perspectives, and the measurement criteria are also very different. Mental health plays an important role in students' learning ideological and political knowledge. Understanding the definition of mental health can enhance and maintain students' health to a certain extent. Mental health mainly refers to an important psychological state of continuous and positive development. Under this state, the subject can make good adaptation and at the same time be able to exert his or her physical and mental potential. In the context of the development of the new era, mental health is an important part of "new health education". It is mainly aimed at cultivating students' physical and mental health. In the process of cultivating students' mental health, they often use the campus environment and improve the functional environment to actively improve. The humanistic environment focuses on the teaching and guidance of mental health around the two main bodies of teachers and students. "New Health Education" generally creates a health guidance room in the school, and then is equipped with a professional psychological counselor to stay in the school for a long time, actively open more psychological courses and extracurricular activities, and correctly guide students to develop towards

health psychology.

3. The Significance of Infiltrating Psychological Health Education into Ideological and Political Teaching in Colleges and Universities

3.1 It is a very important teaching content

Under the new situation of teaching development, great challenges and pressures have been put forward to the quality and methods of Ideological and political primary schools in Colleges and universities. The original teaching ideas and methods can no longer meet the new teaching requirements [2]. In the process of carrying out ideological and political teaching in Colleges and universities, the overwhelming majority of them use the teaching method of "full-room irrigation". Obviously, this teaching method can not meet the current requirements of Ideological and political teaching in Colleges and universities, and at the same time, it is easy for students to lose interest in learning ideological and political knowledge. Students' space for thinking about problems will also be restricted. Based on this, in the teaching of mental health, students can also exert their subjective initiative, so as to help students understand their attitudes towards life, and thus relieve the pressure on students' minds and ensure the ideological and political teaching in colleges and universities. Can be carried out normally.

3.2 Improving the Quality of Ideological and Political Teaching in Colleges and Universities

Ideological and political education in Colleges and universities is a very important subject. In order to enhance students' ideological awareness, we must strengthen the connection between students' ideological concept and emotion. More mental health education can also be infiltrated into Ideological and political education, and at the same time, it can effectively alleviate students' psychological pressure. Help students develop good study habits, and at the same time help students establish a correct attitude towards life. Students can also better understand right and wrong. Only in this way can they effectively improve the ideological and political teaching effect in colleges and universities.

3.3 Maintaining the Balanced Development of Students' Psychological Quality and Ideological and Moral Quality

Ideological and political education in Colleges and universities is an important period for students to accept knowledge. In the process of carrying out ideological and political education in Colleges and universities, we must ensure the scientific and rational teaching methods. At the same time, we should create a good learning environment for students, so as to enhance their ideological understanding [3]. This stage is also an important period for students to change their ideas. At the same time, it is also an important period for students' psychological and ideological development. At the same time, it can further strengthen the significance of ideological and political teaching in colleges and universities. Through the infiltration of mental health education in the ideological and political teaching of colleges and universities, it can also effectively cultivate the ideological quality of the students. Only in this way can the psychological status of the students be changed. This requires teachers to thoroughly and comprehensively understand the changes that occur in each student's mind. In this way, students' psychological quality and ideological and moral qualities can be improved.

4. How to Infiltrate Psychological Health Education into Ideological and Political Teaching in Colleges and Universities

4.1 Strengthening the Innovation of Ideological and Political Teaching and Actively Transforming Teaching Concepts

Ideological and political education in Colleges and universities is a complex work. In the process of mental health education for students, we must consider and analyze all factors, and actively

change the teaching concept with a mentality of keeping pace with the times. With the continuous deepening reform of education and teaching mechanism, more and more attention has been paid to mental health education in Ideological and political teaching in Colleges and universities. The traditional ideological and political teaching process mainly emphasizes "teaching" and does not introduce "learning" into it. The various teaching activities carried out are mainly for the purpose of examination education, so as to cultivate students'ability to acquire knowledge. To stimulate students'interest in learning knowledge [4]. Therefore, in the process of ideological and political teaching in colleges and universities, we must constantly innovate teaching methods and fully realize the important role of infiltrating mental health education in ideological and political teaching in colleges and universities.

4.2 Creating a Team of Excellent Teachers with High Quality

In the teaching process of Ideological and political theory course in Colleges and universities, teachers play a very important role. Some teachers have simply studied the theory of Ideological and political education, and lack in-depth understanding and understanding of mental health education. College teaching has not invested more time to pay attention, resulting in these educators do not have the opportunity to participate in these training, mental health education is a very comprehensive teaching subject, lack of solid basic theoretical knowledge, to a certain extent, it is difficult to really understand the psychological changes of students, let alone mention education. Therefore, in the process of ideological and political teaching in colleges and universities, it is necessary to train more teachers with ideological and political education and mental health education. This is a very important teaching task facing colleges and universities. In order to improve the quality of college teachers, it is necessary to regularly train and test teachers, and actively encourage students to go to the psychological counselors. Only teachers with professional comprehensive quality can better educate students about mental health. At the same time, more comprehensive education in ideological and political and mental health should be carried out. Therefore, college teachers should gradually shift from the traditional single type to the composite type. Only in this way can the level of ideological and political education of college students be improved, and students' mental health can also be well developed.

4.3 Integrating Ideological and Political Teaching Contents Actively

Ideological and political education in Colleges and universities is a very systematic subject, which involves many aspects such as politics, economy, philosophy, etc. It is also an important combination of many social elements, most of which are contained in a certain knowledge framework system. There are some differences between Ideological and political education and mental health education. It is important to train students'ideological and moral aspects in Ideological and political disciplines in Colleges and universities. That is to say, considering this aspect will lead to many difficulties in Ideological and political education. The single effect of Ideological and political education is not appropriate. In the process of developing ideological and political education in colleges and universities, by introducing mental health education into ideological and political teaching, to a certain extent, social phenomena and students' psychological activities can be fully integrated, which can enhance students' perception ability. It can also enrich the ideological and political curriculum, and thus mobilize the enthusiasm and initiative of the majority of students to learn mental health education knowledge. From a certain perspective, it can effectively improve the quality of ideological and political education in colleges and universities.

4.4 Deeply tapping the material of mental health education and actively exerting the educational function of Ideological and Political Theory Course

With the development of the teaching mechanism of Ideological and political theory course in Colleges and universities, a set of mature and perfect teaching system has gradually been formed. To a certain extent, the construction of teaching materials will be closer to the teaching form and the actual development requirements of students. Therefore, in the teaching of Ideological and political theory courses in Colleges and universities, we should actively play the role of Ideological and

political education as a carrier. Only in this way can we dig out more typical materials of mental health education. To educate college students, we must understand all kinds of reasons, so as to ensure the maturity of students' psychological aspects. At the same time, we can use some famous historical figures in the textbooks. Attract students' attention to learning knowledge, so as to improve the psychological quality of students. For example, when explaining Sun Yat-sen as a great figure, teachers must make students fully understand Sun Yat-sen's great achievements. In the process of overthrowing the feudal rule, Sun Yat-sen displayed a kind of persistent struggle and persistent pursuit of personality charm [5]. When explaining the famous character of Edison, let the students learn to appreciate Andy, and Edison experienced many failures after the trial, and then let the students realize the truth that "failure is the mother of success". When Mrs. Curie is a famous figure, let the students deeply understand the hardship and dedication of his work. At the same time, he should also see the hard work and hard work after his success. When explaining the famous figures of Marx and Engels, let The majority of students can fully understand the broad minds of the great people between them, so that the students can understand the good coordination and communication skills in human-machine relations is an important foundation for the development of life.

4.5 In the process of Ideological and political theory teaching, students should be allowed to evaluate themselves correctly

In the teaching process of Ideological and political theory course in Colleges and universities, only when students fully understand themselves, can they correct their attitude towards life and learning, and then give full play to their own strengths to make up for their shortcomings. Only in this way can they effectively improve their ideological and political level. The university stage is an important period in which students' world outlook and values have just formed, but there is still a big deviation in the process of evaluating themselves. Generally reflected in: students overestimate themselves, think that they already know a lot of truth, do not think about learning, proud and complacent mental state. On the contrary, some students think that their strength is very small and has little to do with society. In this state, students will show inferiority, decadence, negativity and other psychology. No matter what kind of evaluation, to a certain extent, will seriously affect their daily study and life, making their psychology in a state of blindness and chaos, which will have a negative impact on the healthy growth of students. In the teaching process of ideological and political theory courses in colleges and universities, we must attach importance to students' bad evaluation and apply scientific and reasonable methods to enhance students' psychological adjustment. For example, in carrying out ideological and political teaching, one can use the words "one knows one's wisdom and one knows one's own wisdom" in Lao Zi to help students better understand oneself by introducing such a sentence into ideological and political teaching in colleges and universities. In the process of carrying out ideological and political practice teaching, teachers should allow students to speak freely and communicate around "their own abilities and development" through group discussion, so that students can more fully realize their own advantages, at the same time, they can also help the majority of students to realize their own shortcomings, and then they can make timely improvements in daily life and study, thus helping students to improve their overall quality level.

5. Conclusion

With the continuous improvement of educational development mechanism, mental health education plays an increasingly important role in teaching activities. In the process of Ideological and political education, infiltrating mental health education will become the main direction of development. At the same time, it can also cultivate students' good ideological quality, and then help students form a complete world outlook, outlook on life and values, in order to improve the level of ideological and political education in colleges and universities.

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