

An Analysis on the Effective Integration of Mental Health Education and Ideological and Political Education of Contemporary College Students

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Abstract: With the reform and development of education, the integration of mental health education and ideological and political education in colleges and universities has been widely concerned. Based on this, this paper briefly analyzes the relationship between college students' mental health education and ideological and political education, expounds the significance of college students' mental health education and ideological and political education, and puts forward the effective fusion strategies of contemporary college students' mental health education and ideological and political education from the aspects of realizing the organic combination of teaching contents and teaching objectives, realizing the organic combination of teaching methods and strengthening the psychological guidance of college students.

1. The Relationship Between College Students' Mental Health Education and Ideological and Political Education

University is the key period for students to establish outlook on life and values, ideological and political education and mental health education are very important. In the past ideological and political teaching in colleges and universities, teachers neglected to cultivate students' thinking quality, and the degree of integration with mental health education was insufficient, which affected the effect of ideological and political teaching. Some scholars pointed out that strengthening the combination of mental health education and ideological and political education will help to improve the teaching effect. Improve college students' moral literacy and mental health water. For this reason, the author puts forward the following points of thinking, hoping to provide reference for other teachers.

The objects of mental health education and ideological and political education are college students, and these two courses are to help college students to establish correct values and outlook on life by adopting various teaching means, and the purpose of teaching is to promote the comprehensive elements of college students in an all-round way. And the consciousness category of mental health education and ideological and political education is the same, both in order to ensure the mental health of college students and promote the ideological elements of college students. Whether it is mental health education or ideological and political education, it involves the interaction and system of students' psychological elements. Not only that, the content of mental health education and ideological and political education in the university stage is more similar, basically are around the college students' belief, thought, quality and will to carry out teaching activities, give students enough care, adopt diversified methods to make college students from the bottom of their hearts to establish lofty ideas, strengthen their beliefs, improve their ideological quality, as shown in the figure. In addition to the above mentioned contents, the training goal of mental health education and ideological and political education is the same. The teaching goal of both courses is to cultivate social talents with high ideological level and sound personality, so that college students can not only know how to survive, but also realize their own social responsibility [1].



Figure 1 Care for the mental health of college students

2. The Significance of Mental Health Education and Ideological and Political Education for College Students

First, the ideological and political education in the university stage can provide guidance for the mental health education. From the philosophical point of view, the individual's thought needs to go through many processes, first practice, then recognize, then deeply understand and then practice, which is a cycle of repeated. In this process, dialectical materialism is applied to help college students form good psychological quality and promote good development of psychological quality. Not only that, we can integrate the contents and methods of mental health education in the process of ideological and political education, and ensure the quality and effectiveness of education while improving the pertinence of ideological and political education. Similarly, in the mental health teaching activities can also be integrated into the concept and methods of ideological and political education, for college students mental health education instructions. It can be said that the combination of mental health education and ideological and political education of college students broadens the way of ideological education in colleges and universities.

Second, mental health education can make up for ideological and political education. At present, college ideological and political education clearly points out the ideological requirements for college students, but in the specific teaching process, it neglects to cultivate students' psychological elements. If we want to change the demands of ideological and political students into students' conscious behavior, we have to use the individual's psychological activities to make adjustments, and the individual's psychological activities regulation and the task and goal of mental health education coincide, it can be said that mental health education has laid a good psychological foundation for ideological and political education. Not only that, mental health education can also extend the depth of ideological and political education, in the past ideological and political education, teachers often ignore the guidance of students to examine themselves, students to deal with their own and other people's relationship education is not strong enough, in the correct life of education is not optimistic, in the face of social factors on the psychological impact of college students, mental health education can make up for ideological and political education. The combination of ideological and political education and mental health education can improve the level of ideological and political teaching on the one hand, and make ideological and political education more in line with the actual learning needs of college students on the other [2].

Finally, the mental health education of college students needs the guidance of ideological and political education to obtain the best educational effect. From the point of view of system, mental health education is the main content in the category of ideological and political education, which belongs to a relatively special teaching work in this system. Although the teaching goals of mental health education and ideological and political education are independent of each other, it is not difficult to find out from the ultimate goal of education that mental health education is the main way and way to ensure individual mental health and group mental health. However, mental health education can not replace ideological and political education, and similarly, ideological and political

education can not replace mental health education.

3. The Effective Integration of Mental Health Education and Ideological and Political Education for Contemporary College Students

3.1. The Organic Combination of Teaching Contents and Teaching Objectives

College students are about to enter the society, in the critical period of individual development, the contradictions and difficulties faced during the university, the formation of conflicts or puzzles, involving a wide range of content. For example, political problems, ideological problems, behavioral problems, habit-related problems, or quality-related problems, which are often said not to arise alone, are more or less connected. In order to help the group of college students deal with such contradictions or problems better, it is necessary to pay more attention to the ideological education of college students, optimize the methods of education, carry out the education work in an orderly manner from the aspects of mental health, behavior cultivation, belief and moral character, and make the mental health education and ideological and political education promote and complement each other, realize the perfect combination of the two, and reap the best educational success. At present, most colleges and universities have formed a perfect ideological and political education system, and gradually realize the importance of cultivating students' psychological quality. When combining mental health education with ideological and political education, we need to distinguish which are psychological problems, which are ideological problems, and then adopt various methods to solve them. In view of the common existence of psychological problems and ideological problems, according to the characteristics of college students' ideological and cognitive level and psychological changes, taking the students' psychology as the starting point, using the method of psychological rehabilitation to help college students deal with psychological obstacles, combining ideological and political education and psychological guidance skillfully, and playing the corresponding functions at the same time [3]. Figure 2 is an ideological and political education class in a university.



Figure 2 Ideological and political education classes

3.2. To Realize the Organic Integration of Teaching Methods

Although mental health education and ideological and political education have similarities and differences in teaching methods, in the actual teaching period, teachers should pay attention to learn from each other, integrate the advantages together, and give full play to the educational excellence of the two. During the period of college moral education, the relationship between teachers and students is essentially that people communicate with each other, ideological and political education can promote the development of college students' psychology in a better direction, which belongs to an effective teaching means.

In dialectical materialism, it is considered that ideological and political education in colleges and universities can provide mental motivation for students' mental health, point out the direction of development, and ensure that mental health education continues to develop in the right direction,

and then realize the optimal effect of education. Teachers should dynamically grasp the psychological changes of college students, give them timely targeted guidance, so that college students can properly handle the internal contradictions of psychological aspects in their normal study and life, ensure their mental health, help college students develop from perceptual cognition to rational understanding, and truly realize the organic combination of mental health education and ideological and political education.

3.3. Strengthening the Psychological Guidance of College Students

In the whole process of ideological and political education, it is necessary to deeply infiltrate the thought and content of mental health education, and realize the organic knot of ideological and political education and mental health education. Constantly enhance the psychological quality of college students, improve the personality of students, so that they face life with a positive and healthy attitude, such as figure. Teachers should not be stingy with the praise of students, with the perspective of development to view students, enhance students' pride and self-confidence. Any college student is eager for progress, hoping to be recognized by others. When they encounter difficulties and setbacks, what they need most is help and encouragement. The teacher's kind eye or warm smile are all encouragement to the students, which can give them some encouragement, make them gain the successful experience, and benefit the students' future development [4].



Figure 3 Teacher's psychological guidance to students

4. Conclusion

To sum up, the teaching purpose of mental health education and ideological and political education is to improve the comprehensive quality of college students in an all-round way. The two are independent and interdependent, and they are basically teaching work around the belief, thought, quality and will of college students. Realizing the mutual integration of the two is helpful to cultivate people with high ideological level and sound personality. Therefore, we can combine ideological and political teaching and mental health teaching to improve the comprehensive quality of college students and promote their good development.

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