

# Research on the Combination of Ideological and Political Education and Mental Health Education for College Students Based on Network Community

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**Abstract:** With the advent of the Internet era, the rapid spread of network information, followed by various mental health problems of college students. The university network community has become an important carrier of information dissemination and ideological exchange in universities, especially the college student community has basically become a participant in the network community. The characteristics of the online community, such as its timelessness and openness, equality of social relations, autonomy and openness, are very popular with college students. The Internet has created great value for the society. Behind its extensive positive effects, there are also traps that lead to spiritual degeneration. These network traps have a huge reaction. The development and construction of the network community provides a resource sharing platform for ideological and political education, and provides high-quality resources for ideological and political education of college students through the integration of resources in the network way. How to use the Internet to carry out ideological and political education of college students and effectively integrate with mental health education has become an urgent issue.

## 1. Introduction

College students are the largest group of netizens in China, and modern media methods are increasingly becoming an indispensable part of their study, life and communication, and are greatly changing their life, study, communication and entertainment modes [1]. College students' online community refers to a social group that is organized or spontaneously formed in the virtual space of Internet technology and platform, and is dominated by information exchange, learning and social interaction because of common interests, needs or interests. The rapid development of new media network technology has greatly changed college students' ways of communication, learning channels, language expressions, etc., and various mental health problems have also come one after another [2]. Under the background of the network era, ideological and political education and the network field are more closely integrated, which has become a new field and new trend in the current ideological and political education research. Internet community is a derivative of the concept of community based on spatial change in sociology. The ideological and political education under the new situation of the Internet puts forward higher requirements for contemporary ideological and political educators, and at the same time brings new ways, new ideas and new means [3]. The Internet has brought some challenges to education, and has greatly impacted the environment and methods of ideological and political education and mental health education.

For college education, while the network plays its positive role, it also brings negative impacts on the psychological health of college students, which leads to conflicts and imbalances in the outlook on life and values of college students, which directly endangers the health of college students. . The development and construction of the Internet community provides a resource-sharing platform for ideological and political education, and through the integration of resources in a network manner, it provides high-quality resources for ideological and political education for college students. The vigorous development of college students' online communities poses new challenges to the ideological and political education of college students. College students' online communities have become an important position for ideological and political educators in colleges and universities. The

online community provides new ways and means for college students to carry out ideological and political work [5]. Therefore, ideological and political educators should take an objective and scientific view of the online community and engage in exchanges and interaction with college students by integrating into the online community. It is common for college students to gather in various online communities. It is normal for college students to interact with each other through online communities, and the online community for college students is constantly developing [6]. In strengthening and innovating the ideological and political education of college students under the new situation, colleges and universities should actively explore the relationship between mental health education and ideological and political education, and strengthen the effective combination of ideological and political education and mental health education.

## 2. The Influence of University Network Community on College Students' Ideological and Political Education

The complete ideological and political education should not only take the interaction between the shaping of complete personality and social ethics as the main direction, but also have the educational connotation that embodies the national characteristics and the spirit of the times. Because the network community has the characteristics of openness, great difficulty in supervision, high degree of aggregation and fast information dissemination, it brings more challenges to the ideological and political education of college students. The university network community is a social group composed of college students with the same interests and needs in the network space formed on the basis of Internet technology, which includes learning, socializing and information exchange [7]. The profound changes in the international and domestic situation have made the ideological and political education of college students face both favorable conditions and severe challenges. The extensibility of the mobile network environment enables the community to develop in time and space, further breaking through the limitation of the technology platform, and can follow the transformation of different occurrence forms of the environment. In the era of mobile Internet, the network community is not only a collection in space, but also a redefinition of social organization and cultural transmission mechanism. Its traditional development elements have also undergone structural changes [8]. With the continuous advancement of curriculum reform, the network has brought positive effects to college students, but also accompanied by negative factors. Network Ideological and political education also faces the problem of how to better integrate with mental health education. College Students' network education refers to the practice of network education based on campus network and college students' network behavior.

Ideological and political education should not only achieve the perfection of personal morality, but also further reflect the spirit of the times, the spirit of the country and the spirit of the nation, so as to lay the foundation for the construction of a harmonious society. The ideological and political education network community beyond the scope of space effectively integrates the advantageous resources of Ideological and political education in Colleges and universities through the network. In teaching, the social development of students is mainly achieved through communication and cooperation. The communication and cooperation between students and teachers are conducive to the development of students' social. The interactive relationship of students' social development is shown in Figure 1.

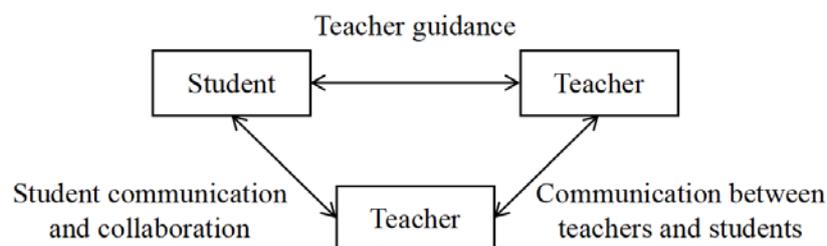


Fig.1 Interactive Relationship of Students' Social Development

The ideological and political education in colleges and universities should pay more attention to the influence of the network community on college students' ideology, and rationally use the network community to innovate the ideological and political education in colleges and universities. A simple and effective method to analyze the difference between ideological and political education and vocational skills training is the hypothesis test of two independent sample methods. A university career coach teaches the same subject in three classes at the same time. In the student evaluation, the teacher's evaluation data are shown in Table 1.

Table 1 Student Evaluation Data of Two Independent Sample Means

Sample size	The average score	Sample standard deviation
60	80	4.3
58	76	3.8
60	84	4.2

Compared with traditional education methods and modes, online education has stronger pertinence and timeliness. It can flexibly use a variety of teaching resources and means to enable online education to develop by leaps and bounds on the basis of diversity. Today's college students, as a generation of the Internet, have changed their social contact and learning methods. However, it has become a habit to find the Internet and the online community in the first place when encountering problems and difficulties. The interaction within the online community not only provides college students with social objects, but also provides more convenient and fast communication channels for social activities. For college students whose values and views on right and wrong have not yet been fully established, it is difficult to give rational feedback, and they are easy to fall into emotional impulse [9]. Although ideological and political education and mental health education have certain overlap in content, most of them are different. Therefore, under the background of network, the integration of Ideological and political education into mental health education of college students is conducive to enriching the content of Ideological and political education, so that the content of Ideological and Political Education is not limited to the scope of Mann theory. Internet itself has the attributes of richness, virtuality, immediacy, interactivity and sharing, which are reflected in the methods of network education.

### 3. Using Network Community to Innovate College Students' Psychological Education Strategies

#### 3.1 Enrich the Scene Elements of the Network Community

College students' online communities not only have positive energy communities, but also contain many negative energy communities. When college students enter these communities, they are bound to be affected by various kinds of information. The negative impact of the Internet on college students' mental health has gradually affected the normal study and life of college students, and has also brought new challenges to the education of schools and families. Facing the pressure, college students pay more attention to self-development and self-value enhancement, ignoring other self-needs and pursuing one-sided development. The characteristics of the interaction of online communities, such as spatio-temporal, openness and virtuality, do not exist in the traditional ideological and political education environment, which all put forward higher requirements for contemporary ideological and political education. Internet community has become a very important part of college students' daily life [10]. It is very common to exchange information through online communities. If college students gather in online communities for a long time to exchange information, they will inevitably be affected in their ideas. The concept of choosing a job changes and develops with the change of the environment of choosing a job. Only by knowing exactly the employment outlook of college students can the education and teaching management, ideological and political education and employment guidance in colleges and universities be more targeted. So as to better carry out employment concept education. Figure 2 shows the dynamic evolution of the evaluation system of college students' entrepreneurial awareness.

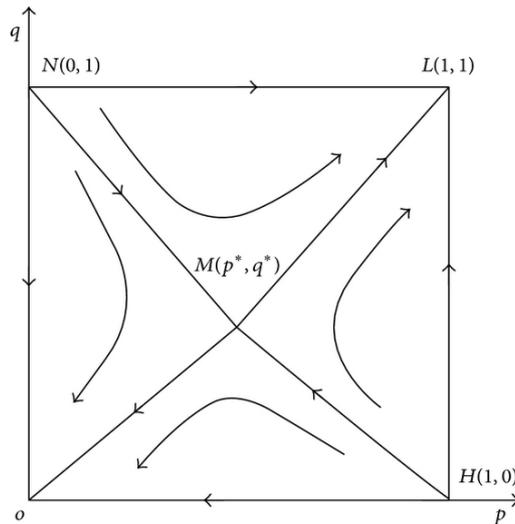


Fig.2 Dynamic Evolution of the Entrepreneurial Awareness Assessment System

Therefore, college students' ideological and political education workers should do a good job in the construction of campus network and evaluation team, lead the construction of campus culture with socialist core values, optimize the environment for the dissemination of campus new media information, and carry out ideological and political education imperceptibly. The communitarian dissemination of the network is mainly due to the fact that the information form of the new media platform changes more and more, and the traditional way of finding friends through social interaction is gradually replaced by the way of recommending friends. The construction of an effective integration mechanism of online ideological and political education and mental health education can not only improve the quality of online ideological and political education, but also promote the diversification of educational methods, improve the teaching effect and realize the integration of education.

### 3.2 Enrich the Scene Elements of the Network Community

Managers and workers of ideological and political education should attach importance to the popularization of relevant knowledge of online communities, improve the media literacy of ideological and political workers, and ensure their dominant position. Network educators must use the correct network language, educators should optimize their own language in the process of teaching, and cannot use some bad language on the network. Compared with the traditional ideological and political education, online education presents a dynamic and three-dimensional model, and the traditional ideological and political education reform is imperative. The organizational form of the online community is very similar to that of the swarm. Using swarm thinking to operate the ideological and political community of college students can not only establish efficient group norms, but also virtually regulate the language and behavior of the online community [11]. College life is the best and most important period in life, but during this period, college students will also face pressure from studies, employment, love and so on, resulting in various troubles and contradictions in their life. We should strengthen the system construction of ideological and political education, innovate the management mechanism of ideological and political education, and construct an all-round and multi-dimensional university ideological and political education system. College students' ideological and political education workers must have a clear understanding of the challenges and opportunities brought by the network community to ideological and political education work. At the same time, they must also pay full attention to the value and significance of college students' network community.

#### 4. Conclusions

The construction of university network community has a profound impact on the ideological and political education in colleges and universities. At the same time, it also puts forward higher requirements for the innovation of ideological and political education. In the process of development, online education is advancing in exploration, summing up experiences and lessons in practice, and gradually establishing some excellent websites, thus promoting the development and prosperity of online culture. Ideological and political educators should enhance their media literacy, effectively carry out ideological and political education by using online communities, so that online communities can better serve the development of college students. The organic combination of ideological and political education and mental health education is not only the objective requirement of contemporary quality education, but also an important way to improve the scientificity and effectiveness of ideological and political education. To explore the new way of the effective integration of network ideological and political education and mental health education, we need to constantly innovate in theory and practice, keep pace with the times, and make the integration of network ideological and political education and mental health education more effective. Under the background of the vigorous development of College Students' network community, the ideological and political education workers in Colleges and universities must study the landing of College Students' Ideological and political education in the social media environment with the spirit of innovation, advancing with the times, scientific rigor, truth-seeking and pragmatic attitude.

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