

## Construction of Ideological and Political Integration System for College Students' Mental Health

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**Abstract:** Mental health education and ideological and political education are two disciplines which are different and related. It is of great theoretical and practical significance to clarify the relationship between them and to combine them organically. This paper analyses the necessity and feasibility of the integration of mental health education and ideological and political education for college students, and probes into the concrete ways of the effective integration of the two from three aspects: working ideas, content channels and conditions construction. In order to promote the effective coordination of mental health education and ideological and political education, we should update the educational concepts of both, and achieve mutual learning from educational methods. Colleges and universities should create a good environment for integration between the two. Therefore, in order to promote the combination of the two, colleges and universities should achieve the goal of education, mental health education and ideological and political education. In the content of education, mental health education and ideological and political education are mutually infiltrated; in terms of educational methods, mental health education and ideological and political education learn from each other. Only in this way can we achieve the goal of cultivating high-quality talents.

### 1. Introduction

Mental health is a correct assessment of college students' consciousness and behavior, and active rectification of consciousness and behavior has become the common goal of mental health education and ideological and political education [1]. With the development of mental health education for college students, the relationship between mental health education and ideological and political education has attracted the attention and thinking of educators and researchers engaged in this work. After practical exploration and theoretical discussion, people gradually realized that mental health education and ideological and political education are two disciplines that are both different and related [2]. At the same time, it is also recognized that because there is a difference between mental health education and ideological and political education, there is a need for a combination of the two. Because there is a connection between mental health education and ideological and political education, it is possible to combine the two. The all-round development of human beings is based on the psychological quality of individual health, on which the cultivation of Ideological and moral quality can be rooted. Therefore, it is necessary to dialectically combine the psychological health education and ideological and political education of College students, and combine the cultivation of students' healthy psychological quality with the shaping of students' noble moral sentiment, so as to realize the all-round development of students. Only by improving college students' psychological endurance and social adaptability can it be possible to cultivate socialist successors with noble morality, strong physique, mental health and excellent cultural literacy.

College students are the country's precious talent resources, the hope of the nation, and the future of the motherland. With the rapid development of science and technology and the arrival of the information age, as well as the acceleration of the rhythm of social life, agricultural college students are also under more psychological pressure, causing a variety of psychological problems [5]. However, how to combine mental health education with ideological and political education to achieve complementary advantages and complement each other is a new subject that still has no

answer and needs to be studied. It is also because of the lack of theoretical research that mental health education and ideological and political education often go their own way in practical activities, and the situation of "two skins" prevails. Therefore, we use the perspective of the combination of mental health education and ideological and political education to conduct in-depth research, which is to promote the organic combination of the two [7]. It is of great significance to ensure the healthy development of College Students' mental health education and to strengthen and improve the ideological and political education of College students. Students' mental health education is a dynamic grasp of students' development. Its minimum requirement is that students can achieve the normal psychological level of the public. Ideological and political education has strict moral and ideological boundaries, striving to cultivate students at a higher level to meet the standards of qualified socialist successors [8]. Mental health education and ideological and political education escort the healthy growth of students and ensure that students can develop themselves in the right direction. Theoretically exploring the synergistic construction system of the two can help them to exert synergy effect in practice.

## **2. Materials and Methods**

The goal of college students' mental health education is to maintain and improve students' mental health, improve students' psychological quality, focus on cultivating students' perseverance and hard work spirit, and enhance students' ability to adapt to social life [9]. The goal of college students' ideological and political education is to cultivate the ideological and moral quality of college students, focusing on the ideological quality, moral concepts and political beliefs of college students to promote their healthy and all-round development. In this regard, we must change our educational thoughts, abandon students' incorrect understanding, and establish an ideological and political education concept that is people-oriented and serves students [10]. In addition, we should neither deliberately separate ideological and political education from mental health education, nor simply confuse them. Combining ideological and political education with mental health education is not only the requirement for the effective implementation of Ideological and political education in agricultural colleges and universities, but also the precondition for the smooth implementation of mental health education. Correct understanding and Realization of the combination of Ideological and political education and mental health education in agricultural universities is essential for the comprehensive implementation of mental health education, deepening the connotation of Ideological and political education of Agricultural University students, and improving the quality of University students. In educational practice, mental health education can not replace ideological and political education, nor can ideological and political education replace mental health education.

The ultimate goal of Ideological and political education and mental health education is to promote the development of students, but in practice, their roles still have strict boundaries. Psychological health education presupposes scenarios of students' psychological problems. Students can reasonably choose relevant knowledge according to their psychological problems to conduct self-education and solve their psychological problems pertinently. Ideological and political education is universal, and students are required to conform to the correct political orientation. Psychological health education of college students focuses on the development and perfection of students' individual personality and the exertion of their individual potential. It pays attention to the teaching of psychological knowledge and the solution of psychological problems. It starts with the solution of students' psychological problems and then cultivates their overall physical and mental quality. At the same time, it is necessary to further promote the integration and interaction between the mental health education teachers and the ideological and political education teachers in colleges and universities. Improve the organizational structure and leadership system of mental health education and ideological and political education, and create institutional, human and material guarantees for the deep integration of the two. Mental health education and ideological and political education are not subordinate relationships, but are juxtaposed. Mental health education focuses on improving people's physical and mental health, while ideological and political education focuses on cultivating students' correct world outlook and outlook on life. Mental health education, like

ideological and political education, is an important aspect of promoting the comprehensive development of college students' quality.

### 3. Result Analysis and Discussion

Contemporary college students are mostly single-children. They are a special group that carries high expectations of society and family. They have a high self-positioning and a strong desire for success. However, social experience is relatively shallow, psychological development is still immature, and psychological problems and ideological problems are prone to occur. In the current education, the combination of various factors often leads to students not being able to correctly deal with their psychological problems, especially some students have not fully paid attention to these issues. Ultimately, these psychological problems can confuse students' life choices and affect other students' education. In order to improve the ideological and political education effect of students, it is necessary to coordinate mental health education. The goal of Ideological and political education is more macroscopic than that of mental health education, while the goal of mental health education is more specific than that of Ideological and political education. Therefore, only the goal of mental health education and ideological and political education should be integrated. Only in this way can we grasp and analyze the psychological and ideological problems of college students from macro and micro aspects, and then make the mental health education and ideological and political education develop together. That is to say, we should establish as soon as possible an educational method system that integrates enlightenment, infiltration and centralized education. In the process of education, we should not neglect the differences in personality, temperament and psychological characteristics of different students, and try our best to teach students in accordance with their aptitude.

In Table 1, only 38.1% of college students think they are very healthy, and 55.8% of college students think they have some psychological problems. In addition, 6.1% of college students think there are certain psychological problems.

Table 1 Mental Health of College Students

	Frequency	Percentage
Very healthy	108	38.1
There are certain psychological problems that can be solved by oneself.	165	55.8
There are certain psychological problems, often bothering themselves.	12	6.1

Through the questionnaire, we can also see from Figure 1 that 79.5% of college students think that healthy psychology is very important for a college student.

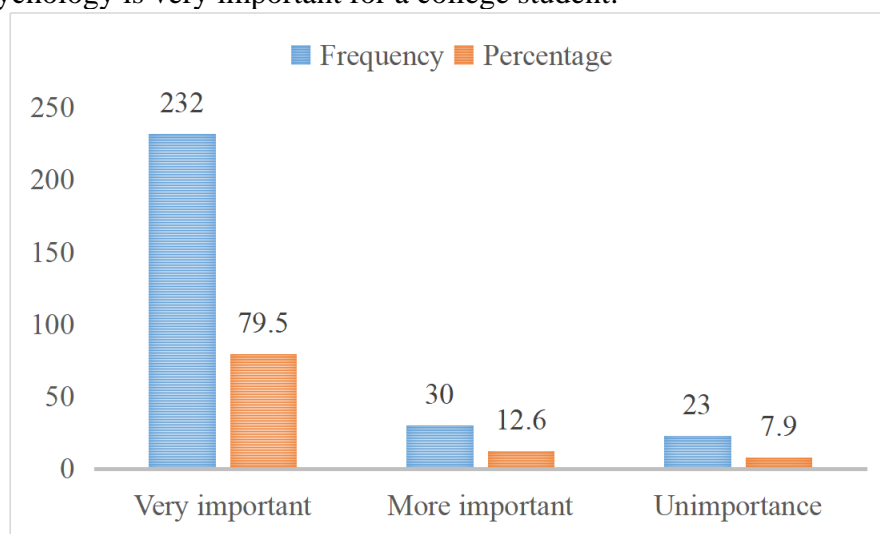


Fig. 1. The Importance of Healthy Psychology to a College Student

From Figure 2 we can understand that if students have psychological problems, 69.7% of the

students choose to ask for help from their classmates, and only 11.7% of the teachers who ask for mental health education.

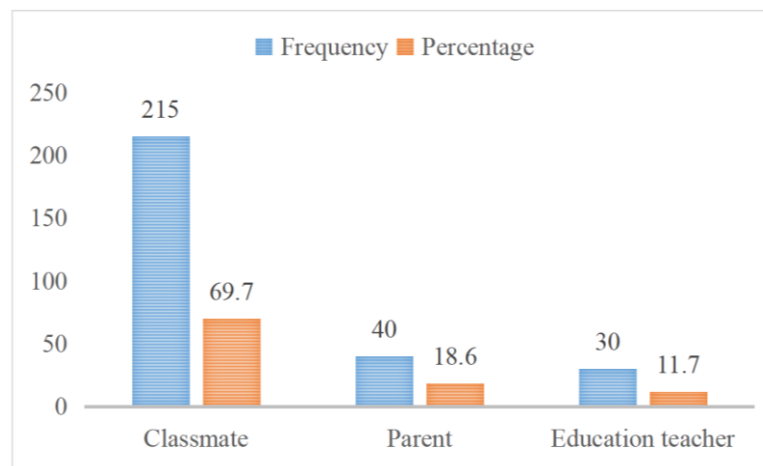


Fig.2. Who is going to ask for psychological problems?

There is a difference between the content of mental health education and ideological and political education. Mental health education focuses on the psychological level. Its main contents are: propaganda and popularization of mental health knowledge to college students, so that college students understand the meaning of mental health and enhance mental health awareness. Introduce ways to improve mental health, develop psychological potential, and cultivate innovative spirit. Analyze the psychological phenomenon, so that college students understand the causes and manifestations of common psychological problems, and treat psychological problems with a scientific attitude. Teach psychological adjustment methods, effectively eliminate psychological confusion, and enhance the ability of college students to overcome difficulties and withstand setbacks. Civic education of Ideological and political education can enable students to learn to distinguish the relationship between individual and collective, individual and society, individual and state, and individual development should meet the requirements of social development. However, when dealing with personal problems, especially those that interfere with their own choices, the relationship between individuals and others seems to be stretched. College educators can make full use of the characteristics of the network, such as intuition, interaction, concealment and freedom, so that students can freely express their inner thoughts. In this way, we can not only eliminate some students' sense of exclusion, but also guide and educate them imperceptibly to achieve the purpose of education.

#### 4. Conclusion

It is both realistic and possible to construct the coordination between mental health education and ideological and political education for college students. In practice, the disconnection between the two kinds of education leads to the intersection of problems. To solve the problems, we need to combine the advantages of the two to achieve complementarity. In order to strengthen the psychological intervention of students, we can set up a special campus psychological consultation studio. To strengthen college students' psychological emergency and social adaptability, we should popularize mental health knowledge, manage mental health files and carry out mental health testing. While strengthening the construction and training of full-time teachers, school leaders must attach great importance to the construction of the second education team. At the same time of carrying out planned, organized and purposeful skills training for the two teams, combined with work practice, organize the teachers of the two disciplines to learn from each other, inspire each other and promote together. Targetedly solve the psychological and ideological problems encountered in the process of college students' growth and success. In order to enrich the methods and systems of mental health education and ideological and political education, we will further coordinate classroom education resources, actively create social practice opportunities for students, and actively organize various

campus cultural activities. And make full use of the community, network, class meetings, party organizations and various student organizations to continuously explore new ways of ideological and political and mental health education, and constantly update, enrich and improve the method system.

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