

Research on the Integration Path of Ideological and Political Education and Psychological Education for College Students

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ABSTRACT

It is an important educational project to integrate ideological and political education with psychological health education for college students. To improve the quality of college students' psychological health education can promote the overall development of students' comprehensive quality. Only by closely combining the two, can the effective combination of ideological and political education and psychological education be smoothly promoted, so as to realize the promoting effect of ideological and political education and psychological health education on the development of contemporary college students' physical and psychological health.

Keywords: Ideological and political education, Psychological health education, Integration education

At present, ideological and political education and psychological health education in colleges and universities in China have gradually begun to mature, and the integration of the two has made effective progress [1]. On the basis of recognizing the integration path of ideological and political education and psychological health education in contemporary colleges and universities, we deeply analyze the differences between ideological and political education and psychological health education. Colleges and universities also need to grasp the necessity of combining ideological and

political education with psychological health education, and put forward effective ways for the integration of the two.

1. DIFFERENCES BETWEEN IDEOLOGICAL AND POLITICAL EDUCATION AND PSYCHOLOGICAL HEALTH EDUCATION

1.1 Differences in discipline systems

Psychological health education courses are set up mainly for students to recognize themselves, based on the theory of psychological health as the teaching basis, combined with psychological counseling, psychological counseling and psychological therapy and other educational means to correct the psychological problems of contemporary college students. Ideological and political education involves Marxism-Leninism and the theoretical system of socialism with Chinese characteristics and pays more attention to the development of students' consciousness education.

1.2 Differences in educational content

From education content analysis on the ideological education and psychological health education exist differences, we can found that ideological education focused on college students' ideological, political, and ethical consciousness education, psychological health education is paid more attention to the student individual psychological health state, at the same time, in the form of disseminating the knowledge of psychological

health education theory to teach students to adjust their psychological health.

1.3 Differences in teaching methods

Ideological and political education is to correct students' political attitude, more emphasis on the subjective ideology of the correct way to guide students, more clear their own political tendency. Psychological health education attaches importance to students' emotional experience, fully reflects the respect and understanding of students, enlighten students' psychological problems, and promotes students' personal development on the premise of equal teacher-student relationship.

2. CONSISTENCY BETWEEN IDEOLOGICAL AND POLITICAL EDUCATION AND PSYCHOLOGICAL HEALTH EDUCATION

Ideological and political education, guided by Marxism-Leninism and other ideological theories, focuses on the needs of the contemporary country and society and guides students to set up correct three views [2]. College psychological health education is based on students' personal psychological needs, focusing on students' psychological development and personality development, so as to promote students to have good psychological literacy. Ideological and political education and psychological health education have an inevitable connection, only the organic integration of the two can solve the actual needs of contemporary college students. Therefore, the combination of the two, in a broad sense, can promote the development of contemporary moral education in colleges and universities, by improving the way of education development, expand the teaching objectives of moral education, so as to enrich the content of contemporary moral education in colleges and universities, improve the teaching effectiveness of moral education in colleges and universities. In practical life, the integration between ideological and political education and psychological health education can improve students' social adaptability and improve their personality quality.

3. THE NECESSITY OF INTEGRATING IDEOLOGICAL AND POLITICAL EDUCATION WITH PSYCHOLOGICAL HEALTH EDUCATION

3.1 Challenges of psychological problems faced by college students

The current psychological status of college students is in the stage of development, and their mastery of psychological health education skills is not proficient. Therefore, when college students encounter employment problems and all kinds of realistic social problems, they will have a certain negative impact on their own psychology, thus affecting their personal employment life. It is also an urgent task for contemporary colleges and universities to train students to have excellent psychological state and improve their personal quality [3][4]. Current college students' psychological health education situation is not optimistic, students' ability is poor, inferiority complex and intense emotional instability, are the main factors of psychological barriers of students, students' psychological pressure is overweight, the students can face all kinds of confusion, plus the teacher did not carry on the correct guidance, easy to cause social harm.

3.2 Advantages of integrating ideological and political education with psychological health education

3.2.1 Unity of cultivating objectives of ideological and political education and psychological health education

Ideological and political education shoulders the development of students' inner potential and pays more attention to the cultivation of students' ideological and moral aspects. Psychological health education, as an important part of contemporary college curriculum construction, promotes the overall development of students' comprehensive quality, improves their psychological bearing capacity and improves their psychological quality. Therefore, we can see that psychological health education is an important part of ideological and political education, and there is unity between the two cultivation goals.

3.2.2 Integration of ideological and political education and psychological health education

Psychological health teachers in colleges and universities can adopt ideological and political education to guide students to establish correct world outlook, outlook on life and values. Ideological and political teachers can also introduce psychological health education in the process of classroom teaching, so that students can

have the ability to solve problems independently and face the pressure of real life more actively.

3.2.3 Complementarity between ideological and political education and psychological health education

Ideological and political education can guide students to set up the correct three views, lack of guidance to students' personality quality and personal emotions, psychological health education can help students adjust their good psychological health state, but also can guide students to set up the correct three views. Therefore, the integration of the two can enable students to correctly view the problems in daily study and life, and avoid adverse effects on students' psychology.

3.2.4 Guidance of ideological and political education and psychological health education

The psychological health development of college students has begun to gradually mature, college teachers should combine scientific and systematic ideological education and guidance, and at the same time carry out psychological counseling for students, to have a profound impact on students' daily work and life. At present, there are many bad factors and bad temptation in the society, which have a negative impact on the psychological health of students, resulting in an increase in the truancy rate of students. Ideological and political teachers should always pay attention to the psychological state of students, enhance their self-confidence, and encourage them to form correct and perfect three views and personality quality.

4. PROBLEMS IN IDEOLOGICAL AND POLITICAL EDUCATION AND PSYCHOLOGICAL HEALTH EDUCATION

4.1 Problems in ideological and political education

Although ideological and political education has been established as the basic status in contemporary colleges and universities, it has not been attached importance to it fundamentally. Due to the phenomenon that ideological and political education in colleges and universities pays more attention to theory but less attention to practical courses for a long time, coupled with the students' very low interest in learning, students' theoretical examination scores are only qualified, and there are still problems in students' ideological and moral

quality. Ideological and political education in colleges and universities is usually undertaken by ideological and political teachers and counselors, who cannot guarantee the good development of ideological and political education under the heavy teaching work. As students in the new era enter colleges and universities, their lack of planning for future life, coupled with the influence of the current social trend of thought, leads to a negative impact on students' values. Contemporary students' thoughts and behaviors challenge the contemporary traditional ideological and political teaching.

4.2 Problems in psychological health education

With the rapid development of social information technology, people's pace of life is also accelerating. With the continuous emergence of new things, some students are affected by adverse factors, resulting in the change of students' learning attitude, lack of their own learning goals, but also lack of adequate social experience. In addition, the contemporary social competition pressure is very large, coupled with the psychological resistance to pressure is very weak, easy to lead to psychological defects in students. Although colleges and universities in recent years are constantly increasing efforts to contemporary college students' psychological health education, but it has not played too much effect, also lack of students' psychological health process control, lack of targeted education, but also ignore the problems in the details of students psychological health education.

5. AN EFFECTIVE PATH TO INTEGRATE IDEOLOGICAL AND POLITICAL EDUCATION WITH PSYCHOLOGICAL HEALTH EDUCATION FOR COLLEGE STUDENTS

5.1 Build a perfect system integrating ideological and political education and psychological health education

The improvement of people's quality of life leads to all kinds of complex social phenomena in the society, which brings ideological and moral problems to students, as well as numerous psychological health education. Therefore, adopting a single educational method is unable to effectively improve the ideological and moral quality of contemporary college students as well as the problems of psychological health education [5]. First of all, colleges and universities need to jointly

manage ideological and political education and psychological health education, and complement each other, so as to achieve the teaching purpose of educating people together. Secondly, colleges and universities need to integrate ideological and political education and psychological health education content, correct ideological and political courses can shape students' healthy psychology, students have a healthy psychology is also the premise of ideological and political education in colleges and universities. In order to integrate the two contents, colleges and universities should pay more attention to the exploration of ideological and political education elements in psychological health education, and properly add psychological analysis content in ideological and political courses. Finally, colleges and universities need to improve ideological and political courses and psychological health education, and draw lessons from the concepts of equality and respect in psychological health education to mobilize students' subjectivity and enthusiasm and arouse students' emotional resonance. Psychological health education draws lessons from the comprehensive and open teaching methods of ideological and political education, uses the teaching forms of professional classroom teaching and special lectures to arouse students' attention to psychological health problems, so as to improve students' psychological quality.

5.2 Integration of ideological and political education and psychological health education integration of teachers

In most colleges and universities, ideological and political education and psychological health education are often undertaken by different teachers. Under normal circumstances, ideological and political education will be undertaken by ideological and political course teachers and counselors with rich teaching experience and work experience. Psychological health education is limited by the university's own conditions, there is no professional psychology teachers hired, this teaching work often can only fall on the university counselors. First, colleges and universities need to integrate ideological and political education and psychological health teacher resources, improve the sense of responsibility of teachers, and build professional and reasonable structure of teachers. Second, colleges and universities need to regularly train ideological and political teachers and

psychological health education teachers, establish a communication mechanism between them, and improve the depth of the integration of educators' thoughts and education. Third, colleges and universities need to encourage ideological and political education teachers and psychological health education teachers to further their studies, improve the professional level of college teachers, and create excellent teachers for the integration of ideological and political education and psychological health education. Fourthly, colleges and universities also need to formulate a teaching assessment mechanism in line with ideological and political work and the internal laws of psychology and teaching status quo, and refine the assessment and evaluation standards of ideological and political education and psychological health education in colleges and universities, so as to promote the effective integration between the two.

5.3 Make full use of new media to build an online education platform

With the rapid development of social information science and technology, college students have become the most frequent subjects using new media in the contemporary network. Due to the open and virtual characteristics of the Internet, students can express their hearts to strangers in the process of Internet surfing, and it is easier to show their most real side through the Internet. College ideological instruction teachers as well as psychological health need to make full use of the Internet have the function of collecting, sorting data quickly, timely access to the student's mental state, thus to student's psychological intervention and ideas, help students to have good mental state, guides the student to set up the correct outlook on life and values. First of all, with the help of new media tools, colleges and universities can let students subtly accept ideological and political education and psychological health education content. Independent teaching sections can be set up for students through Wechat public account and official Wechat account, and students' interest in learning can be stimulated through micro-classes, micro-movies and psychological testing games. Secondly, colleges and universities can also set up a communication section in the new media platform, where educators can reply to the questions raised by students, break through the limitations of time and space, help students solve

their ideological and psychological problems, and promote students to have a healthy mentality and establish a correct view of the three.

6. CONCLUSION

Under the new educational situation, colleges and universities integrate ideological and political education with psychological health education, which can strengthen students' psychological health and promote the development of students' comprehensive quality. Teachers also need to know the importance of the combination, help students to solve psychological and ideological existing difficulties, so as to further enhance students' moral accomplishment, seeking for scientific and reasonable teaching development approach, combined with new media technology at the same time, let the students correct view of social development, encourage students' physical and psychological health development in an all-round way.

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