

Integrating ideological and political education into the reform of mental health education for college students

Dilinur ABUDOUKEREMU

Ningxia University, Yinchuan 750021, China

Abstract: Ideological and political education plays an important role in both schools and students. Ideological and political education is equivalent to the spiritual core and can have a certain impact on the establishment of scientific ideological concepts in students. The integration of ideological and political education into the reform of mental health education for college students has certain feasibility and necessity. Based on this, this article will discuss the relevant content in detail, in order to promote the harmonious development of physical and mental health for college students. Strengthening humanistic care for college students, understanding and caring for them, paying attention to their actual needs, difficulties and hardships, and creating conditions for their development are important foundations for constructing a people-oriented ideological and political education system for college students. This article explores the effectiveness of ideological and political education and the effective ways of ideological and political education from the perspective of integrating ideological and political education with mental health education. This has certain practical significance for doing a good job in ideological and political work in universities.

Key words: ideological and political education; college students; psychological health education; education and teaching reform

1 Introduction

College students are students who have received higher education, and are the reserve force of youth for social development. The healthy growth of college students not only depends on their excellent grades, but also on their healthy values.

2 The feasibility and necessity of integrating ideological and political education into the reform of mental health education in universities

The university stage is an important stage for consolidating the ideological concepts of college students, and it is also a crucial stage for students to engage in self-development. As a firm reserve force for the development of society in the new era, college students should possess good psychological health qualities. However, according to actual research, incidents of suicide among domestic university students are frequent. According to relevant data statistics, this year, the proportion of college students committing suicide was 15.47%, and the suicide rate is showing an upward trend. This phenomenon has attracted high attention from the country and relevant personnel. The changes of the times and the

diversification of ideas have caused serious impacts on the values and mental health of college students. Therefore, in universities, it is crucial to strengthen the education of mental health and ideological and political concepts for college students. Ideological and political education plays a positive role in cultivating students' correct worldview and outlook on life. Psychological health education aims to popularize psychological knowledge, with a more profound goal of shaping a sound mind, focusing on shaping an individual's optimistic and positive outlook on life and values, enabling them to appropriately respond to their inner and external environment, and establish appropriate life goals and pursuits. Psychological health education is flourishing with the support of ideological and political education theory, leading students to shape sound cognitive and behavioral patterns. In addition, integrating ideological and political education into the teaching of mental health education for college students can help them correctly face external changes, establish healthy ideological concepts, and resist negative cognition [1].

3 Exploration of the reform of integrating ideological and political education into college students' psychological health education teaching

3.1 Adhering to the teaching goal of unifying "cultivating the mind" and "cultivating morality"

The integration of ideological and political education into the teaching of mental health education for college students plays an important role in the development of their mental health. Therefore, university teachers should adhere to the teaching goal of integrating "cultivating the mind" and "cultivating morality". Firstly, educators should attach importance to guiding students to establish a sound outlook on life and values. Teachers can implement mental health cultivation through various methods such as classroom teaching, case analysis, and psychological counseling, guiding students to cope with adversity and heavy pressure, guiding students to maintain an appropriate mindset, and shaping their optimistic and enterprising mindset. At the same time, teachers can combine the theory and practice of ideological and political education, guide students to establish a sound sense of social responsibility and civic consciousness, so that they can better integrate into the group, pay attention to others, and be brave in taking responsibility. Secondly, teachers should pay attention to the psychological needs of students. Teachers can guide students through personalized psychological counseling. They can observe students' life problems, emotional problems, and interactions with other students in a targeted manner. After discovering that college students indeed have negative problems, they can promptly provide guidance. During the process of guidance, teachers can also use relevant ideological and political education content to help them establish correct values. Thirdly, teachers can use classic psychological theories and case materials as a basis to explain psychological knowledge to students, and at the same time introduce core values, Chinese red culture, and patriotism in ideological and political education, so as to enhance the psychological resilience of college students, while helping them establish effective psychological activities and positive and healthy thinking. Only when students' thoughts and psychology are unified can they have the ability to face external changes [2].

3.2 Exploring ideological and political factors and analyzing the combination of the two

Essentially, the mental health education curriculum for college students belongs to the discipline of psychology, and psychology can also be traced back to the discipline of philosophy. The content of ideological and political education is relatively extensive, and its tracing can also be traced back to the discipline of philosophy. The similarity in their origins has created a natural closeness between the two. Therefore, when integrating ideological and political education into college students' mental health teaching, teachers should pay attention to exploring ideological and political factors and analyzing the combination points of the two. Both ideological and political education and mental health education are emphasized, aiming to hone students' optimistic attitude in dealing with life and academic challenges. Teachers can leverage ideological and political education to guide students in coping with setbacks and difficulties, teach students

methods of psychological adaptation, optimize their psychological state, and enhance their adaptability. Ideological and political education helps students distinguish political concepts and shape emotional orientation, while mental health education provides assistance for students to insight into their inner world, understand their own emotions and behavioral trends, and explore efficient strategies for emotional regulation. Teachers can closely combine the two to enhance students' self-awareness and ability to regulate emotions. In addition, both ideological and political education and mental health education hope that students can have a positive and upward attitude, full of confidence and enthusiasm towards life and learning. Teachers can guide students to view setbacks and difficulties correctly through ideological and political education, and at the same time, help students establish an optimistic and positive attitude through mental health education. For example, when studying "special topics" for college students, students can be guided to grasp the principle of "sincerity" in communication, and at the same time, the harmfulness of "violence principle" and "indifference principle" can be explained to students. Under the guidance of teachers, students can correctly grasp the principles of student communication. In the topic of "College Students' Sexual Psychology and Love Psychology", students can be presented with the correct principles of love, and the practice of the older generation of Chinese researchers placing love in the second place for scientific research can be explained to them. Cases of researchers showing their unwavering support for their love will also be presented. This can guide college students to cultivate a correct view of love and establish a healthy mindset. When explaining the content of the "employment sector for college students", teachers can point out the seriousness of current social employment work for college students and guide them not to be afraid, but to actively face employment problems. Teachers can guide students to view employment issues correctly and establish correct psychological and ideological concepts by presenting relevant cases and activities that help students build confidence and healthy psychology [3].

3.3 Enriching teaching forms and respecting student participation as the main body

Enriching teaching forms and respecting student participation are important forms of integrating ideological and political education into the teaching of mental health education for college students, which is of great significance for the physical and mental health development of college students. Firstly, various forms of teaching activities can be adopted, such as group discussions, case studies, role-playing, games, etc. These forms can help students better understand and accept knowledge of ideological and political education and mental health education, while also enhancing their sense of participation and learning interest. Secondly, teachers can hold relevant thematic lectures in schools, which can cover two aspects of mental health education and ideological and political education, allowing students to learn about these two aspects. Teachers can also organize knowledge competitions on mental health and ideological and political education in schools, and encourage students to participate. During the process of participating in knowledge competitions, students can actively learn relevant knowledge and strengthen their understanding of psychological education and ideological and political education. Thirdly, teachers can also utilize modern technology to integrate the two. For example, teachers can communicate with the leaders of colleges and universities to establish a school official account [4]. Teachers can publish the content of ideological and political education and psychological education on the official account at any time and anywhere, and students can also break through the restrictions of time and space to learn relevant content. Online courses, educational apps, etc., can also be utilized, allowing students to access relevant knowledge anytime and anywhere, enhancing the convenience and interactivity of learning. In teaching practice, teachers should fully highlight the role of students as the main body, advocate students to express independent opinions, guide students to participate in activities, strengthen their self-worth and significance, further elaborate on problems, and provide suggestions to stimulate learning enthusiasm and enhance self-identity. Overall, the integration of ideological and political education with mental health education for college students requires the exploration of diverse teaching reform and respecting student participation, in

order to achieve better educational results and student development goals.

3.4 Innovating teaching evaluation system

The theoretical nature of mental health education for college students is too strong to attract their attention, and most students tend to neglect the content of ideological and political education. How teachers integrate the two and attract students' attention is an important topic at present. Teachers can adopt the method of innovative teaching evaluation system to integrate the two in teaching students, integrating ideological and political education and college student mental health education into the teaching evaluation system. Innovative evaluation methods and indicator systems are needed to better reflect the comprehensive quality and learning effectiveness of students. Firstly, a diversified evaluation strategy should be constructed, covering podium performance, written assessment, team debate, case analysis, practical engineering, psychological quality evaluation, etc. Various evaluation methods can comprehensively grasp the academic progress and ideological quality of students, and through this, their psychological state and problem-solving ability can be indirectly measured. Secondly, the evaluation system needs to involve the fields of ideological, political, and mental health education, such as the recognition and understanding of political concepts, mastery and application of mental health knowledge, and skills for solving psychological problems. These indicators can be measured through both quantitative and qualitative approaches, thus providing a comprehensive understanding of student learning and development. Finally, a mechanism for student self-evaluation and peer evaluation can be introduced to allow students to participate in evaluation management. For example, teachers can introduce students to an appropriate topic for communication, eg "How do you view the phenomenon of psychological fragility among students today, and how do you intervene in it?" Teachers can use this question to encourage students to conduct self-evaluation. During the evaluation process, students can explore the underlying principles of this phenomenon and use scientific ideological and political education methods to guide and intervene in it. This can better promote the integration of ideological and political education into the research and development of mental health education for college students. At the same time, professional mental health assessment tools can also be used to scientifically evaluate and track the mental health status of students, in order to timely detect and intervene in their mental health problems. In addition, it is also possible to explore various fields and new ways of evaluation, incorporating ideological and political education and mental health education into the evaluation of various disciplines, and achieving comprehensive assessment. In this way, it helps to cross disciplinary boundaries and comprehensively understand the growth dynamics of students. Overall, integrating ideological and political education with mental health education, incorporating them into the teaching evaluation system, reconstructing evaluation methods and optimizing indicator systems can more accurately present students' comprehensive literacy and academic achievements, while greatly benefiting their all-round development.

4 Conclusion

Psychological health education for college students is the foundation for cultivating well-rounded talents in universities. Integrating ideological and political education into this process can help college students in the new era to establish a good psychology while establishing scientific ideological concepts, thereby promoting the physical and mental health development of college students. Therefore, leaders and teachers of relevant universities should adopt scientific methods to integrate ideological and political education into the teaching activities of mental health education for college students, in order to cultivate high-quality talents for the country; establish a multi-level and diversified education system, emphasizing individual differences among students and establish a curriculum system and educational activities that are complementary to and closely linked with mental health education and ideological and political education. Educational resources can be provided through various channels such as classroom teaching, club activities, psychological counseling,

and themed lectures to meet the actual needs and interests of students. On this basis, due to certain differences in psychological and ideological development status of each student, teachers need to carry out targeted education based on the developmental characteristics and needs of students, understand their actual situation through psychological assessment and individual guidance, and provide them with customized consultation and assistance.

Conflicts of interest

The author declares no conflicts of interest regarding the publication of this paper.

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