

Incorporating Ideological and Political Education into University Mental Health: Constructive Methods for Psychological Crisis Intervention

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DOI: 10.32629/jher.v5i6.3390

Abstract: This paper discusses the necessity of integrating ideological and political education into university mental health education under the current social environment and its application in psychological crisis intervention. The article first emphasizes the needs of social development, the enhancement of educational effectiveness, and the necessity of psychological crisis intervention as the three major driving forces for integrating ideological and political education with mental health education. It proposes specific strategies and practices for integration, including curriculum system integration, innovation in psychological counseling, and effective use of new media platforms. It also discusses in detail the integration of ideological and political education in psychological crisis intervention, covering the optimization of comprehensive early warning mechanisms, the implementation of value-oriented interventions, and the importance of building long-term mechanisms. Through these strategies, the aim is to improve students' mental health levels and cultivate young people with a sense of social responsibility in the new era.

Keywords: ideological and political education; mental health education; psychological crisis intervention; university students; values; social practice

1. Introduction

In the current complex and rapidly changing social environment, college students are facing unprecedented pressures and challenges, with mental health issues becoming increasingly prominent. At the same time, ideological and political education, as an essential component of higher education, plays a crucial role in the comprehensive development of students. How to effectively integrate ideological and political education into the mental health education of college students and use this integration to identify and intervene in psychological crises in advance has become an important issue that needs to be resolved urgently. This paper aims to explore the strategies and practices of this integration and propose constructive methods for psychological crisis intervention.

2. The Necessity of Integrating Ideological and Political Education with Mental Health Education

(1) The demand of social development. With the rapid development of society, the pressures and challenges faced by college students are constantly increasing. Pressures in areas such as academics, employment, and interpersonal relationships may lead to the emergence of psychological problems. At the same time, the diversification of social values also poses challenges to the formation of students' values. Integrating ideological and political education into mental health education can help students establish correct values, enhance psychological resilience, and better cope with various challenges in life [1]. (2) Enhancing educational effectiveness. Ideological and political education and mental health education are essentially concerned with the comprehensive development of students. The integration of the two can achieve complementary advantages and improve educational effectiveness. Ideological and political education can provide value guidance for mental health education, while mental health education can provide a psychological perspective and methods for ideological and political education, making education more in line with students' actual needs. (3) The need for psychological crisis intervention. The prevention and intervention of psychological crises are important contents of mental health education in colleges and universities. Integrating ideological and political education into it can help students establish a positive outlook on life and values, enhance their stress resistance, and thus reduce the likelihood of psychological crises. At the same time, during the crisis intervention process, the elements of ideological and political education can help students rebuild confidence and find the meaning and direction of life[2].

3. Strategies and Practices for Integrating Ideological and Political Education into Mental Health Education

In exploring the organic integration of ideological and political education with mental health education, educators in colleges and universities are committed to building an integrated curriculum system aimed at promoting the comprehensive development of students through educational practices. The establishment of this system is based on the deep integration of elements of ideological and political education and mental health education to achieve innovation in educational content and methods.

3.1 Curriculum System Integration: Promoting Comprehensive Development

The integration of the curriculum system is the foundation for achieving the combination of the two. By offering specialized integrated courses, such as "Mental Health and Life Values" and "Positive Psychology and Socialist Core Values," educators can directly target students' psychological development and value shaping. At the same time, integrating ideological and political elements into existing mental health courses, such as combining Chinese traditional culture and socialist core values when teaching stress management, and adding mental health content to ideological and political courses, such as integrating positive psychology theory when teaching Marxist outlook on life, are all effective ways to promote students' comprehensive development[3]. A successful case is a course called "Mental Health and Ideal Beliefs" offered by a university, which helps students establish a positive outlook on life and values through interactive teaching methods.

3.2 Innovation in Psychological Counseling: Guiding the Direction of Life

Innovation in psychological counseling and guidance is also an important link in achieving the integration of ideological and political education with mental health education. By training psychological counselors to master relevant knowledge and skills in ideological and political education and introducing elements such as socialist core values and Chinese traditional culture in the counseling process, students can view personal issues from a broader perspective and find the meaning and direction of life. A successful practice is a group counseling activity called "Career Planning and Life Values" conducted by the psychological counseling center of a university for graduates facing employment pressure, which combines ideological and political education with mental health education[4].

4. Integration of Ideological and Political Education in Psychological Crisis Intervention

4.1 Comprehensive Early Warning: Integrating Ideological and Political Education with Mental Health Assessment

Optimizing the early warning mechanism for psychological crises is the first step in preventing and promptly intervening in psychological crises. In this process, the integration of ideological and political education provides a more comprehensive perspective for mental health assessment. By establishing student mental health files that include ideological and political performance, educators can identify potential psychological challenges faced by students from multiple dimensions such as individual behavior, values, and social interaction. Furthermore, dual-capability training for frontline teachers in both ideological and political education and mental health education not only enhances their sensitivity to students' psychological states but also strengthens their comprehensive judgment in identifying potential crises[6]. Concurrently, establishing a student mutual aid network fosters empathy and a sense of responsibility among students, creating an effective peer support system that aids in the early identification and response to psychological crises.

4.2 Value-Oriented Intervention: Reshaping a Positive Attitude Towards Life

In psychological crisis intervention, the integration of ideological and political education focuses not only on students' psychological states but also emphasizes guidance on their values and outlook on life. During the assessment phase, educators can more accurately grasp the root of students' psychological distress by students' personal beliefs, value orientations, and life goals. In the intervention phase, by incorporating content from ideological and political education, such as the core values of socialism and the wisdom of traditional Chinese culture, students are helped to rebuild a positive attitude towards life and an outlook on life. This value-oriented intervention method not only addresses students' immediate psychological issues but also provides them with long-term psychological support and direction. By guiding students to participate in social practice and enhancing their sense of social responsibility, the intervention effects are further consolidated, helping students to establish a more robust psychological resilience.

5. Conclusion

This paper emphasizes the importance of integrating ideological and political education into mental health education in colleges and universities and proposes specific strategies and practical methods for integration. By integrating the curriculum system, innovating in psychological counseling, and effectively utilizing new media platforms, the comprehensive development of students can be promoted, and a positive role can be played in psychological crisis intervention. The paper also explores how to enhance early warning, intervention effectiveness, and the establishment of long-term mechanisms for psychological crises through ideological and political education, thereby cultivating students' sense of social responsibility and psychological resilience. The implementation of these strategies helps to build a healthier and more harmonious college environment, laying a solid foundation for the future development of students.

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