

The relationship study between ideological and political education of higher vocational students and students' mental health

Xinyue QI¹, Qiongtian ZHANG²

1. Baoji Vocational & Technical College, Baoji 721000, China

2. Shaanxi Baoji Weibin Rural Commercial Bank, Baoji 721000, China

Abstract: This article explores the complex relationship between ideological and political education and mental health among vocational college students. It analyzes how ideological and political education promotes students' mental health by enhancing self-esteem and confidence, shaping positive attitudes towards life and values. It discusses how a healthy psychological state promotes students to participate more actively in ideological and political education and understand its content more deeply. Several strategies are proposed, such as integrating elements of mental health education into ideological and political courses, and using ideological and political activities to enhance students' social interaction and teamwork skills. These strategies aim to achieve a positive interaction between ideological and political education and mental health.

Key words: vocational college students; ideological and political education; student mental health

1 Introduction

With the rapid development of society, vocational college students are facing multiple psychological and social pressures. Against this backdrop, ideological and political education is not only a process of knowledge transmission but also an important factor influencing students' mental health. A good mental health state is crucial for students' overall development, affecting not only their academic performance but also their social adaptability and future career development. Therefore, this article aims to explore in depth the relationship between ideological and political education and mental health among vocational college students, and propose effective strategies to optimize ideological and political education and promote students' mental health.

2 The relationship between ideological and political education and mental health of vocational college students

2.1 Ideological and political education enhances self-esteem and confidence

Ideological and political education plays an important role in building self-esteem and confidence among vocational college students. First, ideological and political education emphasizes the social value and sense of responsibility of individuals. This education not only imparts knowledge but also instills values. When students learn about socialist core values in ideological and political classes and understand the contributions and significance of individuals to society, their

sense of self-worth is enhanced. For example, by learning about the history and contributors of socialist modernization, students can feel proud and dignified as members of society, thereby enhancing their self-esteem [1]. Second, ideological and political education often includes interactive sessions such as group discussions and role-playing. These activities encourage students to express their opinions and participate in discussions on social issues. In this process, students not only learn communication and expression skills, but more importantly, they gain a sense of achievement and confidence from active participation. For example, by completing a project on a social hot topic through team cooperation, students can enhance their thinking and problem-solving abilities in practice, and this enhancement directly boosts their confidence. Finally, ideological and political education stimulates students' potential by providing successful models and examples for learning. When students learn about the deeds of these role models, they are often inspired to realize that they also have the potential to achieve their dreams. This cognitive shift is an important way to enhance self-esteem and confidence.

2.2 Ideological and political education helps shape positive attitudes towards life and values

Ideological and political education plays a key role in forming and reinforcing positive attitudes towards life and values among vocational college students. First, ideological and political education helps students establish correct views on life and values by imparting socialist core values. These values are not just abstract moral norms, but basic principles guiding students' daily behavior and decision-making. For example, by learning and discussing principles of honesty and integrity, fairness and justice, students can better adhere to these standards in their daily lives, forming a positive attitude towards life. Second, ideological and political education emphasizes a sense of social responsibility and the spirit of collectivism. This education is not limited to the individual level, but considers individuals in a broader social context. Students understand the importance of social responsibility through learning, realizing that their behavior affects not only themselves but also society. For example, by participating in volunteer service activities, students can experience the value of helping others and contributing to society in practice, thereby establishing a positive sense of social responsibility [2]. Finally, ideological and political education strengthens students' national identity and ethnic pride through historical education and patriotic education. Understanding the history, culture, and achievements of the country can make students more proud and cherish their nation and country. This sense of pride and identification is an important factor in forming a positive attitude towards life. For example, by learning about China's development history and achievements, students can be confident in the country's future and form a positive outlook on life.

2.3 Good mental state promotes participation in ideological and political education

A good mental state is key for vocational college students to effectively participate in ideological and political education. First, mentally healthy students are better able to concentrate, which is crucial for understanding and absorbing complex concepts in ideological and political education. For example, when discussing political theories or social issues, students in a good mental state can focus more on classroom discussions, effectively understand teacher's explanations and classmates' views, and thus participate more deeply in classroom activities [3]. Second, a good mental state helps enhance students' critical thinking skills. Mentally healthy students can analyze and evaluate different views more rationally, rather than reacting emotionally. This ability is very important for understanding complex issues in ideological and political education. It enables students to look at problems from multiple angles and form a more comprehensive and in-depth understanding. Finally, mental health helps students form a positive learning attitude. When faced with challenges and difficulties, mentally healthy students are more likely to actively seek solutions rather than evade or give up. This positive learning attitude is very important for understanding the deeper content in ideological and political education.

2.4 Healthy psychology helps deepen the understanding of ideological and political education content

A healthy mental state is crucial for vocational college students to deeply understand the content of ideological and

political education. First, mentally healthy students are more likely to establish personal connections with the content of ideological and political education. When students are in a good mental state, they are better able to connect what they have learned with personal experiences and social realities, thereby gaining a deeper understanding of the educational content. For example, when learning about social justice and moral responsibility, mentally healthy students are more likely to understand the practical significance of these concepts and apply them to daily life. Second, mental health helps students develop critical thinking in ideological and political education. A healthy mental state makes students more willing to question and explore, rather than simply accept the information taught. This spirit of exploration is crucial for deeply understanding the complex and multi-dimensional problems in ideological and political education. For example, when faced with discussions about political systems and social changes, mentally healthy students can participate more actively in thinking and discussion, offering their own views and questions [4]. Finally, mentally healthy students perform better in emotional identification. They can better understand and sympathize with the characters and situations when learning about historical events and political figures. This emotional identification allows students to have a deeper understanding and feeling of the educational content. For example, when learning about the stories of national history and revolutionary heroes, mentally healthy students are more likely to feel their inner emotions and spirit, thereby gaining a deeper understanding of these contents.

3 Strategies for promoting mental health of vocational college students through ideological and political education

3.1 Integrating elements of mental health education into ideological and political courses

Integrating elements of mental health education into ideological and political courses is an important strategy to promote the mental health of vocational college students. First, course design needs to combine mental health theory with actual content. Ideological and political courses can include basic knowledge of mental health, such as topics on emotion management, stress coping, and interpersonal relationship handling. These contents can be presented through interactive forms such as case analysis, role-playing, or group discussions, ensuring that students not only understand the theory but also learn to apply it to actual life. Second, teaching methods should focus on student participation and experience. Students can be guided to understand the importance of mental health through storytelling, film analysis, or real-life cases. For example, by analyzing the psychological state and behavior patterns of historical figures or contemporary public figures, students can understand the impact of mental health on personal decision-making and social behavior. Finally, open discussions on mental health topics should be strengthened in the course. Create a safe, open discussion environment to encourage students to share their feelings and experiences, promoting their in-depth understanding and personal reflection on mental health topics. For example, discussing how to maintain psychological balance when facing academic and life pressures, or how to handle conflicts in interpersonal relationships.

3.2 Using ideological and political activities to enhance student social interaction and teamwork

Using ideological and political activities to enhance students' social interaction and teamwork skills is an effective strategy, aiming to enhance students' communication skills, cooperative consciousness, and social skills through collective activities. First, team projects centered on social issues, historical events, or current political topics can be organized. These projects encourage students to discuss and cooperate within the group, exploring and solving problems together. Through this, students not only deepen their understanding of ideological and political content, but also learn teamwork and communication skills in practice [5]. Second, activities such as simulated political debates or Model United Nations can be held. These activities require students to play different roles, interacting with others in a simulated political or social environment. Through these activities, students can practice public speaking, debating, and listening to others' views in a

safe environment, which is very beneficial for improving social skills and teamwork ability. Finally, students are encouraged to participate in the planning and organization of ideological and political activities inside and outside school. By participating in the planning and implementation of activities, students can exercise leadership skills, organizational coordination skills, and teamwork skills. For example, through organizing activities to commemorate important historical events or holding lectures on contemporary political issues, students can learn team management and public communication skills in the preparation process.

4 Conclusion

This article deeply explores the mutual relationship between ideological and political education and mental health among vocational college students, and proposes specific strategies, aiming to promote the development of students' mental health through educational means. Through this method, not only can students' psychological resilience and social skills be enhanced, but a more solid foundation can also be provided for their overall development. At the same time, these findings have important implications for guiding the practice of vocational education. By integrating mental health education into ideological and political education, we can not only improve students' mental health, but also enhance their understanding and acceptance of ideological and political education. This integrated approach can help students develop a more positive attitude towards life, enhance their social skills, and better prepare them for future challenges. It is hoped that this research can provide a new perspective for the reform and development of ideological and political education in vocational colleges, and contribute to the cultivation of high-quality talents with both professional skills and healthy psychology.

Acknowledgments

Project Fund: The first batch of Shaanxi University Network Ideological and Political Work Research Topics and Practice Projects. Project Name: Practice of College Students' Ideological and Political Work in the Form of Internet Literature and Short Videos. Project Number: 2021SPWSXM-C-66.

Conflicts of interest

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

References

- [1] Wang F. 2023. Research on the Influence of Mental Health Education in the Ideological and Political Education of Students in Higher Vocational Colleges and Universities. Guangdong Teachers' Continuing Education Society. Proceedings of the Academic Symposium on Teacher Development Forum of Guangdong Teachers' Continuing Education Society (XII). Guangdong Teachers' Continuing Education Society: Guangdong Teachers' Continuing Education Society: 500-503.
- [2] Yang L. 2021. Exploration of the relationship between mental health education and ideological and political education of students in colleges and universities. *Industry and Technology Forum*, 20(07): 126-127.
- [3] Li L. 2020. The value and strategy of integrating mental health education into ideological and political education of students in higher vocational colleges and universities. *Modern Vocational Education*, 35: 182-183.
- [4] Ren WJ. 2020. Discussion on the role of mental health education in ideological and political education of students in higher vocational colleges and universities. *Shanxi Youth*, 4: 166.
- [5] Huang Z. 2019. Analysis of the relationship between mental health education and ideological and political education of students in colleges and universities. *Knowledge Base*, 24: 203+205.