

# Teaching Reform of College Students' Mental Health Education from the Perspective of Ideological and Political Education

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## Abstract

In order to improve the teaching quality and effect of college students' mental health education, this paper first analyzes the current situation of college students' mental health education and teaching from the perspective of ideological politics, and then discusses the teaching reform of college students' mental health education and teaching from the perspective of ideological politics.

## Keywords

Ideological politics; College students; mental health.

## 1. The present situation of college students' mental health education and teaching from the perspective of ideological and political education

### 1.1. The status quo of college students' mental health

In recent years, college students' mental health education is a developing subject under the new situation, which has laid an important foundation for college students to grow into talents. Influenced by various high-pressure environments, college students' mental health problems are gradually manifested. From study to employment, students obviously have heavy psychological pressure, and the "volume" of their student stage and the difficulty of employment make college students suffer from psychological obstacles such as depression or mania. With the rapid development of the Internet, network problems also arise. College students lack the ability to communicate with others in real life, but rely on the internet to communicate. Loneliness appears among younger groups, which affects the rapidly developing young groups. With the increasingly severe employment pressure, college students' psychological pressure is increasing in addition to academic pressure, so it is necessary to convey positive psychology in the form of courses to reduce the possibility of psychological problems of college students. At present, colleges and universities have realized that although theoretical knowledge is important, mental health education for college students is more important. With the wide application of Internet information technology, diversified life has had different influences on college students' mental health. Colleges and universities constantly adjust the proportion of mental health education courses, form a unified understanding of teachers and students in colleges and universities, and recognize the importance of mental health education. Facing the mental health problems of college students, the mental health education of college students should keep up with the pace of the times and integrate the existing problems into the course teaching. The importance of ideological and political education is even more obvious and should be integrated into the mental health education of college students.

## 1.2. The combination of ideological and political education and mental health education

Ideological and political education is to improve the ideological quality of college students in an all-round way. In the teaching process, this concept is implemented, and new ideas are more integrated into the curriculum than traditional old ideas. Traditional courses need constant innovation, including the expansion of teaching content, the method, the reconstruction of optimized knowledge system, the audit of teaching materials and so on. After the idea was put forward, it was a positive response to education in the new era, and it could train polygonal development talents for socialism. The mental health education of college students is also very important in the process of ideological and political education. The environment in which college students live has undergone earth-shaking changes, and the contradiction between traditional educational ideas and students' needs at this stage needs to be solved urgently. In 2022, Zuo Xia's book "Research on College Students' Ideological and Political Education and Mental Health" contains the basic principles and educational model of ideological and political education, and also explains the ways and means of course practice teaching, using massive open online course, flipping classrooms and other new media equipment to help college students explore ideological and political related theories, and puts forward in the paper that the construction of ideological and political system should be co-constructed with educating people to clarify the existing problems and corresponding solutions of college students' mental health. In the last chapter, it is mentioned that the ideological and political education of college students should pay more attention to psychological education, and on the basis of clarifying the concept of psychological education, we should find out the existing problems and find out the development strategy of the integration of ideological and political education and mental health education.

At present, colleges and universities study different topics on the consequences of mental health problems, and enhance students' attention to mental health in stages, so that students can actively participate in the exploration of mental health education. Under the traditional education and teaching mode, continuous innovation makes the content more novel and more suitable for the development needs of contemporary college students. Colleges and universities use the excellent resources of the Internet as the introduction of curriculum education, enriching the teaching content and form. Grasp current events, resonate with students, and then guide students to establish a correct three views. It has a direct or indirect influence on students' thoughts. Mental health education should help students correctly understand and analyze these social phenomena and cultivate their critical thinking and sense of social responsibility. Teachers of college students' mental health education should fully consider students' living environment, academic responsibility, interpersonal relationship and social environment, and combine students' real life to focus on the ideological and political elements, so as to cultivate students' ability to apply theory to practice. Through the integration of ideological and political education elements, students can develop in an all-round and balanced way.

Ideological and political education is interspersed in the teaching process of college students' mental health education. Students improve their interpersonal communication through online and offline communication. During the communication, it is found that some college students lack a sense of social responsibility, and are easily influenced by extreme remarks and false information, and make excessive and extreme behaviors. Mental health education for college students is to adjust their mental state to the best state of development. When college students transition from high school, they will not adapt to the environment. At this time, leaving home is a stage for individuals to establish their self-awareness, and they will encounter all kinds of

doubts and troubles, which will easily lead to psychological problems and be misled by all kinds of information. However, the course of college students' psychological education is relatively simple in form, too theoretical in teaching content and too rigid in teaching methods. To solve students' psychological and ideological problems, it needs to be reformed and upgraded.

### **1.3. The impact of ideological and political education on college students' mental health education**

Ideological and political education plays a very important role in the process of establishing students' three views, which is also the cornerstone of students' mental health development. During the students' development, they can have a clearer orientation for themselves, set career plans, have a positive attitude towards life, treat problems in a peaceful way, reduce negative psychology such as negativity, and then have a healthy attitude. The process of ideological and political education can help students to analyze the background from many aspects and angles in the current social development, so that they can have a more comprehensive understanding before entering the society and reduce the stress state of students entering the society. In the teaching process of mental health education, both have the same goal. Still think that political education is for students to improve their self-awareness, strengthen self-reflection, and at the same time grasp their own characteristics and have the ability to affirm themselves. Ideological and political education and mental health education have a positive relationship, which helps students to know themselves, see the world with Scientific Outlook on Development, and look at problems dialectically.

## **2. Teaching Reform of College Students' Mental Health Education from the Perspective of Ideological and Political Education**

### **2.1. Curriculum construction of college students' mental health education**

The course of college students' mental health education is highly valued by the Ministry of Education, and it is also a compulsory course. We should control the course construction from the general direction and guide the difficult and key issues in the course teaching in a standardized way to promote the positive development of the course. Courses-related seminars should be set up, and colleges and universities and relevant personnel should be organized to discuss them. Because of the contents of psychological counseling and mental health education courses, special seminars should be held regularly to exchange the educational and teaching contents of colleges and universities, learn from experience and promote the positive development of the courses. The course of mental health education for college students has a short time to advance. We can refer to the teaching methods, means and research process of ideological and political theory education courses, set up special teaching reform topics, and enhance the depth of the research by college teachers. Only in-depth research can we do this. At this stage, there are few types of research and topics that can be declared, the teaching methods and methods of the course are weak, and there are few related papers, so this part can continue to be improved. Colleges and universities also need to use better books in the use of course textbooks, and should make a horizontal comparative evaluation of the textbooks used by colleges and universities. Applying high-quality books to the education and teaching process is more conducive to the positive development of teachers' teaching and students' learning.

### **2.2. The construction of college students' mental health education teachers**

In addition to the teaching materials, the construction of teachers is the most important. At present, there are few teachers majoring in mental health education in colleges and universities, and most of them are full-time counselors who also take part in mental health education. After teachers study mental health, they will impart mental health knowledge to students in class, which will inevitably lead to the phenomena of insufficient knowledge explanation, weak

professionalism and simple answers to students' questions. Therefore, college students' mental health education teachers should undergo professional training and constantly improve their theoretical knowledge and teaching content in order to better complete the teaching tasks. With the rapid development of Internet technology, teachers should use rich teaching skills to attract students' attention, make use of course resources on the Internet, enrich their own teaching methods, and help non-professional teachers understand mental health knowledge more deeply through online learning. There will be a small number of college students' mental health education teachers, so the course is mainly based on large teaching classes. More interesting courses will increase students' interest, but there are more large classes, and the teaching work with more than 100 students makes it difficult to use situational experience or practical teaching, and then students' interest in courses will decrease, and the teaching quality will be difficult to achieve the expected results. Based on the above problems encountered by college students' mental health education teachers, we can adjust them from the aspects of financial support, training and teaching evaluation. Recruit teachers who specialize in mental health education, cut large teaching classes into administrative classes, conduct teaching, recruit full-time counselors, expand the mental health education strength of college students, and build more cooperation in the direction of psychological counseling institutions in order to obtain more professional help. Summarize and discuss the problems regularly, improve the teaching ability of college students' mental health education teachers, enrich teaching methods and update teaching concepts. Establish a sound evaluation mechanism to evaluate and feedback the teaching quality of college students' mental health education teachers. Respond to the problems in the education process in time to ensure the teaching quality.

### **2.3. Build a communication channel between teachers and students**

The pressure that college students encounter during their college years comes from all aspects of study and life. The course of college students' mental health education plays an important role in helping college students solve mental health problems and establish and improve their mental health development. The teachers of college students' mental health education play a very important role in it. Teachers can't take into account the psychological state of each student in the education process of big classes, and it is inevitable to ignore the psychological problems of individual students. We should strengthen the communication channels between mental health teachers and students and combine mental health education with all aspects of students. Assign mental health education teachers in dormitories, so that students' psychological problems can be reported or asked in the form of peers at the first time, and help students solve problems at the first time. Organize college students' mental health activities regularly, and carry out training sessions in the form of special topics in recent days, and convey the causes and solutions of psychological problems to every student in time. Students can evaluate teachers through the Internet real-time platform, ask questions in time, solve problems effectively, and build a bridge between students and teachers. The richness of mental health education activities will be continuously improved, and topics such as ideological and political education, career planning and intimate relationship establishment will be expanded. During the activities, students' questions will be answered on the spot, and personality problems will be taken as the typical examples to drive the solution of common problems. Time walk in the psychological counseling room will be assisted for 24 hours, and psychological counselors will be arranged to be on duty, so that students' mental health problems will occur in different time periods, and there are sources to vent. Do timely discovery, timely intervention and timely solution.

## **2.4. College students' mental health education into the ideological and political education elements**

It is the general trend for college students' mental health education to be integrated into ideological and political education. With the progress of the times, the growing demand of college students is not limited to the study of theoretical knowledge, but related to the reality of social development. Mental health education is to help students maintain a healthy psychological state, while ideological and political education is to help students establish correct three views. In the teaching process, active attention to students, respect for students' personal characteristics and development needs, and ideological guidance can gradually penetrate into the process of college students' mental health education and teaching. In the education process, effective combination can be achieved, which can guide college students to establish correct moral ideas, have the ability to distinguish between right and wrong in the face of big and wrong, and correct values can help students develop a sound personality. The two complement each other. After ideological values are established, they will correspondingly generate value recognition and implement corresponding behaviors. In college life, students have been in initial contact with student unions, societies and other groups to compete for employment, and their ability to withstand pressure needs to be continuously improved, and their correct concept of competition also needs to be exercised. In the case of ensuring that the main task is learning, we should better adjust the process of comparing with others, and in the face of others' evaluation of ourselves, we should make appropriate adjustments in our hearts. Mental health education and ideological and political education will help students improve their degree of self-recognition and sense of responsibility to society. In addition to ensuring their studies, students should learn to establish correct interpersonal relationships and avoid social tensions caused by conflicts. Under the influence of ideological and political education, students have a better understanding of what is happening in society and have the ability to look at problems correctly. There are many innovation and entrepreneurship competitions in colleges and universities. Adding ideological and political education to college students' mental health education will help students establish and improve their creative spirit, have the ability to innovate, and explore and create channels that are more suitable for their own development.

## **2.5. The mode of mental health education for college students from the perspective of ideological and political education.**

Ideological and political education and mental health education should be deeply integrated. Colleges and universities should exchange the achievements and experiences of ideological and political construction of mental health education courses, set up discussion groups, build up ideological and political knowledge and mental health knowledge, optimize the course content and enrich learning channels. The team of teachers of mental health education and the team of ideological and political education build training courses to learn ideological and political knowledge and mental health knowledge in the form of special topics, so as to help college students have a healthy mental state and strong adaptability, and have a sound personality in the period of rapid development. College students are in a period of high incidence of psychological problems. After the psychological problems are initially solved, we should follow up and pay attention to them. The psychological problems are repetitive, and in the process of attention, we can effectively avoid students' self-harm and self-injury under stress events caused by the incomplete solution of psychological problems. In the process of theoretical study, the integration of college students' mental health education and ideological and political education promotes college students to have positive value guidance and a virtuous circle of psychological development. Expand more abundant teaching methods, use deep experience of games, practice field communication and other ways, so that college students can break through the limitations of network communication, get in touch with social groups, and establish a

correct world outlook and values. The teaching course of college students' mental health education from the perspective of ideological and political education is helpful to the formation of college students' mental health and has an important influence on their growth and success.

### 3. Conclusion

College students' mental health education and ideological and political education have the same concept, including ideals and beliefs, ideological morality, moral norms, political understanding and so on. They help college students to establish correct ideological understanding and solve psychological problems by imparting knowledge, which is an important way to learn self-awareness and problem adjustment. College students' mental health education and ideological and political educators should coordinate and coordinate, jointly carry out education and teaching training, carry out psychological training on psychological basic content, coping style of psychological crisis and identification method of general psychological problems and psychological obstacles, classify and grade college students' ideological and psychological problems, communicate and deal with them, build a communication bridge, and realize efficient communication of teaching content, which is of great significance to collaborative education. Innovative education mode, focusing on students' personal characteristics and teaching students in accordance with their aptitude. Establish new roles of teachers and students, give them positive attention, make students accept ideological and political education spontaneously, take the initiative to study, and improve the educational effect of college students' mental health education and ideological and political education. We should carry out the fundamental task of cultivating people by virtue, strengthen the content of ideological and political education for college students, integrate Chinese excellent traditional culture with the teaching ideas of mental health education, enrich the course content, innovate the teaching mode and improve the educational effectiveness.

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