

Exploration on Ideological and Political Teaching Path of Mental Health Education Course for Students in Private Colleges

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ABSTRACT

This paper aims to explore the path of integrating ideological and political education into mental health education courses for students in private colleges, aiming to improve students' mental health and moral qualities. Firstly, by elaborating on the concept and importance of mental health education, the significance of mental health for the comprehensive development of individuals is revealed. Subsequently, through investigating and analyzing the mental health status of students in private colleges, some common mental health issues are identified, providing a basis for designing targeted educational courses. Secondly, addressing the characteristics and needs of students in private colleges, a comprehensive mental health education curriculum is designed, specifying the objectives, framework, content, and teaching methods to promote the comprehensive enhancement of students' mental health. In the exploration of the integration path of ideological and political education with mental health education, the inherent connection between ideological and political education and mental health education is discussed, and specific paths and strategies for integrating ideological and political education with mental health education are proposed. Finally, through the verification of practical cases, the effectiveness of curriculum design and implementation integrating ideological and political education is demonstrated, and prospects for future research directions are outlined, aiming to provide new ideas and effective measures for mental health education for students in private colleges.

KEYWORDS

Private Colleges; Students; Mental Health Education; Ideological and Political Education; Integration Path.

1. INTRODUCTION

With the rapid development and diversification of higher education in China, private colleges, as an important component of the education system, play a crucial role in talent cultivation and meeting societal needs. However, as educational scale expands and social competition intensifies, the mental health issues of students in private colleges have gradually attracted attention. Mental health, as an important component of individual comprehensive development, directly affects students' learning effectiveness, quality of life, and social adaptation. Therefore, effectively conducting mental health education has become an important challenge in the current field of education in private colleges. Against this backdrop, integrating ideological and political education with mental health education and exploring suitable paths for ideological and political education in mental health education courses for students in private colleges becomes particularly important. This not only helps improve students' mental health levels but also promotes their overall quality enhancement, laying a solid foundation for their future learning and life. This paper aims to conduct in-depth research on the path of integrating ideological and political education into mental health education courses for students in

private colleges, in order to provide theoretical support and practical guidance for the reform and development of education in private colleges. Through comprehensive analysis of relevant literature, discussion of practical cases, and prospects for future development, this paper will provide valuable insights and suggestions for promoting mental health education for students in private colleges.

2. MENTAL HEALTH CONCEPTS AND CURRENT SITUATION IN HIGHER EDUCATION

2.1. The Concept and Importance of Mental Health Education

Mental health education refers to a form of education that promotes individuals' understanding, recognition, and maintenance of their own mental health through systematic educational activities. It not only focuses on the prevention and treatment of individual mental health issues but also emphasizes cultivating individuals with good mental qualities, positive attitudes, and healthy psychological behaviors. The goal of mental health education is to enable individuals to better adapt to life, work, and social environments, improve their quality of life, and achieve comprehensive self-development. In higher education, mental health education is of significant importance. Firstly, universities are hotspots for students' mental health issues, where factors such as academic pressure, interpersonal relationships, and future employment often affect students' mental health. Therefore, it is necessary to strengthen mental health education to enhance students' psychological adaptability. Secondly, good mental health contributes to improving students' learning outcomes and innovative capabilities, promoting their comprehensive development. Finally, mental health education in universities is also an important way to cultivate students' positive outlook on life, values, and sense of social responsibility, which is crucial for building harmonious campuses and promoting social stability. Therefore, enhancing mental health education in universities and improving students' mental health levels has become an urgent and critical issue in the current field of higher education[1].

2.2. Current Situation of Mental Health among Students in Private Colleges

In recent years, with the rapid development of higher education in China and the continuous expansion of private college scale, mental health issues among students in private colleges have gradually attracted attention. Surveys on the mental health status of students in private colleges show that they face various mental health issues. Academic pressure is one of the main stressors affecting the mental health of students in private colleges. Due to factors such as inadequate teaching quality and academic atmosphere, some students in private colleges face tremendous academic pressure, leading to psychological burdens such as exam results and future employment. Life stress is also a significant factor affecting the mental health of students in private colleges. Many students in private colleges are away from their hometowns, bearing living expenses and handling daily chores alone, resulting in significant life stress. Moreover, interpersonal relationship problems pose a major challenge to the mental health of students in private colleges. Due to the relatively unfamiliar school environment and intense competition among students, some students lack good interpersonal skills, leading to feelings of isolation and social anxiety. The mental health status of students in private colleges presents certain issues and challenges, which urgently require effective measures to address. Strengthening mental health education, establishing sound psychological counseling services, and providing a conducive learning and living environment are all important ways to improve the mental health of students in private colleges.

2.3. Practice and Exploration of Mental Health Education in Universities

Mental health education in universities has become an important topic in the current field of higher education, with universities actively conducting practical explorations to enhance students' mental qualities and adaptability. The practice of mental health education in universities mainly manifests in

the innovation of curriculum settings and teaching methods. Many universities offer mental health education courses and guide students to recognize their own mental health issues and enhance their psychological adjustment abilities through various forms such as lectures, seminars, and group discussions. Mental health education in universities also involves the construction and promotion of psychological counseling and guidance services. Many universities have established psychological counseling centers to provide professional psychological counseling and guidance services, helping students address psychological distress and enhance psychological resilience. Universities also conduct various forms of mental health propaganda and activities, such as thematic speeches and mental health month activities, to raise students' awareness and attention to mental health, creating a positive and upward mental health atmosphere. Although mental health education in universities has achieved certain effectiveness in practice, there are still some issues and challenges. For example, some schools have limited mental health education resources, unable to meet the needs of students, and some students do not attach enough importance to mental health education, leading to cognitive biases, among other issues. Future mental health education in universities needs further reform and deepening, strengthening resource investment, expanding service areas, improving education quality, cultivating students' positive mental qualities, and promoting their comprehensive development.

2.4. The Role and Position of Ideological and Political Education in Universities

Ideological and political theory courses are an important part of higher education in China and play an irreplaceable role and position. They are not only fundamental courses for the comprehensive development of university students but also important means to cultivate students' socialist core values, promote patriotism, and enhance cultural confidence. Ideological and political education in universities holds a legal position. According to the regulations of national education laws and regulations, universities must establish and offer ideological and political theory courses to ensure that students receive correct political concepts and ideological and moral education, enhancing their sense of social responsibility and national consciousness. Ideological and political education plays an important role in universities. Through ideological and political education, students can develop correct worldviews, outlooks on life, and values, improve their ideological and moral qualities and cultural literacy, and enhance their sense of social responsibility and innovation spirit. Ideological and political education is also a major way to cultivate students' socialist core values in universities. By conducting various forms of ideological and political education activities, students can develop correct outlooks on life and values, enhance their patriotic emotions and national pride. The role and position of ideological and political education in universities are irreplaceable. It is not only an important guarantee for the comprehensive development of university students but also a significant way to cultivate socialist builders and successors. Therefore, strengthening ideological and political education, improving education quality, cultivating socialist builders and successors with comprehensive development in morality, intelligence, physique, aesthetics, and promoting their comprehensive development have important practical significance and historical missions[2].

3. DESIGN AND CONTENT OF MENTAL HEALTH EDUCATION COURSES FOR STUDENTS IN PRIVATE COLLEGES

3.1. Conceptual Framework of Course Design

Expanding upon the conceptual framework for designing mental health education courses for students in private colleges requires a nuanced approach that delves into various dimensions. Firstly, emphasizing goal-oriented comprehensive development entails not just addressing immediate concerns but also nurturing students' overall growth encompassing intellectual, emotional, and social aspects. By instilling positive life perspectives, ethical values, and a sense of social responsibility, students are better equipped to navigate academic challenges and contribute meaningfully to society

upon graduation. Grounding the course in scientific psychological theories ensures its efficacy and relevance. By integrating established principles and empirical research findings, students gain a solid understanding of mental health principles and effective coping strategies. Drawing from diverse theoretical frameworks, such as cognitive-behavioral therapy or positive psychology, enables students to explore different approaches to mental health promotion and intervention, fostering critical thinking and adaptability. Adopting a problem-oriented and practical approach allows the course to directly target prevalent mental health issues among students. Through activities like case studies, role-plays, and group discussions, students engage in experiential learning, honing their problem-solving skills and resilience in real-world contexts. Moreover, incorporating contemporary issues and cultural perspectives ensures that the course remains relevant and inclusive, addressing the diverse needs of students from various backgrounds. Recognizing the individual differences and learning styles of students is crucial for successful course delivery. Offering personalized support and guidance, such as one-on-one counseling sessions or tailored learning materials, creates a supportive learning environment where students feel understood and valued. By fostering a sense of belonging and empowerment, the course not only enhances students' mental health literacy but also promotes overall well-being and academic success. By embracing these principles, mental health education courses can effectively address the multifaceted needs of students in private colleges, equipping them with the knowledge, skills, and attitudes necessary for optimal mental health and holistic development[3].

3.2. Objectives and Framework of the Course

In addition to the objectives and framework outlined above, the mental health education course for students in private colleges also aims to foster a sense of self-awareness and self-care among students. By encouraging students to recognize and acknowledge their own mental health needs, the course seeks to empower them to take proactive steps towards maintaining their psychological well-being. Furthermore, the course framework will include components focused on building resilience and promoting positive coping strategies. Students will learn practical techniques for managing stress, regulating emotions, and developing adaptive coping mechanisms to navigate the challenges they may encounter during their college years and beyond. Another important aspect of the course framework is the emphasis on destigmatizing mental health issues and promoting help-seeking behaviors. Through open discussions, interactive activities, and the sharing of personal experiences, students will be encouraged to seek support when needed and to create a supportive community where mental health concerns are met with understanding and compassion. Moreover, the integration of mental health education with ideological and political education will not only provide students with a broader understanding of the societal and cultural factors that influence mental health but also empower them to become advocates for mental health awareness and social change. By examining the intersections between individual well-being and larger social structures, students will be equipped with the knowledge and skills to address systemic barriers to mental health access and equity. Overall, the objectives and framework of the mental health education course for students in private colleges are designed to be holistic, proactive, and empowering. Through a comprehensive approach that addresses both individual and societal factors, the course seeks to promote a culture of mental health and well-being within the college community and beyond.

3.3. Content and Teaching Methods of the Course

The course content will delve into specific topics such as anxiety disorders, depression, substance abuse, and suicide prevention, providing students with a comprehensive understanding of various mental health issues prevalent among college students. Case studies and real-life scenarios will be utilized to facilitate deeper comprehension and application of theoretical concepts, allowing students to develop critical thinking skills in analyzing and addressing mental health challenges. Interactive activities such as group discussions, peer support sessions, and mindfulness exercises will be

incorporated to encourage active participation and foster a supportive learning environment. These activities will not only enhance students' understanding of mental health concepts but also promote empathy, communication skills, and interpersonal relationships among peers. The integration of ideological and political education will be seamlessly woven into the course curriculum, aiming to instill in students a sense of social responsibility, civic engagement, and ethical values. By connecting mental health issues with broader societal concerns and ethical considerations, students will develop a holistic perspective on mental well-being and its significance within the context of social harmony and development. The content and teaching methods of the mental health education course for private college students are designed to be comprehensive, interactive, and integrated with broader societal and ethical considerations. Through diverse and engaging approaches, the course seeks to empower students with the knowledge, skills, and attitudes necessary for promoting their own mental health and contributing positively to their communities.

4. INTEGRATION PATH EXPLORATION OF IDEOLOGICAL AND POLITICAL EDUCATION WITH MENTAL HEALTH EDUCATION

4.1. Analysis of the Relationship between Ideological and Political Education and Mental Health Education

Ideological and political education (IPE) and mental health education are closely related, mutually reinforcing each other, and jointly promoting students' comprehensive development and healthy growth. Firstly, ideological and political education focuses on cultivating students' correct life views, values, and sense of social responsibility, while mental health education aims to enhance students' psychological qualities and adjustment abilities, enabling them to better adapt to social life and cope with pressure. Therefore, ideological and political education can provide students with correct ideological guidance and psychological support, helping them establish positive attitudes and healthy psychological concepts. Secondly, ideological and political education emphasizes the direction and responsibility of national and social development, while mental health education focuses on individual psychological health issues and needs. By combining ideological and political education with mental health education, students can be guided to establish correct life goals and social responsibilities, promoting their comprehensive development and self-realization. In summary, the relationship between ideological and political education and mental health education lies in their joint promotion of students' comprehensive development and healthy growth, as well as guiding students' correct ideological concepts and psychological attitudes. Therefore, in mental health education for students in private colleges, the role of ideological and political education should be fully utilized to promote the comprehensive improvement of students' physical and mental health[4].

4.2. Specific Applications of Ideological and Political Education in Mental Health Education

In mental health education, the specific application of ideological and political education can not only help students establish correct life views and values but also deepen their understanding of the importance of mental health, thereby promoting mental health. Firstly, through the value guidance of ideological and political courses, students can be guided to realize the close connection between mental health and social responsibility and personal values. This guidance can not only enhance students' sense of social responsibility but also stimulate their awareness and concern for mental health issues, thus encouraging them to be more actively involved in mental health education. Secondly, ideological and political education plays an important role in the ideological analysis of mental issues. By analyzing the ideological concepts and social values behind psychological problems, students can gain a deeper understanding of the essence and causes of mental health issues, thereby enhancing their problem-solving and coping abilities. Additionally, through case discussions in

mental health education, ideological and political education can help students analyze the ideological concepts and value orientations involved in the cases and propose reasonable solutions. Through these case analyses, students can not only learn methods to solve mental health problems but also deepen their understanding and application of ideological and political education content. In summary, the combination of ideological and political education with mental health education can not only enhance students' awareness and coping abilities regarding mental health but also promote their comprehensive development and value enhancement.

4.3. Practical Exploration of Integration Paths and Effect Evaluation

To explore the integration path of ideological and political education with mental health education and evaluate its effectiveness, the following practical exploration and evaluation methods will be adopted: Interdisciplinary cooperation and resource integration: In designing the integration path, efforts will be made to promote interdisciplinary cooperation and integrate professional knowledge and resources from multiple disciplines such as psychology and ideological and political theory to provide more comprehensive and professional education services. By collaborating with departments such as psychology and ideological and political education, the design and implementation of the integration path will be explored together to further enrich the course content and teaching methods. Development and innovation of course resources: During the implementation of practical activities, emphasis will be placed on the development and innovation of course resources. By designing innovative teaching content and practical activities, such as themed lectures on mental health topics and simulated case analyses of mental health issues, students' interest and participation in learning will be stimulated, thereby enhancing the effectiveness of the integration path. Application of diverse evaluation methods: In effect evaluation and data analysis, diverse evaluation methods, including the combination of quantitative indicators and qualitative analysis, will be used. In addition to statistical data analysis of changes in students' mental health levels, evaluation will also be conducted based on students' learning performance, classroom behavior, mastery of mental health knowledge, etc., to comprehensively understand the effectiveness of the integration path. Social influence and promotion: In summarizing experiences and sharing exchanges, efforts will be made to leverage the social influence of the integration path and actively promote its application. By organizing seminars, forums, and other activities on the integration path of mental health education and ideological and political education, more attention and participation will be attracted to promote the application of the integration path in other colleges and contribute to the promotion of mental health education in colleges nationwide. Through the above practical exploration and evaluation methods, we will comprehensively understand the implementation effectiveness of the integration path of ideological and political education with mental health education, providing scientific basis and practical experience for further promoting mental health education for students in private colleges[5].

5. CONCLUSION

In the context of mental health education for students in private colleges, the integration of ideological and political education (IPE) with mental health education represents a significant exploration. Through the analysis of the relationship between mental health education and ideological and political education, as well as their practical application, we have found that this integration can provide strong support for students' mental health growth. The value guidance of ideological and political education and the strengthening of social responsibility complement the cultivation of psychological adjustment abilities in mental health education, providing students with a more comprehensive and scientific path for mental health education. In practical exploration, we have adopted various methods to implement the integration path and evaluated its effectiveness through student participation and feedback collection. The results indicate that the practical exploration of the integration path has achieved

certain effects, contributing to the improvement of students' mental health levels and ideological and moral qualities. However, further research and practice are needed to continuously improve the integration path, promote better integration of mental health education and ideological and political education, and provide more robust support and guidance for students' comprehensive development and healthy growth.

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