

# Exploring the Effectiveness of Psychological Health Education for College Students under the Background of Course Ideology and Politics

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**Abstract.** Due to social progress and technological development, China is entering a period of diverse cultural development. However, this diverse cultural development has also had some negative impacts, such as the worship of materialism and hedonism. College students are young, have limited social experience, and have weak self-restraint abilities, all of which can lead to an imbalance in their mentality and loss of thought. To better promote their mental health growth and further improve the quality of talent cultivation, we should strengthen our concepts, improve teaching methods, and integrate ideological and political education into the curriculum in mental health. In this way, we can integrate and interact with both. This article aims to explore how universities can closely link mental health with college students, and how to improve their psychology through this approach, making it more targeted in practical work.

**Keywords:** University; Course Ideological and Political Education; Mental Health.

## 1. Introduction

Course ideological and political education is an important means aimed at promoting social progress. It not only refers to the spiritual management work carried out to achieve the Communist Party's ideology, but also serves as the foundation and core of the Party's cause and other undertakings. Under the strong leadership of the Party, higher vocational colleges are committed to cultivating talents with high professional skills, therefore, they are the foundation and core of the development of higher vocational education.

## 2. The Importance of Integrating Ideological and Political Education with Mental Health Education in University Courses

Firstly, universities are committed to cultivating high-quality professional and technical talents, which not only require them to have good professional knowledge and strong professional abilities, but more importantly, they need to have good ideological and moral character in order to serve national construction well. Therefore, when training graduates, universities should not only focus on their professional knowledge, but also on their physical and mental health growth. Good ideological, moral, and cultural education is a key factor in promoting the psychological health growth of college students. The elective course "Teaching Work" aims to help undergraduate students adapt well to the social environment and improve their own qualities in the first year of the three-year college level. College students usually have weak self-learning abilities, therefore, it is necessary to strengthen their attention to their physical and mental health, improve their ideological and moral cultivation, and combine us with ideological and political education courses to cultivate better college students.

Secondly, by further understanding their physical and mental conditions, as well as engaging with them face-to-face, we can better carry out ideological and political work in the curriculum. College students have enormous potential in the fields of mind and ideology. Therefore, university education should focus on this aspect, and through more than a decade of educational exploration and successful experience, it has been proven that effectively entering the hearts of students, facing their mental health problems, can more effectively improve their mental health level than traditional teaching and rigid theoretical narration, thereby enhancing the relationship between students and teachers, and

better promoting the development of university education. Through the course of Psychological Health Education, students can feel the warmth of family education, eliminate their resistance to family education, and thus make the ideological and political work of the course more effective.

### **3. The Content of Ideological and Political Education in University Courses**

#### **(1) Cultivate students' moral qualities and sense of responsibility**

In universities, ideological and political educators should not only strive to create a positive ideological environment, but also deeply promote socialist and communist theories, stimulate students' enthusiasm, cultivate their correct worldview, outlook on life, and values, and enable them to gain more wisdom and strength in their studies. It can be seen that the responsibilities and efforts of ideological and political educators in university courses are extremely broad, with a large amount of tasks and extremely high difficulties in completing them. Therefore, how to improve work ability and complete tasks is a question that every ideological and political educator in university courses should carefully consider.

#### **(2) Adopt effective ways to promote ideological and political education in university courses**

##### **1. Focus on strengthening the construction of the counselor team and student cadres**

Marxism reminds us to be good at grasping the core issues of things in order to solve them more effectively. General Secretary Xi Jinping stressed that in the face of complex situations and arduous tasks, we should have a holistic view of problems, have a clear understanding of all kinds of problems, and deal with important problems and key aspects of them on a selective basis, so as to promote the solution of some problems. To do a good job in the ideological and political management of university courses, the first thing to focus on is the construction of the counselor team and the cultivation of student cadres. Teachers, homeroom teachers, and counselors are educational workers who directly communicate and interact with class students in the school. They not only need to accompany students for three years throughout the entire university process, but also actively participate in the study of "bull nose" and regularly hold main class meetings to strengthen students' ideological and political work, improve their moral cultivation, enhance their confidence, improve their learning ability, and provide strong support for their growth and development. By organizing teaching classes and dormitory cultural activities, they effectively promote the ideological and political concepts of the course. As a member of the student group, student party members and cadres not only need to train and regularly promote their thinking progress, but also need to be a part of the student population. Party courses aim to enhance one's ideological level, while also setting an example among students and guiding them towards the right direction.

##### **2. Through various forms of ideological and political education through courses**

The "Two Courses" course in universities is an important channel for students to systematically learn ideological and political theory, including "Overview of Mao Zedong Thought and the Theoretical System of Socialism with Chinese Characteristics" and "Political and Moral Cultivation and Theoretical Foundations". Although the theoretical knowledge course itself is relatively monotonous, it can stimulate students' interest in learning. Therefore, we should continue to explore new teaching content to improve students' ideological and political literacy. Last year, the teaching content of the two courses in universities underwent a thorough revision, making the teaching content more diverse and colorful. It is not only about the principles of political science, but also includes more innovative teaching methods. Teachers should not only keep up with the pace of the times, but also be brave enough to explore and try new teaching methods. They should not be confined to classroom teaching and should not hold a one-on-one conversation. By organizing students to engage in debates and lectures on their outlook on life and values, allowing them to watch patriotic film and television materials, and attending patriotic education and training bases, etc., this can make the learning atmosphere more lively, enable students to understand and master knowledge more deeply, and better

unleash their potential, providing a good environment for their growth. Promote ideological and political theory quality education in the curriculum through subtle means.

#### **4. The Integration Measures of Ideological and Mental Health Education in University Courses**

##### **(1) The ideological and moral qualities of college students**

Integrating ideological and political education into the teaching of physical and mental health, with the core content of improving the ideological and moral qualities of college students, and encouraging them to establish their own personality value concepts. In the era of minors, the personality values of college students are influenced by external factors and often imitate the values of adults. The establishment of true personality values begins in the period of entering university campuses, when the individual will of college students begins to mature. At this time, concepts become particularly important. This not only encourages college students to understand and practice their personality values more, but also stimulates their independent will, thereby promoting their physical and mental health to flourish. Concept is an educational approach aimed at cultivating the personality values of college students, aiming to encourage them to establish unique beliefs and ideals, and playing an important role in psychology. In multicultural communities, psychological education should be autonomous and tolerant, but it should not be indulged or excessive, especially in schools where ideological and political education courses should be conducted to encourage college students to understand things more and establish their unique personality values. Through appropriate psychological intervention, college students can grow well.

##### **(2) Emphasizing physical and mental cultural education**

Incorporate physical and mental health education into the content to help students better understand and master moral concepts. Traditional teaching methods often simply instill educational awareness and neglect the cultivation of students' spiritual needs. Therefore, attention should be paid to physical and cultural education to promote their physical and mental growth. In order to enhance the effectiveness of publicity, physical and cultural education should be incorporated into classroom teaching, with students at the center, paying attention to their spiritual needs, adopting appropriate teaching methods based on their characteristics, attracting their attention, and thereby improving their ideological and moral qualities. In propaganda, we should borrow the concept of physical and mental cultural education. Firstly, students should be respected and allowed to open their hearts to receive cultural and moral education. Secondly, it is important to learn how to induce college students. Due to their strong desire for self-improvement and self-improvement, appropriate guidance can help them improve their learning enthusiasm and promote their internal development. Most schools attach great importance to mental health education and are able to address ideological and political issues in their curriculum based on this education. In order to ensure the long-term effectiveness of mental health education, we must connect it with education in terms of systems. In this way, mental health educators and curriculum ideological and political workers can engage in more interactive communication activities, study seriously together, make progress together, and apply the knowledge they have learned to corresponding application fields. Improve teaching efficiency and quality.

##### **(3) Combining school, family, and social resources**

Integrating school, family, and social resources to organically integrate mental health with others, in order to enhance the psychological and moral qualities of middle and high school students. Schools should establish good communication with the families of middle and high school students, not only to timely grasp their learning situation, but also to allow parents to participate in family activities of middle and high school students, witness their development together, in order to promote their comprehensive development. Education is closely related to the social environment. Universities should utilize mental health education courses, combine current social hot issues, hold themed lectures, and invite outstanding experts from the community to join the school's mental health

education team, in order to enhance the professionalism and effectiveness of school mental health education. Through visiting practical activities, students can further understand the community, experience life, and lay a solid foundation for their future career development.

#### (4) Deeply exploring the psychological characteristics of students

With the continuous development of universities, the number of college students is also increasing, and the country and society are paying more and more attention to the ideological and political management of college students. The psychological characteristics of college students are very different from those of master's students, as they face more job pressure. Therefore, it is necessary to conduct targeted research on them to better meet their needs. College curriculum thinkers and mental health workers should be committed to helping students overcome the initial frustration of entering school, and strive to regain their confidence so that they can better face the pressure of job seeking after graduation. Throughout the process of achieving their career goals, they should not be eager for quick success, but should be down-to-earth and continuously improve their abilities to achieve the best mental health state. With the continuous advancement of social development, the scope of mental health education work is also expanding. In the various work systems of ideological and political education, mental health workers not only need to care about the physical and mental health of students, but also attach importance to their psychological factors, in order to better help them solve problems and achieve twice the result with half the effort. Therefore, physical and mental health has become an indispensable component of ideological and political education.

#### (5) Improving the quality and ability of students

Through in-depth research on the methods of mental health education in ideological and political education courses, not only have past theories been enriched and innovated, but they have also become more targeted and practical, providing important guidance for a generation's outlook on life, spiritual purification, and achieving the ultimate goal of moral education. President Xi Jinping delivered a major speech at the seminar for teachers of ideological and political theory courses organized and carried out, reiterating the importance of ideological and political courses in our school. He pointed out that in order to promote the glory of the Chinese nation, we should cultivate a number of practical personnel who support the leadership of the Communist Party and the construction of China's socialist system, and fight for socialism with Chinese characteristics all their lives, so as to promote the development of the cause of the Party and the motherland. The ideological and political courses in universities have unique characteristics, which not only require students to follow the path, direction, and policy measures of the Party, but also help them rebuild their confidence. Many people believe that students with poor academic performance in junior high school will go to vocational schools, while students with poor academic performance in high school will go to universities. However, when students from vocational colleges enter universities, they may be influenced by "bowing their heads". Therefore, ideological and political workers in vocational colleges need to provide psychological counseling to help them rebuild their confidence and maintain a positive attitude in teaching activities, in order to better adapt to the development of society. By realizing the advantages of vocational education, one can only approach universities and society with their heads raised. Therefore, the ideological and political education in vocational colleges must be closely integrated with mental health education to enhance political awareness, deepen understanding of ideological content, strengthen beliefs, resolutely fulfill the fundamental responsibility of moral education, adhere to the correct ideological orientation, and resolutely carry out ideological and political courses.

#### (6) Enriching and innovating fusion methods

President Xi Jinping's main speech at the seminar for teachers of ideological and political theory courses in colleges and universities stressed the importance of ideological and political workers in vocational colleges in the current task. The ideological and political workers in vocational colleges have not only received recognition from previous work, but more importantly, they are facing new challenges and opportunities and need to respond more actively. Universities should actively carry

out patriotic, collectivist, and socialist propaganda to promote the spirit of the Chinese nation and the times, and guide students to establish correct views on Chinese history, people, motherland, and minority culture. This is an important measure to promote the glory of the Chinese nation. Many primary and secondary school students suffer from mental health problems due to a lack of spiritual support and a sense of security. Therefore, by combining ideological and political education with mental health education, it can effectively encourage them to strengthen their beliefs, enrich their spiritual world, and prevent them from falling into a state of spiritual emptiness. To implement the socialist concept of shared development and our own mission, we should resolutely practice the great ideas of the Communist Party, while also adhering to the socialist concept of shared development with Chinese characteristics. Therefore, we should organically combine construction with psychological education to achieve this goal. Leaving practical work, even grand ambitions are just empty thoughts. We should firmly adhere to the path of socialism with Chinese characteristics, have strong courage, firm beliefs, strengthen confidence, strengthen confidence, and comprehensively implement the Party's basic theory, fundamental direction, and fundamental strategy.

## 5. Conclusion

Children in college are the key to cultivating their values. They are enthusiastic and pure, but their ability to distinguish right from wrong is insufficient, making it difficult for them to resist external ideological pressure. To this end, universities have set up elective courses on ideological and political education, starting from their ideological status and economic and social development. They not only provide theoretical knowledge education on important global issues, but also use empirical analysis to guide them to establish reasonable views, concepts, and propositions, in order to cultivate their sense of responsibility, reasonable concepts, and healthy psychology, in order to better meet the needs of socialist economic construction and lay a solid foundation for their future development. By effectively integrating ideological and mental health education into university courses, students can better understand current trends and real-life problems, improve their ability to distinguish right from wrong, and achieve greater results in their work. Moreover, they can also pay more attention to their mental health status, timely grasp their personality and psychological changes, and provide targeted assistance for future work.

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