

Ideological and Political Education Counselors and Mental Health Education for Impoverished College Students in Colleges and Universities

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Abstract: Colleges and universities can be viewed as the transition period for college students to grow up in life. Due to the new social, living and learning environment for college students, heavy academic and heavy life pressure, fierce and severe employment competitiveness, coupled with the lack of social experience and interpersonal communication, contemporary college students face unprecedented heavy pressure and encounter many mental barriers, among which there are many impoverished college students who are unable to get rid of the heavy economic pressure because they have not formed a correct understanding of the economic difficulties, which leads to serious mental diseases. As a result, the mental health education of impoverished college students has received more and more attention and becomes a very important part of the work of ideological and political education counselors in colleges and universities. Therefore, strengthening the mental health education of impoverished college students, improving their mental health status, and enhancing the quality of ideological and political education of the general college students, are of great practical significance to cultivate college students into qualified builders and reliable successors of the socialist cause with Chinese characteristics. It has become an important task for the ideological and political education counselors in colleges and universities to understand the specific conditions of impoverished college students, to enter into the psychology of impoverished college students, and to carry out targeted education, guidance and help. Through the analysis of the psychological characteristics and the psychological barriers of contemporary impoverished college students, the significance of mental health education for impoverished college students in the work of ideological and political education counselors in colleges and universities is explained, and some solutions and suggestions are put forward.

1. Basic Concepts

1.1. Full-time Ideological and Political Education Counselors in Colleges and Universities

The full-time ideological and political education counselors in colleges and universities, referred to as ideological and political education counselors, are full-time teachers of ideological and political education in colleges and universities in China, and they are mainly engaged in teaching the Marxist ideological and political education courses and management of college students. In colleges and universities, the team of ideological and political education counselors also belongs to the teaching team, and is an important part of the teaching team in higher education. As the main force of ideological and political education in colleges and universities, the ideological and political education counselors naturally become an important force in the mental health education of college students, and even become the guide and pathfinder for the healthy growth of college students. They are responsible for relieving the mental pressure of college students and guiding them to adapt to the environment positively, and they have comprehensive responsibilities for college students' study, life and employment. In order to enhance the effectiveness of ideological and political education of the ideological and political education counselors and improve the professional skills of the ideological and political education counselors in counseling, the core business of the full-time ideological and political education counselors in colleges and universities is positioned as three major segments: ideological and political education, class management and consulting services.

1.1.1. Ideological and Political Education (education)

It mainly includes ideological education, citizen quality education (democracy and legal system, humanistic literacy), school standard education (school rules and discipline, etc.), moral education, service to the people, collectivism, national spirit, guidance in the process of self-management and self-service in the class and campus area, current affairs and political education (students' current affairs and policies seminar, situation and policy course and so on), education on ideals and beliefs (combined with career planning and employment guidance).

1.1.2. Class Management (management)

It mainly includes matters that need to be grasped by the ideological and political education counselors outside the students' self-management and team management (**Faculty**, league and class), which is recommended to adopt democratization management, make good authorization work (mainly self-managed by students to avoid being reduced to a dictator). Focus of the work should be put on training and design incentives, information management (summary of all kinds of personal information of students, establish a personal information file database for students, including academic information, grade information, moral information, physical information, psychological information, integrity information, career planning information, etc.), daily norm management (mainly coordinated by dormitory norms and class regulations), affairs management (signature management, student rights and interests protection, accident handling, impoverished students, scholarship management, etc.).

1.1.3. Ideological and Political Counseling Consultation (service)

Mainly including cooperation with tutors, school hospitals, psychological and career guidance centers. In the absence of a unified standard system for education administrative department and schools, counselors should take the initiative to communicate with them and establish a certain system of responsibilities from the first year and hand it over to them when necessary. It also

includes learning counseling (comprehension ability, success, time management counseling, etc.), life counseling (health care, impoverished students' life psychology, class club guidance, etc.), and career counseling (personal career planning design, employment guidance, etc.).

1.2. Impoverished College Students

Impoverished college students are those who lack certain material living conditions due to financial difficulties, and their quality of life does not reach the minimum socially acceptable level, and they are in a difficult and distressed state. Generally speaking, impoverished college students can be divided into especially poor students, general impoverished students and sudden unexpected impoverished students. [1]

1.3. Mental Barriers

Mental barriers are a mental disease or a minor mental disorder. It appears in most of the contemporary college students because of mental and physical fatigue, tension and anxiety, psychological conflicts, encountering sudden problems or facing uncoordinated conflicts, etc. It is short and mild, and disappears or slows down with the change of the situation; individually it is long and heavy, and finally students have to suspend their studies or even drop out. Mental disorders are manifested in various forms, mainly in mental activities and behaviors. The manifestation in the aspect of mental activity includes sensory allergy or hypoesthesia, somatosensory abnormality, delusion, hallucination, forgetfulness, suspicious delusion, new work of speech, blurred consciousness, disordered mental characteristics and difficulty in getting along, etc. In the behavioral aspects, it shows anxiety, apathy, stubbornness, aggression, heavy mood, discouragement, and even pain. [2]

2. Importance of Mental Health Education for Impoverished College Students in the work of Ideological and Political Education Counselors in Colleges and Universities

College students are the future of the motherland and the hope of the nation. Education and guidance to establish core socialist values is an important way to "morality education" and an important task to cultivate qualified builders and reliable successors of socialism with Chinese characteristics. College students are in the critical period of forming their worldview, outlook on life and values, so it is especially important to strengthen the education of core socialist values and to educate and guide them to establish core socialist values. The university stage is an active period of thinking about the world, life and value issues. [3]

Colleges and universities can be viewed as the transition period for college students to grow up in life. Due to the great changes in the social, living and learning environment for college students, the heavy academic and heavy life pressure, the severe employment competitiveness, plus the lack of social experience and interpersonal communication, contemporary college students face unprecedented heavy pressure, often leading to some mental problems and many mental barriers, among which there are many impoverished college students who are unable to get rid of the heavy economic pressure because they have not formed a correct understanding of economic difficulties, which leads to serious mental diseases. As a result, the mental health education of impoverished college students has received more and more attention and become a very important part of the work of ideological and political education counselors in colleges and universities. Therefore, strengthening the mental health education of impoverished college students, improving their mental health status, and enhancing the quality of ideological and political education of the general college

students, are of great practical significance to cultivate college students into qualified builders and reliable successors of the socialist cause with Chinese characteristics. [4]

3. Advantages of Ideological and Political Education Counselors in Mental Health Education of College Students

Ideological and political education counselors have communication advantages with college students. The advantage of small age difference between the ideological and political education counselors and college students makes it easy for them to communicate.

Ideological and political education counselors have the advantage of rich resources. Ideological and political education counselors have very unique resource advantages no matter in the aspect of the time contacting with students, or the nature of the work content. They have the best opportunities to deeply understand the class students' thoughts, emotions, confusion, stress, etc.

Ideological and political education counselors have basically possessed the functions of companionship, counselor and enlightenment. Before formally taking the job, the ideological and political education counselors in colleges and universities have received the pre-service training organized by the local education administrative department, understood the physiological and psychological characteristics of the college student group, and they can enter the professional state more easily by combining their own experiences.

4. Psychological Characteristics of Contemporary Impoverished College Students

4.1. Psychological Characteristics of Contemporary College Students

The psychological development of college students is in the transitional stage of gradually becoming mature but not fully mature. In general, the psychological development state of our contemporary college students is positive and healthy: they have high intellectual level, strong desire for knowledge, strong interest in learning and high learning efficiency; they have stable emotions, optimistic and confident attitude, they are full of vigor and vitality, full of longing for the future and a sense of satisfaction in life; they have a sound will, not afraid of difficulties, and are decisive, tenacious and self-controlled; they have a complete and unified personality, daring to compete, work hard and be aggressive; they have a good sense of self, knowing themselves well and accepting themselves; they have good and wide interpersonal relations, and intimate friends; they have an objective understanding of the social situation, are good at self-regulation, and are well-adjusted. However, for a long time, schools and parents have attached importance to intellectual education and neglected the cultivation of healthy personality of college students. With the continuous expansion of colleges and universities, the level of social demand for college students' education has been increasing, and the concept of education, such as the concept of talents, students, education and quality, has undergone great changes, and the traditional concept of education has received a great impact. [5]

This has increased the pressure on the study, life and employment of college students, and the psychological development of college students in the transitional period also shows negative aspects, for example, poor self-care ability, self-centered, feeling more sensitive and fragile, being easy to give up on themselves; only focusing on the demand, lack of risk; feel unadapted when facing the new school environment, learning, life, friendships, etc. ; being eager for understanding and sincerity between people, but not good at understanding others and being understood; being eager to compete and cooperate, but afraid of losing their self-worth. In addition, the influence of new media is especially obvious among the college students today. New media, a form of media compared with the traditional media such as newspaper, radio and TV, supported by the technology of Internet,

digital storage and mobile communication, with the digital TV such as network forum, mobile newspaper, blog, microblog, WeChat and Tik Tok as its main form, is an emerging media providing information service to the public. The potential and characteristics of new media, such as interactivity and immediacy, mass and sharing, multimedia and hypertext, personalization and group trend, are rapidly changing the way of life of college students, profoundly influencing their inherent thinking patterns and life styles, and shaping their values and spirituality. Since its birth, new media has been characterized by short period, fast speed, high recognition and wide application, because it meets the current needs of the public, especially it has become an important channel for college students to obtain information and social communication, which has opened up their vision and enriched the life of college students. [3-5]

However, at the same time, due to the inability to withstand external stimulation and temptation, some college students are addicted to the digital labyrinth and dynamic and exciting network space, failing to effectively realize the role change between the real world and virtual space in time, resulting in psychological dislocation and behavioral disorder. The problems are showed as low academic performance, deterioration of interpersonal relationship, loss of role, closed and indifferent emotion, weak and depressed will, disorderly and lazy life, and loss of interest in real life. Some students are misled by online information and adapt misbehavior such as cheating and extortion, even self-harm, suicide and harming others in serious cases, which become triggering factors for college students' mental health. [6]

4.2. Common Psychological Reactions of Impoverished College Students

For impoverished college students, the first challenge they face is how to solve their financial difficulties. In this regard, the government attach great importance to it, and a diversified financial aid system with the theme of awards, loans, grants, subsidies and exemptions has been initially established, which has largely alleviated the financial difficulties of impoverished college students in terms of living. In the face of all kinds of the pressure brought by economic difficulties, many impoverished college students show strong independence, strong tolerance, hard work and frugality, and hard study behaviors, starting a new life through their own efforts. However, there are also many impoverished college students who cannot get rid of the heavy psychological pressure because they have not formed a correct understanding of economic difficulties, and have developed such adverse psychological reactions as low self-esteem, anxiety, somatization, compulsion, isolation, depression, and even hostility, terror, paranoia, and psychotic symptoms in serious cases. It was found that 95.3% of impoverished college students admitted that they had suffered from psychological problems, and 60.6% of them had consulted a psychologist. [3-6]

The common psychological reactions of impoverished college students are mainly represented in five aspects: self-esteem and inferiority, powerlessness and boredom in study, self-containment, anxiety, jealousy and resentment, and so on.

5. Ways of Mental Health Education for Impoverished College Students

5.1. Establish a Scientific Concept of Education

It mainly creates a good heart environment for the development of impoverished college students, insists on developing sexual and mental health education, respects and meets the reasonable needs of impoverished college students, and emphasizes the participatory and experiential nature of impoverished college students.

5.2. Content Selection of Mental Health Education for Impoverished College Students

It mainly includes mental health awareness cultivation, optimizing psychological quality, improving adaptability, developing psychological potential, and promoting self-actualization.

5.3. Choice of Methods of Mental Health Education for Impoverished College Students

The main choices are classroom teaching, special counseling, psychological counseling, and the network platform of mental health and counseling management system for impoverished college students, and other explicit education methods. In addition, we can also choose invisible education methods such as campus culture construction, class and dormitory mental environment construction, teaching infiltration of various subjects and social practice activities.

5.4. Ideological and Political Education Counselors in Colleges and Universities Carry out Educational Guidance work

Ideological and political education counselors can adapt the cultivation of correct self-cognition, frustration education, the creation of harmonious interpersonal relationships, strengthening of self-esteem, self-respect and self-improvement education, integrity education and gratitude education methods.

5.5. Carry out Mental Health Survey and Research and Establish College Students' Mental Health Files

The premise for ideological and political education counselors to carry out good student work is to understand the state of students' psychology. If we want to grasp the psychological state of students, we have to conduct a mental health census, which can use the mental health questionnaire, establish the mental health files of college students, follow up on students with low mental health level, and find out the problems in time. Screen out students with abnormal mental symptoms from the questionnaire, take the initiative to interview and analyze them, distinguish different types and degrees of problems, take different countermeasures, achieving early detection and timely prevention of mental problems, timely detection of problem students, individual guidance and help, early detection and early solution of mental problems of problem students. At the same time, mental health knowledge can be popularized by offering mental health education courses, issuing brochures and posters, and conducting relevant lectures. [3, 7]

5.6. The Mental Health Level of Female College Students is Crucial

In view of the current mental health problems of female college students, they are provided with timely psychological counseling and correction, and effective psychological assistance and support, so that they can have a healthy development both physically and mentally. Female college students' fear of loneliness and public occasions can be reasonably guided by the development of collective activities and social practice activities to strengthen their sense of security. [3-7]

5.7. Cultivate the Backbone Students in the Class and Build a Harmonious Class

Ideological and political education counselors should pay attention to class construction in daily class management, and should take class atmosphere construction as an important work of class construction. Ideological and political education counselors should guide college students to establish some loving heart groups within the class, help and respect each other among students,

regulate college students' behavior, cultivate and give full play to students' self-management ability, give full play to the role of class leaders, and grasp the class atmosphere construction. [8]

5.8. Cultivate College Students' Mental Capacity through Social Practice Activities

Ideological and political education counselors should actively guide college students to step into the society and the grassroots and participate in social practice activities. [9]

5.9. Ideological and Political Education Counselors in Colleges and Universities should Strengthen Communication with Students' Parents and Pay Attention to the role of Family Education

Parents are the first teachers of their children, and their words and actions play an exemplary role for their children. Parents of college students should be contacted regularly to keep abreast of students' performance outside school, and feedback on college students' ideological status and behavioral performance in school should be given to parents. For college students who have psychological crisis, the ideological and political education counselors should inform their parents at the first time so that parents can cooperate with the intervention and implement monitoring on them. [10]

6. Conclusions

Through the analysis of the psychological characteristics of contemporary impoverished college students and the mental barriers of impoverished college students, the significance of the mental health education of impoverished college students in the work of ideological and political education counselors in colleges and universities is explained. This paper discussed how to enter into the psychology of impoverished college students and carry out targeted education, guidance and help in the light of the specific situation of impoverished college students, and some solutions and suggested measures are put forward for the reference of the peers.

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