

Development and Strategy of Moral and Mental Health Education for Students

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Keywords: Moral education, Mental health education, Student development

Abstract: With the rapid change of society and the development of cultural diversity, students' weariness, rebellion, self-centeredness, addiction to mobile phones, poor ability to resist setbacks and other problems become education can not bear heavy, moral education in primary and secondary schools is facing severe challenges. In the practice of school education, both moral education and mental health education are aimed at the spiritual and spiritual world of students. Only by integrating and developing together can they achieve the effect of "the whole is greater than the sum of its parts" and achieve the mission of educating people. However, at present, no matter in academic research or school practice, this relationship of both synergy and difference has not been paid attention to, which often leads to the low effectiveness of both.

1. Introduction

"Yucai make scholars, for the country of this." Education is a moral education and mental health education projects that works at present and benefits future generations. It is the foundation of social development, national prosperity, and national prosperity^[1]. As an important part of our education, secondary vocational education assumes a unique function and is the cradle of "great country craftsman". In order to further deepen the educational effect of secondary vocational schools, the majority of educators will "two-way unification" of moral education and mental health education, that is, grasp the relationship between mental health education and moral education, promote the integration of the two, in order to achieve the purpose of educational, to achieve the "Chinese craftsman" training.

2. The Significance of the Development of Moral and Mental Health Education

The final purpose of these two works is roughly the same, is to guide students to form a correct moral behavior concept, so as to grow up healthily. But education although the purpose of the two similar, the essence is belong to the category of two kinds of education, moral education is mainly to guide students to establish correct moral concepts and cultivate good moral quality, and the mental health education in order to make student's mental was perfected, can grow up healthy, mainly embarks from the individual, as a whole is a school curriculum, But the details or according to the actual life of students and personal characteristics to carry out counseling.

In a word, students who have a good psychological quality can better accept moral education, so

teachers should pay special attention to students' mental health before moral education. In college, students not only to improve academic performance, but also need to set up good right through (outlook on life, values and world view), and this part of the implementation of moral education and mental health course is required to help students complete, under the background of the new education reform, education of the general direction gradually to students all-round development, specifically requires the five. In this kind of education, we should keep both educators and those being educated on the status of equality, to ensure that both communication more smoothly, and can be more understanding of the students current actual situation and the living conditions, so that teachers can from each student's own situation, to find the problems existing in the students, in the process of education for students will be more targeted, It also improves the quality of teaching. Moral education and mental health education in the general direction are the same, the two belong to the spiritual education purpose, they are different from science focus on improvement, the course of moral education and mental health education pays attention to students' inner development, emphasis on cultivating students from a pure heart and the correct values, to help students improve moral culture and psychological quality. Therefore, when teachers carry out moral education and mental health education to students, they need to effectively combine the two together, so that students' hearts can be further sublimated.

3. Strategies to Develop Moral and Mental Health Education

The CULTIVATION GOAL OF Chinese PRESENT STAGE SCHOOL EDUCATION IS TO cultivate various kinds of talents AT various levels to adapt to social economy and cultural construction, based on the theoretical basis of Marxist thinking about humans all-round development^[2]. But for a long time, the exam-oriented education which only pursues the entrance rate deviates from this idea and damages the all-around development of students. To this end, the party and the country made the important decision of deepening the education reform and comprehensively promoting quality education, and transforming the one-sided exam-oriented education into comprehensive quality education, which is completely consistent with the fundamental purpose of education is to improve the quality of people.

As for the basic connotation of quality-oriented education, although there are many suggestions, but healthy psychological quality is an important part of it has become a consensus. The reason is very simple , because man is a body and mind, comprehensive development should include the overall healthy development of the body and mind. In addition, students' mental health education is closely related to the education of morality, intelligence, body, beauty and labor. It is not only an indispensable part of it, but also plays a great role of mutual promotion and restriction on the integration and optimization of all-around development education from some aspects. With the deepening of the reform and opening up of China, social relations are more and more complex. In the future, the requirements of talent quality will be more comprehensive, especially the requirements of psychological quality will be higher. Therefore, the school must strengthen moral education and mental health education to promote the all-round development and improvement of students' quality.

3.1 Enhance the Importance of Moral Education and Mental Health Education

As an important part of higher education, moral education and mental health education require relevant educators to adopt reasonable and scientific methods in order to achieve a good effect, so as to really play an important role in moral education to help students and help students develop good ideological quality and healthy psychological mechanism. However, in the past, moral education was mainly carried out through ideological and moral education and teachers' preaching

to students. This way of moral education was relatively simple and too rigid, so students often could not accept it well.

And mental health education and the means of traditional moral education are quite different and require relevant education workers should go deep among the students, understand students' ideas and needs, and combine with the actual psychological status of student's individualized and targeted education, it can provide new methods for moral education, so as to promote the effectiveness of moral education teaching.

3.2 Based on the Concept of Equality and Harmony to Solve the Contradiction between Students and Teachers

In order to give full play to the moral education function of mental health education in higher education, leaders and teachers of schools are required to strengthen the importance of mental health education and correctly understand higher mental health education. Teachers should realize that mental health education is not the responsibility of individual teachers or only the head teacher, but the responsibility of all teachers. In daily activities, teachers should start from the actual life of students to carry out mental health education, for example, in the communication and conversation with students to targeted analysis of students' psychological status, to understand students' mental health status, once found that students have mental health problems to strengthen guidance. Teachers should start with the students around bit by bit, looking for the right opportunity to infiltrate mental health education.

In addition, the teacher wants to permeate psychological health in daily life and teaching education, requires teachers to use their spare time to take the initiative to learn the contents of the psychological health education, through multiple channels, multiple ways to study related theory knowledge, constantly improve their knowledge structure and business level, so as to better carry out mental health education and moral education to students.

3.3 Carry out Social Practice and School Teaching Counseling

Moral education is a very important educational content in the stage of higher education. Under the guidance of the educational thought of building morality and cultivating people, moral education has become indispensable educational content on the university stage and in social practice. The connotation of moral education is very rich, including not only the cultivation of students' healthy thoughts but also the establishment of students' healthy psychological mechanisms, so as to promote the development of student's physical and mental health and avoid students' various psychological problems in the process of learning in school.

But in the past, the content of moral education in a higher stage is quite abstruse, not only staying on the guidance of some good ideological quality but ignoring the development of students' mental health. With the continuous development of society, the content of moral education has become richer, which requires schools to pay attention to students' mental health. Therefore, schools can strengthen mental health education and regard mental health education as an effective supplement to the content of moral education, so as to make moral education in a higher stage meet the requirements of society for moral education. Modern education puts forward higher requirements for the effectiveness and scientificness of moral education teaching and requires educators to take students as the main body in practical teaching work, highlight students' subjectivity, and carry out education and teaching work around the actual situation of students. The development of mental health education requires teachers to combine with the situation of students to carry out education work, which can highlight students' educational subjectivity, so as to give full play to the important role of moral education, moral education teaching with more pertinence and

scientific.

4. Conclusions

There is a very close relationship between mental health education and moral education. Effective psychological education can expand the content of moral education, provide new methods and ways for moral education, and improve the effectiveness and scientificity of moral education. Therefore, in the actual education and teaching work, we must strengthen the importance of mental health education, mental health education, and discipline education, and daily activities effectively integrated, and establish a home-school cooperation mode, in order to better provide students with mental health education, to establish a healthy psychological mechanism for students.

References

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