

# *On the Importance of Ideological and Political Education to Students' Physical and Mental Health Development*

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**Abstract:** With the implementation of the new curriculum teaching concept, the national education department pays more and more attention to the physical and mental health of students. Ideological and political education has achieved the goal of the integrated curriculum construction of primary and secondary schools. It is feasible to promote the development of students' physical and mental health with this as a starting point. Primary school is in the critical stage of growth, knowledge learning is important, but ideological awareness, psychological quality, values and other aspects of education can not be missing. Teachers should try to take ideological and political education as the main carrier of cultivating students' psychological quality, highlight the role of this education in the development of students' physical and mental health, and promote the development of students' physical and mental health. This paper mainly analyzes the curriculum significance and implementation of Ideological and political education, and then discusses in detail the importance of this education for the development of students' physical and mental health.

## 1. Introduction

Ideological and political education, that is, ideological and political education is integrated into different disciplines to implement teaching, strive to achieve three aspects of education, regard morality and cultivation as the core of teaching, and value education as the basis of education, and fully highlight this educational advantage, which is the teaching content that the National Education department focuses on at this stage. In order to further study the importance of Ideological and Political Curriculum for the physical and mental development of primary school students, the next focus is on the analysis of its curriculum significance and education implementation.

With the development of society, students' knowledge education, ideological and psychological education, regardless of primary and secondary, are the main contents that determine the healthy growth of students. Primary school is in the key stage of education. Ideological and political education can help students establish correct three outlooks and strengthen their cultural self-confidence. It is the main discipline to cultivate successors for the construction of socialist cause in the new era. For primary school students, ideological and political education is the core foundation for correcting students' learning attitude. Only by making improvements from the ideological level can we ensure that the new curriculum concept highlights its educational

characteristics in teaching [1]. Ideological and political education must pay attention to the breadth and depth of mergers, and at the same time need to keep pace with the times, which means that only relying on Ideological and political education courses to cultivate students or it is difficult to meet the needs of curriculum teaching. Infiltrating it into the teaching of different disciplines to promote the development of students' physical and mental health can not only achieve the breadth and depth of education, but also ensure the advancement of curriculum teaching.

Ideological and political education is based on students. Because this education focuses on ideology, we must respect students' personalized development and regard students as the first of teaching[2]. Only by arousing students' ideological resonance can we ensure the all-round development of education and promote students' physical and mental health. Therefore, in practical teaching, teachers should try to constantly innovate and improve from the aspects of teaching objectives, teaching contents, educational ideas, teaching models and so on, so as to highlight the significance and value of Ideological and political education. At the same time, ideological and political education is the main way to guide students to practice the core socialist values, and it is also the key to cultivate students' moral quality and behavior habits. Therefore, teachers should pay attention to their teaching attributes in curriculum teaching, give play to the significance of curriculum education, promote the healthy development of students' body and mind, and achieve the practical goal of Ideological and political education.

## **2. The Importance of Ideological and Political Education to Students' Physical and Mental Health Development**

The goals of Ideological and political education and physical and mental health education coincide

Ideological and political education is the main subject to cultivate successors for the construction of socialist cause in the new era, which is of great educational significance to students. Primary school is in the initial stage of education. Teachers should face up to the guiding advantages of Ideological and political education for students' physical and mental health development, highlight the importance of this education, and maximize its educational value.

It can effectively solve various problems in the growth of students at this stage

Ideological and political education is a traditional discipline in China, which has high educational value in educating people. For example, the prevalence of the Internet at this stage has a great impact on students. Some students may advocate different cultures, but students' basic ability is weak. They lack information judgment ability in the mixed network environment, and are easily affected by bad information. The main direction of Ideological and political education is to establish students' correct three outlooks, cultivate students' cultural self-confidence, help students resist bad temptations, and effectively improve the impact of the Internet on students. In practical teaching, teachers can try to use specific cases to show the negative impact of the Internet on students, so as to avoid students' cognitive misunderstandings in the development stage and hinder their physical and mental health development [3]. With regard to the impact of the Internet at this stage, the infiltration of Ideological and political education can effectively improve some negative effects, enhance students' cognitive ability, and escort their future development. Thus, ideological and political education can improve students' cognitive ability.

Ideological and political education can also effectively solve students' emotional problems in the process of growth. Emotion is mainly a test of students' business ability. How to manage family affection, friendship, teacher-student friendship and so on are all topics that students need to focus on in primary school. At this stage, most primary school students lack emotional management ability. If friends break up with themselves, they will be extremely sad, unwilling to learn, and even

difficult to extricate themselves in this friendship; Or be criticized by the teacher for a few words and feel depressed, thinking that the teacher doesn't like him, and the students don't like him even more. Such psychology is a great threat to the healthy growth of students. In order to improve the current situation of students' emotional management, we must infiltrate ideological and political education in practical teaching, guide students to face up to emotions, firm self-confidence, establish lofty goals of emotional management, and learn to manage different emotions in life and learning [4]. We also need to learn self-regulation to avoid being persistent in one thing and difficult to do other things well, which is not worth the loss for students.

### 3. Conclusions

To sum up, ideological and political education is a potential force to promote the development of students' physical and mental health, and how to give full play to this educational force also requires teachers to deeply study effective teaching methods in practical teaching, and maximize the role of Ideological and political education in improving the development of students' physical and mental health in teaching. Since primary school students are in the early stage of their education career, this paper discusses in detail the importance of Ideological and political education in the development of students' physical and mental health from two aspects: the goals of Ideological and political education and physical and mental health education coincide.

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