

# *An Analysis of the Application of Psychology in College Education and Teaching*

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**Keywords:** Psychology, Education and Teaching, Application Analysis

**Abstract:** The role of psychology in college teaching is gradually highlighted with the gradual deepening of the reform of the education and teaching system in China. Psychology can enable students to learn more psychological knowledge, and teachers can also learn about the psychological state of contemporary college students through talking with students, so as to better help them dispel the haze of psychological distress. At the same time, teachers have a good understanding of their learning enthusiasm and learning state, which can help teachers and students deal with the relationship between each other, promote development of education, and enhance friendship to better carry out teaching activities. In order to apply psychology reasonably in college teaching and improve teaching quality, this paper deeply analyzes the important role of psychology in teaching and the application methods of psychology in teaching, hoping to provide some new ideas and methods for promoting the continuous development of education and teaching in China, so that psychology can be reasonably applied to college education and teaching to improve the quality of college education and teaching.

## **1. Introduction**

A series of questions about how to improve the quality of college education have always been the focus of the education circle and the society. In this process, we have continued to explore and experiment. For students, the university stage is the stage of completing the transition from students to workers, and the stage of completing the transition from the school to the society. In this important stage, the school undertakes the important role of helping students to adapt to and spend college life, and develop a personality that conforms to social norms and a healthy psychology in the face of various pressures. In this process, as the preacher of students, teachers need not only rich knowledge but also sound personality to lead students to complete the transition to society. In the era of information explosion, students not only need to bear the pressure of learning but also psychological pressure from all aspects. Therefore, the application of psychology in colleges and universities is becoming increasingly important. A good teacher needs to help students establish healthy psychology while imparting knowledge to students.

## 2. Related concepts and definitions of psychology

The content of psychology covers an extremely wide range, including cognition, emotion, character and communication behavior. In the specific education and teaching work in colleges and universities, psychology plays a key role in helping students learn more about psychology. In addition to letting students learn more about psychology, it can also help teachers understand students' recent psychological activities and more about students' psychological dynamics through students' language or action expressions. Psychology, as its name implies, is a discipline that studies human psychological activities and the characteristics of mental activities and behaviors under its leadership. It mainly includes two modules: basic psychology and applied psychology. The content of psychology is very broad, mainly involving many aspects, such as cognition, emotion, personality, communication behavior, etc. [1] The main role of psychology in college education and teaching is to discover students' inner activities and thoughts, find problems, and reveal their learning state and cognitive level through research. In college education, if teachers want to find problems in the classroom in time, they need to understand psychology, be able to find students' psychological changes in the teaching process, and understand each student's learning situation. They need to teach students in accordance with their aptitude and their aptitude, cultivate students' interest in learning, and stimulate students' interest in exploring new things, so as to promote the improvement of student performance and the progress of teaching level, improve students' learning motivation and enthusiasm, so that their learning enthusiasm is constantly enhanced, and the teaching level is constantly improved.

## 3. The influence of psychology application on college education

Emotions, behavior habits, cognition and relationships are all the contents of psychological research, from the perspective of the scope of psychology. Teachers' application of psychology in education and teaching can not only help students to grow better, but also modern students are in the information age. They need to face different things in the process of growth, and can effectively improve the level of university education. In this critical period of shaping their ideas and psychological quality. From the perspective of students, psychology is a process to help students master knowledge and improve their personality. Psychology can fully demonstrate the advantages of education. In addition to the role of teaching, psychology can not only promote teachers to have a deeper understanding of students' inner activities, but also promote teachers to have a deeper understanding of the psychological state of contemporary college students, and even adopt different education and guidance methods. According to the different characteristics of each student, it also helps counselors to have a better understanding of students; In addition to the psychological teachers' help to students in learning, counselors can also help students in life according to this, and help them better cope with problems in life. Among them, the most common problem is the dormitory relationship. The psychological teacher can understand the personality characteristics and psychological trends of the dormitory members in the shortest time, and can better assist the psychological consultant to find the root of the problem and help students solve the difficult problems in interpersonal relations as soon as possible. The application of psychology can effectively promote the basic psychological laws learned by middle school students in school teaching and teachers' teaching - in college education, the application of teaching effect psychology plays an important role. In the teaching process, teachers often encounter various problems, such as learning problems, moral problems, classroom discipline problems, and face dozens of students with different learning levels and different personality characteristics every day.[2] The research results of educational psychology can give answers to the difficulties and bottlenecks encountered by teachers in teaching. Teachers can also use the knowledge of educational psychology to observe students and find out what their problems are. Only when they find problems can they solve them and ensure the healthy development

of students' physical and mental health. Teachers can make appropriate teaching plans according to individual differences when they determine students' problems.

#### **4. The role of psychological application in college education**

##### **4.1. Educational psychology can provide scientific theoretical guidance in practical teaching**

As a mature science, educational psychology can provide scientific basis for teachers to use in teaching. When making teaching plans, teachers can combine the learning content with the relevant content of educational psychology. According to the psychological and individual differences of students, the scientific and rational application of educational psychology can not only relieve their internal pressure, help them to dispel their doubts, and improve their self-management ability, but also establish a strong emotion between teachers and students, and can also better achieve the goals of education and teaching. When teachers make teaching plans, they can apply educational psychology to the students so that they can provide scientific theoretical guidance in the actual teaching of college education and teaching management.

##### **4.2. Educational psychology can help teachers predict and intervene students**

Teachers can use the knowledge of educational psychology to understand students' psychology, speculate on what students think and do next, and guide students to move along the right path. The ultimate goal of education is that the educatee can obtain professional knowledge in teaching activities while improving their comprehensive quality. Simply carrying out education and teaching activities and completing teaching tasks are not the ultimate goal of university education, because in the management of university education and teaching, students' learning goals and future development direction are not completely determined. It can effectively understand students' inner thoughts, and better strengthen the application of educational psychology in college education management to college education and teaching. In addition, it is beneficial for students to maintain a healthy and positive attitude by using educational psychology theory and knowledge reasonably, which can enable students to concentrate more on the absorption of knowledge and timely eliminate students' unhealthy psychological state.

##### **4.3. Psychology can improve the quality of education and teaching**

For a long time, the teaching methods in universities were indoctrinated. When teachers were in class, they transmitted the sorted content to students. The students were only responsible for absorption. There was no interaction between teachers and students. Over time, the gap between teachers and students formed, which affected the teaching effect. However, when teachers apply psychology to college education and teaching, it can help students answer questions and solve problems, and relieve students' learning pressure and pressure. Because they are full of unknown future, students will have a higher degree of trust in teachers, which will greatly help to improve the relationship between teachers and students, thus promoting the improvement of teaching effect.[3]

The contradictions and problems between teachers and students are problems that cannot be completely solved in college education. The application of psychology in solving the contradictions between teachers and students and promoting communication between teachers and students can also play an unexpected role. It can enable teachers to help students relieve personal pressure and close the relationship between them through psychological theories and activities, so as to improve the quality of psychological application teaching. In this way, it can establish a strong teacher-student relationship while achieving the educational and teaching goals. Therefore, the application of

psychology in college education is beneficial to the promotion of student management and the improvement of education and teaching quality.

## **5. Implementation strategy of psychology application in college education**

According to the concept and value of psychology, applied psychology is the best way to put its concept into practice so as to achieve the purpose of relieving personal psychological problems. Therefore, teachers can start from the following aspects when applying psychology to teaching activities in college education activities.

### **5.1. Taking students as the core, applying psychology to the classroom**

Rogers, a humanistic psychologist, argues that human potential comes from self-achievement rather than cultivation. On this basis, it is proposed that education is to provide students with a relatively free and safe learning environment, that is, the "student-centered" education idea, so that students can stimulate their internal potential as much as possible. Heuristic education uses the teaching idea of "student-centered", points out that the role of teachers is to stimulate students' potential, and emphasizes that teachers must make full use of students' curiosity and encourage them to learn, which is exactly the teaching idea of "student-centered" and "student-centered", "It is student-centered and student-centered. Heuristic education is more open, emphasizing that while teachers are only guides and promoters, students play a major role in learning. Rogers, a psychologist in the humanities, advocates respecting students, loving students sincerely, assisting students to enthusiastically engage in learning and creativity, strengthening teacher-student interaction and communication, and providing students with as much information as possible on the basis of mastering students' psychological characteristics. The content of the class should be as lively as possible to arouse students' curiosity, and help students solve problems that they do not understand after class, so that their comprehensive strength can be better improved.

### **5.2. Giving priority to positive psychology and stimulating students' positive emotions**

Whether for primary school students or college students, the role of inspiration and praise is great. This is not only an affirmation of their own learning achievements, but also an affirmation of the students' love of the subject and their active learning of psychology. From the perspective of students, if teachers often criticize students in public for their bad work here and there, students will become bored with this subject, or even unwilling to communicate with others, and will gradually become inferiority in life, which will have a bad impact on students' future development. If teachers often criticize students in public for their bad work in this subject, it is like that teachers always do not respect students. They are always cynical and unconcerned about the students with poor performance, which will lead to the students' resistance and rebellious psychology, and even completely disappointed with themselves. They are negative and disgusted with their studies, and give themselves up, which will bring extremely serious negative impact on their future. This is why teachers do not have a high evaluation of students. Therefore, psychological teachers should encourage students in an inspiring way to help them re-establish self-confidence, so that they can have a full passion in their future study and life, and lay a good foundation for future development.

### **5.3. Timely communication and encouraging teaching**

Under the influence of traditional education, there is a lack of effective communication between students and teachers, which is particularly obvious during college, and even less emotional

communication. Teachers enter the classroom when they are in class. After teaching to students, they generally do not stay, and there is little interaction with students. Some students may even drift away or skip class, which will inevitably affect the teaching effect. Any student's way of thinking is different when expressing his inner emotional needs. As a guide to students' life, teachers are even better friends for students. Therefore, we should play the role of psychological care for students in the teaching process. We should always talk with students, understand their learning and life, and be sure of it, in order to find problems existing in students, communicate with students in time, and solve problems for students. This can promote the establishment of a good teacher-student relationship between students and teachers, so that students can study hard and achieve something in their studies, thus spontaneously establishing good learning habits. Therefore, when teachers establish emotional communication with students, they need to pay attention to two main aspects, namely "commonness" and "individuality". This can not only make the emotional education plan suitable for each student, but also better promote the improvement of teaching effect.

## 6. Conclusion

To sum up, the application of psychology in colleges and universities meets the needs of the development of the times. It can cultivate healthy and positive psychological quality and correct outlook on life. The research found that psychology can promote the mental health of students and the integration of talents. Therefore, in the process of teaching in colleges and universities, teachers should adopt scientific educational methods to guide the healthy development of students. They should have a full understanding of the relevant knowledge of psychology, communicate with students more, master the psychological characteristics of each student, and be aware of it.

## Acknowledgement

Fund Project: 2021 Postgraduate Education and Teaching Reform Project of Dalian University for Nationalities (Research on "1234" Grid Education Model for Postgraduate Students to Build A Strong Sense of the Chinese National Community 21); The Phased Achievements of the 2021 Liaoning Provincial University Building Research Project "Research on Building a Strong Consciousness of the Chinese National Community in the Learning and Education of History in Ethnic Colleges" (2021GXDJ-YB012).

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