

Research on the Current Situation and Strategies of Ideological and Political Education Psychological Counseling in Higher Education

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Abstract: This paper conducts research on the psychological counseling issues in current ideological and political education in higher education. Through conceptual definition, analysis of the current situation, and proposing strategies, the aim is to explore how to effectively promote the organic integration of students' mental health and ideological and political education in universities. The analysis shows that mental health problems among university students are increasingly prominent, while the current education system and mechanisms lack sufficient support for psychological counseling. Therefore, this paper proposes strategies such as strengthening mental health education, deepening the integration of ideological and political education with psychological counseling, improving management mechanisms, and enhancing teaching staff capacity. The goal is to provide theoretical guidance and practical references for the work of ideological and political education psychological counseling in higher education.

1. Introduction

With the continuous development of society and the updating of educational concepts, the importance of ideological and political education in higher education is increasingly prominent. As an important means of cultivating students' comprehensive development, ideological and political education in universities aims to guide students to form correct worldviews, outlooks on life, and values, and to enhance their sense of social responsibility and mission. However, in the process of ideological and political education in universities, students' mental health issues have gradually attracted attention. Psychological pressure, anxiety, depression, and other psychological problems have become important factors restricting students' development, affecting their learning, life, and growth. In this context, psychological counseling, as an important form of psychological health service, has emerged. However, there are still some problems and challenges in the current psychological counseling work in ideological and political education in universities. Issues such as insufficient psychological counseling services, inadequate teaching staff, and incomplete education systems and mechanisms constrain the deep development of ideological and political education in universities and the comprehensive improvement of students' mental health. Therefore, it is necessary to conduct an in-depth analysis of the current situation of psychological counseling in

ideological and political education in universities, and propose corresponding strategies and suggestions to provide theoretical guidance and practical references for the improvement of psychological counseling work in ideological and political education in universities. This paper aims to promote the organic integration of ideological and political education with psychological counseling through discussion of these issues, and to contribute to the cultivation of socialist builders and successors who are comprehensive in morality, intelligence, physique, aesthetics, and labor[1].

2. Relevant Conceptual Definitions

2.1. Concept and Connotation of Ideological and Political Education in Higher Education

Ideological and political education in higher education refers to the systematic process of imparting Marxist theory, socialist core values, as well as legal, moral, and cultural education to students through curriculum teaching and campus cultural activities during the higher education stage. Its core objective is to cultivate students' ideological and political qualities, enhance their national consciousness, national identity, and cultural awareness to promote their comprehensive development. The content of ideological and political education in higher education includes but is not limited to: theoretical education, emphasizing the teaching of Marxist basic principles to provide a theoretical foundation for students to construct a scientific worldview and methodology; values education, focusing on nurturing socialist core values and helping students establish correct outlooks on life, values, and the world; moral cultivation, fostering students' sense of civic responsibility and moral responsibility through daily educational activities to enhance their sense of social responsibility and historical mission; legal education, enhancing students' legal awareness to promote compliance with national laws and regulations; and cultural heritage and innovation, as universities serve as important bases for cultural inheritance, they not only need to educate students on traditional cultural knowledge but also stimulate their potential for cultural innovation. The goals and functions of ideological and political education in higher education mainly manifest in three aspects: firstly, promoting comprehensive personal development. Ideological and political education fosters students' comprehensive development by facilitating all-round personality cultivation, aiding them in forming a well-rounded personality to promote the dual development of their intellect and morality. Secondly, enhancing social adaptability. Correct values education enables students to better adapt to the rapidly changing social environment, becoming a strong support for social development. Lastly, supporting national development. By cultivating generations of talents with good political literacy and professional capabilities, ideological and political education in higher education provides solid human resources guarantee for the sustainable development of the country and socialist modernization construction. In conclusion, ideological and political education in higher education is not merely about imparting knowledge but also about cultivating values and shaping personalities, with immeasurable profound impacts on students' growth, social progress, and even the future of the nation[2].

2.2. Concept and Role of Psychological Counseling

Psychological counseling is a form of psychological service activity aimed at helping individuals understand and solve psychological problems, improve mental states, and adjust behavior patterns. Through communication and collaboration with counselors or professionals, individuals can identify their emotional problems, psychological distress, and their causes, and learn healthier coping strategies. Psychological counseling encompasses a wide range of techniques and methods, including but not limited to cognitive-behavioral therapy, emotion-focused therapy, and humanistic

therapy, aiming to provide a supportive environment for individuals to open up and explore and resolve internal conflicts. The role of psychological counseling is multifaceted and profound. Firstly, it helps individuals increase self-awareness, recognize their emotions and behavioral patterns, thereby better understanding their mental states. This improvement in self-awareness serves as the foundation for individual self-development and psychological maturity. Secondly, psychological counseling helps individuals learn to cope with stress, resolve conflicts in interpersonal relationships, overcome psychological barriers such as anxiety and depression, thereby improving their quality of life and work. Additionally, psychological counseling also has a preventive effect, helping individuals establish effective psychological defense mechanisms before encountering major life events or potential psychological crises. In the university environment, psychological counseling is particularly important. The academic pressure, career planning, and interpersonal relationships that students face may lead to psychological stress and distress. The psychological counseling services provided by universities can not only help students deal with these issues in a timely manner, promote their healthy growth, but also create a more harmonious campus environment. In summary, psychological counseling is a critical mental health service that plays an irreplaceable role in maintaining and enhancing individuals' mental health, with significant value[3].

3. Current Analysis of Psychological Counseling in Higher Education Ideological and Political Education

3.1. Growing Significance of Mental Health Issues

As societal competition intensifies and higher education advances, student mental health problems have gradually become a major challenge in university education management. In modern society, students face various pressures, including academic pressure, employment pressure, and interpersonal relationship pressure, which often lead to the emergence and development of mental health issues. Firstly, academic pressure is one of the main causes leading to prominent mental health issues among university students. With the development of society, the pace of knowledge updating accelerates, and students face more intense learning competition. In the pursuit of excellence, students may experience anxiety, depression, and other psychological problems. Secondly, employment pressure is also a significant factor contributing to mental health issues among university students. With the continuous increase in society's demand for talents, the employment situation for graduates is becoming increasingly severe. Faced with the uncertainty of employment and fierce competition, some students are prone to psychological problems such as inferiority and suppression. Additionally, interpersonal relationship problems also significantly affect students' mental health. In university life, students need to interact with classmates, teachers, and people from various sectors of society. However, in this process, they may encounter various interpersonal conflicts and issues, thereby affecting their mental health. In summary, the prominent manifestations of mental health issues among university students are the exacerbation of academic pressure, employment pressure, and interpersonal relationship issues. Therefore, effective measures must be taken to strengthen the work of psychological counseling in higher education ideological and political education, help students solve psychological problems, enhance their mental health level, and provide guarantees for their comprehensive development.

3.2. Insufficient Integration of Ideological and Political Education with Psychological Counseling

In current university education, the degree of integration between ideological and political

education and psychological counseling remains low, with certain shortcomings. Firstly, the coordination between ideological and political education and psychological counseling is not close enough. Traditionally, ideological and political education focuses more on shaping students' ideological concepts and cultivating their political literacy, while psychological counseling focuses more on helping students solve psychological problems. Due to the unclear division of responsibilities between the two, there are often problems such as shifting focus and unequal functions in practical work. Secondly, there is a lack of unified education systems and standardized teaching methods. Ideological and political education and psychological counseling are two relatively independent fields of education, lacking unified education systems and standardized teaching methods, making it difficult to form effective educational integration mechanisms in practice. Furthermore, there is an urgent need to improve teaching staff and professional capabilities. Currently, although universities have psychological counseling centers or departments of psychological health education, the number of psychological counseling staff is still insufficient, and their professional capabilities vary. At the same time, the teaching staff in ideological and political education also need to be further strengthened to meet the educational needs of the new era. In conclusion, the insufficient integration of ideological and political education with psychological counseling mainly manifests in the lack of close coordination, the absence of unified education systems and standardized teaching methods, and the urgent need to improve teaching staff and professional capabilities. Therefore, it is necessary to strengthen relevant policy formulation and implementation, establish a close integration mechanism between ideological and political education and psychological counseling, enhance teaching staff and professional levels, promote the deep integration of the two, and jointly provide better guarantees for students' comprehensive development and healthy growth.

3.3. Imperfect Education System and Mechanism

In the current work of psychological counseling in ideological and political education in higher education, the imperfection of the education system and mechanism is one of the important factors restricting its development. Firstly, there are limitations in the university management system. Traditionally, the university management system mainly consists of colleges and departments, and ideological and political education and psychological counseling work are often marginalized or managed in a decentralized manner, making it difficult to form overall synergy. The lack of a unified leadership structure and management system results in a relatively low level of standardization and professionalism in the work of ideological and political education and psychological counseling. Secondly, there is a lack of effective incentive mechanisms and evaluation systems in the education system. In the current university education system, the emphasis on ideological and political education and psychological counseling work is often insufficient, lacking corresponding incentive measures and evaluation standards. This leads to a lack of enthusiasm and creativity among some teachers and managers in ideological and political education and psychological counseling work, affecting the quality and effectiveness of the work. Additionally, there is insufficient funding and resource allocation for ideological and political education and psychological counseling work. The construction and operation of relevant institutions such as psychological counseling centers and departments of psychological health education in universities require a large amount of funding and resource support. However, in reality, they often face problems such as insufficient funds and incomplete facilities, which affect the development and effectiveness of the work. In summary, the imperfection of the education system and mechanism mainly manifests in the limitations of the management system, the lack of incentive mechanisms and evaluation systems, and insufficient funding and resource allocation.

Therefore, it is necessary to strengthen the management and leadership of psychological counseling in ideological and political education in universities, establish a sound management system and incentive mechanism, increase funding and resource allocation for relevant work, enhance the standardization and professionalism of the work, and better meet the mental health needs of students.

3.4. Insufficient Teaching Staff

Insufficient teaching staff is a significant issue in the psychological counseling work of ideological and political education in higher education, which has had a certain impact on the development and quality of the work. Firstly, there is a shortage of psychological counselors. With the increasing number of student mental health issues, an adequate number of psychological counselors are needed to provide timely and effective psychological support and guidance to students. However, in many universities, the number of psychological counselors is far from sufficient to meet the needs of students, resulting in students not receiving timely assistance with their psychological problems. Secondly, there is unevenness in the professional competence and abilities of psychological counselors. Although some psychological counselors have professional backgrounds and rich experience, there are also some who lack systematic training and practical experience. This results in some psychological counselors facing the dilemma of being unable to effectively resolve students' psychological problems in practical work. Additionally, the construction of the ideological and political education teacher team also faces certain challenges. The ideological and political education teacher team needs to possess abundant theoretical knowledge and practical experience to effectively guide students in establishing correct worldviews, life outlooks, and values[4]. However, due to the shortage of teaching staff, some universities may lack ideological and political education teachers with a high level of expertise, affecting the quality and effectiveness of ideological and political education work. In conclusion, the insufficient teaching staff mainly manifests in the shortage of psychological counselors, the unevenness of professional competence and abilities, and the construction of the ideological and political education teacher team. Therefore, it is necessary to increase investment in the construction of psychological counseling teams, strengthen related training and learning opportunities, enhance their professional level and service capabilities. At the same time, it is also necessary to strengthen the construction of the ideological and political education teacher team, cultivate a team of teachers with abundant theoretical knowledge and practical experience to provide better support and guidance for students' comprehensive development.

4. Strategies for Higher Education Ideological and Political Education Psychological Counseling

4.1. Strengthening Psychological Health Education and Promotion

To address the issues existing in the psychological counseling work of higher education ideological and political education, a series of measures need to be taken to strengthen psychological health education and promotion, thereby enhancing students' mental health levels and psychological counseling awareness. Firstly, establish a comprehensive psychological health education system. Through curriculum design, special lectures, psychological health education activities, and other forms, we aim to disseminate psychological health knowledge and counseling skills to students, thereby improving their psychological literacy and self-regulation abilities. Secondly, enhance psychological health promotion and advocacy. Utilizing campus media, social platforms, and other channels, we aim to carry out psychological health promotion activities,

guiding students to establish correct psychological health concepts, encouraging them to express themselves and actively seek help, and enhancing awareness of psychological problem prevention and coping skills. Additionally, we will establish a sound psychological counseling service platform and work to improve the construction of relevant institutions such as psychological counseling centers or departments of psychological health education. This will involve providing diversified and personalized psychological counseling services to students, as well as offering timely and effective psychological support and guidance. In summary, strengthening psychological health education and promotion is one of the important strategies for the psychological counseling work of higher education ideological and political education. Through measures such as establishing a comprehensive psychological health education system, enhancing psychological health promotion and advocacy, and establishing a sound psychological counseling service platform, students' mental health levels can be improved, psychological problems can be effectively prevented and resolved, and students' comprehensive development and healthy growth can be promoted.

4.2. Deepening the Integration of Ideological and Political Education with Psychological Counseling

To better address the mental health issues of university students, it is necessary to deepen the integration of ideological and political education with psychological counseling, organically combining the two to form synergies and enhance the effectiveness of the work. Firstly, we will integrate educational resources and establish a shared platform. By establishing a shared platform for ideological and political education and psychological counseling, we aim to integrate internal and external resources, including professional talents, educational courses, psychological counseling services, etc., to provide one-stop services and comprehensive ideological and political education and psychological health support to students. Secondly, we will strengthen educational content and place focus on psychological quality cultivation. In ideological and political education courses, we will moderately incorporate psychological health education content, guiding students to establish correct life outlooks and values, and cultivating positive psychological qualities. At the same time, in psychological counseling work, we will pay attention to political and ideological guidance, guiding students to establish correct worldviews and life outlooks, and enhancing their psychological resilience. Additionally, we will establish interdisciplinary cooperation mechanisms to promote professional exchanges and cooperation. By establishing a cross-disciplinary training mechanism for ideological and political education and psychological counseling teachers, we will encourage professional exchanges and cooperation among teachers, promoting the collision and exchange of educational concepts, and enhancing teachers' professional levels and service capabilities. In summary, deepening the integration of ideological and political education with psychological counseling is one of the important strategies for the psychological counseling work of higher education ideological and political education. Through measures such as integrating educational resources, strengthening educational content, and establishing interdisciplinary cooperation mechanisms, the organic combination of ideological and political education with psychological counseling can be effectively promoted, enhancing students' mental health levels, and promoting their comprehensive development and healthy growth.

4.3. Improving the Education Management System and Mechanism

To improve the effectiveness of psychological counseling work in higher education ideological and political education, it is necessary to improve the relevant education management system and mechanism to ensure standardization, specialization, and effectiveness of the work. Firstly, we need to establish sound management institutions and leadership systems. This involves establishing

dedicated psychological health education management institutions within universities, clarifying their responsibilities and powers, equipping them with professional management teams, and establishing scientific and rational leadership systems. We also need to strengthen unified leadership and effective management of psychological counseling work in ideological and political education. Secondly, we should improve relevant policies, regulations, and management systems. This includes formulating and improving relevant policies and regulations for psychological counseling in higher education ideological and political education, clarifying the objectives, tasks, and requirements of the work, standardizing the procedures and processes of the work, and ensuring the standardization and orderly implementation of the work. Additionally, we must strengthen the construction of supervision and evaluation mechanisms. This requires establishing a sound supervision and evaluation mechanism, conducting regular assessments and evaluations of psychological counseling work in ideological and political education, promptly identifying problems and deficiencies, taking effective measures for improvement and perfection, and ensuring continuous improvement and enhancement of the work. In summary, improving the education management system and mechanism is one of the important strategies for the psychological counseling work of higher education ideological and political education. Through measures such as establishing sound management institutions and leadership systems, improving relevant policies, regulations, and management systems, and strengthening the construction of supervision and evaluation mechanisms, the standardization, specialization, and effectiveness of the work can be effectively promoted, achieving better results in student mental health work.

4.4. Increasing the Strength of Psychological Counseling Staff

To better meet the mental health needs of university students, measures need to be taken to increase the strength of psychological counseling staff, thereby improving the coverage and quality of psychological counseling services. Firstly, we need to intensify the construction of the psychological counseling team. This involves increasing the number of psychological counselors through recruitment, training, introduction, etc, in order to enhance the overall scale and strength of the team. In particular, it is necessary to strengthen the training and professional development of psychological counselors to improve their psychological health service capabilities and professional levels. Secondly, we should optimize the setting of psychological counseling service institutions. This involves establishing more psychological counseling centers or departments of psychological health education within universities to provide diversified and specialized psychological counseling services. At the same time, we need to establish mechanisms for cooperation between internal and external institutions, fully utilizing social resources, and providing students with more extensive and higher-quality psychological support. Additionally, we must strengthen incentives and guarantees for psychological counselors. This can be achieved by increasing the salary and benefits of psychological counselors, establishing performance appraisal mechanisms, providing opportunities for career development and promotion, etc., in order to incentivize psychological counselors to actively engage in work, improve service quality, and efficiency. Meanwhile, we should establish sound guarantee mechanisms to ensure the working environment and mental health of psychological counselors. In conclusion, increasing the strength of psychological counseling staff is one of the important strategies for the psychological counseling work of higher education ideological and political education. Through measures such as intensifying the construction of the psychological counseling team, optimizing service institution settings, strengthening incentives and guarantees, the coverage and quality of psychological counseling services can be effectively improved, providing more comprehensive and professional support and assistance for students' mental health.

5. Conclusion

The psychological counseling work in higher education ideological and political education is an important link in ensuring students' comprehensive development and healthy growth. This paper proposes a series of strategies and suggestions aimed at addressing the current issues in psychological counseling work in higher education ideological and political education, with the goal of promoting standardization, specialization, and effectiveness of the work. Through measures such as strengthening psychological health education and promotion, deepening the integration of ideological and political education with psychological counseling, improving the education management system and mechanism, and increasing the strength of psychological counseling staff, the mental health level of university students can be effectively enhanced, promoting their comprehensive development and healthy growth. However, it is necessary to recognize that there are still some challenges and difficulties in promoting the psychological counseling work in higher education ideological and political education. For example, the construction cost of the psychological counseling staff team is high, and the adjustment of management systems and mechanisms takes time. Therefore, it requires the joint efforts of leaders at all levels of universities and relevant departments to strengthen policy formulation and resource allocation, form synergy, and promote better results in psychological counseling work in higher education ideological and political education. In conclusion, the psychological counseling work in higher education ideological and political education is a complex and long-term task that requires attention and support from the entire society. It is hoped that through the discussions and strategies proposed in this paper, theoretical guidance and practical references can be provided for the improvement and enhancement of psychological counseling work in higher education ideological and political education, making positive contributions to students' comprehensive development and healthy growth.

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