

Research on the Combination of Mental Health Education and Ideological and Moral Education in Colleges and Universities

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Abstract: Due to the progress of society, college students are encountering more serious mental health problems, such as anxiety, depression, inferiority, loneliness, etc. To better deal with these problems, colleges continue to strengthen the integration of mental health education and moral education, provide diversified mental health services, strengthen the cultivation of students' self-management ability, and strengthen cooperation with families, society and schools. This paper will discuss the above four aspects to provide some reference value for the students' psychological health and comprehensive progress.

1. Introduction

The integration of mental health education and ideological education is an inevitable trend of college education, and also a necessary measure for colleges to enhance students' mental health level and comprehensive quality. Through the organic integration of various forms of mental health education and ideological education, students can be better guided to establish a correct outlook on life, values and world outlook, enhance their self-cognition and self-management ability, and foster their healthy psychology and positive personality. This article combines relevant theories and practices, puts forward the necessity of strengthening the integration of mental health education and ideological and moral education, and explores specific implementation strategies to offer some reference and inspiration for college education and students' mental health.

2. Current Situation of College Students' Psychological State

2.1 Excessive Learning Pressure

College students are facing severe learning competition. Many students often stay up late to study, and even have plagiarism, cheating and other behaviors, which will bring great learning pressure and psychological burden.

2.2 Anxiety and Depression

All kinds of challenges and difficulties in learning and life, as well as uncertainty in the future, may lead to psychological problems such as anxiety and depression.

2.3 Social Difficulties

Some students may face social difficulties and loneliness due to introversion, lack of social skills or differences in language and culture, resulting in a decline in mental health.

2.4 Psychological Trauma

Some students may have experienced psychological trauma such as accidents, family accidents or violent events, which will affect their mental health.

2.5 Internet Addiction

College students are generally very dependent on the Internet and social media. Some students

may become addicted to virtual worlds such as games, online videos and social media, resulting in psychological and physical health problems ^[1].

3. Necessity of Combining Mental Health Education with Ideological and Moral Education in Colleges

First of all, it helps to enhance students' ideological quality. There is a close relationship between mental health education and ideological education. The combination of these two kinds of education can push the improvement of students' ideological literacy and strengthen students' moral concepts and practice.

Secondly, it helps to enhance students' mental health. The combination of mental health education and ideological education can help students understand mental health knowledge, master mental health regulation methods, enhance mental resilience, and reduce the occurrence of mental problems ^[2].

Thirdly, it helps to foster students' overall quality. The goal of college education is to foster talents with comprehensive quality. The combination of mental health education and ideological education can promote the improvement of students' ideological literacy and mental health level, so as to better achieve the goal of college education.

Fourthly, it helps to promote the harmonious progress of schools and society. Colleges are an essential part of society, and the improvement of students' mental health and ideological quality is greatly crucial for pushing the harmonious progress of schools and society ^[3].

4. Strategies of Mental Health Education and Ideological and Moral Education in Colleges

4.1 Strengthen the Integration of Mental Health Education and Ideological Education

Colleges can integrate mental health education and ideological education, form a comprehensive education system, and strengthen students' ideological cultivation and the teaching of mental health knowledge through courses, community activities and other ways.

4.1.1 Strengthen Curriculum

Colleges can integrate mental health education and ideological education in the curriculum, and design a systematic and comprehensive teaching system. For instance, integrate psychology, ethics, philosophy and other disciplines to form a complete ideological and mental health course, so that students can fully recognize and master relevant knowledge in class ^[4].

4.1.2 Play the Role of Community Activities

Colleges can fully play the role of community activities, set up mental health associations and ideological associations, and offer more opportunities for students to communicate, learn and practice. For instance, mental health associations can organize students to conduct emotional communication, stress management and other activities. Ideological associations can organize students to discuss, debate, public welfare activities, etc., to strengthen students' ideological cultivation.

4.1.3 Teacher Training and Guidance

Colleges can train teachers to enhance their professional level and teaching ability, so as to better carry out teaching work. Colleges can also provide psychological counseling services for students, provide professional psychological counseling and help, and help students better solve psychological problems.

4.1.4 Establish a Complete Evaluation System

Colleges can establish a complete evaluation system to evaluate and monitor the integration of mental health education and ideological education. Through regular questionnaires, teaching feedback and other methods, they can know students' learning situation and psychological state, and

timely adjust and improve teaching content and methods ^[5].

4.2 Provide Diversified Mental Health Services

4.2.1 Establish Psychological Counseling Center

The psychological counseling center is a crucial institution providing psychological services in colleges. It can provide professional psychological counseling services for students and help them solve various psychological problems. The psychological counseling center can provide counseling services through telephone, internet and other forms, so that students can get timely help.

4.2.2 Set up Mental Health Guidance Group

The mental health guidance group is a psychological counseling service organization with students as the main body and counselors and professionals as the guidance, mainly providing targeted mental health education and psychological counseling services. Through group discussion and psychological test, students can know their psychological problems and enhance their ability of psychological adjustment.

4.2.3 Promote Mental Health Knowledge

Colleges can publicize and promote mental health knowledge through various channels, such as campus radio, school newspaper, WeChat official account, etc., so that students can better know the significance of mental health, recognize their own psychological problems, and actively seek psychological help ^[6].

4.2.4 Carry out Mental Health Education Activities

Colleges can regularly develop mental health education activities, such as psychological lectures, psychological health weeks, psychological dramas, etc., to guide students to correctly treat their mental health problems, enhance their awareness of self-protection, and also provide a platform for communicating psychological problems, so that students can better know themselves and others.

4.2.5 Strengthen Mental Health Service Network

To better provide diversified mental health services, colleges can establish a mental health service network and establish cooperative relationships with social psychological counseling institutions and hospitals, so that students can get more professional help when needed.

4.3 Strengthen the Cultivation of Students' Self-Management Ability

First of all, students need to recognize the significance of self-management. They need to know the significance of self-management for achieving their goals and maintaining mental health, and understand the impact of their behavior and emotions on themselves and others. In mental health education and ideological education, students should be taught and instructed how to know themselves, understand their emotions and behaviors, and learn how to communicate with others.

Secondly, students need to develop the ability of self-cognition, self-control and self-regulation. These abilities are the key for students to manage themselves effectively. Through mental health education and ideological education, students should be guided to self-reflect and know their strengths and weaknesses, so as to better manage their emotions and behaviors. In addition, students should also be taught how to control themselves, including how to control their behaviors and emotions, how to adapt to pressure and difficulties, and how to enhance their emotional stability. Finally, students should also be instructed how to self-regulate, including how to seek support and help, and develop effective coping strategies to cope with challenges and pressures.

4.4 Strengthen Cooperation between Family, Society and School

Strengthening the cooperation between family, society and school is an essential supplement to mental health education and ideological education. The family and social environment of students are crucial factors affecting students' mental health. Only by strengthening the cooperation between school, family and society can we form a situation of common concern and support of the whole

society and provide more comprehensive and systematic mental health services for students.

In terms of family, colleges can communicate and cooperate with parents through parents' meetings and other forms to jointly focus on students' mental health problems and strengthen family's attention and support for students' mental health. Colleges can provide parents with relevant mental health knowledge and methods to help parents better guide their children and avoid psychological problems caused by family factors.

In terms of society, colleges can cooperate with social resources institutions, such as psychological counseling institutions and social work institutions, to provide students with more comprehensive and professional mental health services. Colleges can carry out voluntary service activities to attract all sectors of society to participate in mental health education and treatment.

Colleges can strengthen the interaction between teachers and students, establish the relationship of trust and mutual assistance between teachers and students, and help students better integrate into the school and society. Colleges should also strengthen the education and training of teachers' mental health, enhance teachers' mental health literacy and psychological counseling ability, so as to better serve students.

5. Conclusion

The integration of mental health education and ideological education is a crucial task of college education, and also a necessary means to achieve the comprehensive progress and mental health of college students. By strengthening the organic integration of mental health education and ideological education, providing diversified mental health services, fostering students' self-management ability, and strengthening cooperation with families, society and schools, college students' mental health and all-round progress can be better promoted. Therefore, we should focus on this issue, actively explore and practice, and make positive contributions to college education and the progress of students' mental health.

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