

# Strategies for the Deep Integration of Psychological Health Education and Ideological and Political Education for College Students

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## Abstract:

College students are the future talents of society and play an important role in social development. However, in the new era, college students face more complex environments and tempting factors in their lives, which affect their mental health status and impact their worldview, outlook on life, and values. This can also affect their attitudes and life choices. Therefore, universities should prioritize integrating psychological health with ideological and political education, innovate teaching methods, enhance students' psychological and ideological growth, and promote their overall well-being and development. This article summarizes the importance of integrating psychological health education with ideological and political education for college students, analyzes the problems in its deep integration, and proposes targeted optimization strategies, hoping to provide an effective reference for college students.

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## Keywords:

Psychological health  
Ideological and political education  
Deep integration

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## 1. The importance of deep integration of psychological health, ideological, and political education for college students

### 1.1. Definition of psychological health, ideological, and political education

#### 1.1.1. Definition of psychological health

Psychological health education involves using scientific methods to understand students' psychological development, enhance their psychological qualities,

address issues, and promote overall mental well-being. It aims to cultivate students' awareness of mental health. Teachers provide effective psychological counseling and guidance, organize diverse psychological health education activities, address students' psychological health issues, enhance their psychological qualities, and help them cope with life's challenges and pressures.

### **1.1.2. Definition of ideological and political education**

Ideological and political education refers to the educational process guided by the Marxist theory, through systematic theoretical education and ideological guidance, to help students establish correct worldviews, outlooks on life, and values, and cultivate students' patriotism and sense of social responsibility. The goal of ideological and political education is to improve students' political literacy, enhance their sense of social responsibility and mission, and cultivate their good moral qualities and behavioral habits. Through systematic theoretical education and ideological guidance, ideological and political education can help students establish correct worldviews, outlooks on life, and values, cultivate patriotism and social responsibility, and actively contribute to social progress and national development.

## **1.2. The importance of integrating psychological health education with ideological and political education**

### **1.2.1. Promote the comprehensive development of students**

The integration of psychological health education with ideological and political education can focus on students' psychological health, attach importance to the cultivation of ideological and political qualities, make up for the shortcomings of a single education model, and promote students' comprehensive development.

### **1.2.2. Improve the effectiveness of teacher education**

Integrating the content of psychological health education into ideological and political courses, combined with relevant knowledge of psychology can help students better understand and cope with psychological confusion and challenges in daily life, and enhance the effectiveness of ideological and political education.

### **1.2.3. Enhance social responsibility**

Incorporating elements of ideological and political education into psychological health courses can guide students to think and discuss current social issues, enhance their political awareness and sense of social responsibility, and contribute to the future development of the country.

### **1.2.4. Cultivate a sound personality**

The integration of psychological health education and ideological and political education helps cultivate students' sound personalities, enabling them to have healthy physical and mental development and good moral qualities and contribute to the harmony and stability of society.

## **2. Problems in the deep integration of psychological health education with ideological and political education for college students**

### **2.1. Gap between educational teaching content and students' practical life**

There is a problem of inconsistency between teaching content and students' practical life in current ideological and political education in universities. Teachers' educational content is far from students' actual lives, which leads to students' difficulty in understanding and mastering abstract knowledge. From the perspective of teaching content, traditional ideological and political education in universities mainly combines political theory literacy, behavioral norms, and many more which is not in line with the requirements of the current times and is far from the actual life of college students. From the perspective of educational philosophy, university teaching focuses on the transmission of political theoretical knowledge, emphasizes the policy guidelines of the Communist Party of China and the government, and instills Marxist principles.

It lacks integration with social hot issues and topics of concern to students, neglects students' specific life practices, and is not conducive to students' scientific positioning of their social roles. The problem of teaching content in universities being far away from students' practical lives is mainly due to the outdated teaching content. Firstly, most ideological and political teachers in universities simply copy textbook knowledge, resulting in weak interest in course teaching and outdated teaching content, which makes it difficult to stimulate students' interest and enthusiasm for learning. Secondly, the single teaching method of teachers is also an important factor affecting their teaching. In the process of integrating psychological health education with ideological and

political education in universities, teachers mostly use traditional indoctrination teaching methods. As the main body of the classroom, teachers transmit knowledge to students in a one-way manner, resulting in a lack of effective interaction between teachers and students. Teachers cannot fully understand students' psychological development and ideological status, and cannot meet the personalized psychological needs of college students, which is not conducive to improving teaching effectiveness.

## **2.2. Poor effectiveness of psychological health education**

With the continuous improvement of intelligence levels, the pace of life of college students is accelerating, the material living standards are greatly improved, and entertainment activities are increasing. College students can obtain various information in the online environment and be influenced by different ideas. Some students may have problems such as improper learning attitudes and impetuous mentality, which affects the effectiveness of psychological health education.

Simultaneously, universities lack specificity in the teaching process and cannot provide personalized counseling based on students' actual situations and psychological needs, resulting in poor educational outcomes. Unified psychological counseling cannot accurately solve students' differentiated psychological problems, which affects the establishment of harmonious relationships between teachers and students, leads to a lack of willingness for students to seek help from teachers when encountering psychological problems, and affects students' personal development.

Additionally, the insufficient teaching staff in universities is also an important factor affecting the integration of psychological health education with ideological and political education. The shortage of teaching staff for psychological health education in universities and the difficulty in meeting the actual needs in terms of the quantity and quality of professional teachers have led to a scarcity of resources for ideological and political education and psychological health education courses, low frequency of classes, and a large gap in the number of students and teachers. Teachers find it difficult to observe and understand the psychological

state and ideological development of each student, which is not conducive to solving students' psychological problems and affects the effectiveness of psychological health education<sup>[1]</sup>.

## **2.3. The integration mechanism is not perfect**

In traditional university teaching, psychological health education with ideological and political education has always been carried out in two different forms of courses, lacking a sound curriculum integration mechanism and experience. Firstly, there is a lack of collaborative mechanisms for courses, and the leaders of relevant departments in higher education lack the establishment of collaborative mechanisms during the integration process. There is no clear division of functions and responsibilities among various departments, and there is a lack of process organization for course integration.

Secondly, there is a problem of insufficient resource integration in the process of curriculum integration in universities. The education management departments of universities have weak resource integration and have not formulated a sound resource integration mechanism, resulting in difficulties in the smooth flow of information and resources between different departments, which cannot provide comprehensive resource support for teachers to carry out courses and affect the effectiveness of integrated education<sup>[2]</sup>.

## **2.4. Lack of a comprehensive evaluation system**

In traditional psychological health education with ideological and political education in universities, teachers often neglect the evaluation process of students, resulting in teachers being unable to grasp the psychological and ideological development of students, and unable to adjust teaching plans according to their actual situation and needs. In the existing evaluation system for the psychological health with ideological and political education of college students, the evaluation of students is often completed by teachers, and there are limitations to the evaluation from a single perspective of teachers, which cannot comprehensively understand and grasp the learning situation of students. In many higher education processes, due to the unequal status between teachers and students, a good communication relationship has not been established between the two

parties. Students' performance in front of teachers differs from their performance in daily life, which also affects the comprehensiveness and authenticity of teachers' evaluations of students.

### **3. Optimization strategies for the deep integration of psychological health education with ideological and political education for college students**

#### **3.1. Strengthen the connection between teaching content and practical life**

To enhance the effectiveness of ideological and political education, universities should strengthen the connection between teaching content and students' practical lives, making ideological and political education more closely related to student's actual needs and life experiences. Firstly, universities need to update their teaching content, timely understand the changes in the development of the times, analyze the requirements of the times for talents, and continuously update the teaching content of ideological and political education. Universities should build a content library of teaching resources, integrate current social issues and topics of concern to students into ideological and political education and psychological health education classrooms, stimulate students' interest and enthusiasm for learning, enhance the applicability of students' learning content, and provide effective guidance for students to solve problems encountered in life and study.

Secondly, teachers should innovate their teaching methods, and universities should actively carry out training by inviting experts in the field of education, enriching teachers' teaching methods, and improving their teaching level. Concurrently, teachers should also utilize online and offline educational resources to continuously improve their teaching level, adopt diverse teaching methods in the teaching process, and enhance students' interest in learning. Teachers can use case analysis teaching methods in the classroom, introduce social hot topics, and combine psychological and ideological education content for classroom teaching, guiding students to express their opinions and viewpoints on case events, enhancing interaction between teachers and students, and improving the fun and effectiveness of teaching.

#### **3.2. Enhancing the pertinence and effectiveness of psychological health education**

Enhancing the understanding of students is the foundation for improving the pertinence and effectiveness of psychological health education with ideological and political education. Therefore, teachers should have a deep understanding of students' actual situations and psychological needs during the teaching process, conduct comprehensive and scientific evaluations of their development, and develop personalized counseling plans for students. Firstly, teachers should strengthen communication with students and enhance their understanding of them. Good communication can improve the relationship between teachers and students, help students establish trust in teachers, and increase their willingness to share with teachers.

Secondly, improving the teaching abilities of teachers in psychological health with ideological and political education is also an important way to enhance teaching effectiveness. Universities should attach importance to the training of teachers in psychological health education with ideological and political education, regularly invite local and international experts in the field of education to give lectures to teachers, update the educational concepts of university teachers, and improve their abilities in psychological health with ideological and political education<sup>[3]</sup>.

Simultaneously, schools should establish internal teacher exchange meetings and regularly organize teachers to share and exchange teaching experiences within the school. Through the case sharing of teachers in the teaching process, it is beneficial for teachers to enhance their understanding of students and carry out psychological health education with ideological and political education based on their characteristics.

Moreover, universities should actively introduce external talents and enrich the construction of their teaching staff. Universities can hire psychological experts and private education experts with rich practical experience and profound theoretical foundations as part-time teachers. Through the cutting-edge academic perspectives and rich practical cases of these teachers, students' horizons can be expanded, and guidance can be provided for optimizing teaching plans for full-time teachers.

Finally, with the continuous development of the Internet, college students have access to global information and are affected by various international ideas. To improve the quality of psychological health education with ideological and political education, and ensure that the education meets the needs of college students, colleges and universities should introduce international resources and actively carry out international exchanges. Through deep cooperation with internationally renowned universities and research institutions, universities can access advanced concepts and models of psychological health education with ideological and political education, draw on international advanced theories and practices, and combine them with the actual situation of the university to build a psychological health education with ideological and political education system together with Chinese characteristics.

### **3.3. Improve the mechanism of curriculum integration**

To improve the teaching effectiveness of psychological health education with ideological and political education, universities should improve the integration mechanism, construct a sound integration process, clarify the responsibilities and rights of each department, ensure that all departments can cooperate in the integration process, and promote deep integration.

Firstly, universities should improve the mechanism for the comprehensive integration of psychological health education with ideological and political education, and communicate this mechanism to various departments to ensure that they can clearly define their roles and responsibilities in the integration process, and ensure the smoothness of the integration mechanism. Universities should establish a dedicated working group responsible for promoting the integration of psychological health education with ideological and political education and regularly organize meetings to strengthen communication and collaboration between departments, clarify the focus of work at each stage, encourage departments to share and exchange ideas on the problems encountered during the integration process, jointly optimize the process, and improve integration efficiency.

Simultaneously, universities should organize the establishment of an educational resource library, integrate

psychological health, ideological, and political education resources, and provide resource support for teachers to integrate them through the construction of a unified resource management platform, improve the pertinence and practicality of integrated education, and provide students with rich learning resources.

Secondly, teachers need to innovate educational integration models and constantly explore diverse educational paths. Teachers can introduce psychological health education content into ideological and political education courses, helping students understand their psychological development through psychological testing. Teachers can also integrate elements of ideological and political education into the process of psychological health education, introduce social hot issues and cases in the classroom, and encourage students to share their views and understand their ideological development<sup>[4]</sup>.

### **3.4. Improve the teaching evaluation system**

A comprehensive evaluation system can reflect students' development, which is beneficial for teachers to design teaching and improve teaching effectiveness. Firstly, teachers need to improve the teaching evaluation system, evaluate students' psychological and ideological development from multiple aspects and perspectives, observe their state in classroom learning, and pay attention to their psychological growth. Teachers can also organize peer and self-evaluation among students, improve the student evaluation system, and enhance their understanding of students. Through various evaluations, teachers can establish personalized psychological health records for students, record their psychological health status and mental state, update the content of the records promptly based on changes in students' psychological state and ideological growth, and through in-depth analysis of the content of the records, discover possible psychological and ideological problems of students on time, develop personalized psychological health counseling plans for students, help students establish good mental and ideological states, and promote their comprehensive development.

Secondly, teachers should introduce diverse evaluation methods and enrich their perspectives on student evaluation. Teachers can encourage students to engage in peer and self-evaluation. Student peer

evaluation can enhance students' sense of participation and responsibility. In the process of evaluating others, students will also reflect on their behavior, recognize their strengths and weaknesses, stimulate their learning enthusiasm, learn from others' strengths and weaknesses, and promote their self-improvement. Through students' self-evaluation, they can reflect on their performance, stimulate their awareness of self-improvement, and think about how to improve and enhance themselves. Encouraging students to engage in peer and self-evaluation can improve the accuracy and comprehensiveness of student evaluations, enhance teachers' comprehensive understanding of students, strengthen communication between teachers and students, and build a harmonious teacher-student relationship.

#### 4. Summary

The deep integration of psychological health education with ideological and political education for college students is an important issue in the new era of higher education. It is an important way to meet the requirements of modern college students' psychological health and ideological development and can guide them to establish a correct worldview, values, and outlook on life. However, there are still many problems in the deep integration of mental health education and ideological and political education for college students, which affect the effectiveness of mental health education and ideological and political education. Universities need to improve the integration mechanism of mental health education and ideological and political education, strengthen teacher training, enhance the efficiency of the integration of mental health education and ideological and political education, and promote the comprehensive development of students.

#### Disclosure statement

The authors declare no conflict of interest.

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