Combining Strategies of Ideological and Political Education and Mental Health Education for universities students

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Abstract: *Mental health education (MHE) in universities has achieved initial results after nearly 20 years of comprehensive development. In the new era, the basic task of moral education requires higher and deeper education objectives and effects of MHE in universities. This paper mainly studies the combination strategy of ideological and political education (IPE) and MHE for universities students. This paper studies the status quo of MHE in IPE in universities by using questionnaires. Through the investigation, it is found that the application effect of MHE in IPE in universities is not good, and the two education ideas, education methods, education content are still in their own independent status quo. According to the above survey results, how to effectively apply MHE to IPE has been actively explored, so that MHE can be truly integrated into the IPE in universities, to improve the effectiveness of IPE to make a positive contribution.*

Keywords: *Universities Students, Ideological and Political Education, Mental Health Education, Questionnaire Survey*

1. Introduction

IPE is an important part of higher education in China. However, today's IPE in universities is still emphasized in the daily education of politicization, formalization, lack of systematic theoretical guidance. Contemporary universities students are in a stage of rapid growth. The diversified world provides them with different perspectives and knowledge, and also brings them unique psychological state and moral quality. Positive, sunny, optimistic and upward are the portrayal of universities students. Vulnerability, sensitivity, breakdown and passivity have also become the dark side of some universities students. Therefore, MHE for universities students is a part that can not be ignored during their study. Thus, MHE has become an integral part of IPE [1]. However, in the IPE of universities, the addition of MHE has not become the consensus of people, and its positioning and application mode in the IPE system of universities need to be further studied. The current situation that MHE is not paid attention to in the IPE system of universities not only hinders its effective development, but also affects the effectiveness of IPE [2].

MHE as an independent subject has been developed in western countries for nearly a hundred years, but the western school MHE started from the occupation counseling movement in the early 20th century. With the increasingly prominent drawbacks of pragmatic education and the deeper social problems brought about by these disadvantages, the United States has realized the role of MHE in civic education earlier and has combined MHE with IPE in practical education [3]. This is reflected in the fact that most American universities have set up mental health, psychological counseling and other institutions to guide students in social planning, career development, interpersonal relationship and other aspects [4].

In this paper, through the empirical investigation of universities, through the analysis of the data obtained the MHE in the IPE in the use of the status quo. Targeted to the present situation of the emergence of the problem of discussion, analysis of its causes. Finally, according to the causes of the problems, the corresponding practical countermeasures and suggestions are put forward.

2. Relationship between IPE and MHE

2.1 Important Function of MHE

universities students' psychological state, moral concept, practical ability will be affected by MHE, these influences with the improvement of individual psychological quality resulting in the "new function", here called the derivative function of MHE. Having a noble moral character can not be empty talk, but need to have a certain foundation. The "new function" of MHE precisely provides this basis for IPE in universities, which is embodied in the improvement of construction schemata, the role of dynamic system, and the improvement of the ability to know and do things [5-6].

2.1.1 Perfection of the construction schema

The formation of correct moral character is to construct new ideas on the basis of universities students' existing cognition and turn them into good moral behavior. The so-called construction of the icon "is to emphasize the dynamic character of moral education, universities students take the initiative to construct new moral concepts in the interaction of college education. The constructors take the moral experience as the starting point of the new moral behavior, and gradually build a relatively stable moral consciousness in the experience. The interaction between the old and new experiences in the construction schema reflects the richness of the IPE in the practice of the situational education in universities. Therefore, the healthy psychological education of universities students in the IPE work is not so much objective, rather is the individual initiative to adapt to, the construction of schema not only plays a theoretical foundation, but also has a certain far-reaching significance. In the actual IPE activities, universities students in the process of accepting and absorbing the IPE in universities, by the cognitive subject to take the initiative to construct, get good psychological quality, to complete the psychological health education of universities students.

2.1.2 Function of power system

Under the guidance of emotion, universities students' acceptance of IPE and teaching forms a kind of power, and universities students' ideological and moral character forms the motive power system. Under the study of MHE, universities students find their interests, face up to their needs, and gradually realize high-level needs. Motivation, a factor of the dynamic system, is an important dynamic system of universities students' MHE. Motivation can point to individuals to produce the desire for activities, and point to the target and object of IPE.

2.1.3 Improvement of moral ability

The formation of IPE is the law of the development of knowledge, feeling, meaning and action. In the study of moral norms, people form their own moral cognition. People form their own understanding of social phenomena and other people's behaviors, which rise to emotion, that is, moral emotion. In the IPE for a long time, repeatedly grasp, and constantly improve the MHE.

Taking "correct moral education" as a new function of mental health also shows that it is wrong to make the "moral education" function of MHE one-sided and neglect the IPE in universities. On the contrary, we should not only attach importance to the IPE in universities, but coordinate the two. Whether it is the perfection of the construction schema, the function of the dynamic system, or the enhancement of the moral ability of knowing and acting, they are the conditions for the innovation and development of individual ideology and moral character. These functions should be the reflection of the self-organization function of IPE as an open system, which is a derivative function.

2.2 Psychology of Modern IPE

Ideological and political pedagogy, as the theoretical basis of universities students' IPE research, is a subject formed under the guidance of Marxism, Leninism and the theory of socialism with Chinese characteristics and based on the practice of IPE and ideological and political work. After more than 30 years of exploration and development, it has drawn on various disciplines, especially psychology, and formed rich theoretical achievements [7-8].

Although the IPE of universities students is a relatively complete theoretical system, it is still constantly improving and renewing itself. With the rise and introduction of Marxist humanism, there are endless discussions about the humanism of IPE, and some achievements have been accumulated. Longitudinal, as a process of socialization, IPE runs through one's whole life. Horizontally, IPE relates to various elements such as subject, object and content, including human and nature, human and society

as well as the relationship between human and human. The attention to human needs and so on preliminarily forms the human theory of IPE for universities students in China [9].

The achievement of psychology of IPE. With the development of IPE, it not only pays attention to the macro development of people, but also pays attention to the micro level of people, that is, the characteristics and laws of psychological or spiritual level, and gradually develops the psychology of IPE in its discipline system [10]. It specifically studies the psychological characteristics, rules and psychological basis of acceptance and identification of the subject and object of education in the process of educational practice. The update of IPE psychology also needs more introduction to psychology and application of MHE results.

Modern IPE, based on traditional IPE, has gradually developed into a theoretical system that includes ideological education, political education, moral (legal) education and psychological education. The IPE of contemporary universities students has an unprecedented problem, which makes the IPE in our country have to pay attention to the MHE in the process of development. Taking the psychological safety, mental health and psychological development of universities students as the starting point.

3. Investigation of MHE Combined with IPE

3.1 Investigation Method

Ideological questionnaire is a qualitative research method, commonly used in sociology and psychology research. Its characteristic is to understand some characteristics of the whole by analyzing selected samples. The questionnaire of this study mainly designs questions from the aspects of college psychology curriculum, MHE activity form, IPE work content and method, as well as the classification, source and solution of universities students' psychological problems.

3.2 Respondent

The survey objects selected in this paper are mainly universities students from two universities in the city. Each university issued 1000 questionnaires for science, engineering and literature and history respectively, and a total of 6000 questionnaires were received. The number of questionnaires was 5,790 with a recovery rate of 96.5%.

3.3 Data Statistics

In this paper, SPSS 22.0 software was used to statistic and analyze the results of the questionnaire survey, and t-test was conducted. The t-test formula used in this paper is as follows:

$$t = \frac{\overline{X} - \mu}{\dfrac{\sigma X}{\sqrt{n}}} \tag{1}$$

$$t = \frac{\overline{X}_1 - \overline{X}_2}{\sqrt{\dfrac{(n_1 - 1)S_1^2 + (n_2 - 1)S_2^2}{n_1 + n_2 - 2} \left(\dfrac{1}{n_1} + \dfrac{1}{n_2} \right)}} \tag{2}$$

$$t = \frac{\overline{d} - \mu_0}{s_d / \sqrt{n}} \tag{3}$$

4. Survey Results

4.1 Application of MHE in IPE

This paper investigates the application of MHE in IPE in universities. There are two main problems: 1. The IPE in schools mainly focuses on the classroom, and no new teaching methods are tried; 2. There are many educational activities to learn about mental health and the atmosphere is pleasant. The

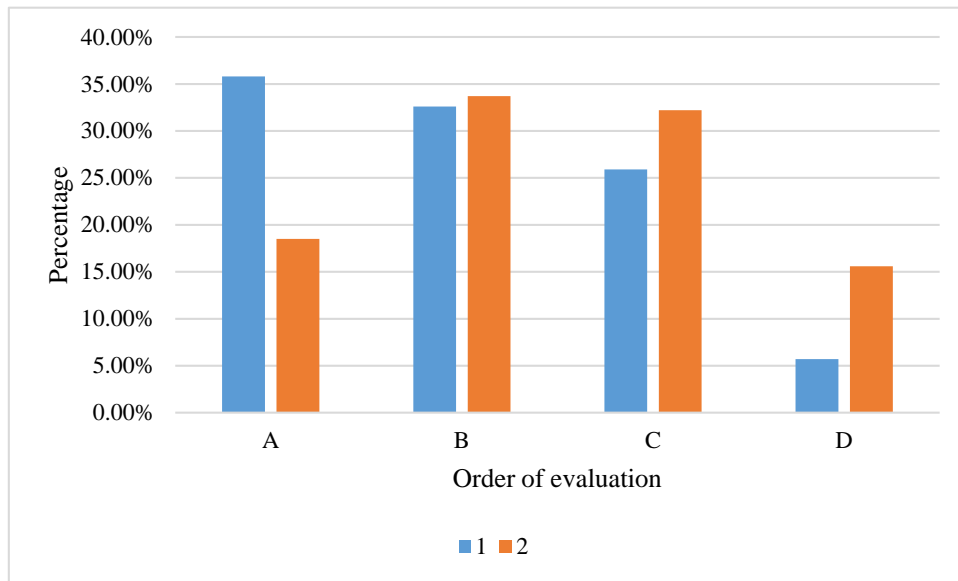questions are divided into four grades: A. strongly agree, B. agree, C. fairly agree, D. Do not meet.

Figure 1: Health education and IPE mode status quo

As shown in Figure 1, only 5.7% of the students thought that the IPE in the school did not focus on classroom teaching, but adopted new teaching methods. As far as MHE is concerned, 84.4% of the students think that the forms of MHE tend to be diversified and the activity atmosphere is good. The comparison of the above figures shows that the current teaching mode of IPE in universities is still a single traditional classroom teaching mode, and the MHE has a variety of forms in the educational mode, and has achieved preliminary results. The way of MHE has not been actively and effectively used in IPE, and IPE has not made full use of the excellent results of MHE in the way of education.

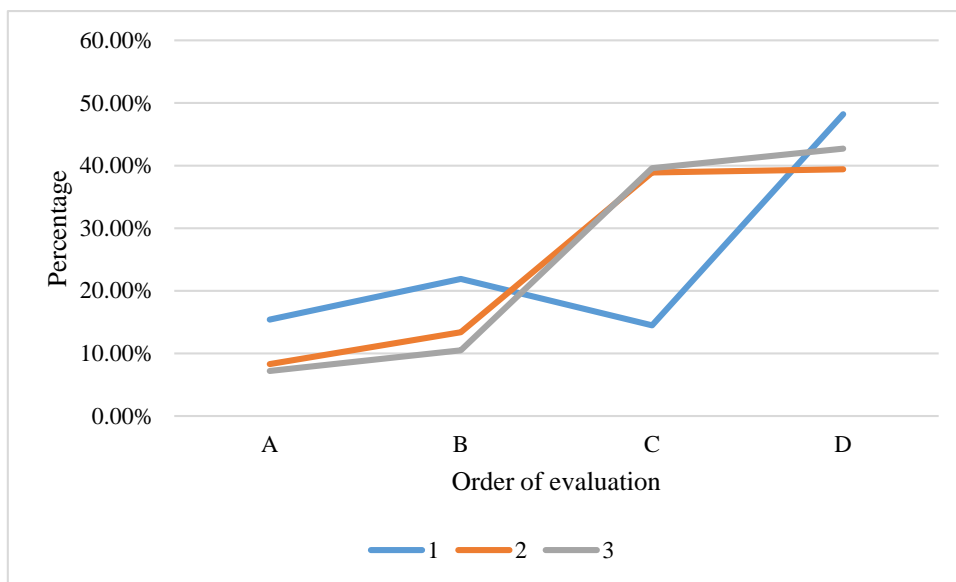*4.2 Application of MHE Content in IPE*

Figure 2: The present situation of MHE content in IPE

This paper investigates the application of MHE content in IPE in universities, which is mainly divided into three questions: 1. The ideological and political activities of the school are interesting; 2. The ideological and political class will introduce the content of MHE; 3. Moral and quality education will be carried out in MHE. Again, there are four ratings.

As shown in Table 1 and Figure 2, 48.2% of the students thought that the activities themed by IPE were boring. As for the introduction of MHE in IPE, only 8.3% of the students were approved by the

decision of communication, and 39.4% of the students did not feel the introduction of MHE in IPE. At the same time, 42.7% of the students did not feel that the content of MHE was integrated with the content of ideological and moral construction. This shows that the content of MHE and IPE do not really achieve mutual integration and complement.

Table 1: The present situation of MHE content in IPE

	A	B	C	D
1	15.4%	21.9%	14.5%	48.2%
2	8.3%	13.4%	38.9%	39.4%
3	7.2%	10.5%	39.6%	42.7%

4.3 Combined Strategy

4.3.1 Introducing MHE in IPE

The use of MHE methods in IPE in universities is the enrichment of IPE connotation. Educators can use conversation, communication and other methods in the process of IPE, on the one hand, a comprehensive understanding of the students' character, ability, etc., to enhance the practical nature of IPE; On the other hand, students can open their hearts in a relaxed environment, so as to better understand the psychological trends of students, so that the IPE is more targeted, and more easily accepted by students.

The application of MHE in IPE in universities can strengthen the foresight of IPE. IPE focuses on the indoctrination method but ignores the guidance method, which tends to ignore the special situation of students and lacks foresight. The thoughts and behaviors of universities students are closely related to their psychological state, and their behaviors are the direct and external reflection of their psychological quality. Therefore, the application of MHE in IPE can better understand the students' ideological and psychological state, predict their ideological obstacles, and carry out educational activities with a definite object in mind.

4.3.2 MHE Conforms to the Value System of IPE

The methods of MHE should be applied in the process of IPE. The latter should comply with the value system of IPE, which is conducive to solving the problems of incoordination and inunity in the process of the two.

MHE needs to uphold and embody the value of IPE. Values are not only highly related to MHE, but also directly affect MHE. Therefore, it is necessary for MHE to follow the guidance of values. The socialist core values are an important measure standard of universities students' MHE. The realization of universities students' mental health should be based on the students' correct values. Therefore, MHE should follow the socialist core value system, so as to achieve better educational effect.

MHE follows the moral and ethical value of IPE. Psychological quality plays an important role in the formation of human thought and morality. Only in moral self-discipline can universities students have a positive attitude towards life and good psychological control. Developing MHE for universities students can help them adjust their emotions effectively, correctly deal with the relationship between people, enhance their social adaptability, ease the contradictions between universities students and other members of society, effectively avoid interpersonal problems caused by psychological factors, and promote social harmony.

5. Conclusions

Through the study of IPE, psychology, pedagogy, synergetics and other relevant theoretical knowledge, the feasibility of the combination of universities students' MHE and IPE was studied. On the basis of previous studies, this paper combines the ideological and psychological characteristics of current universities students to seek the feasibility and development direction of the combination of the two. Pay attention to cultivate universities students' IPE put forward the formation of ideas and consciousness, MHE is to help students adapt to society, self-understanding, both fit and collaborative innovation is beneficial to both common progress, innovation in practice the new forms, expand the way of thinking of IPE, improve the quality of the universities students' quality education.

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