



# Research on Psychological Education Promoting Ideological and Political Education in China's Colleges and Universities

Linchun Yan, Daohai Lei\*

Chongqing Medical and Pharmaceutical College, 401331, Chongqing, China

\*Corresponding author's e-mail: 32613337@qq.com

**Abstract.** In the new era, psychological education has been essential to ideological and political education in colleges and universities in China. The practice of ideological and political education in colleges and universities cannot be conducted without psychological education, which plays a pivotal role in college students' growth and requires further research. Psychological education can enrich the connotation of ideological and political education and prompt students to accept such education, thus improving its quality and effect. Meanwhile, psychological education can provide more ways of conducting ideological and political education. Furthermore, psychological education offers ideas and methods for ideological and political education, makes it more appealing, targeted, and effective, and ensures the combination of psychological education and moral education. By analyzing the logic, innovation combination path, and practical research of psychological education and ideological and political education, this paper aims to discuss the relevant strategies of psychological education to promote ideological and political education in colleges and universities, to provide a theoretical basis and practical guidance for the construction of multifaceted education system in colleges and universities.

**Keywords:** Psychological education; colleges and universities; civic education

## 1 Introduction

With the development of society and the economy, students' comprehensive quality and mental health education are increasingly emphasized in higher education. To cultivate talents in universities, it is important to do a good job in students' mental health education. On the one hand, mental well-being is the basic condition for college students to study, live, and work. On the other hand, mental health education is also an important part of ideological and political education in colleges and universities. Against this backdrop, psychological education, as a new type of education aiming at improving college students' physical and mental health, is of great significance to integrate with ideological and political education in colleges and universities. Therefore,

an in-depth study of the mechanism of psychological education in promoting the practice of ideological and political education in colleges and universities can provide a useful reference for the current construction of ideological and political education in colleges and universities.

## **2 Common Ground Between Psychological Education and Ideological and Political Education in Colleges and Universities**

### **2.1 Consistent Educational Tasks**

The fundamental task of ideological and political education in colleges and universities is to nurture students who have a good and all-round moral, intellectual, physical, and aesthetical grounding, who are prepared to join the socialist cause with Marxist theory, and who have confidence in the road, theory, system, and culture of socialism with Chinese characteristics. Similarly, the fundamental task of psychological education is also to train students to become psychologically healthy builders and successors of the socialist cause by improving their mental well-being. Both are highly consistent in training objectives, aiming to shape and guide students to cultivate a correct outlook on the world, life, and values with firm ideals and beliefs, thus turning them into the backbone of socialist modernization<sup>[1]</sup>.

### **2.2 Consistent Value Pursuits**

Ideological and political education guides students to foster a correct outlook on the world, life, and values by learning Marxist theory, while psychological education pays more attention to guiding students to adjust their mentality and cultivate an optimistic attitude towards life from a psychological point of view. Both are consistent in the fundamental value pursuit of cultivating students and are committed to helping them firmly develop socialist core values, and patriotism, improve moral accomplishment and legal awareness, and grow into socialist citizens with physical and mental health.

### **2.3 Mutually Reinforcing Roles**

Ideological, political, and psychological education patterns are student-centered, focusing on enlightening wisdom, cultivating students' temperament, and shaping the all-around development of character. Ideological and political education provide correct value guidance for psychological education, while the latter offers methods for ideological and political education by adjusting mentality and fostering positive psychology. Both form a joint force to improve college students' beliefs, moral accomplishment, and psychological quality so that they can grow into qualified young people who are well-prepared to join the socialist cause and who have a good and all-round moral, intellectual, physical, and aesthetical grounding<sup>[2]</sup>.

### **3 Path of Psychological Education to Promote Ideological and Political Education in Colleges and Universities in China**

#### **3.1 Promote Integrated Education as a Whole**

Colleges and universities should pay attention to the organic combination of various educational elements of mental health education and ideological and political education to form a joint force of education<sup>[3]</sup>. It is crucial to take measures such as integrating resources, defining the contents and methods of educating students, and building an educational system to find out the core factors influencing students' values. Given the characteristics and laws of college students' psychological development, it is necessary to help students establish the correct beliefs about the world, life, and values, and cultivate their confidence in the road, theory, and system. Colleges and universities should apply the concept of positive psychology to guide psychological education and pay attention to cultivating students' psychological quality and moral character. Studying positive psychological knowledge and case analysis can help students foster a positive, optimistic, and enterprising attitude, and cultivate their love of life and the motherland. At the same time, it is also significant to help students firmly establish socialist core values, firm ideals, and beliefs, and improve their moral accomplishment and legal awareness<sup>[4]</sup>. Colleges and universities should guide ideological and political education from the perspective of positive psychology while solving students' psychological problems and exploring their potential to ensure that students have a good and all-round moral, intellectual, physical, and aesthetical grounding. To achieve this end, universities can conduct training and communication to help teachers improve their psychological knowledge, master psychological counseling skills, establish a database of psychological counseling experts, improve their ability to identify and deal with students' psychological problems and promote the effective integration of psychological education and ideological and political education<sup>[5]</sup>.

#### **3.2 Give Full Play to the Value-Oriented Function of Education**

When carrying out psychological education, colleges and universities should make clear the value orientation of education and closely combine psychological education with ideological and political education. Psychological education offers rich resources for ideological and political education, which is an integral part of promoting the construction of ideological and political education in colleges and universities. Therefore, when carrying out mental health education for college students, colleges and universities need to deepen their understanding of the importance of students' mental health, and through active guidance, help college students foster correct attitudes towards mental health, and have a positive, confident and self-reliant mentality<sup>[6]</sup>. Moreover, colleges and universities should also pay attention to guiding students to cultivate core values, timely carry out the education of socialist core values, prompt students to internalize the socialist core values into their value pursuit and enhance their acceptance of and confidence in the socialist system and theory with Chinese characteristics. For ex-

ample, when educating college students on emotional management, psychological educators can use a Marxist world outlook and methodology to help students resolve their problems, guide them to stay reasonable and resilient in the face of setbacks and pressures, so as to better cope with obstacles and improve psychological resilience, which also plays a positive role in enhancing students' acceptance of the socialist theory. In addition, colleges and universities can also combine ideal and belief education with students' career development planning, teach them to set up and adhere to lofty ideals and higher life goals, consciously integrate personal development with national prosperity and national rejuvenation, and enhance their confidence in the socialist road. Only the organic unity of psychological education and moral education can give full play to the best role of psychological education. This kind of psychological education with a clear value orientation can not only solve students' psychological problems better but also cultivate their character and achieve the goal of all-round development of education.

### **3.3 Promote Collaborative Psychological, Ideological, and Political Education**

Colleges and universities should promote the deep integration of psychological education and ideological and political education, and give full play to their synergistic effect. Specifically, they can carry out teaching activities by setting up simulated situations and organizing discussions and exchanges, so that students can get a positive psychological experience in a relaxing and pleasant learning process, enhance their political feelings towards the Party and the country, and strengthen their sense of national identity and pride. Teachers can also organize students to exchange and discuss the current social heated and tricky issues, guide students to use psychological knowledge for reasonable and in-depth analysis of the social and psychological factors behind the problems, and help students establish a correct world outlook, values, and ideology in the interaction with teachers and students. In addition, teachers can use interactive teaching forms such as group cooperation, team training, and role-playing to carry out mental health education, so that more students can fully engage in it and stimulate their interest and initiative in learning. Universities and colleges should also conduct mental health education and moral education courses to cater to the needs of students' growth at different stages, give full play to the synergistic role of cultivating mind and morality, and ensure students' mental and moral character. The favorable factors of ideological and political education can create positive emotional experiences for students, and enhance their self-confidence in the road, theory, system, and culture of socialism with Chinese characteristics. A combination of psychological education and ideological and political education not only enriches the means and ways of ideological and political education, but also expands the breadth and depth of psychological education, and achieves the better effect of psychological education.

## **4 Psychological Education to Promote Research on Ideological and Political Education in China's Colleges and Universities**

### **4.1 Focus on the Object of Psychological Education**

To effectively carry out psychological education under the framework of ideological and political education, colleges and universities need to clarify the target of psychological education. First of all, psychological education should adhere to the fundamental task of moral education, aim to improve the psychological quality of college students, play the role of psychological education resources, promote the physical and mental health of college students, and improve the effectiveness of ideological and political education. Secondly, to achieve these goals, psychological knowledge and methods should be organically combined with the education of socialist core values ideals, and beliefs in the teaching process, to help students solve psychological problems, guide them to adjust their mentality, enhance their ideals and beliefs, and thus achieve all-round development. It is also important to establish a mental health propaganda mechanism, carry out positive and various mental health education activities, and make full use of information technology to publicize, create a good campus atmosphere, help students develop healthy habits, and improve their psychological adaptability and quality. This not only enhances the appeal and effectiveness of ideological and political education, but also enriches the connotation and depth of psychological education, realizes the integration of psychological and moral education, and shows the vital role of psychological education in promoting ideological and political education. This is also of great significance for colleges and universities to improve the quality of talent training.

### **4.2 Promote the Ideological and Political Education of Courses**

To carry out the construction of ideological and political courses from the perspective of psychological education, colleges and universities need to clarify the connotation and value of psychological education and keep up with the needs of the times. Ideological and political education is an essential part of the overall ideological and political work in colleges and universities, which should be deeply integrated with psychological education to form a joint force. Firstly, it is necessary to integrate the resources of mental health education both inside and outside the universities, such as hiring lecturers from psychological counseling institutions to offer mental health courses and setting up a team of teacher counselors. Second, it is imperative to improve the level of education and achieve innovative breakthroughs. General courses can be set up to systematically cultivate students' psychological quality, while elective courses can also be designed for specific psychological problems<sup>[7]</sup>. Third, it is also crucial to balance ideological and political education and psychological education. When conducting psychological counseling, colleges and universities can apply Marxism to guide students in adjusting their mentality and internalizing mainstream values. In terms of public crisis, it is necessary to carry out psychological counseling and leverage the role of ideological and political education in the curriculum. This not only improves the appeal of ideological

and political education but also enriches the content of psychological education and achieves all-round development.

### **4.3 Construct a Collaborative Education System**

Colleges and universities should build an information platform for collaborative education and integrate ideological, political, and psychological education resources. First, under the guidance of Xi Jinping Thought on Socialism with Chinese Characteristics for a New Era, colleges and universities should adhere to the principle of cultivating morality and cultivating students' all-round development of morality, intelligence, physical fitness, beauty, and labor. Second, it holds substantial significance in setting up psychological education classes, psychological assessments, psychological counseling, and other sections on the platform, as well as employing professional teachers to carry out their work. Third, ideological and political courses should be leveraged to act as the main channel and integrate psychological education courses with ideological and political courses. Fourth, it is necessary to strengthen the links between internal and external platforms, cooperate with psychological institutions, and constantly expand resources. This not only harnesses the advantages of the Internet but also realizes the deep integration of ideological and political education and psychological education, improving education's effect.

### **4.4 Expand the Channels of Thematic Education**

Colleges and universities should continue to reform innovate and take more measures to conduct psychological education. First, classroom teaching should be strengthened, with psychology courses offered at each stage, and elective courses provided. Second, special courses, based on the needs of students, should be offered for key psychological problems. Third, under the guidance of professional teachers, it is beneficial to give full play to the educational role of sports, art, and cultural associations. Fourth, it is of great significance to equip students with mental health knowledge and guide them to carry out activities to promote mental health<sup>[8]</sup>. Fifth, specific means can be adopted to cultivate college students' psychology so that they can have a clear goal. This not only enriches the ways but also expands the scope of education, which is significant to the all-round development of students.

## **5 Conclusion**

To sum up, ideological and political education mutually reinforces psychological education in colleges and universities, since they promote the all-round development of college students. On the one hand, ideological and political education provides value guidance and theoretical support for psychological education. By imparting the core values of Marxism and socialism, the ideological and political courses highlight the direction of psychological education. On the other hand, psychological education provides methods and ways for ideological and political education. Psychological theory

can be employed to guide students in establishing a healthy mentality, which enriches the means of ideological and political education. Both have the same goal, complementing each other in the process of educating people to jointly improve college students' moral character and psychological well-being. This not only enhances the appeal and effectiveness of ideological and political education but also expands the breadth and depth of psychological education. Therefore, colleges and universities should effectively integrate ideological and political education and psychological education, build a multifaceted education system, and provide a solid pedagogical foundation for training qualified young people who are well-prepared for socialist causes.

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