

# The path of Ideological and political construction of mental health education course in Colleges and universities from the perspective of “great ideological and political”

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**Abstract:** with the deepening of education and teaching reform in Colleges and universities, the importance of mental health education and curriculum ideological and political construction in Colleges and universities has gradually become prominent. From the perspective of “Ideological and political education”, colleges and universities need to adhere to the concept of moral education, run the ideological and political work through the whole teaching process, develop the ideological and political system of mental health education curriculum, and give full play to the role of Ideological and political education of mental health education curriculum. Based on this, this paper will focus on the ideological and political construction path of college mental health education course from the perspective of “big ideological and political”.

**Key words:** “great ideology and politics”; Colleges and universities; Mental health; Education; Curriculum ideological and Political Education

Introduction: mental health education is the key link of college education, and it is also an important educational content to ensure the development of students’ physical and mental health. College mental health teachers should correctly understand the importance of carrying out the ideological and political construction of mental health education courses. Under the guidance of the concept of “great ideological and political education”, combined with the actual situation of students and their own education experience, they should improve the awareness of Ideological and political education, promote students’ Ideological and political level, and promote their physical and mental health development.

## 1. The connotation of the educational concept of “great ideological and political education”

With the enhancement of the importance of Ideological and political education in Colleges and universities, the “great ideological and political” education has gradually attracted the attention of college educators. The concept of “great ideological and political education” mainly emphasizes the joint efforts of various parties, and requires the comprehensive strength of colleges and universities to carry out ideological and political education. Generally speaking, the “great ideological and political education” is a relatively open education, which is also the unity of “education” and “education”, reflecting the full and all-round education. Specifically, “great ideological and political education” refers to that colleges and universities carry out the ideological and political education of students at the same time, carry out the teaching work in combination with the educational and teaching resources inside and outside the school, and incorporate the ideological and political education for students into the teaching system, so as to promote the improvement of students’ Ideological and political level. In the actual education and teaching practice, teachers should combine education with the actual development of students, promote students to establish correct ideas and values, and carry out more comprehensive ideological and political education.

## 2. The necessity of Ideological and political development of mental health education course in Colleges and universities from the perspective of “great ideological and political”

The development of College Students’ mental health education course is conducive to the exertion of students’ subjective role. In some colleges and universities’ educational practice, there are still some traditional educational methods, which are not conducive to the embodiment of students’ subjective status and the efficient development of educational activities. At this stage of college education, college students’ psychological problems are often manifested in the low level of psychological quality. Confusion about their own future planning, excessive pursuit of achievements, etc. For this reason, the importance of carrying out mental health education courses in Colleges and universities is gradually highlighted. In the process of cultivating college students, colleges and universities should improve the problem of one-sided pursuit of performance improvement and neglect of comprehensive quality education and mental health education, reduce the probability of students’ psychological problems, promote students’ Ideological and political learning, and make them establish a good learning attitude and adapt to the environment of colleges and universities, Improve moral quality and comprehensive quality. College students need to master certain cultural and professional knowledge at the university stage to improve their political literacy and ideological level. Therefore, the integration and unification of mental health education and ideological and political education need to be accelerated.

## 3. Analysis on the current situation of Ideological and political construction of mental health education course in Colleges and Universities

### 3.1 Consistency of mental health and ideological and political education in Curriculum

Mental health education is an education type in which educators, according to the development laws and characteristics of students’

psychology and physiology, apply the discipline theory of psychology and pedagogy, optimize students' education environment through practical activities such as mental health curriculum design, education and teaching activities, interdisciplinary and psychological counseling, help students solve psychological problems and promote the healthy development of their psychological skills. Mental health education in Colleges and universities is an important part of the overall education in Colleges and universities, and it is also the key work of college education. As the main front for popularizing mental health knowledge, health education in Colleges and universities is reflected in the development of mental health education courses for college students. Guided by the cultivation of College Students' positive, self-esteem and self-confidence psychological character and healthy mentality, it plays the role of mental health education in educating, preventing and developing. The ideological and political education of curriculum is different from the traditional ideological and political education work, and mental health education belongs to the construction content of ideology, but the ideological and political education of curriculum emphasizes the infiltration of Ideological and political content in different disciplines. The ideological and political education is mainly manifested in the cohesion and cooperation of educational forces, and the full participation in the implementation of the educational goal of Building Morality and cultivating people. While ensuring the learning of students' basic courses and professional courses, the ideological and political education of the course should also strengthen students' firm values, have correct ideas, clarify their own responsibilities, and maintain a positive attitude. Curriculum ideological and political education and mental health education have the same educational goals, and are committed to cultivating excellent college talents with all-round development. The relationship between the two is mutual promotion. Mental health education focuses on students' rational, self-esteem and self-confidence, which makes students better feel the connotation of values, and also lays a certain foundation for students to accept the ideological and political education of the curriculum. Good values can guide students to actively learn relevant knowledge and explore the ability to maintain a good attitude. College educators need to promote the integration of mental health education and curriculum ideological and political education, and create an education mode suitable for college students through the guidance of mental health and values.

### 3.2 Promoting the effect of college education

Both mental health education and ideological and political education in Colleges and universities are of certain importance. Ideological and political education centers on its specific moral concepts and ways of thinking, and carries out organized and planned education and influence on the educated, so as to form a good ideological and moral character. Although ideological and political education and mental health education do not belong to a class of disciplines on the surface, they have a certain intersection in the mental health, value orientation, theoretical basis and working methods of college students. The two are closely related and can promote the effective improvement of college education. The value of mental health education is realized through "cultivating the mind". College students will be confused and have reduced interest in learning during the period of college. The reason also includes the lack of value education. With the acceleration of social development and the impact of multiculturalism, psychological problems have been triggered. A single mental health education can not be effectively solved. It is necessary to play the educational function of Ideological and political education while mental health education, and strengthen the guidance of their values. The synchronization and combination of "mental health education" and "moral education" can explore the effective way of the integration of mental health education and ideological and political education in Colleges and universities, and promote the construction of student-centered learning system. The combination of mental health education and ideological and political education is the inevitable requirement of the "great ideological and political" pattern, and also the embodiment of the implementation of mental health education. College teachers should constantly try new teaching methods on the basis of the joint education of the two, promote the orderly development of education practice, and explore new ways of education.

## 4. Analysis on the path of Ideological and political construction of mental health education course in Colleges and universities from the perspective of "great ideological and political"

### 4.1 Fully excavate ideological and political elements and construct curriculum system

From the perspective of "Ideological and political education", education needs to show the characteristics of initiative and intervention, so as to promote the development and progress of mental health education in Colleges and universities, from the original passive psychological counseling to early psychological intervention, highlighting the goal of mental health education. In the practice of higher education, we should make full use of the concept of "great ideological and political education", improve the utilization efficiency of educational resources inside and outside the school, strengthen the guidance of mental health education for college students, and focus on strengthening the pertinence of mental health education. The curriculum system of mental health education needs to be improved. First, at the level of education content, mental health education should include the explanation of the basic knowledge of mental health, such as the concept of psychological counseling and psychological phenomenon, and add content about self-awareness, self-development and self cognition, so as to promote college students' psychological adjustment ability, control their emotions, improve interpersonal skills. Secondly, in the health work of practical teaching, we should break through the limitations of previous education and teaching, enable students to invest in the field of social practice, carry out educational activities, master the corresponding common sense of mental health in learning, deal with the difficulties encountered in life, and improve the psychological quality of College students. Moreover, colleges and universities can explore more abundant and diverse teaching resources. Under the educational concept of "great ideological and political education", college mental health education should break the boundaries of textbooks, pay attention to the difficulties in textbooks, and teach in combination with real life. For example, teachers introduce information technology and multimedia technology to improve the diversity of

the classroom, promote the extension of curriculum teaching resources, and create a better educational environment for students. Teachers should actively use the educational resources of all parties to innovate the curriculum education system, fully tap the ideological and political elements in textbooks and various teaching resources, comply with the trend of teaching reform, and enrich students' learning resources.

#### 4.2 Improve teachers' Ideological and political consciousness and optimize teachers' team

In order to promote the improvement of College Students' mental health and build a high-quality teaching framework, teachers' own education and teaching level should be promoted first, and ideological and political education should be carried out in combination with practice on the premise of fully understanding students' psychological state. Therefore, the education and teaching level of college teachers and the ability to communicate with students need to be further improved to ensure the teaching quality of college mental health courses. First of all, we should optimize the teaching staff and strengthen the coordination and cooperation between professional teachers and ideological and political teachers. Specifically, teachers and counselors with psychological background and knowledge can participate in the teaching practice of Ideological and political education of students' mental health course, and provide ideas for professional mental health teachers based on the experience of teachers in teaching and interaction with students, so that professional teachers can fully understand students' psychological state and potential psychological problems. In practice teaching, we should pay special attention to the problems in the field of values and ideological beliefs, and strengthen the value guidance for students from multiple perspectives.

Conclusion: under the concept of "great ideological and political education", the ideological and political education course of mental health education in Colleges and universities needs to strengthen the educational objectives, integrate various educational and teaching resources, promote the integration of mental health education and ideological and political education, realize the unity of moral education and mental health education, and improve the effectiveness of education.

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