

# Significance of Mental Health Education in Ideological and Political Education

Youli Kang

Vocational and Technical College, China West Normal University, Nanchong, Sichuan, 637000, China

**Keywords:** Mental health education, ideological and political education, relation, significance, combined routes.

**Abstract:** As an important aspect of ideological and political education, mental health education is significant in the cultivation of university students' correct philosophy, sense of worth and social concept. For a long time, due to people's lack of recognition over mental health education and ideological education, universities cannot clearly define the relation between mental health education and ideological education. Some universities have not conducted teaching combining mental health education with ideological education, so the significance of mental health education in ideological and political education cannot be fully demonstrated. In quality education reform, universities are gradually finding out the significance of mental health education, clearly defining the relation between mental health education and ideological education. Much more attention has been attached to the significance and value of mental health education in ideological education. Combining the ideological and political education, universities can cultivate students with correct philosophy, sense of worth and social concept, making them better face competitions and challenges in the society.

## 1 INTRODUCTION

Ideological and political education in universities is an important link in the cultivation of university talents. With the deepening of education reform, ideological and political is gradually breaking controversial constraints and combined with mental health education and thanksgiving education, facilitating students' comprehensive development of morals and intelligence. Mental health education can effectively reconcile students' negative mood and enhance their recognition towards society and life as well as their political consciousness, which is significant for the development of ideological and political education (Pan Yuqun, 2010). The key to demonstrate the significance of mental health education in ideological and political education is to define the relating between the two kinds of education and objectively treat them, facilitating their combination in students' moral education. It is helpful for the improvement of students' social competitive abilities as well as mental and body health, thus cultivating more excellent talents for China's construction of socialism.

## 2 RELATION BETWEEN MENTAL HEALTH EDUCATION AND IDEOLOGICAL EDUCATION

### 2.1 Relation between Mental Health Education and Ideological Education

As human-oriented education, mental health education and ideological education are related to each other. Firstly, mental health education is consistent with ideological and political education in contents. Mental health education is to enhance university students' mental health level and cultivate their good qualities such as self-confidence, self-respect and self-improvement, promoting their healthy development and enabling them to be pillars of the nation. Ideological and political education is based on Marxism-Leninism, Maoism and Deng Xiao-ping Theory (Yanhua, 2013). It helps university students enhance their political awareness, scientific and correct socialist concepts, social adaptive abilities as well as cultivate their perfect personality, thus enabling them to shoulder

205

205

the duties of socialist construction and contribute to the prosperity of China. Secondly, mental health education is consistent with ideological and political education in ideological direction. Through education, some negative, paranoid and degenerate thoughts of students can be eliminated, facilitating the cultivation of correct outlook on life, great belief and good quality. It can also firm students' socialist faith and achieve the goal of quality education, thus cultivating more talents with both political integrity and professional competence for the society. Thirdly, mental health education and ideological education have mutual constraints and influence (Yang Nan, 2013). The deficiency of mental health education is not beneficial to the release of negative sentiment. Gradually, extreme thoughts can be formed, leading to the deviation of students' philosophy, sense of worth and social concept. The improvement of mental health education can provide ideological education with good mental background. In good mental environment, students can improve their ideological awareness and their political points of view, and political consciousness can be scientific and correct. Meanwhile, ideological education provides mental health education with strong ideological support, facilitating students to form correct outlook on life, sense of worth and social concepts. Under this influence, students' moral qualities and abilities to resist negative thoughts and frustration can be enhanced. Therefore, students will keep positive and optimistic philanthropic spirit. In brief, mental health education facilitates the continuous improvement of students' mental health.

## 2.2 Misunderstanding of Mental Health Education and Ideological Education

The significance of mental health education in ideological education should be demonstrated through scientific and correct education channels. Currently, people do not have enough recognition towards mental health education and ideological education, influencing the combination of them and the significance of mental health education. Firstly, the incomplete recognition of mental health influences the enhancement of ideological education level. In university teaching, some people think that mental health education refers to psychological tests, psychological diagnosis and psychological counseling, which aim at solving students' mental problems and facilitating the harmonious development of universities. Therefore, mental health education can not be penetrated into

ideological education, and effective combination of two kinds of education can not be realized. In this case, students can not have resonance with education goals in thoughts and emotions, hindering the enhancement of students' ideological awareness and further development of university students' mental health. Then, they can not accept social morality and social situation, and their mentality and thoughts are still in a fragile stage. Secondly, the importance of these two kinds of education is often ignored. Ideological education is the base for the cultivation of students' view of world, outlook on life and sense of worth, and it plays an important role in guiding the formation of these views, an indispensable link in modern talents cultivation. Mental health education is the guarantee of university students' mental health and a necessary method to cultivate students on optimistic spirits and talents with both political integrity and professional competence. If university students ignore the importance of ideological education, they can hardly form firm beliefs, and their view of world, outlook on life and sense of worth can easily be influenced by the outside world. The ignorance of mental health education can also influence students' moral and intellectual development. In teaching practice, many people think that universities in China do not have mature methods and theories of mental health education, which is the biggest obstacle for the combination of mental health education and ideological education. Thirdly, teaching practices overly emphasize the differences between mental health education and ideological education and ignore the relation between them. For example, when some university students are faced with pressures (job-hunting, separation or failed examination), they go to extremes (such as committing suicide and crimes), bringing negative social influences. These tragedies seem to be caused by bad mental quality, but they are the results of deficiency in thanksgiving education and ideological education. A person who knows thanksgiving will not end his or her life selfishly and leave problems to others. On the contrary, a man with good morality can wisely face frustration and difficulties rather than avoid challenges. Therefore, ideological education has a close relation to mental health education.

### **2.3 Considerations on the Role of Mental Health Education in Facilitating Ideological Education**

The significance of mental health education to ideological education needs to be demonstrated through the combination of these two kinds of education. In ideological education, mental health education should be emphasized to scientifically recognize its importance and eliminate misunderstandings of mental health education and ideological education. Then, these two kinds of education can be closely related to cultivate high-quality talents with both political integrity and professional competence for the society. Firstly, clear definition of differences and unity between mental health education and ideological education can better demonstrate their positive significance. For example, mental health education does not belong to the domain of social ideology. However, it offers students with spiritual base to correctly recognize the society, which is beneficial for the development of ideological education. Secondly, it is necessary to emphasize the role of humanistic concern in mental health education and ideological education. We should combine these two kinds of education with humanistic concern, instilling correct thoughts to students and guiding their morality with models. Thirdly, the complementation of mental health education and ideological education can positively solve students' problems and timely relieve their bad emotions, thus enhancing their abilities of social adaptation and social competence.

## **3 ANALYSIS ON THE POSITIVE SIGNIFICANCE OF MENTAL HEALTH EDUCATION TO IDEOLOGICAL EDUCATION**

### **3.1 Necessities of Mental Health Education**

Talents are the coral powers for both enterprises' competitive and state construction. The sustainable and steady development of a country needs contributions of talents. Universities are important in cultivating talents. The talents cultivated by universities directly influence a country's development prospect and competitive power under global environment. Mental quality is the guarantee for a person to fully demonstrate his or her talents. The contribution of a person to the country and the

society depends on his or her moral level to some extent. Morality guides a person to develop along positive direction. Nowadays, university students are faced with many problems, such as study, employment and life planning, which can easily arouse bad emotions like anxiety, depression, and stubbornness. Meanwhile, some university students are not mature and they are easily influenced by harmful atmosphere of the society, such as violence, fighting and salacity, causing the eruption of emotions. Then, some extreme events and past redress consequences can be caused. Therefore, mental health education is an effective way to reduce these risks. By purifying students' thoughts, their negative emotions can be relieved and mental problems can be solved, which is significant for students to become useful for the society.

### **3.2 Importance of Mental Health Education in Ideological Education**

Mental health education gives students positive energies and guides them to bravely and confidently face life and have positive attitude, cultivating good qualities like confidence, self-improvement, calmness and high-efficiency. These qualities can help them enhancing their abilities of social adaptation and competence. Meanwhile, mental health education facilitates the formation of perfect personality, which is a necessity for the cultivation correct sense of worth, outlook on life and social concept and is useful for enhancing the effectiveness of ideological education. On the one hand, mental health education satisfies the requirements of quality education and is a key to improving students' ideological awareness as well as mental quality, facilitating students' all around development of moral, intellectual, physical, aesthetics and labor education. On the other hand, mental health education is beneficial for the enhancement of students' morality and the effect of ideological education, breaking controversy and better demonstrating its role combined with social practices. Therefore, mental health education is a key for students to have both ability and political integrity and demonstrate their talents and it has an important role in ideological education.

### **3.3 Channels for the Combination of Mental Health Education and Ideological Education**

The demonstration of the significance of mental health education in ideological education is an

important linkage for the reform and development of university ideological education. With the deepening of quality education reform in universities, the role of ideological education can be better demonstrated through the following aspects. Firstly, ideological education should be combined with mental health education. On the one hand, we should transform concepts and positively develop the significance of mental health education in ideological education, enabling students to keep good qualities of optimism, self-respect, self-discipline and self-improvement. On the other hand, details about ideological education should be emphasized to cultivate students with abilities and spirits to overcome difficulties and frustration, enabling students to have comprehensive development in body, mentality and intelligence. Secondly, we should integrate mental health education into ideological education and solve their mental puzzles, promoting humanistic spirits and caring students on their study, employment, love and interpersonal interaction. Students' mental problems should be timely discovered to eliminate negative emotions, avoiding the accumulation and deterioration of negative emotions. We should also guide and inspire students to step out puzzles and find their life coordination, contributing to social progress. Thirdly, we can establish a mental health education platform among universities to broaden the scope of ideological education in universities, providing service for moral education. For example, we can collect some information and analyze the changes of students' mentality through QQ groups and psychological counseling rooms, timely discovering problems and solving problems. In addition, we should emphasize the concealment of information platform to encourage students to open their mind and release their puzzles, hesitation and inhibition. Meanwhile, as long as these mental problems can be correctly responded and guided, students will rebuild their confidence and self-improvement so as to better recognize and enhance themselves. In a word, mental health education is significant for ideological education and the combination of these two kinds of education is needed.

#### 4 CONCLUSIONS

Mental health education has provided good environmental basis for ideological education and facilitated the effectiveness of ideological education. Likewise, ideological education has also influenced mental health education. Universities teachers

should have objective and scientific recognition on the importance of mental health education and ideological education. They are also supposed to combine the characteristics of these two kinds of education and integrate ideas of quality education, enabling them to show their unique role in talents cultivation. Meanwhile, the effective combination of these two kinds of education can enhance students' political awareness and cultivate their optimistic spirits and thoughts. With the ideological education, students can release their negative emotions and constantly improve their personality, thus establishing correct outlook on life, sense of worth and social concepts. Therefore, students can better show their talents and make contributions to the society and the construction of socialism.

#### REFERENCES

- Pan Yuqun, on the Combination of Mental Health Education and Ideological and Political Education, *Journal of Anhui Agricultural University(Social Science Edition)*, 2010(05):102-105.
- Yanhua, Interpretation of the Necessary Link between Ideological and Political Education and Mental Health of Students, *Journal of Hubei Correspondence University*, 2013(01):45-46.
- Yang Nan, Mechanism on Ideological and Political Education and Mental Health Education, *Journal of Jilin Teachers Institute of Engineering and Technology*, 2013(02):25-26.