

# Research on the Development Path of Ideological and Political Education in Colleges and Universities on Students' Mental Health Education Under the Background of Educational Psychology

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**Abstract:** Under the background of educational psychology, the integrated development of ideological and political education and mental health education in colleges and universities provides a new path for improving the all-round quality of college students. Based on the theoretical framework of educational psychology, this study proposes a method system to promote the coordinated development of ideological and political education and mental health education in colleges and universities. By introducing a multi-level mental health support system, a model of integration of ideological and political education theory and practice, and the comprehensive application of big data and artificial intelligence technology, this paper starts from the following aspects: first, embedding elements combining psychology and ideological and political education in campus activities to expand students' understanding of the relationship between psychology and moral decision-making; second, building a cross-disciplinary teaching team to provide multi-dimensional educational support through the collaboration of psychological counseling and ideological and political guidance; third, using intelligent education platforms to conduct data analysis to provide a basis for personalized educational decision-making. Research shows that this multidisciplinary education model can effectively alleviate students' psychological problems, cultivate healthy values and social responsibility, thereby promoting the coordinated development of students' mental health and ideological and political quality, and providing theoretical and practical references for the reform and innovation of higher education in the new era.

**Keywords:** Ideological and Political Education; Mental Health Education; Educational Psychology; College Students; Development Path

## 1. INTRODUCTION

The integration of mental health education and ideological and political education is an indispensable part of the education system of colleges and universities. With the rapid development of society and the increasing competition, the psychological pressure and moral confusion faced by college students are gradually increasing, which puts higher requirements on the education methods of colleges and universities. By organically combining mental health education with ideological and political education, the comprehensive quality of students can be improved more comprehensively, and students can be helped to achieve the unity of self-growth and social values in a complex and changing social environment. Mental health education focuses on cultivating students' sound psychological state, and helps students deal with internal emotional problems, enhance stress resistance, and improve psychological resilience through psychological counseling, popularization of the psychological knowledge, psychological crisis intervention and other means. Ideological and political education pays more attention to cultivating students' correct values, moral values and social responsibility. The two seem to belong to different fields, but in fact they are highly consistent in the goal of cultivating students' all-round development. Mental health is an important foundation for students to form healthy thoughts and behavior patterns, while ideological and political education can provide students with correct spiritual guidance. The organic combination of the two can not only help students get rid of psychological difficulties, but also enable students to pursue a higher level of self-realization on the basis of mental health through moral education.

Integrated educational practice approach can be studied from the following aspects:

1. In the mental health activities or ideological and political theme activities organized on campus, integration elements can be added. For example, psychological lectures can explore the psychological role in the moral decision-making process, while ideological and political theme discussions can add a psychological perspective to analyze how social responsibility is formed through psychological cognitive development.
2. Colleges and universities should focus on cultivating a team of teachers who are familiar with both mental health knowledge and ideological and political education theory. They can provide students with more in-depth educational guidance from a comprehensive perspective. At the same time, regular exchanges between psychological counselors and ideological and political counselors should be organized to share experiences and methods in student education.
3. With the help of intelligent education platform, big data and artificial intelligence technology are used to analyze the relationship between students' mental health and ideological and political education results. For example, personalized education suggestions can be provided by combining the psychological assessment with moral behavior data.

## **2. THE PROPOSED METHODOLOGY**

### **2.1 Principles to be followed in the reform of educational psychology courses in colleges and universities in the new era**

With the rapid development of society and the continuous updating of knowledge, the knowledge system of traditional educational psychology has shown many limitations and it is difficult to fully meet the diversified and high-quality needs of talent training in the new era. The reform of educational psychology courses is imperative. Its goal is not only to update the teaching content, but also to cultivate professionals who adapt to social needs, have innovation ability and also practical literacy through the combination of theory and practice. In the process of curriculum reform, colleges and universities should actively pay attention to the latest research results and practical experience in the field of educational psychology, and organically integrate them into course teaching, such as introducing research progress in emerging fields such as cognitive neuroscience and the application of artificial intelligence in education, providing students with a multi-dimensional knowledge perspective, and combining actual teaching cases to design interdisciplinary teaching activities to improve students' learning interest and knowledge internalization. At the same time, in order to achieve the goal of student-centered education, colleges and universities should formulate personalized education plans based on the characteristics of each college student, understand students' strengths, interests and career goals through regular individual interviews, help them clarify their development direction, and establish a dynamic feedback mechanism in combination with modern information technology to track the learning process and adjust the education plan in a timely manner, so as to enhance learning initiative and promote the all-round development. In the practical teaching link, colleges and universities should avoid "one-size-fits-all" practical arrangements, and provide diversified practical platforms according to students' interests and career plans, such as primary school education observation, internships in special education institutions or psychological training for corporate employees, and cultivate students' practical ability and collaborative skills through innovative methods such as project-based learning. In addition, through extracurricular practical activities such as psychological quality development activities and innovative thinking training camps, colleges and universities can help the students establish a positive self-cognition system, improve their ability to solve problems and cope with stress, pay attention to individual differences, cultivate their soft skills in communication and teamwork, and inject competitiveness into future career development. In short, the reform of educational psychology courses in colleges and universities needs to start from multiple aspects such as course content, teaching methods, practical arrangements and personalized training, and respond to the challenges of social development in a more open, dynamic and innovative way, so as to achieve a deep connection between disciplines and social needs and cultivate more high-quality and all-round talents for the country and society.

### **2.2 Current situation of college students' mental health education**

College students are in a critical period of forming their outlook on life, values and worldview. During this stage, their physical and mental development is rapid, and their thinking patterns and emotional experiences are gradually maturing. However, the fierce collision between reason and emotion

makes them more likely to fall into psychological difficulties, manifested as anxiety, confusion, and other problems. The college student group during this period presents distinct diversified and personalized characteristics, and the complexity of their psychological problems is gradually increasing. Some students lack self-confidence due to insufficient self-awareness or excessive external pressure, and they urgently need to establish a sense of self-identity through correct guidance; some students may experience emotional fluctuations or psychological trauma due to major emotional events such as broken love and family changes, and need timely emotional support and psychological counseling; some students face difficulties in interpersonal communication due to insufficient social skills, and need to improve their social adaptability by improving communication skills and self-confidence. In the face of these psychological problems, colleges and universities should build a comprehensive and multi-level mental health support system. On the one hand, psychological knowledge should be popularized through mental health courses to help students master basic emotional management and stress coping skills; on the other hand, a campus psychological counseling center should be established to provide one-to-one professional psychological counseling services to meet the personalized needs of students. In addition, colleges and universities should also establish a mental health screening mechanism, conduct psychological assessments regularly, detect potential problems early and intervene in time. In the student community, an atmosphere of care and understanding can be created by organizing theme salons and psychological drama performances, enhancing emotional connections between students and reducing loneliness. For students who have trouble with emotions and interpersonal communication, schools can set up a peer counseling mechanism to encourage senior students to interact and communicate with new college students, share experiences and suggestions, and establish a more harmonious campus psychological environment.

In addition, colleges and universities should also pay attention to the combination of students' mental health education and career planning, and provide students with integrated services from psychological counseling to career planning. For example, helping students understand their personal strengths and career interests and guiding them to set clear goals can not only relieve psychological pressure, but also improve their life satisfaction and self-efficacy. At the same time, schools should focus on communication and cooperation with students' families, pay attention to students' psychological dynamics, especially when students experience major changes, home-school linkage can provide students with a more comprehensive support system. Through multi-faceted efforts, colleges and universities can not only help college students better cope with psychological problems, but also lay a solid psychological foundation for their all-round development and future success.

### **2.3 Legal thinking and personality**

For college students, cultivating legal awareness is an important part of cultivating all-round talents. It needs to be combined with the actual needs of the country's rule of law construction to promote the integration of legal education into the whole process of higher education. Digging out the core content of legal education from various teaching subjects can not only enrich classroom teaching, but also guide students to integrate the concept of rule of law into professional learning. Through all-round educational practice, students can establish

a sound concept of rule of law and enhance their ability to evaluate, analyze and solve problems using legal thinking.

The cultivation of legal thinking needs to focus on the following core elements. First, we need to help students correctly understand the relationship between the rights and responsibilities of citizens in the rule of law system and make them realize the equality of rights and obligations. Through case teaching and mock court activities, students can more intuitively experience the principle of equal rights and responsibilities in the rule of law and further strengthen their sense of social responsibility. Secondly, students should firmly establish the concept of "law supremacy" and understand the key role of law as the highest criterion in national governance. For example, by introducing the learning content of the Constitution and relevant laws and regulations, combined with specific cases of legal practice, such as anti-corruption and network information protection, students can truly understand the concept of a country ruled by law and consciously maintain the authority of the law in their daily lives.

It is particularly important to cultivate students' fair view of the rule of law. This requires not only that students recognize the core values of fairness and justice, but also that they adhere to the principle of fairness in practical actions. For example, colleges and universities can organize rule of law lectures, legal publicity weeks and other activities to guide students to think deeply about the practical significance of law in social justice, and let students experience the process of defending justice through role-playing or social surveys, so as to strengthen their belief in the fairness of the rule of law. At the same time, colleges and universities should focus on improving students' legal thinking ability and let them master scientific and rigorous legal analysis skills. In the course setting, students can be trained to analyze problems from a legal perspective through case analysis, debates and other methods, and help them learn to use legal tools to protect their legitimate rights and interests. The cultivation of legal awareness needs to be combined with practical education. Colleges and universities should strengthen cooperation with local judicial organs, law firms and other institutions to provide students with a practical platform, such as participating in legal aid projects, observing court trials or conducting social surveys, so that students can perceive the actual application of the law in a real rule of law environment. At the same time, combined with actual campus problems, such as intellectual property protection and campus bullying prevention, special legal education should be carried out to enable students to realize the close connection between the rule of law and life, so as to internalize the rule of law thinking into their own way of thinking and behavioral habits.

### 3. CONCLUSION

The organic integration of ideological and political education and mental health education in colleges and universities is an important path to meet the needs of comprehensive quality training for college students in the new era. With the theoretical support of educational psychology, this study clarifies the synergy between the two in terms of goals and methods: mental health education provides students with psychological support and emotional management skills, while ideological and political education shapes students' correct values and social responsibility. The comprehensive education model proposed in the study takes mental health courses, ideological and political activities and intelligent education platforms as the core, and provides students with comprehensive psychological and ideological guidance from

teacher team building, educational data analysis to collaboration inside and outside the school. The study shows that this education model not only helps to improve students' stress resistance, moral judgment and social adaptability, but also helps students achieve a higher level of self-realization on the basis of mental health. In practice, the combination of diversified educational activities and innovative teaching methods not only broadens students' cognitive horizons, but also enhances their ability to solve practical problems. In the future, colleges and universities should further strengthen interdisciplinary cooperation and technology application, and build a dynamic and personalized education system to better cope with the multiple challenges of social development and student growth. This study provides important inspiration for the scientificity and feasibility of education reform practice, and provides a reference framework for the formulation and implementation of college education policies.

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