

Research on the Integrated Development of Psychological Health Education in Colleges and Universities, Middle Schools and Primary Schools to Construct High-Quality Development Path: From the Perspective of the Concept of “Three Complete Education”

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Abstract: The integrated development of psychological health education is an important part of the construction of the integrated development of ideological education. Guided by the concept of "three complete education", and following the law of continuity and stage of students' physical development, it is of vital significance to cultivate the good psychological quality of colleges and universities, middle schools and primary school students and promote their all-round and harmonious physical and mental development. Despite the integrated development of psychological health education in colleges and universities, middle schools and primary school, there is a lack of overall planning and top-level organizational design in the implementation of the integrated development of psychological health education. In addition, there is a serious disconnect in the teaching content of each stage. Therefore, it is of great research value to construct an effective integrated psychological health education system and realize the scientific connection from the stage to the continuity of psychological health education. This paper adopts the method of literature analysis, deeply analyzes the connotation of the integrative development of psychological health education in colleges and universities, middle schools and primary schools. It also analyzes the current situation and problems in the construction of the integrative development of psychological health education, and puts forward some construction paths, so as to realize the high-quality development of the integrative development of psychological health education in colleges and universities,

middle schools and primary schools.

Keywords: Concept of "Three Complete Education"; Colleges and universities, Middle Schools and Primary Schools; The Integrated Development of Psychological Health Education

1. Introduction

psychological health education is an significant part of ideological education and moral education in schools. In 2005, the Ministry of Education issued the "Opinions on Overall Planning of Moral Education System in colleges and universities, middle schools and primary schools", which clearly requires that moral education in colleges and universities, middle schools and primary schools should be linked up vertically, horizontally and spirally, so as to plan the moral education system in colleges and universities, middle schools and primary schools as a whole. With the continuous enrichment and practice of the integrated development of moral education, the research on the integrated development of psychological health education has become the meaning of the topic. Although the programmatic documents promote the integrated development of psychological health education from the aspects of policy and top-level design, there are still some problems in the actual implementation, such as "vertical fault and horizontal disconnection", and the integrated development of colleges and universities, middle schools and primary school mental health lacks an effective operation mode and promotion path. In May 2023, the Ministry of Education and other 17 departments promulgated the Special Action

Plan for Strengthening and Improving Students' psychological health education in an All-round Way in the New Era (2023-2025) (hereinafter referred to as the Special Action Plan), which requires the improvement of the mental health work system for all-round cultivation and the all-round development of students' psychological health education. It is completely consistent with the education concept of "three-complete education". Therefore, from the perspective of the concept of "three-complete education", it provides new ideas for the integrated development of psychological health education in colleges and universities, middle schools and primary schools.

2. Connotation of the Integration of Psychological Health Education in Colleges and universities, Middle Schools and Primary Schools

In 2019, Yu Guoliang, Research Institute of Psychology of Renmin University of China, published the paper The Integration of psychological health education in colleges and universities, middle schools and primary schools: A Theoretical Perspective in Education and Research, and carried out the theoretical research on the integrated development of psychological health education in colleges and universities, middle schools and primary schools for the first time in the academic circle [1]. To study the integrated development of psychological health education in colleges and universities, middle schools and primary schools, it is extremely crucial to clarify why "integration" and what it means.

2.1 Why Needs "The Integrated Development"

From the macro level, the integrated development of psychological health education in colleges and universities, middle schools and primary schools is the inevitable requirement of carrying out the educational policy of the new era. As an important focus of ideological education, psychological health education aims at improving students' psychological quality, promoting their harmonious development of psychological health, and constructing an integrated system of integrated development of psychological health education in colleges and universities, middle schools and primary schools. It is an

important support and key for implementing this target.

From the median level, the integrated development of psychological health education in colleges and universities, middle schools and primary schools is the inevitable requirement of enhancing the coordinated integrated development and high-quality development of school psychological health education. Promoting the integrated development of psychological health education in all learning stages can promote the mutual connection and cooperation of all links and elements, integrate educational resources and form an overall synergy [2], realize a spiral upward development trend of integrated development of psychological health education in colleges and universities, middle schools and primary schools from the shallow to the deep, following in order, advance and spiral step by step, and promote its scientific, institutionalized and standardized process [3]. From the microcosmic level, the integrated development of psychological health education in all learning stages is an inevitable requirement to follow the law of endogenous development of mind. Liu Chunlei [4] believes that the core of the "integrated" psychological health education lies in the connection of the education of the kindergarten, colleges and universities, middle schools and primary schools. Although each stage of colleges and universities, middle schools and primary schools are relatively independent, the physical and psychological development of students is not separated as an individual. The integrated development of psychological health education in colleges and universities, middle schools and primary schools aims to realize the unity of stages and continuity of individual psychological development and serve the healthy growth and development of students' psychology.

2.2 What is "The Integrated Development"

The integrated development of psychological health education can be classified into longitudinal and horizontal aspects [1]. The integrated development of longitudinal psychological health education emphasizes the connection of each stage of education, and is based on the theory of develop psychological psychology, which requires that primary schools, middle schools and colleges and

universities must follow the characteristics of students' psychological development, analyze the differences of development in different stages, standardize the goals and contents of psychological health education, and realize the unity of the differences of psychological development and the progressive nature of education. The horizontal integrated development of psychological health education emphasizes the importance and connection of each element in the educational environment. The author believes that the elements in psychological health education mainly include pedagogical elements and sociological elements according to the discipline field. The pedagogical elements include educators, educational objectives, educational contents, educational methods, educational approaches, and the sociological elements include schools, families, society, hospitals and other subjects, forming an educational network of collaborative education.

3. Current Situation of the Integrated Development Construction of Psychological Health Education in Colleges and universities, Middle Schools and Primary Schools

3.1 Incoherence Institutional Construction

On the macro level, although the Ministry of Education has respectively promulgated the outline for higher education and primary and secondary schools as the theoretical guidance for the implementation of psychological health education, there is no specific guiding opinion in the contact of psychological health education with colleges and universities, middle schools and primary schools [5], and there is no policy support in the integrated development course of integrated development of psychological health education in colleges and universities, middle schools and primary schools. At the local level, the education department has not formulated relevant systems or policies to promote the cooperation and exchange of psychological health education at various stages of education in the region.

3.2 Lack of Close Communication and Cooperation between Schools

The work of psychological health education in colleges and universities, middle schools and

primary schools presents the situation of "separate management". There is little cooperation between schools in different education stages, and there is also a lack of communication between schools in the same stage. It is difficult to share the resources among schools. The good work experience in the process of psychological health education cannot be popularized, and the problems that arise cannot be discussed and solved together, thus forming a situation of "working alone".

3.3 Disconnection between Education Teaching and Students' Psychological Development

The content of the textbook is characterized by low age, the content design is divorced from the reality and the demand of the students' psychological development, and the practical guidance significance is seriously lacking; the content of psychological health education is repetitive and confused, and the key content is not prominent; the curriculum lacks the integral design, the educational goal is not clear, the hierarchy is lacking, the reasonable and scientific curriculum goal cannot be set according to different age development stages, and the effectiveness and practicability of psychological health education cannot be realized concretely.

3.4 The Construction of Psychological Health Files is Seriously Missing and Disconnected

The construction of psychological health files is relatively complete in colleges and universities, but some primary and secondary schools have the problems of unstandardized tools and inconsistent standards for psychological files construction, and they can't track, guide and intervene the students with mental problems in time. Students' psychological health files are disconnected in the process of students' enrollment and transfer. The lack of files or barriers between different school stages leads to the lack of continuity and coherence of students' psychological information [4], making it difficult to find the personal psychological development path of students, and affecting the effectiveness of crisis intervention or psychological counseling."

3.5 Lack of Teaching Staff for Psychological

Health Education

The shortage of psychological health teachers is more pronounced in middle schools and primary schools, and more serious in remote and underdeveloped areas [6]. Schools lack professional psychological health teachers, many part-time teachers lack professional psychological consultation skills, and the opportunities for training and learning are even less. In addition, some primary and secondary schools have the phenomenon of “theoretical documents attach great importance” and “individual undertaking of implementation work”, which fails to realize the integrated development of all departments and disciplines, and the work pattern of “full staff education” is difficult to implement.

4 Integration Construction Path of the Integrated Development of Psychological Health Education in Colleges and universities, Middle Schools and Primary Schools

4.1 Improve System Guarantee and Establish Long-Term Operation Mechanism

The construction of institutional integrated development is the realistic basis of achieving the high-quality development of the integrated development of psychological health education in colleges and universities, middle schools and primary schools. The construction of institutional mechanism for the integrated development of psychological health education in each stage of education requires the competent departments at different education stages to do a good job in top design [7], formulate a scientific, orderly and unified integrated development system, coordinate the responsibilities of all departments, standardize the leadership organization system, teacher training system, curriculum construction system and psychological file management system of psychological health education in schools, formulate an integrated work instruction manual, and break through the barriers of psychological health education in each section from top to bottom and from inside to outside.

4.2 Strengthen Communication and Cooperation to Form Efficient and Organic Connection

Communication and cooperation are the bridge

to realize the integration and high-quality development of integrated development of psychological health education in all levels of schools. Communication and cooperation can break the "isolation zone" of the colleges and universities, middle schools and primary schools, realize the high-efficiency and precise connection of all education stages, focus on the pain points and difficulties of the integrated development of psychological health education and form an effective reform plan. Establish an integrated forum for integrated development of psychological health education in colleges and universities, middle schools and primary schools, share educational resources and achievements, establish a project cooperation system, carry out educational practice activities regularly every year in association with all colleges and universities, middle schools and primary schools in the region, recruit college-related clubs and university student volunteers to enter primary and secondary schools [8], strengthen student club exchanges, and promote in-depth integrated development.

4.3 Pursue Scientific Research to Achieve a Leap in the Educational Quality

Scientific research is the fundamental guarantee to realize the integration and high-quality development of psychological health education in colleges and universities, middle schools and primary schools. The scientific research department shall organize experts and scholars to carry out systematic research on the integrated construction of psychological health education, grasp the scientific research subject, improve the scientific research and teaching ability of teachers in colleges and universities, middle schools and primary schools, organize the development of series of teaching materials suitable for the characteristics and needs of psychological development of modern colleges and universities, middle schools and primary schools, establish the teaching and research office of psychological health education in colleges and universities, middle schools and primary schools, build an integrated teaching and research team, and deeply explore the realization path of the integrated development of education and teaching.

4.4 Promote Archives Construction and

Ensure Smooth Flow of Dynamic Information

File construction is the key to realize the integration of high-quality development of psychological health education in colleges and universities, middle schools and primary schools. The mental health file should cover all the data and information of the students' psychological growth and development process, so as to realize the orderly connection between different educational stages. The construction of archives in different educational stages should be carried out in accordance with legal provisions and consulting ethics and the transfer procedure of archives should be standardized to accurately grasp the students' psychological dynamics. In addition, exploring the practical application of the integrated development of early warning signs of psychological crisis and scientific intervention of different educational stages' students is helpful to promote psychological crisis early warning and intervention [9].

4.5 Cooperate with Multiple Forces to Create the Pattern of All Staff's Psychological Education

Family, school, community, hospital are the driving force for achieving the integration and high-quality development of psychological health education in colleges and universities, middle schools and primary schools. It is essential to improve the mechanism of cooperative education of school, family, social medical, give play to the synergistic effect of family, school and community, fully develop and utilize social resources, expand out-of-school educational position, and organize colleges and universities, middle schools and primary schools' students to carry out social practice activities. It is necessary to accelerate the cooperation between schools and medical institution, build a "green channel" for crisis intervention diagnosis and treatment, and enhance the professional level of psychological health education and consultation service [10].

5. Conclusions

To sum up, the integrated development of psychological health education in colleges and universities, middle schools and primary schools should be carried out from the perspective of "three complete education",

with psychology and education as the theoretical basis, developmental psychology as the logical mainline, following the law of students' psychological development, and curriculum integrated construction as the starting point, in collaboration with educators, parents, society and other forces, to promote the linkage and integrity of psychological health education in different stages.

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