

Research on the Integration of Ideological and Political Education Elements into College Students' Mental Health Courses

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Abstract: Integrating ideological and political education elements into college students' mental health courses helps them develop correct values and lays a foundation for nurturing the pillars of the nation. In the new era, China's education authorities increasingly emphasize college students' mental health education, while placing greater focus on curriculum-based ideological and political education, thereby comprehensively cultivating students' ideological and political literacy. To further optimize mental health education for college students, it is crucial to explore the integration of ideological and political elements. This study combines theoretical analysis with practical case studies and summarizes integration strategies from three perspectives: permeation, linkage, and empathy. Incorporating ideological and political elements into college students' mental health education holds multifaceted significance and value. Therefore, it is necessary to deepen this integration, employ new methods, and combine practical activities to ensure that the fusion of the two carries substantial educational value.

Keywords: College Students; Mental Health Education; Curriculum Ideology; Ideological Elements

1. Introduction

Psychological health education for college students is crucial in contemporary higher education and is gradually becoming the focus of mental health education for university students. The integration of ideological and political education elements into psychological health education is the current development direction of college students' mental health education. This fusion holds profound significance and will greatly enhance the effectiveness of

psychological health education. Nowadays, the integration of ideological and political elements into college students' psychological health courses has become a key research topic in universities and is also essential for universities to fulfill their talent cultivation principles.

2. The Relationship between Mental Health Courses and Ideological and Political Education

2.1 Mental Health Education Course

The mental health education course aims to promote psychological well-being by integrating relevant content from key ideological and political courses, ensuring the efficient implementation of mental health education [1]. It guides students in mastering emotional regulation and stress management techniques, fostering the maintenance and development of mental health, and enhancing quality of life.

2.2 The Relationship between Mental Health Courses and Ideological and Political Education

Although mental health education and ideological and political education differ greatly in terms of teaching objectives and implementation paths, they have a close inherent connection and show a trend of collaborative development, playing an important role in an individual's overall development. Their mutual influence is mainly reflected in the following aspects [2].

2.2.1 Aligned objectives

Both aim to promote the comprehensive development of students. Mental health education focuses on maintaining the stability of an individual's psychological state, while ideological and political courses emphasize shaping students' values, moral character, and political literacy. These two educational approaches complement each other, jointly

advancing students' coordinated development in both psychological and ideological dimensions, thereby better equipping them to adapt to social progress [3].

2.2.2 Content complementarity

The ideological and political education curriculum provides psychological health education with a macro-level social value orientation, ensuring that students' paths of growth align with mainstream ideology. Psychological health education, in turn, shapes the mental foundation for ideological and political education, encouraging individuals to accept and implement ideological concepts with a positive mindset. Through systematic regulation and training, it can assist students in maintaining rational thinking during the learning process of ideological and political education, allowing them to deeply understand and internalize its core ideas. The collectivist spirit advocated by ideological and political education can effectively promote improvements in students' interpersonal skills and enhance their awareness of teamwork within psychological health education.

3. Research Methods

3.1 Participants

Sample selection: This study implemented stratified sampling based on multiple dimensions, including school type (comprehensive universities, science and engineering universities, humanities and social sciences universities), grade level (from freshmen to seniors), and academic field (science and engineering, humanities, medical studies). Within each level, samples were randomly selected in proportion to accurately reflect the mental health status of college students from diverse backgrounds.

Conducting the survey: Launch online questionnaires through the Wenjuanxing platform, and also distribute paper questionnaires in university teaching buildings, libraries, and other locations. Beforehand, clearly explain to respondents the purpose, significance, and importance of the study, which can stimulate their enthusiasm to participate and improve the effective response rate. For online surveys, set an appropriate time limit for answering and provide operational instructions. During offline interviews, have professionals provide on-site assistance to ensure the accuracy and completeness of the information collected.

3.2 Research Tools

Primarily relying on Chinese literature databases such as CNKI, Wanfang, and VIP journals, and using precise search strategies that include keywords like "Integration of Ideological and Political Elements into College Students' Mental Health Education" or "Incorporating Ideological and Political Elements into the Practice of Mental Health Education," combined with multiple filtering criteria such as publication date and subject classification, relevant research materials can be effectively identified, providing theoretical support for subsequent studies.

Case Collection: The article utilizes multi-source data integration methods to extensively gather real-life cases of universities embedding ideological and political education elements into college students' mental health education. It conducts comprehensive searches across university official websites, policy documents issued by educational authorities, and materials from relevant academic conferences, selecting existing ideological and political-themed mental health education courses or activity programs as research samples, and conducts detailed analyses from multiple perspectives.

3.3 Data Analysis

Using a questionnaire survey method to study college students' mental health education, the research analyzes patterns in the occurrence of psychological issues across different grade levels, and compiles statistics on the ways various ideological and political education elements are combined. This reflects the behavioral tendencies and decision-making patterns students exhibit in ideological and political education. Data is processed uniformly using the Questionnaire Star software.

3.3.1 Survey subjects

A random survey of 100 college students was conducted at a local university on mental health. The survey mainly asked questions about mental health issues, as well as the impact of integrating ideological and political elements into mental health education.

3.3.2 Questionnaire statistics and organization

The questionnaire was conducted with a total of 100 university students, and 100 completed questionnaires were collected. The collected data is valid. The specific data statistics are shown in Tables 1-5 below.

Table 1. Rationality Statistics of Courses

	Statistics	ratio
reasonable	25	25%
Unreasonable	55	55%
didn't feel much	20	20%
Total	100	100%

Table 2. Survey Statistics on Educational Significance

	Statistics	ratio
Meaningful	27	27%
Meaningless	56	56%
No real impact	17	17%
Total	100	100%

Table 3. Statistics of Values

	Statistics	ratio
reasonable	36	36%
Unreasonable	42	42%
It doesn't matter	28	28%
Total	100	100%

Table 4. Awareness of the Red Spirit

	Statistics	ratio
A recognition	31	31%
B Disagree	28	28%
C No idea	41	41%
Total	100	100%

Table 5. Traditional Culture Statistics

	Statistics	ratio
A understand	37	37%
B not understand	23	23%
C indifferent	40	40%
Total	100	100%

4. Results

4.1 Analysis of the Principles for Integrating Ideological and Political Elements with College Students' Mental Health Education Courses

4.1.1 The principle of focusing on student development

The integration of ideological and political elements into mental health education for university students should be student-centered, aiming to promote their overall development. The core goal of modern higher education is to cultivate talents for the new era who are idealistic, ethical, and politically literate [3]. Mental health education is an important part of higher education, and therefore a powerful tool for talent development. Integrating ideological and political elements into mental health education must always focus on student development and the cultivation of students'

comprehensive qualities, promoting the efficient development of education and teaching. By incorporating ideological and political elements into mental health education, we can foster students' sound psychological qualities and help them maintain a healthy and positive attitude [2]. Moreover, when integrating ideological and political education elements, it is important to ensure that these elements align with the students' level of ideological understanding or mental health status. The integration of ideological elements should not go beyond the curriculum; it must ensure that students can fully comprehend the ideological content, and also guarantee that their inclusion has a positive and practical impact on the students' healthy development [4].

4.1.2 Principle of adaptation to social environment

This principle refers to the integration of ideological and political elements into college students' mental health education, which should coordinate with social factors and adapt to the unique social environment. College students' learning and daily life are influenced by external environments, especially in today's era of network technology, where external social forces provide more pathways affecting their physical and mental health development. Therefore, when incorporating ideological and political elements into mental health education, social factors must inevitably be taken into account. From the perspective of social coordination, the integrated ideological and elements must align with current social development, synchronize with national policies and relevant development strategies.

4.1.3 Principle of systematicness and standardization

The integration of ideological and political elements into college students' mental health education must follow the principles of systematic and normative approaches, promoting effective integration of specialized courses, resources, and departments. On one hand, the incorporation of ideological and political education into mental health education should build a unique mental health education system, distinct from traditional mental health education. After the integration of ideological and political elements, the mental health education system should be redesigned and re-planned to ensure both systems are implemented systematically, achieving a positive educational effect and improving overall educational quality [3].

In addition, the integration of the two must establish a mechanism for the integration of the education system. Under this mechanism, it is essential to ensure the perfect integration of mental health education and ideological and political education for college students. The two educational fields should cooperate with each other, and a mechanism for resource sharing and smooth information flow should be established, ensuring their deep integration and making the education more meaningful for the students.

4.1.4 Principles of methodology interconnection and innovation

Ideological and political education and mental health education share interconnectivity in their teaching methods, allowing for mutual borrowing of educational techniques [5]. For example, the encouragement and exemplary demonstrations in ideological and political education can be applied to mental health education, while the contextual teaching and experiential classrooms of mental health education can be utilized in ideological and political education, enhancing students' motivation to learn and achieving the unity of thought and psychology. In the new era, leveraging multimedia technology and the Internet of Things, we can build an interactive, multifunctional platform for quality education and management, developing specialized multifunctional management modules to achieve flexible and diverse online and offline teaching.

4.2 Main Strategies for Integrating Mental Health Education for College Students with Ideological and Political Elements

4.2.1 Developing a scientific talent training program

The integration of college students' mental health education and ideological and political elements should first clarify its goals and be mutually embedded in the development of talent cultivation plans [6]. Both are key channels for cultivating outstanding talent in China, and it is the mutual penetration of the two that is the focus and key to talent development.

(1) Scientifically revise the talent development program

Attention must be paid to the writing and selection of teaching materials. When compiling and using textbooks, the guiding principle should be the integration of ideological and political education, with a systematic review and restructuring of the curriculum [7]. The rewriting

of mental health education materials should start from the educational standards of mental health education. During this process, consultation with ideological and political course teachers is advisable, and the teaching experience of mental health educators should be incorporated, so that ideological and political elements are seamlessly integrated into the textbook content.

(2) Precise selection of content for mental health education and teaching

The integration of ideological and political elements into college students' mental health education must ensure the creativity of this fusion. The integration of the two should ensure the innovation of content, deeply incorporating excellent traditional Chinese culture. For example, in mental health counseling for college students, the core social values can be directly integrated into the 'effective use of social support' theory, guiding from an individual psychological perspective. This ensures that students understand the importance of virtues like kindness and generosity in mental health counseling, and, to some extent, cultivates their interpersonal communication skills.

The special topic of mental health education can integrate ideological and political content with mental health education, ensuring that the education is carried out efficiently. Incorporating ideological elements helps college students establish correct values, enabling them to maintain the right and positive mindset during their study of ideological and political education. The emotional aspect of mental health education for college students can integrate the concept of 'the relationship between consciousness and matter,' which allows students to understand the basic principles of material consumption in their studies. In other words, once you have a thought (consciousness), your hormones (matter) will change. Here, consciousness (thought) refers to emotional factors, and matter refers to physiological aspects (hormones), which helps students understand the relationship between illness and negative emotions. The integration of both is crucial, and under different topics, various interactive penetrations can form, supporting each other, thus assisting college students in developing a healthy mindset and strong moral qualities [8].

4.2.2 Innovative mental health education

College students' mental health education needs to start with psychological knowledge education and behavioral guidance. This is because college

students are influenced not only by psychological factors in their studies and lives, but also by different behaviors [9]. Therefore, when integrating ideological and political elements into mental health education, the interaction between the two should be considered, using practical activities as a platform to carry out various practical activities, thus achieving both psychological and behavioral guidance for students' mental health. Activities that integrate mental health education with ideological and political elements must aim primarily at cultivating students' health literacy and mastery of mental health theories, guided by the principles of healthy psychological behavior, to ensure the efficient implementation of subsequent teaching and educational activities. Practical activities can facilitate the linkage between ideological and political education and mental health education, using these activities as key pathways for carrying out mental health education initiatives.

Firstly, universities can organize distinctive mental health activities, integrating elements of ideological and political education with the timing of the educational process. This approach can positively guide students' mental state and overall quality from various perspectives [10]. For instance, a certain university held a series of activities during the 5.25 College Students' Mental Health Education Month, such as the Psychological Culture Week and Mental Health Day. These diverse and engaging cultural events helped students immerse themselves in mental health learning wholeheartedly. Moreover, the university also organized a psychological drama competition, enabling mental health education to play a role in guiding students' thoughts and spiritual culture, ensuring that the educational process is carried out efficiently, and enhancing the overall quality of teaching.

Secondly, mental health education activities are integrated with ideological and political classrooms. For example, campus-themed movie-watching events can be designed to subtly influence students through the films they watch. In practice, the selection of films should be based on mental health education objectives, creating specialized viewing sessions so that students can gain deep insights after watching [11]. Additionally, another approach is to organize extracurricular workshops, such as psychology workshops, with activity plans tailored to different thematic tasks, aiming to

cultivate or enhance various qualities or abilities in students. Clubs and group activities can also be held to help students improve social skills, develop personal talents, and strengthen teamwork abilities [12].

4.2.3. Deep integration of mental health education with ideological and political elements Both mental health education and ideological and political education guide students from the perspective of consciousness, gradually shaping their moral character and ideological qualities through subtle and continuous influence.

(1) The deep integration of ideal beliefs and mental health education

Ideological and political education focuses on guiding ideals and strengthening beliefs. Integrating elements of ideals and beliefs into mental health education will provide strong support for college students. By incorporating ideals and beliefs into mental health education and using various methods, college students can form firm ideals and an unshakable belief in success. This helps them maintain a positive mindset when facing difficulties and setbacks, ultimately displaying strong psychological resilience. Integrating ideal and belief education into mental health education guides students to set ambitious ideals and develop long-term life plans under the fusion of dual education, which strengthens their psychological motivation and enhances their basic ability to cope with setbacks while pursuing their ideals [13]. For example, small stories can be incorporated into mental health courses, enriching the curriculum with ideological and political stories or historical stories. For example, we can share stories of revolutionary pioneers who braved hardships and fought tenaciously. Including Liu Hulan's bravery in the face of sacrifice, the Red Army's 25,000-mile Long March, and numerous heroic tales from the War of Resistance Against Japan, can be told. In telling these stories, teachers can show videos or recommend related books. This creates a profound impact on students, encouraging them to bravely face difficulties under the multiple stimuli of storylines, videos, and audio, fostering empathy in mental health education and promoting effective learning.

(2) The integration of values education and mental health education

In China, adhering to values such as patriotism, dedication to work, honesty, and integrity is an essential correct value concept that contemporary college students must cultivate.

To achieve educational goals, schools should focus on integrating values education with mental health education, creating a new framework for mental health education that enables students to develop a correct understanding of these values, thereby laying a solid foundation for subsequent education [14].

For example, during the educational process, the case study method can be employed. In mental health education, introducing relevant cases that reflect correct values can help students not only address psychological issues but also develop a proper understanding of values. For instance, when discussing cases such as “cybercrime or malicious dissemination of information,” teachers should actively incorporate knowledge of relevant laws and policies. This enables students to clearly understand the correct ways to use the internet, establish proper online perspectives, continuously develop proactive coping attitudes, promote effective online education, and enhance the overall quality of education.

(3) Moral Education and Mental Health

Moral education is an important component of ideological and political education, and good moral character has a positive impact on the mental health of college students. Integrating moral education into mental health education can guide students to consciously observe social ethics, professional ethics, and family virtues through explanations of moral norms and demonstrations of moral role models. For example, cultivating students’ sense of responsibility enables them not only to gain a sense of achievement and self-recognition in the process of taking on responsibilities but also to enhance their mental health. At the same time, moral education can help students properly handle conflicts and disagreements in interpersonal relationships, reducing psychological distress [8].

5. Discussion

In the new era, the integration of college students' mental health education with ideological and political elements will be a key path for schools to cultivate students' overall qualities. In-depth research on the relationship between mental health education and ideological-political elements, along with the use of new methods and practical activities, will focus on three major areas: constructing scientific talent development programs,

innovating mental health education, and deeply integrating mental health education with ideological-political elements. This approach aims to improve the quality of mental health education and support the mental health development of college students.

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