

Application of Psychological Counseling in College Students' Political Thought Work

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Keywords: Psychological counseling; College students; Political thought work

Abstract: With the increasing attention paid to the political thought work in Institution of higher learning, the role of psychological counseling, as a basic method to promote students' mental health and an important way to build a harmonious campus, has gradually become prominent. In the new era of great integration of world cultures, how to carry out political thought work according to the characteristics of the times is a common concern of political thought workers. In today's society, college students are influenced by the great integration of culture, and there are some cognitive deviations in their thoughts. In the process of implementing political thought education for students, the traditional educational methods can not effectively play the important role of political thought work, and have certain limitations. Institution of higher learning must fully understand the necessity and urgency of psychological counseling in college students' Political thought work, develop and innovate the traditional political thought education, and use the method of psychological counseling to innovate the political thought work. This paper analyzes the significance of political thought work in Institution of higher learning, and discusses the necessity of psychological counseling in Political thought work in Institution of higher learning, so as to provide effective reference for political thought education of college students.

1. Introduction

With the development of society, the current college students' world outlook, outlook on life and values have undergone profound changes, but for them, effective political thought education can correct their ideological understanding and improve their ideological and moral level. In the external environment, college students are faced with the social environment of information explosion, diversified values, diversified cultural forms and convenient network. In terms of internal psychological changes, college students are prone to some psychological problems at the development stage. Strengthening political thought work plays an important role in improving the ideological and moral level of college students, but at present, many college students have various psychological problems and can't concentrate on learning. In terms of group characteristics, contemporary college students have strong subject consciousness and high participation consciousness.

With the increasing attention paid to political thought work and humanistic care in institution of higher learning, psychological counseling, as a basic method to promote students' mental health and an important way to build a harmonious campus, has gradually become prominent. If not handled well, it will easily lead to negative emotions and even extreme psychology of students. Therefore, it is particularly crucial to strengthen political thought work to improve the ideological and moral level of college students. Therefore, teachers should give students psychological counseling in the ideological and moral education of teenagers, help them solve their psychological problems in time, and further develop the moral education in institution of higher learning. With the increasing attention to political thought work and humanistic care in Institution of higher learning, psychological counseling has become a basic method to promote students' mental health. In recent years, political workers in Institution of higher learning began to try to apply psychological counseling technology to political thought education, but they encountered many conflicts of principles in practice. The new crown covid-19 epidemic sweeping the world in 2020 has also urged universities to strengthen psychological counseling and crisis intervention in the process of

prevention and control, and do well in Political thought work and humanistic care.

2. The necessity of psychological counseling in college students' political thought work

Paying attention to the differentiated development and independent development of educational objects is an important part of students' political thought work. Students' growing environment will cause individual differences, and considering and understanding these differences is the basis for realizing the all-round development of college students. To analyze the psychological counseling of college students from the angle of political thought education is to take psychology and social work psychology as the main means and ideas to carry out educational work in the process of implementing effective educational guidance for students, and to organically combine psychological counseling education with political thought education. According to the structural analysis, when psychological counseling is carried out in political thought work in institution of higher learning, the object of psychological counseling is the center, and the six subsystems of psychological counseling subject, psychological counseling content, psychological counseling method, psychological counseling environment, psychological counseling carrier and psychological counseling mechanism are independent and interrelated. Figure 1 shows the overall reinforcement model of psychological counseling. Pay attention to the working ideas and means of humanistic care and psychological counseling, not only realize the care for the material life of teachers and students, but also realize the care for the spiritual life of teachers and students, pay attention to the individual uniqueness, deep emotion and development needs of college students, and go into the depths of their hearts. Psychological counseling aims to rebuild the educatees' self-consciousness through the guidance of educators, enhance the educatees' self-confidence and self-consciousness, and cultivate their independent and complete personality. The redefinition of self cognition is an important way of psychological guidance. The premise of realizing individual freedom and all-round development is to have an independent personality.

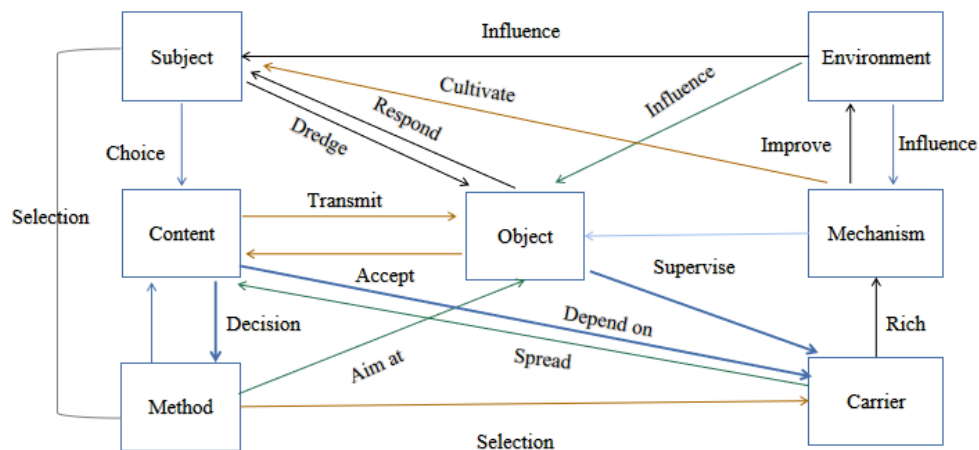


Figure 1 Overall strengthening model of psychological counseling

3. Problems in Political thought education in Institution of Higher Learning

3.1. The traditional mode of political thought education does not pay enough attention to psychological counseling.

Traditional political thought education does not pay enough attention to students' subject status and emotional education. Due to their own differences, college students have different needs for political thought education. In recent years, the continuous enrollment expansion in Institution of higher learning has brought about a serious decline in the quality of students. Especially after the enrollment expansion of newly-built undergraduate colleges, the college entrance examination scores of students admitted are generally low, and the decline of students' quality is particularly prominent. Both literary care and psychological counseling pay attention to the subjectivity of

students, but at present, the ideological and Political Education organized and carried out by some institution of higher learning pays too much attention to the status of teachers, students receive education and guidance passively, and students' individual differences and diversified needs can not be reflected in educational practice. Infiltrating mental health education into political thought courses has become an inevitable requirement of curriculum education reform. College students are an important force to promote social development, and the social standards for talents are no longer limited to knowledge and academic qualifications, but also attach great importance to students' comprehensive ability and sound personality. Traditional ideology and political thought education are often superficial and pay attention to form, which leads many students to misunderstand ideology and political thought education. This one-way teaching method can't play a positive role in the communication between students and teachers, and it can also prevent the pressure of students who don't want to face psychological problems from being released. Instead, psychological counseling becomes their psychological burden.

3.2. Shortage of educational resources

The financial support, policy support and system establishment of the school are the most basic guarantee for the application of psychological counseling technology in Political thought education in Institution of higher learning. As the implementer and leader of psychological counseling, psychological counseling teachers play an important role in the whole process of psychological counseling. Only by paying close attention to the consulting object, gaining the trust of students, and deeply solving students' psychological problems through full two-way communication, can teachers achieve results. In recent years, due to the small number of jobs of political workers and full-time political counselors and the serious shortage of investment in higher education, the educational resources of institution of higher learning are in short supply, and the psychological counseling websites of institution of higher learning lack high-level and high-quality information to meet the needs of students. College students are basically in the position of passive learning. The theoretical knowledge they learn is boring and difficult to understand, which leads to the psychological counseling of students' resistance and disgust. Because of the shortage of teachers, the number of political workers and political counselors is seriously insufficient, and college teachers simply have no time and energy to do students' deep ideological work. Many psychological counseling focuses on the superficial process, cutting corners, greatly reducing the workload of psychological counseling, which also reduces the prestige of psychological counseling educators and hinders the effective psychological communication between teachers and students. At present, there is no need to set up many courses in Institution of higher learning. On the contrary, we can combine psychological adaptation education with career planning education, guide students to change roles, guide them to learn actively, remove unnecessary courses, increase students' political thought counseling courses, balance educational resources, avoid the dissatisfaction of students and parents, and reduce the occurrence of campus instability.

4. Measures for the construction of the central management and guidance mechanism of political thought education in Institution of Higher Learning

4.1. Students should establish correct beliefs.

In the new history, the traditional indoctrination mode can no longer adapt. Moral educators should establish a new view of students in teaching and apply psychological counseling technology to political thought education. Students actively apply the self-education method of political thought education to psychological counseling, and carry out self-psychological adjustment regularly and purposefully, which can gradually alleviate their emotions and eliminate psychological obstacles to a certain extent. Facing the increasingly complex environment, students need to have a healthy psychology and adhere to the correct values, outlook on life and world outlook in order to resist the bad atmosphere in the society. At the same time, teachers should give students some love, form a friend relationship with them, understand what they think, and implement effective psychological

counseling according to their ideological and spiritual needs, so as to enable them to form correct values and establish correct beliefs, so as to gradually improve their personality, correctly face social things and realize healthy growth. College students' ideological and moral quality plays an important role in comprehensive quality, and it has the functions of guidance, motivation and regulation. Establishing correct beliefs and strengthening the understanding of psychological counseling can deepen the importance of psychological counseling to political thought education humanistic care in the process of political thought education. Strengthen purposeful education and enhance students' learning consciousness. Only those who have clear goals have confidence in their actions. Carry out a variety of campus cultural activities, meet the needs of students' cultural life, and cultivate students' healthy living habits and interests. It is helpful for students to establish correct beliefs, firmly follow their own ideal path, constantly absorb advanced knowledge and experience, advance towards their own goals, and achieve ideal results and achievements.

4.2. Building a perfect psychological counseling mechanism

Mental health education is the premise of the effective implementation of political thought education. Political thought teachers should not only stay on the explanation of book knowledge, but also let students discuss, experience and train in various simulated and actual situations. In order to better infiltrate psychological counseling in Political thought education and do a good job in students' mental health education, institution of higher learning should strengthen team construction and establish a student mental health education and psychological counseling team with full-time teachers as the backbone, full-time and part-time combination, professional complementary, relative stability and high quality. To effectively carry out mental health education for middle school students, political thought educators should change the traditional way of education. In the process of teaching, teachers should combine the mental health status of students, and institution of higher learning should establish a perfect leadership system and management mechanism to implement the psychological counseling of humanitarian care in Political thought education in Institution of higher learning. Classroom teaching is the main channel for imparting knowledge. Teachers should spend more time studying students and teaching methods to make teaching attractive. In recent years, the Internet has been widely used in teaching practice, effectively achieving the teaching objectives. In order to improve the effect of mental health education, promote the role of psychological counseling, strengthen research, and establish and improve the public opinion collection and reflection mechanism. It is necessary to rely on the network of student unions, associations, classes and other organizations, strengthen research, establish and improve the mechanism of collecting and reflecting public opinions, and apply psychological counseling technology to political thought education, so as to achieve the educational purpose of perfecting students' personality, preventing mental illness and improving students' ability to resist setbacks, and cultivate high-quality talents with perfect personality and good social ability. Establish a sound network platform related to psychological counseling, and share various resources related to psychological counseling, psychological counseling methods, mental health education, and real-time psychological counseling status on the website, so that students can solve psychological problems on the website, strengthen the monitoring, evaluation, and early warning of students' mentality, and explore the establishment of an intervention mechanism for psychological crisis, so that students can receive psychological counseling education in a pleasant atmosphere, thus improving students' mental health.

5. Conclusions

In the era of rapid economic development, the political thought education for college students is faced with many uncontrollable factors. To solve the psychological counseling of students in Institution of higher learning, we need the understanding and support of the society, the attention and improvement of schools, and the encouragement and guidance of teachers. Mental health education is an important part of psychological counseling education. In order to improve the effect of mental health education and promote the role of psychological counseling, teachers should combine students' mental health status in the teaching process. When giving students psychological

counseling, teachers should carefully understand students' psychological problems, and help students deal with problems by talking with students and applying drugs to the case. More importantly, students themselves should have clear learning objectives, correct beliefs, firm confidence, and a proactive attitude towards learning and doing things. In a word, political thought education plays an important role in the healthy growth of college students. Respect students' dominant position, pay attention to enlightening education and recessive education, so that students can receive political thought education imperceptibly and like it.

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