

## THE PROMOTING AND GUIDING ROLE OF IDEOLOGICAL AND POLITICAL TEACHING IN COLLEGES AND UNIVERSITIES IN CULTIVATING STUDENTS' MENTAL HEALTH

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**Background:** With the rapid development of economy, people's pace of life is getting faster and faster. Various pressures such as life and study are coming, which has a certain impact on the physical and mental health of college students. The negative emotions such as anxiety, depression, tension and anxiety are sometimes accompanied by physiological symptoms such as palpitation, dizziness and headache, which affect the study and life of college students, reduce their quality of life. In addition to the external environment will have an impact on college students' physical and mental health, college students' personal personality characteristics will also affect the development of college students' physical and mental health. For example, people with sensitive personality are more likely to be disturbed by the external environment, resulting in emotional fluctuations and psychological emotions such as anxiety and uneasiness. In addition, college students are in a special stage of physical and mental development, their physiological and psychological conditions are not fully mature, and their three views have not been fully finalized. If the outside world has a negative impact on college students, it will be detrimental to the good development of college students' physical and mental health.

Ideological and political teaching in colleges and universities can guide college students' three outlooks and help them establish a correct outlook on life and world outlook. It is an important means of college students' three outlooks education and occupies an important position in the development of college students' physical and mental health. The important content of ideological and political teaching in colleges and universities is psychological counseling for college students. In the psychological guidance of physical and mental health, psychological counseling is used to strengthen students' psychological pressure resistance. In the process of psychological guidance, teachers should respect students' privacy, not force students to say something they don't want to say, and reduce students' psychological defense in a relaxed and pleasant atmosphere, so as to open students' hearts and express themselves. In the process of psychological guidance of ideological and political teaching, the form of traditional language indoctrination should be changed. Enrich the class mode and language expression, let students accept psychological guidance services in the process of philosophical and political language expression, reduce their psychological preparedness, actively accept the psychological guidance of ideological and political teaching, and cultivate students' healthy psychology.

**Objective:** To understand the current physical and mental health status of college students and analyze the specific application contents of psychological guiding factors of ideological and political education in colleges and universities. On this basis, this psychological guidance of ideological and political teaching is applied to the psychological cultivation of students' physical and mental health. According to the situation of students, corresponding psychological guidance is provided, and relevant courses are taught to create a good psychological education atmosphere, let students actively participate in relevant psychological guidance activities, and promote the cultivation of students' physical and mental health. Improve the accuracy of effective ideological and political education evaluation, and conduct a questionnaire survey on college students' mental health. According to the students' answers, analyze the students' psychological situation and make an accurate evaluation. Strengthen the construction of psychological guidance teachers, improve the teaching quality of teachers, increase the richness of their teaching experience, and ensure the overall quality of teachers through regular professional training. Increase the diversity of psychological education activities and let students choose extracurricular activities, so as to improve students' active participation. In psychological education activities, change their wrong views and adjust their psychological state, so as to promote students' physical and mental health and psychological development.

**Research objects and methods:** The research objects were college students. 100 college students were randomly selected from a university to understand their physical and mental health, learning status, interpersonal relationship, attitude towards ideological and political education and psychological education activities, and record relevant data. Through cluster analysis, this paper studies the promoting and guiding role of ideological and political teaching in colleges and universities in cultivating students' physical and mental health. The higher the score, the greater the degree. The data processing software adopts SAS software.

**Results:** College students' physical and mental health and psychological development are the focus of school education. Influenced by the external environment and individual characteristics, college students' physical and mental health has different problems, and different types of negative emotions have appeared in learning, interpersonal relationship, employment and so on. In order to cultivate college students' mental and physical health, we should make use of the psychological guidance and promotion of ideological

and political education in colleges and universities to provide psychological guidance services for college students' new life, encourage college students to actively participate in relevant psychological education activities, improve their stress resistance and improve their psychological status. In the promotion and guidance of ideological and political teaching in colleges and universities on cultivating students' mental and physical health, the promotion score of psychological guidance service on the cultivation of sophomore students' mental and physical health is 4 points. See Table 1 for the specific results.

**Table 1.** The promoting and guiding role of ideological and political teaching in colleges and universities in cultivating students' mental health

Grade	Psychological guidance service	Strengthen the construction of psychological guidance teachers	Psychological education activities
Freshman	4	4	3
Sophomore	4	3	3
Junior	3	4	4

**Conclusions:** The cultivation of college students' mental health is inseparable from the psychological guidance of ideological and political education in colleges and universities. Teachers should pay attention to the role of psychological guidance in effective ideological and political teaching. Teach students according to their aptitude, respect and understand students, and promote the cultivation and development of students' physical and mental health.

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## REFLECTIONS ON THE MODE OF INTEGRATING MENTAL HEALTH EDUCATION INTO COLLEGE STUDENT MANAGEMENT

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**Background:** College teachers pay more attention to college students' mental health problems. Through the analysis of the root causes of college students' mental health problems, it is found that there are three reasons for mental health problems, namely environmental changes, interpersonal imbalance and excessive pressure on learning and employment. For freshmen, especially those only child college students, after entering colleges and universities, they are separated from the care of their parents. Due to their poor self-care ability and weak adaptability to the new environment, they feel it is difficult to adapt to the changing learning environment, which has brought a lot of impact to their psychology. And the one-child college students are spoiled by their parents since childhood. They have a strong sense of self-awareness and lack relevant skills and experience in interpersonal communication. Facing students with different living habits, they will conflict because of differences in living habits, so they feel pain and depression in the process of communication, which affects their mental health development. In addition, the great pressure brought by learning and employment makes them mentally tense and have psychological abnormalities, resulting in mental health problems.

Popularize relevant mental health knowledge through mental health education, help students establish mental health awareness, understand their own psychological abnormalities, let students adjust their emotions in the process of using psychological adjustment methods, promote the normal development of students' learning and interpersonal communication, and improve their social adaptability. However, although college mental health education has a full understanding of students' mental health problems, formulated relevant educational action plans and carried out the teaching of mental health education courses, the practical effect of mental health education is not satisfactory. In the process of mental health education, there is a lack of teachers specialized in mental health education, which is usually taught by political teachers or counselors. Psychological counseling and treatment are different from general ideological and political education. This difference will affect the effect of students' psychological counseling and is not conducive to the development of students' mental health. From this point of view, mental health education has not been fully incorporated into the curriculum system of colleges and universities, the relevant teaching modes are relatively backward and not innovative, and the effect of counseling students' psychological problems is not good. The contents of the teaching courses are boring, and the teachers' teaching attitude is perfunctory, which cannot stimulate the students' interest in