

Strengthen Psychological Counseling; Relieve the Negative Emotions of the Responsible Person

Pufan Zhao

Wuhan University of Science and Technology

Wuhan, China

Email: 1003645777@qq.com

Abstract—The responsible person plays an important role in precision poverty alleviation. The phenomenon that some helpers generate negative emotions should be given enough attention. As a method in ideological and political work, psychological counseling can be applied to solve this problem, and improve the corresponding mechanisms to improve the effectiveness of psychological counseling.

Keywords—the responsible person in precision poverty alleviation; psychological counseling; perfect mechanism

I. INTRODUCTION

In order to ensure that the poor will get rid of poverty as scheduled in 2020 and accelerate the economic and social development of ethnic areas, the people of all nationalities in the country will take the important idea of "precise poverty alleviation" as a guide, attack and overcome risks, and resolutely fight the battle for poverty alleviation and development. Accurate poverty alleviation work has been carried out in depth throughout the country and has made great progress. However, after field interviews and investigations, it was found that in the process of carrying out specific poverty alleviation work, due to various reasons, a small number of helpers had negative emotions. For example: job burnout, anxiety, psychological stress, etc. A small number of helpers even have a phenomenon of somatization (Somatization refers to physical discomfort caused by psychological pain, including digestive disorders, sleep disorders and sexual dysfunction related to psychological factors.) due to negative emotions. The responsible persons play an important role in the work of precision poverty alleviation. They must not only thoroughly understand the poverty alleviation policies, but also actively promote and implement them. They must also contribute to helping the families, solve problems, and strive to get rid of poverty as soon as possible. Therefore, paying attention to the mental health status of the responsible person and timely dissolving the negative emotions generated by some of the help-responsible persons in the process of carrying out the precise poverty alleviation work are crucial to helping the responsible person and deepening the precision poverty alleviation work. After the party's 17th National Congress report was first proposed and the party's 18th National Congress report further clarified "strengthening and improving ideological and political work, paying attention to humanistic care and psychological counseling"[1], General Secretary Xi Jinping once again emphasized at the National Conference on Ideological and Political Work in Colleges and Universities:

Ideological and political education should cultivate a rational and peaceful mentality, and "further strengthen humanistic care and psychological counseling"[2]. Psychological counseling is based on the essence of the traditional method of education, inheriting the advantages of psychological counseling in the psychology department, further developing and innovating, and becoming an important method for the party to effectively carry out ideological and political work. The responsible persons to generate negative emotions in the process of carrying out accurate poverty alleviation work, and psychological counseling for the responsible persons is a means to effectively solve this problem.

II. ANALYSIS OF THE CAUSES OF NEGATIVE EMOTIONS OF RESPONSIBLE PERSONS

A. *Insufficient understanding of policies related to precision poverty alleviation*

In the process of carrying out accurate poverty alleviation work, there is a situation in which the relevant responsible leaders or responsible persons in poverty alleviation are not thoroughly understood about the policies related to precision poverty alleviation. Therefore, the responsible persons of poverty alleviation have great enthusiasm at the beginning, but in the process of carrying out the work of precision poverty alleviation, due to the lack of specific work requirements, the specific work standards are not clear, and the content of each support work is lacking or has no practical significance. There is no progress in poverty alleviation work, no staged effectiveness can be achieved, and the emotional gap between the responsible person and the work cycle is long. This is one of the reasons for helping the responsible person to generate negative emotions.

B. *The data collation work is too complicated, requires rigid, and the standard lacks continuity.*

The person in charge of the assistance needs to set up a card for the family being assisted, and a series of forms should be filled out. Due to the need to submit information to various departments, it is sometimes necessary to check and check the information repeatedly in order to greet the inspection. In some places, the filling requirements for the form are too rigid, such as specifying a fixed template, limiting the number of words, and not allowing any smearing. In some places, there is still a phenomenon of excessively pursuing perfectionism in data sorting, which leads to frequent changes in the requirements for data sorting, which makes the responsible person have to re-fill

the form. This increases the unnecessary workload of helping the responsible person.

C. Pressure from family or unit work

The responsible persons are mostly grassroots civil servants, and the age structure is mostly between 20 and 50. People in this age group are not only the main labor force of the family, but also the mainstay of the work of all units. Therefore, some of the helpers are under pressure from the work of the family and the unit. There is also a certain degree of pressure to implement the poverty alleviation work in depth and achieve greater effectiveness. Therefore, the pressure faced by the responsible person is also one of the sources of negative emotions.

D. The person responsible for the assistance should be paid less than the subsidy

Accurate poverty alleviation also has corresponding subsidy policies for help-responsible persons. However, there are unmet, less frequent and late-issuing phenomena in individual regions or individual units. This is also one of the important factors that the responsible people generate negative emotions. During the interview investigation, even if the responsible person has negative emotions, they all insist on the purpose of serving the people. But the responsible person also needs compensation to meet the needs of survival and support. Therefore, it is necessary to eliminate the phenomenon that the subsidy is not in place as soon as possible, and it is not possible to "disconnect from the material and talk about consciousness". Otherwise, this will greatly dampen the enthusiasm of the responsible person.

E. Individual leaders neglect the understanding of the responsible person

Although leading cadres are very concerned about the work progress of the unit and the progress of poverty alleviation work, a few leading cadres ignore the concern about the mental health status of the responsible person. The responsible person lacks care, lacks encouragement, and lacks support. There is a lack of information exchange and spiritual communication between the upper and lower levels. This makes some problems or emotions that the responsible person not discovers and discovers late, so that the problem cannot be discovered in time. Over time, the responsible person will also have negative emotions.

III. SOLUTION: STRENGTHEN PSYCHOLOGICAL COUNSELING

In order to help the responsible person to generate negative emotions in the process of carrying out the work of precision poverty alleviation, we can strengthen the psychological counseling of the responsible person to help all kinds of bad emotional performance, guide the responsible person to correct attitude and establish confidence. Improve their enthusiasm and initiative.

The concept of psychological counseling comes from psychology. In the field of psychology, psychological counseling is a method in which professional psychological counselors and psychologists perform psychological treatment on subjects with poor mental health. This method can gradually make the psychological state of the subject become healthy.

The psychological counseling in ideological and political work, on the basis of inheriting the theory of reasoning education formed by the party in the long-term revolution and struggle, and the psychological guidance of psychology, is an innovative development of ideological and political work methods. The theory of reasoning education is a method of purifying thoughts and leading ideas by explaining the facts and reason to the ideological and political work objects. In the once single and closed environment, the theory of rational education has a high prestige in the party and the government, and the mainstream ideology is prominent, and people's ideological concepts are relatively closed and used in a single situation, which has a good educational guiding effect. In today's rapidly changing and diverse open society, there are obvious limitations in the theory of reasoning education. Due to the coexistence of various forms of economic system, the diversity of social lifestyles and ideas, all aspects of ideological and political work have undergone great changes. Therefore, the party adapts to change and innovate the method of psychological counseling. Psychological counseling abandons the form of command and exhortation, and reforms it in the form of democratic equality and talks. According to the actual situation of ideological and political work objects, ideological and political workers fully grasp their personality characteristics and psychological needs, and compare their hearts and minds through spiritual exchanges to relieve the psychological, ideological, conceptual confusion and bad emotional reactions of the ideological and political work objects. A correct and positive world outlook, outlook on life, and values guide the ideological and political work objects so that they can recognize themselves and face problems, find a solution to problems with a proactive attitude, and arouse the subjectivity and consciousness of ideological and political work objects. Improvement of this method can enhance the effect of ideological and political work [3].

Therefore, the psychological counseling in ideological and political work is not only satisfied with solving the problem of the psychological level of ideological and political work objects, but the psychological problem as the entry point for carrying out ideological and political education, not only to relieve the psychological contradictions of ideological and political work objects, but also further resolving the contradictions in the ideological and ideological concepts of ideological and political work objects, and making their personal ideas conform to the requirements of social development on a healthy and positive basis.

IV. PRINCIPLES TO BE FOLLOWED DURING PSYCHOLOGICAL COUNSELING

A. People-oriented, integrated into human care

The free and comprehensive development of everyone can promote the development of society, and the development of society is also for everyone's free and comprehensive development. As a method of ideological and political work, psychological counseling is actually an educational guide. Therefore, in the process of psychological counseling, we must be people-oriented and pay attention to the living conditions, growth and development needs of ideological and political work objects. In the process of psychological counseling, it is necessary to integrate humanistic care. It is necessary for the

responsible person to feel that the individual personality is respected and the personal value is fully affirmed. Responsible persons have different professional backgrounds, different family structures, and personality traits. Before the psychological counseling is carried out, ideological and political workers need to grasp as much as possible the full range of situations that the responsible person or the supporting unit. In the process of psychological counseling, ideological and political workers should respect the subjectivity and character of the responsible person and dispel it with sincerity and enthusiasm. The specific situation is analyzed in detail, and the guidance of the responsible person is not too low or too high. For example, for the helpers of individual negative emotional somatization, the psychological counseling cycle may be lengthened, and the progress of poverty alleviation work should not require too fast rhythm.

B. The process of psychological counseling should be sincere

Whether it is psychological counseling for individuals or groups, regardless of the specific form of grooming, it is especially important to focus on two-way interaction and achieve spiritual communication. First of all, understand the reality of the responsible person, examine the actual situation, find out the environment and find the source of the actual problem, so that psychological counseling can be done well. Second, pay attention to the actual needs of the responsible person, not just spiritual needs, but also material needs. In the process of poverty alleviation work, the responsible person often encounters various problems or the legitimate needs are not met. If it cannot be solved in time, the negative emotions are not properly resolved, and the emotional energy will accumulate to a certain extent and negative emotions will appear. There may also be psychological problems and psychological barriers. Psychological counseling is to think that political workers and ideological and political work objects face practical problems together, through spiritual interactions, to resolve negative emotions, to re-establish confidence in the organization of ideological and political work objects, and to believe that "Hard work will have a harvest". Once again, the attitude of ideological and political workers must be true. Only sincerity can we enter the hearts of the deportees, open the knots, and guide the ideological and political work objects back on track.

C. Taking the right direction and guiding the advance value

The fundamental purpose of psychological counseling is to enhance the effectiveness of ideological and political work. Psychological counseling should not only pay attention to the mental health status of ideological and political work objects, but also cultivate positive and ideologically advanced builders and successors who are dedicated to socialist undertakings. To deepen the work of precision poverty alleviation and build a socialist modernization power, we need a group of grassroots leading cadres who are guided by the party, advanced in thinking, excellent in style, and indomitable. Psychological counseling should focus on guiding the leaders, those who stand firm, and learn to use Marxist positions, viewpoints and methods. Responsible persons must understand and practice the "people-centered" thinking. Strengthening the determination, confidence, and sincerity of each responsible person is the direction of strengthening the development of socialism with

Chinese characteristics. Leading the world outlook, outlook on life and values of each responsible person is the implementation of Xi Jinping's new era of socialism with Chinese characteristics.

D. Pay attention to gender differences, pay attention to group psychology

There are also many differences between men and women in terms of gender psychology and actual situation. For example, male helpers are more inclined to hide in the heart and self-digest when they generate negative emotions. When women have negative emotions, they tend to talk to trustees more. Many women are more sensitive and more volatile than men. Expectations of work performance may also vary due to gender differences. In the face of problems, the ability to be frustrated and resisted will also have different characteristics due to gender differences, including the aspect of self-identification. Then, when carrying out psychological counseling work, we should also pay attention to gender differences and apply appropriate methods according to the psychological characteristics of different genders. Due to the structure of the group and the interpersonal interaction, the responsible units of the same unit or the same area will be psychologically connected with each other, and then help the responsible persons to influence each other psychologically. Group psychology will also affect individual psychology to a certain extent. Therefore, the application of group theory should be emphasized when psychological counseling for groups.

V. IMPROVE THE ELEMENTS OF THE PSYCHOLOGICAL COUNSELING PROCESS

As a method in ideological and political work, psychological counseling is also influenced by relevant factors in the ideological and political work system. The psychological counseling mechanism is to optimize the various elements of the psychological counseling operation system, such as organizational elements, main elements, and carrier elements, so that the various elements can coordinate and cooperate to play a role.

A. Bringing together the organization to provide organizational guarantee

The entire poverty alleviation work organization system should pay attention to psychological counseling. During the inspection and guidance of poverty alleviation work, the inspection team and the business guidance team made targeted suggestions on various aspects, and should pay attention to the situation of responsible persons in poverty alleviation and implement various incentive policies. Village leaders must not only cooperate with in-depth poverty alleviation, but also pay attention to the living conditions and psychological state of poverty alleviation workers in a timely manner. Sometimes talking and chatting can eliminate negative emotions invisible.

Psychological counseling can be incorporated into the party building work system. Leading groups at all levels must shoulder the responsibility of ideological and political workers, divide their work at different levels, keep the information flow between the upper and lower levels comfortable, and timely and correct information transmission. Pay attention to the

mental health of the unit of the responsible person, and resolve the negative emotions of the responsible person to be included in their job duties. Incorporate psychological counseling into the "three sessions and one lesson" and other daily work meetings, and make full use of the party organization's life style. We must always lead the support of responsible persons and even all employees of the unit to carry out mental health education. Leaders should talk about the hearts of everyone, and the blows should be blown into everyone's minds to ease negative emotions, support and encourage everyone to be confident, and help poor households get rid of poverty as soon as possible.

B. Strengthen team building, improve the ability to guide

Strengthen the training and study of the mental health and ideological and political work ability of leading cadres at all levels of administrative institutions. You can use special training, concentrated learning or invite university experts to teach. Conditional units can also recruit full-time personnel in ideological and political education or psychology, and are responsible for the responsible person's ideological and political work and mental health work during the period of poverty alleviation. Or recruit relevant professionals from colleges and universities to conduct psychological counseling activities on a regular basis. Responsible persons can also communicate with professionals on their own. At each level, special responsible comrades can also be set up. Through the establishment of a systematic team of leaders, problems can be discovered in a timely manner, problems can be dealt with in a timely manner, and the responsible persons and unit personnel can be ensured in good condition.

C. Adhere to the network position and actively lead the sensation

With the rapid development of Internet information technology, the Internet has become an important position for ideological and political work. We can use modern information technology to establish a public security control mechanism for grassroots civil servants. By collecting information, we can control the status of the responsible person in a timely manner, and problems can quickly respond. The use of Weibo and WeChat has become an indispensable part of people's daily lives. You can also make full use of these platform carriers, and push more articles on mental health and active poverty alleviation. Encourage everyone to actively learn and actively communicate. It is also possible to set up a network platform exchange area and a comment area so that everyone can speak freely, actively communicate, let negative emotions be relieved, and devote more enthusiasm and a more correct attitude to the precise poverty alleviation work.

D. Exploring consciousness, awakening subject consciousness

Most of the people responsible for poverty alleviation are civil servants from various administrative institutions, with a certain level of culture, more correct values. It is necessary to fully mobilize the enthusiasm of the responsible persons for poverty alleviation and guide them to actively understand some psychological knowledge, thoroughly understand the poverty alleviation policy, and integrate the idea of "people-centered".

Strengthen self-psychological quality training and improve self-regulation and self-development.

Most of the people responsible for poverty alleviation in the same area are from the same unit. They are familiar with each other and have close relationships. Most of the situations are similar. Sometimes, when the responsible person of poverty alleviation has negative emotions, he will also seek help from colleagues and friends who he trusts. Therefore, we must also give full play to the mutual help advantage of the peer group. Encourage everyone to organize more leisure and relaxation activities organized by colleagues and friends, to mobilize everyone's participation and initiative, to avoid negative emotional deterioration.

E. Improve policies and guarantee funds

On the one hand, it is necessary to improve poverty alleviation policies based on the progress of poverty alleviation work and the grassroots opinions; On the other hand, the policies for those responsible for poverty alleviation should be more realistic and humane. In particular, subsidy payments must be implemented. In response to the policies of the responsible persons of poverty alleviation, it is also necessary to add attention to mental health and strengthen the content of psychological counseling. Only when the poverty alleviation policy is scientific and rational, the work will be clearer and smoother, and the problem of poverty alleviation will be less, and the enthusiasm will be promoted to help poor households get out of poverty as soon as possible.

VI. SUMMARY

Psychological counseling is an important method for the party to effectively carry out ideological and political work. Responsible people may have negative emotions in the work of precision poverty alleviation. Negative emotions can cause serious psychological problems. This will further affect the effectiveness and progress of the work. Therefore, psychological counseling is an effective way to solve problems. This method can relieve negative emotions and ensure the implementation of accurate poverty alleviation work.

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