

A Study on the Integration of Ideological and Political Education in Colleges and Universities with Humanistic Care and Psychological Counseling*

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Abstract—The three key words of political education, humanistic care and psychological counseling frequently appeared in the 17th, 18th and 19th congresses of the party. From the point of view of the special historical period and social stage in China, the harmonious development depends on the further improvement of people's spiritual construction, which complies with the law that spiritual civilization and material civilization promote each other. Spiritual construction is inseparable from ideological and political education, and effective ideological and political education is inseparable from humanistic care and psychological counseling.

Keywords—*university political education; humanistic care; psychological counseling; integration strategy*

I. INTRODUCTION

To cultivate college students to have a positive spiritual world, it is necessary to integrate humanistic care and psychological counseling for ideological and political education. This is because humanistic care contributes to building a humanistic campus, a good learning atmosphere and a positive ideological environment. Psychological counseling is to focus on students with psychological problems. This method helps to open their mind through humanistic care and to know the reason for the doubts, annoyance and other negative feelings in their mind so as to conduct psychological counseling according to the specific reasons to solve their mental block and ensure their healthy life and learning and social. The interaction between humanistic care and psychological counseling ensures the effectiveness of ideological and political education in colleges and universities.

II. IDEOLOGICAL AND POLITICAL EDUCATION AND HUMANISTIC CARE

A. *The Ideological and Political Education in Colleges and Universities from the Perspective of High-level Sayings*

On December 7, 2017, Xi Jinping pointed out at the national conference on ideological and political work in colleges and universities that unremitting efforts should be made to achieve a harmonious and stable environment in colleges and universities, cultivate students' rational and peaceful mind and strengthen humanistic care and psychological counseling so as to build colleges and universities into model places of stability and peace. At the meeting, President Xi Jinping held that educators should conduct whole-process education and multi-directional teaching according to individual needs and conduct people-centered education. Actually president Xi has built a basic ideological and political education model for colleges and universities across the country, which is the "humanistic care + psychological counseling" model.

The ideological and political education in colleges and universities used to be a conducted in a rigid model, such as reciting the Marxist-Leninist ideology, studying the theories of Mao Zedong and Deng Xiaoping, experiencing the three represents theory and discussing the theory of socialism with Chinese characteristics under the new situation and so on. There is no denying the importance of mastering theory for ideological learning. However, the experience and discussion formed on the basis of rote learning without understanding are of no practical significance. And once the exam is over, these theories are forgotten by college students. The reason for this situation is that this kind of ideological and political learning ignores the needs of college students as the main body. Without appealing to their needs, their interest in learning cannot be aroused naturally. In addition, the lack of humanistic care in campus and the atmosphere in study and life that run counter to that in the theories tends to increase the rejection and suspicion in college students' psychology, which hinders their ideological and political learning. In a word, the lack of humanistic care leads to the embarrassing

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situation of ideological and political education in colleges and universities.

B. The Necessity of Colleges and Universities to Build Humanistic Environment

Nowadays, with the development of China's economy and the improvement of people's ideological level, the society is developing towards a pluralistic system. And democracy, unity, philanthropism, harmony and so on are the concrete embodiment of the improvement of people's ideological level. If the ideological and political education in colleges and universities can't keep up with the situation, it will fade out of the education circle in the fierce competition. To improve the ideological and political education level in colleges and universities, it is necessary for them to correct their thoughts, clarify their social responsibilities, and be aware that they are the training base for social talents, and a force that cannot be ignored to promote social development. Therefore, they must bear the responsibility of social development, and clearly realize that talents with high ideological level may drive the development of social thought, contributing to social harmony and stability. In order to break away from the previous education mode that attaches less importance to ideology and more importance to majors, and get away from the "one-size-fits-all method" of traditional ideological and political education, it is necessary to combine students' individual needs and the society's needs for talents to form a purposeful ideological training system. In this way, college students can be guaranteed to graduate successfully and get excellent results. Through their public praise, the popularity of colleges and universities can be improved to attract more students to apply for it. In doing so, a virtuous circle can be formed and greater contributions can be made to the cultivation of social talents. Therefore, creating a humanistic environment to realize humanistic care is not only related to the future of every college student, but also related to the development of the university itself.

III. IDEOLOGICAL AND POLITICAL EDUCATION AND PSYCHOLOGICAL COUNSELING

The psychological problems of college students are becoming more and more prominent. The Ma Jiajue event, assault from a male student to a female student in a university in Shanghai, 2017, and other similar incidents have been circulating and fermented on the Internet, with netizens' fueling, eventually led to the doubt of the society to university education. The weak psychological counseling on college campus fails to provide students who are depressed and at a loss an emotional cathartic method, developing a crisis that cannot be ignored. The traditional method of universities to handle students' psychological problems is so disagreeable in which students were directly advised to quit school. At present, the news about some universities' persuading students to quit is frequently exposed. Can universities persuade students to quit? And on what grounds? These problems are concerned by many college students' parents. The author begs to differ from this deed of persuading students to quit willfully in that talking students out of school is by no means the ultimate goal and the

university is supposed to give play to its educating role and guide the way of those who are at sea as a place for educating, instead of just throwing the students to the society. In addition, some insiders have showed that students who were talked out of school have psychological problems to different degrees. However, the universities turn a blind eye to this and often persuade dozens of students to leave at one time. It seems that the university is strictly managed, but in fact they pay little attention to the psychological problems of college students. This sides against President Xi' proposal of "efforts should be made to strengthen humanistic care and psychological counseling so as to build colleges and universities into model places of stability and peace". The author believes that a scientific psychological work system should be formed to form psychological counseling organizations consisting of department heads, psychology professionals and counselors to provide warm psychological counseling services for college students. Only when those college students with psychological problems are effectively unblocked, can they receive ideological and political education, so that the overall level of education on campus can be promoted.

IV. HUMANISTIC CARE AND PSYCHOLOGICAL COUNSELING

Humanistic care and psychological counseling are powerful means to accomplish ideological and political education. In the process of psychological counseling, humanistic care focusing on the psychological crux of college students should be fully demonstrated. And the mode that exerts salutary influence should be used, instead of giving sharp lesson, attack and threat. Psychological counseling is the goal and humanistic care is a means, the purpose of which is to unarm the resistance of students and achieve psychological communication with them. In the process of ideological and political education in universities, in order to ensure the effectiveness of the work, the means of humanistic management should be used to create a humanistic campus, make a picturesque and warm campus environment, realize the equality and mutual assistance between people, and create harmony between people and the environment. If the campus is filled with deception and beneficial temptations, students will be confused by the society and all the ways of the world and it will be difficult for them to believe the Marxism-Leninism theories and the theories of Mao Zedong and Deng Xiaoping which are related to the ideological and political education. Yet without effective psychological counseling to eliminate the suffering and helplessness of students in a timely manner, they will gradually close their heart, thus the ideological and political education will be out of the question. Humanistic care and psychological counseling play different roles in ideological and political education, but they are not isolated, but affect each other synergistically. Just like in psychological counseling, it is necessary to use the form of humanistic care to dissolve the ice in students' minds.

V. INTEGRATION STRATEGY OF IDEOLOGICAL AND POLITICAL EDUCATION WITH HUMANISTIC CARE AND PSYCHOLOGICAL COUNSELING

A. *Human Resource: Emancipating the Mind and Improving the Quality*

This point starts from the factor of "people". University administrators, campus party organizations, psychological counselors, teachers and students are the subjects of the campus. If their ideology are not emancipated and still be guided by the old concepts, it will be difficult to fully integrate ideological and political education with humanistic care and psychological counseling. In addition, it is necessary to improve the quality of each subject, especially the campus psychological counseling department and the guidance staff. They must focus on "people", and constantly improve their state of mind. They should pay close attention to the growth of students, be aware of their state of mind, and understand their personal needs and difficulties so as to make different psychological counseling for different individual.

B. *System: Building a System and Putting the System First*

The combination of ideological and political education, humanistic care and psychological counseling requires a scientific and rigorous ideological education system. Therefore, it is necessary to introduce relevant systems to infiltrate humanistic care and psychological counseling into campus management, so as to give full play to their functions. In addition, since ideological and political education is the main work of the campus party organization, it's necessary to establish a system integrated by the party organization, so that it can work with the campus managers, psychological counseling personnel, tutors and other forms of close cooperation, to carry out education activities regularly in the campus. The new ideological and political education integrated with "humanistic care + psychological counseling" should be linked with the salary, bonus and welfare of each subject so as to encourage them to take an active part in it. The evaluation system should be established to evaluate the integration of ideological and political education, humanistic care and psychological counseling, and to evaluate and analyze the specific teaching effects, so as to provide parameters for the next step.

C. *Science and Technology: Ideological Construction, Science and Technology First*

In modern campus construction, especially in the student thought construction, the methods appealing to students must be adopted to carry on the thought dissemination focusing on the present society characteristic. For example, the content of ideological education can be publicized comprehensively through the digital platforms such as WeChat, campus official website and BBS on campus. By making use of the interactive nature of these "we media", educators can interact with student groups, avoid their psychological resistance caused by traditional communication, and fully respect students' right of choice and autonomy. In addition, the campus atmosphere construction cannot be separated from technology. Therefore, LED display, sound system can be

actively installed to enrich students' audio-visual content and achieve the purpose of imperceptible ideological influence.

VI. CONCLUSION

This paper makes analysis on the relationship between ideological and political education and humanistic care, ideological and political education and psychological counseling as well as humanistic care and psychological counseling. And it gives specific integration measures, in hope to give some reference for the spiritual construction of college students in China.

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