

# Research on Subnormal State of Mentality of College Students from the Perspective of Ideological and Political Education

Lang Huang<sup>1</sup> and Hongtao Tang<sup>1,\*</sup>

<sup>1</sup> School of Mechanical and Electronic Engineering, Wuhan University of Technology, Wuhan, Hubei 430070, China

\*Corresponding author. Email: tanghongtaozc@163.com

## ABSTRACT

Psychological subhealth is a bad psychological status between mental health and psychological illness. Paying attention to the undergraduates' psychological subhealth is an important direction to carry out mental health education. From the angle of ideological and political education, the paper makes a preliminary study on the sub-health psychology of college students, makes a thorough analysis of the origin of psychological problems, especially the influence of society on students' psychology, expounds on the significance of paying attention to sub-health psychology for mental health education, ideological and political education. The methods is introduced to identify and guide the sub-health psychology of college student.

**Keywords:** *subnormal state of mentality; ideological and political education; psychological health education; undergraduates*

## 1. INTRODUCTION

### 1.1. Background

According to White Paper on Mental Health of Chinese Urban Residents, 2018, 73.6% of Chinese people are in a psychological subhealth, and 16.1% are with different degrees of psychological problems, while the proportion of mental health is only 10.3%. In colleges and universities, the frequent occurrence of mental health of college students has become an important factor affecting campus safety and stability.

### 1.2. Significance

The file CCDCP (Chinese Center for Disease Control and Prevention) 2016, No.77 Guidance on Strengthening Mental Health Services (hereinafter referred to as "the Guidance") emphasizes on focusing on improving the psychological adjustment ability of college students, keeping good adaptive capacity, and focusing on suicide prevention. Psychological sub-health is a bad psychological state between mental health and mental illness. Mental illness can be seen from the evolution of mental sub-health. It is important to pay attention to the mental sub-health of college students to carry out mental health education and to take the initiative to prevent mental illness. The Guidance points out that mental health is a kind of perfect state of reasonable cognition, stable mood, proper behavior, interpersonal concordance, adapting to

change in the process of growth and development. It can be seen that mental health is closely related to human cognition and human thought.

At present, there are a lot of research on mental sub-health. The article [1] analyzes the important role of school education in the mental health of students, and makes suggestions for school management and teacher behavior. The article [2] analyzes the impact of education and social contact behaviors on the mental health of high school students from a spiritual perspective. The article [3] puts forward guiding opinions on students' mental health education methods from the background of family social work. The article [4] discusses the causes of College Students' psychological problems, combined with the performance of College Students' psychological sub-health, puts forward countermeasures to solve the psychological problems of college students, and helps them develop their mental health. The article [5] constructs the psychological sub-health intervention system of college students. The article [6] social, family, school factors can lead to mental sub-health of college students, through nursing intervention can achieve effective improvement. The article [7] from the prevention, early warning, intervention three levels of psychological "sub-health" student group prevention and intervention, to build a systematic, dynamic mental health education system. The article [8] from the Korean medical aspects to prevent and control the mental health problems of college students. The article [9] puts forward some suggestions on strengthening the psychological sub-health education of college students. The article [10] education methods to improve the mental sub-health of college students. The article [11] put forward the psychological test methods such as UPI, and put forward a new idea for people to effectively formulate the

psychological monitoring mechanism of mental sub-health students.

The relationship between ideological and political education and mental health education of college students is dialectical. The purpose of the ideological and political education of college students is to train students to become talents with both ability and political integrity, and integrated development talents. The all-round development of human cannot be separated from sound personality and healthy psychology. The mutuality of human psychology and thought lays a theoretical and practical foundation for the combination of ideological and political education and mental health education of college students. Under the theory of ideological and political education, it is of great significance to carry out the guidance of students' sub-health psychology for training students' noble moral sentiment and promoting the formation of healthy psychological quality.

## 2. ANALYSIS ON THE REASON OF UNDERGRADUATES' PSYCHOLOGICAL SUB-HEALTH

### *2.1. The cause of the formation of undergraduates' subhealth psychology under social psychology*

The social psychology is a discipline that studies the happening and change of rule psychology and behavior of individuals and groups in the social interaction. From the social point of view, it is helpful to understand the causes of sub-health formation from the ideological level and political education level.

With the development of economy and society, the improvement of material life makes people's demand for spiritual culture more and more urgent, while the different social trends, such as individualism, extremism, utilitarianism, pragmatism are emerged in this situation. In colleges and universities, all kinds of social trends of thought and temptations make it easy for college students to go astray their thoughts in the general cases. College students are young, their thoughts are not stereotyped, and they are also facing high pressure in particular cases. In fact, psychological problems of college students are increasingly frequent, and often accompanied by the distortion and deformation of outlook on life and values. In addition, ideological and political education can also be widely used in student guidance, such as employment guidance for college students [12].

The psychological problem can be regarded as the process of acting on the internal individual and constantly overflowing into the society under the influence of external environment and internal individual. The psychological sub-health is the imbalance of human thought and physiological function under the comprehensive influence of social environment and itself. The social environment

has a bad influence on people's psychology through thought, and then makes people's psychology in sub-health state. The social reason of mental sub-health is the low consciousness of thought and the lack of values.

The mental sub-health is a bad psychological state between mental health and mental illness in terms of the pattern of manifestation, which has both physical and social attributes.

As a result, it is generally short-term and physiologically controllable. But it is possible to break out by external inducement and develop into mental illness, and it may turn into healthy psychology under correct guidance. The positive effect of psychological guidance can be produced through the correct ideological guidance

### *2.2. Analysis on the formation of undergraduates' subhealth psychology*

Mental health is a series of good state performance, such as cognition, emotion, behavior, interpersonal and so on. It is helpful to study the psychological sub-health of college students from psychological level and mental health education level.

In practice, it is found that most college students with mental illness are affected by their original family and life experience, which is manifested in aspects of inferiority and anxiety of economic, ability, cognition. It's also caused by physiological heredity. The negative time in these growth experiences is deeply imprinted in the growth period of students, which directly leads to students' cognitive dislocation, emotional behavior out of control, interpersonal withdrawal, forming the state of sub-health psychology, and constantly developing into mental illness. The reason is that the students have little experience in growing up, the indeterminacy of their thoughts, and the lack of resistance to spiritual shock. Also, family relations and negative events play an important role in the process of students growing up and living. The lack of important social support force inevitably leads to the degradation of social ability of human and the imbalance of psychological state. From this point of view, family education is very important. It is also important to establish the social support system for students to run public education and basic education well.

In the process of students' growth, subhealth psychology is manifested as "latent", but if it cannot be effectively eliminated, the absence and imbalance of psychology will become more and more large with the awakening of self-consciousness. As with primary and secondary school students, so do college students. The university is the key period of human physiological maturity and thought formation, and it is also easy to be affected by the outside, and the college students' ability to implement is enhanced, which leads to the university becoming the peak period of the students' psychological problems.

### 3. THE SIGNIFICANCE OF FOCUSING ON UNDERGRADUATES' SUBHEALTH PSYCHOLOGY

#### 3.1. *The inevitable requirement of developing students' ideological education*

Students' sub-health psychology is the latent of unhealthy psychology. From the point of view of students' all-round development, we should not only prevent the sub-health psychology from becoming a mental illness, but also resolve the sub-health psychology from the bud state and promote the students' physical and mental health. It is an important educational content to cultivate students' healthy psychology and correct character at the critical moment of shaping their thoughts and life development. Focusing on students' sub-health psychology, one the one hand, we should guide students to remove negative effects, eliminate hidden dangers, healthy life and work; on the other hand, train their good psychological quality and anti-pressure ability in the exercise of students' psychological quality.

From the origin and function of sub-health psychology, the sub-health psychology of college students is the bad psychological state produced by the individual in the internal and external environment, which is mainly reflected in the students' ideological and physiological level. Ideological and political education is to lead the students ideologically, so that the negative impact of society on the individual students is eliminated in the ideological education. Ideological and political education is not only the way of sub-health psychological identification and guidance, but also an important purpose. Through carrying out the ideological education, Students' sub-health psychology should be actively consulted, to cultivate students' healthy ideological character, to establish firm ideals and beliefs and to correct value orientation.

#### 3.2. *The important way of the psychological healthy education of college students*

The psychological healthy education of college students is an important responsibility of student work, and students' mental health is also one of the most concerned points of college counselors. Because of individual differences and sudden movement of things, the outbreak of psychological problems of college students is often sudden, dealing with students with psychological problems are often "passive defenses ". How to take the initiative to prevent, accurate guidance become the difficulty of work. The identification of subhealth psychology is an important means of mental health education and an important method to prevent psychological problems. Paying attention to the students of subhealth psychology is the pre-education before the students develop into mental illness, is a more targeted education.

Most of college students' psychological problems are input. Therefore, we should understand the students' psychological confusion, carry out humanistic care, psychological guidance and solve practical problems. It is an important way to develop students' mental health education, prevent students' psychological problems and resolve students' sub-health psychology.

### 4. IDENTIFICATION AND PERSUASION OF UNDERGRADUATES' SUBHEALTH PSYCHOLOGY

How to carry out the identification and counselling of students' subhealth psychology? This is the starting point and end point of developing college students' ideological education and psychological education from the perspective of sub-healthy psychology. The individual psychology of college students is private, and the subhealth psychology is often hidden, which brings some difficulties to the identification of sub-health psychology. For newly enrolled freshmen, they often have a high trust in counselors, which brings a higher authenticity in their judgment of psychological portrait. Nonetheless, students' psychology is more uncertain over time.

From the point of view of subhealth development, it's led from the original family, past negative events, or physiological factors. From the output, the subhealth psychology has some feedback on the surrounding environment of the society. This kind of feedback is an unconscious behavior, such as emotional disorders of irritability, sadness and irritability, or expression, such as self-abasement, autistic, or an active help, such as active heart-to-heart conversation, etc. From the feedback objects, it is in strangers, teachers, classmates. In terms of feedback, it is in the network and diary, which are the external performance.

As a result, the identification of subhealth psychology of college students should start from the reasons and sideline of subhealth psychology development. These need counselors to observe, talk in their daily work, and know and care for students from the multi-channel multiple dimensions. At the same time, it can also effectively use the Internet to further strengthen students' ideological and political education [13].

The counseling of college students' subhealth psychology should be considered more from the angle of sociology, and found a feedback mechanism from the influence of society on students' individual, such as the encouragement of self-abased students, and the positive influence on students' psychology through the corresponding positive incentive complement society. From the point of view of subhealth psychology, psychological health education and prevention of mental illness can be more directional, purposeful and carried out through psychological counselling.

## 5. CONCLUSION

Mental health is related to the overall growth and development of college students, and to the safety and stability of campus in colleges and universities. The sub-health psychology student group is big. The cultivation and exercise of college students' thoughts can promote mental health education, reduce the mental state of sub-health, and play the role of active prevention of mental illness. Through the integration of healthy psychological education and ideological and political education, the healthy development of college students' thought and psychology is promoted.

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