

Research on the Psychological Counseling Method of Ideological and Political Education of Modern University Students

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Abstract. In the Seventeenth National Congress report, Hu Jintao clearly proposed to strengthen and improve ideological and political work, pay attention to humanistic care and psychological counseling and use correct method to deal with interpersonal relationship. In the 18th report, he stressed once again to strengthen and improve the ideological and political work, pay attention to humanistic care and psychological counseling to foster self-esteem, self-confidence, rational, peaceful, and positive social attitude. What's more, it also emphasized to humanistic care and psychological counseling so as to adopt the correct way to deal with interpersonal relationship, giving new connotation to ideological and political education, broadening the horizon of educators in terms of theory and practice. University students' ideological and political education is an important component of ideological and political education work. It is meaningful to strengthen the psychological counseling, explore effective educational method and improve the effectiveness of the ideological and political education based their psychological and ideological characteristics. Therefore, this paper aims to carry out systematic and deep exploration on the psychological counseling method, trying the utmost to enhance its development in order to strengthen the effectiveness. Based on existing research results, this paper tries to discuss the counseling methods for modern university students in terms of ideological and political education.

Introduction

In contemporary ideological and political education method, psychological counseling is special with features such as two-way communication, dynamism, initiatives and repeatability, which make it become the most important method of modern university ideological and political education. While solving university students' ideological problems as well as psychological problems, it plays a unique role in improving the physical and mental health development of modern university students.

After the reform and opening up, China has shifted its planned economy system to socialist market economy system and starts a full range of social transformation which is not only the change in terms of economic system and resource allocation method but also fundamental change in people's lifestyle. With the further development and perfection of China's socialist market economy, the socio-economic components, interests, organizational forms, employment and distribution become diversified and the ideas of university students become independent, variable and selective. Facing numerous choices, university students become puzzled in ideology and psychology and there even phenomena like political beliefs confusion, distorted values etc. Currently our society has entered a critical period of development and reform, and the competition becomes increasingly

prominent along with emerging social conflict as well as psychological problems. When they suffer from psychological distress, trauma and pain, educators will find it difficult to solve their psychological problems and ideological problems. Therefore, it is urgent that educators and psychologist give effective and timely guidance.

Therefore, this paper carries out researches on psychological counseling of ideological and political education, trying to rich the theoretical contents and developing new approaches based on the theoretical theories in order to push the psychological counseling play a better role in ideological and political education of contemporary college students.

Research on the concept and connotation of psychological counseling of ideological and political education

At present, there are many applied researches for the psychological counseling method of ideological and political education. Yet there are not systematic and specialized researches and most of the researches are simply elaborated. To conclude, the following perspectives are mainly adopted:

Define the concept and connotation of ideological and political education from the perspective of psychology. Jie Lijun holds the idea that so-called psychological counseling is an approach based on psychological knowledge, aiming to change people's cognitive, mood, behavior and willingness in order to eliminate symptoms and cure mental illness. From a broad sense, psychological counseling is to obtain mutual understandings through explanation, description, sympathy and support, adopting language or non-language communication way to affect others' psychological state, improve or change people's cognition, faith, emotion, attitude and behavior so as to reduce or solve the problems of bad psychological state. As far as Gaoyu and Sun Xijun concerned, psychological counseling refers to the condition that professional personnel adopts theoretical knowledge and technology means to help people solve psychological problems and confusion, establish correct ideals and beliefs, aiming to correct the wrong psychological cognition. What's more, there is also another opinion that psychological counseling refers to the condition that professional personnel adopts theoretical knowledge and technique means of psychology to make the objects answer relevant questions via language and characters so as to help them get out of the confusing state and provide them with valuable suggestions. Besides, it will also adjust student ideas, guide and train them so as to present a stable, harmonious as well as good mental state. Zhang Yanqiong, Fan Mingli, Li Hongli think that psychological counseling adopts psychological knowledge to change people's metal cognition, emotion, behavior and willingness so as to eliminate symptoms and cure mental illness. From a narrow sense, the psychological counseling is established based on psychological consultation and treatment and professional psychiatrist or psychologists use relevant theories and techniques to help people, aiming to relieve or eliminate their metal problems or personality disorders to promote a healthy and harmonious development.

The theoretical circle defines the psychological counseling of ideological and political education from the perspective of new development approaches, which starts from development approaches, advancement as well as innovation and the following ideas can be concluded: Wang Yanhong thinks that so-called psychological counseling is to have mutual communication and understandings through explanation, description support and sympathy with various carries such as language of and non-language approaches so as to affect the metal state of objectives and change their incorrect cognition, beliefs, emotions, attitude and bad behaviors etc to reduce the pressure and promote healthy as well as coordinated development. Gaojun and Lu Yan think that psychological counseling

respects the working objects to change the mechanical education approach and be close the real life of them and fully respects their personalities and psychological requirements and help them know their shortcomings as well as existing problems to solve problems and achieve self-education and self-management with good performance. Liu Bao thinks that psychological counseling refers to various means and approaches to help people adjust the mentality and vent negative feelings to create good mental condition.

Research on the necessity of psychological counseling of ideological and political education

Scholars discuss on the necessity of psychological counseling of ideological and political education from the following perspectives:

Firstly, some scholars start from the relationship between psychological counseling and ideological and political work. For example, Yang Dan thinks that psychological counseling as well as ideological and political work can be regarded as approaches and art to solve ideal and mental problems with internal connectivity: ideological and political work possesses parts of the function of psychological counseling while the solution for psychological problems is beneficial to the solutions for ideological problems. Besides, proper psychological counseling can help to make ideological and political education become more attractive and strengthen its effectiveness. Besides, proper ideological and political education can lead a correct development trend for psychological counseling. To conclude, they are mutually constructed. In new era, introducing psychological counseling to ideological and political education should be an inexorable trend.

Secondly, Wang Jindong and Cing Hongru think that previous researches focus on the perspectives of educators and education contents without deep researches on the education objects and education process. Such unilateral researches make it difficult to determine the subjectivity of education objects because they are mechanically and passively imbued with ideological and political contents yet they cannot transfer education contents into good morality. Therefore, we have to carry out deep research on the ontology of political education objects and focus on the rules of morality change to expand the research perspective and field. What's more, we can start from the psychological phenomenon, psychological process and development changes to scientifically use relevant knowledge of psychology and adopt relevant approaches and means to carry out full and systematic researches in order to make the ideological and political education be close to the metal characteristics and reality to improve the effectiveness of ideological and political education.

Thirdly, Duan Haichao, Wang Xun starts from the perspective of realistic needs and take ideological and political work as a special educational practice which must adjust the educational objectives based on the change of time and party. In the age of revolution and war, the main contradiction of China is class conflict and the main target of ideological and political education is to carry out both political education and ideological education. Under the background of building modern society, the main contradiction of China is to constantly meet people's increasing material and cultural needs and the main task should be timely adjusted. In the new era, we have to strengthen the application of psychological counseling so as to improve the effectiveness and pertinence of ideological and political education. What's more, we have to stick to solve the mental problems of education objects, cultivate good mental quality, strengthen their subject consciousness, self-discipline consciousness and improve their selective ability, adaptive ability and self-development ability. Based on the above scholars' opinions, it can be concluded that

psychological counseling is an important approach in the course of implementing ideological and political education.

The formation, connotation and characteristics of psychological counseling of ideological and political education

The psychological counseling of ideological and political education has experienced the development process of formation, development and perfection. In order to correctly master its relevant theories and practical operation strategy, we have to firstly have a good knowledge of the background, connotation and characteristics of the psychological counseling which is also the logistic starting point and basis of this paper.

To study on the connotation of psychological counseling of ideological and political education is the logical starting point of this paper.

Counseling in modern Chinese dictionary means guidance which is used to solve people's ideological problems. Psychological counseling is firstly applied to the fields of medicine and psychology. Judging from the perspective of medicine and psychology, doctors introduce psychology knowledge to medicine field so as to carry out purposeful communications and guidance for patients with mental disorder to clear their thoughts and resolve their psychological barriers to cure them and promote their physical & cognitive development. Psychological counseling focuses more on the solutions for mental disorder caused by certain reasons to promote their physical & cognitive development. It adopts psychology knowledge to solve certain problems which has positive effects in terms of references. Psychological counseling can be carried out from a broad sense and a narrow sense.

Narrow psychological counseling refers to psychological therapies which are widely adopted in the field of psychotherapy. In medical institutions, professionally trained personnel adopt theoretical knowledge and technique means of psychotherapy to carry out individual or group psychological consult and treatment to treat mental illness and promote mental and physical development. In addition, patients and doctors should strengthen mutual communication and doctors collect the feedback information of patients so as to explore the causes of their mental illness. Patient leading is based on this to adopt correct means and measures so as to change the adverse cognition and psychological problems to promote the psychical and mental development.

Broad psychological counseling is widely adopted in the field of education and management. It adopts psychological techniques and means to explain, elaborate, and support mutual understanding based on obeying the regularity of psychological action in order to create positive effect on people's psychological state and change their cognition, beliefs, emotions, behaviors and attitudes to eliminate people's bad psychological state, develop people's health and help them be adapted to the society.

There is not a unified definition for the concept of psychological counseling of ideological and political education and the following are main opinions:

The first opinion is that psychological counseling in ideological and political education aims to explore the mental problems as well as ideological problems in order to positively seek for solutions and guide university students to solve the problems based on patient educational work and relevant psychological knowledge, trying to help them go out of the psychological problems and promote the mental health. This opinion insists that psychological counseling of ideological and political education integrates teacher guidance and students coordination so as to solve students' mental problems as well as ideological problems to achieve comprehensive development.

The second opinion is that the psychological counseling judging from the perspective of ideological and political education refers to the condition that ideological and political educators obey the formation and development rules of ideological thoughts so as to correctly guide them and help them improve the recognition and choose a correct behavior way. Carrying out psychological counseling of ideological and political education must follow the growth laws of university students and focus on their psychological condition and state of mind. What's more, they have to strengthen guidance in terms of study, employment, relation and social intercourse in different stages so as to ease the psychological pressure and promote the development of physical and mental health.

The third opinion is that psychological counseling is an important part of ideological and political education, which encourages university students to participate in professional psychology training, establish good attitude, and accumulate communicational as well as observation skills to change their negative emotion and improve the bad metal state. Besides, it emphasizes that the psychological counseling of ideological and political education should be implemented by educators of mental health education as well as ideological and political education.

Judging from the above definition on ideological education and political education, we can see that scholars believe that the psychological counseling refers to psychological knowledge to solve university students' mental problems and improve the physical and mental health.

The applied principles of psychological counseling of ideological and political education

The applied principle of psychological counseling of ideological education and political education is also the code of conduct, which directly affects the whole process. Concerning the causes and features of modern university students' psychological and ideological problems, the psychological counseling should obey the following principles:

Democracy and equality, as essential characteristics for educators and education objects, can be also beckoned as the basic principle for implementing ideological and political education. Engels once said we know that there is no power which can force people to receive an idea when people are in a sane sense and therefore in the course of implementing psychological counseling we cannot adopt administration means to force students yet stick to the equal democratic principles, respect the democratic rights democratic awareness and human dignity. The reason why psychological counseling should stick to the equal principle is determined by its features and rules because it can adopt democratic discussion to stimulate education objects to positively show their opinion and respect their difference and subjectivity so as to carry out targeted guidance and answer questions to achieve the goal of education.

The principle combining prevention and development: we should uphold the prevention in the course of implementing psychological counseling of ideological and political education. Besides, we should take the initiative and pay attention to check erroneous ideas at the outset. In daily life in university, we should also positively carry out guidance work in terms of cognition, emotion and behavior to strengthen university students' adaptive ability to the society. At the same time, we should timely discover those who suffer from family disaster, in bad social situation and failed for many times. In terms of development principle, the overall development for students' personality and character should be paid attention to because human beings are complete. The social value of psychological counseling is to focus on the moral, intellectual and physical development to satisfy their self-perfection and development. So, we have to pay attention to the principle of combining prevention and development.

Difference principles: concrete question concrete analysis is the soul of Marxism and the living soul of psychological counseling is also concrete question concrete analysis. The principle of difference is to analyze the differences and personalities of students so as to shoot the arrow at the target. In order to achieve performance, we have to carry out individual analysis on each student because every student has a mysterious world in their hearts. First of all, we should carry out concrete analysis from the perspective of sex, age, language, interpersonal relationship as well as intelligence and non-intelligence factors so as to find out different personalities and mental disorder. Then, based on their mental characteristics, we should select different ways of talking, tone, timing, and location etc so as to come up with proper suggestions to finally improve the effectiveness of psychological counseling.

Conclusions

The psychological counseling of modern university students' ideological and political education is an important implementation method of modern ideological and political education. Along with the development of society and advancement of times, there is a glittering array of problems in terms of psychological counseling of ideological and political education and research process. Therefore, this author believes that it is necessary to carry out deep researches on the psychological counseling of modern university students' ideological and political education. Based on the analysis of its development process, connotation, function, operation mode and implementation conditions, we can highlight the important role of it. In this paper, it analyzes its development process, connotation, function, operation mode and implementation conditions, trying to help us have a systematic recognition and understanding on the psychological counseling of modern university students' ideological and political education and rich theoretical researches. Even though this paper carries out analysis on the development process, connotation, function, operation mode and implementation conditions, it has limitations because of limited knowledge of author. For example, the analysis on its development process is not correct and the division standards for operation are not clear.

In short, the research on psychological counseling of modern students' ideological and political education aims to play a valuable role to attract sky rocketing scholars to research on this field to rich the theoretical researches and promote the innovation as well as development of modern ideological and political education method.

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