

## **Research on the ideological and political education of college students based on “humanistic care” and “psychological counseling”**

**Hongying Qiu**

Guangdong University of Science & Technology, Dongguan, China

**Keywords:** college students; ideology; political education; humanistic care; psychological counseling"

**Abstract:** In the report of the 17th National Congress of the Communist Party of China, the concept of "humanistic concern" and "psychological counseling" was put forward for the first time. To strengthen and improve ideological and political work with the right way to deal with interpersonal relationships has become a key issue in the ideological and political education of College students. As a result, focusing on "humanistic care" and "psychological counseling" is a new requirement of the Party Congress to strengthen and improves the ideological and political education work in the new period. College Ideological and political education workers must adhere to the people-oriented, pay attention to "humane care" and "psychological counseling", and further improve the effectiveness of Ideological and political work in Colleges and universities. Therefore, in this paper, my main concern is to enhance students "humanistic concern" and "psychological counseling" the significance of Ideological and political education and how to construct the "humanistic concern" and "psychological counseling" mechanism of the two problems.

### **1. Introduction**

The ideological and political work in Colleges and universities should be together with "humanistic care" and "psychological counseling", then close to reality and the students. On this basis, we apply to positive education and guidance in order to truly realize the maximization of effectiveness of ideological work. Now, let me explain the significance of Ideological and political education and construct the right way to come true the "humanistic concern" and "psychological counseling" mechanism.

### **2. College Students "humanistic care" and "psychological counseling" Ideological and Political Education**

#### **2.1 Scientific Outlook on Development**

Scientific Outlook on Development is the core of the "people-oriented", focusing on humane care and psychological counseling. It is the concept of "people-oriented and modern interpretation to achieve the comprehensive development", which greatly enrich the connotation of the ideological and political work in Colleges and universities. Then we can put forward higher and more comprehensive requirements to carry out ideological and political work under the new situation. The ideological and political educators should not only understand the basic situation of college

students, but also actively carry out mental health education to further students, guide students to strengthen psychological quality training and the exercise, look at yourself, correctly deal with difficulties and setbacks and honor so that students can establish a correct outlook on life and values.

## 2.2 To build a harmonious campus

In 2004, Ma Jiajue brutally killed her four students, which made the higher education of the Chinese be tragedy blamed. In 2007, the Virginia Tech, Zhao Chengxi crazy shot and killed 32 people, and the tragedy shocked the world. In 2008 October, there were three students killed normal cases, which let all people shocking again! This was not a simple personal tragedy, but these were reflection of the current education weakness, common mental health problems for students' learning. Life and employment have brought a lot of adverse effects, which triggered a number of campus violence case. The key factors of these deficiencies and serious psychological counseling were the harmonious development of the campus.

## 2.3 To strengthen and improve college students' Ideological and political education.

According to the survey I have done in Ningbo three colleges: the 95% college students I surveyed generally considered the ideological and political education of humanistic care and psychological counseling were very important, and we can see the Table 1; However, there are 20% students who often feel the humanistic care, and there are only 10% students who would choose the school counseling psychological counseling guiding the accounted, then we can see the Table 2. These data shows that the humanistic care and psychological counseling have become an urgent problem to be solved in the ideological and political education in Colleges and universities.

Table 1: The importance of humanistic care and psychological counseling in Ideological and political education in Colleges and Universities

View	Very important	Indifferent	Unimportance	Total
Number / person	131	6	1	138
Proportion/%	95	4	1	100

Table 2: College students number who ever had a significant proportion of humanistic care and psychological counseling

Feeling	Humanistic concern	Psychological counseling	Total
Number / person	28	13	41
Proportion/%	20	10	30

## 3. The way to construct the "humane care" and "psychological counseling" mechanism in Colleges and Universities

The ideological and political education of college students should focus on social functions at the same time in the ideological and political education, so we should pay more attention to promote college students' all-round development reveals the humanistic value of college students, and also pay attention to the ultimate pursuit and student's psychological counseling. I think the construction of "humanistic concern" and "psychological counseling" mechanism is a very complex problem, so it should include the following aspects:

### 3.1 Emphasis on College Students' mental health education

The psychological health education of college students is generally the attention, and mental

health education has been generally carried out in Colleges and universities. Colleges and universities should be based on the importance of College Students' psychological health education to further implement the two aspects. One is the training of teachers, because the importance of training teachers is to improve the awareness and practical work ability. Two is to determine the goal of students' mental health. The mental health of students should include: harmonious, harmonious way of thinking to understand things, to deal with the problem; develop an optimistic, open-minded and tolerant spirit, self-esteem, calm and rational, healthy social mentality, with an open mind and a positive mood at all.

### **3.2 For different students with different methods of psychological counseling**

In the guidance of students' bad psychology, teachers should take different methods to guide students to learn how to dredge the psychological approach according to specific cases, so that students can have a healthy growth in a good environment. There are several specific methods:

#### **3.2.1 Incentive grooming method**

When the students have psychological disorders, inferiority, and even depression, teachers should ease the psychological barriers by means of incentives, which have a sense of security, a sense of achievement and the feeling of respect. To meet the psychological needs of students can have a strong power to put into learning activities.

#### **3.2.2 Fair grooming**

When students encounter confusion in learning or life, the teacher should guide the students reasonably and skillfully out of this predicament. Teachers should design of a good atmosphere for students to create a self display arena and discard the "bidding documents" thought. When students can gradually realize their strength and status, they can objectively evaluate themselves.

### **3.3 Play campus counseling room function**

Some college counseling room is neglected, partly because its construction is insufficient. On the other hand, we are lack of awareness of the importance of social psychological counseling. We can better build the campus psychological counseling system from the following aspects: (1) To improve the work of mental health education. Such as improving the proportion of professional psychological counseling teachers, increasing the annual special funds, increasing mental health counseling equipment and functional sites, etc.. (2) To fundamentally overcome the psychological concerns of students. You can set up a required course or elective courses, such as multi-channel to enable students to understand and face up their problems. So, students are willing to accept counseling. (3) Develop professional and excellent mental health counseling team. Such as the arrangement of the best psychological teachers as psychological counseling teachers and regular psychological counseling teacher training and training are very effective.

### **3.4 To improve the humane care and psychological counseling of college students mechanism**

Full of humanistic care of the school psychological counseling should be people-oriented, and should guide students to the specific psychological problems in the depth of thinking. It not only helps them a comprehensive understanding of the self, but also help them to have an understanding of society or the rational planning of life. At the same time, it can strengthen the monitoring, improve college students' psychological counseling, adjust and balance mechanism, promote communication channels, avoid the bad mentality accumulation of malignant, benign and guide students mentality change, help students in the silent and subtle to achieve psychological harmony, actively carry out psychological counseling, strengthening on College Students' emotional comfort and spiritual care, improve service effectiveness of College students and so on.

### **3.5 Optimize the hidden educational function of campus culture, the construction of Harmonious Campus Culture**

Campus culture is the comprehensive embodiment of the implicit education, and it has the guidance, evaluation, regulate the behavior of teachers and students role, strengthen the construction of harmonious campus culture. Besides that, it can purify the human mind, edify sentiment, form a good atmosphere of humanity.

We should build a civilized and harmonious, healthy style, lively form, development and innovation of campus culture, then for the all-round development of students to create a good environment. We can use the art festival, held seminars, reading reports, speeches, movie reviews, theme class meetings and other forms of Ideological and political education in the practice of caring people, and it can also introduce the construction of elegant art performances, student associations, hold the school sports meeting, the campus singer competition in various competitions, enrich their school life. After it opens their mental development, it can guide the campus to promote honest and trustworthy, harmonious fashion through the construction of education and learning the rules of the school. So, we should make full use of the campus cultural resources to improve students' moral quality, physical quality and psychological quality.

### **3.6 To strengthen the network construction and management, building the humanities, green network ideological and political education platform**

The ideological and political education should be based on the traditional methods, and the active use of modern technology, especially to use the convenient network. Teachers should open up some popular student web sites and web pages, such as QQ, E-mail, MSN, blog and so on to build effective teacher-student communication platform, strengthen online counseling.

First of all, the school should strengthen the supervision of campus network, set up a moral threshold for network information communication, and create a clean network world. Secondly, teachers should guide college students to strengthen the network moral self-discipline, consciously restrain their network behavior. Thirdly, it is necessary to construct the network culture industry which can meet the needs of students' spirit and construct the spiritual home for students. In front of the information society and all kinds of information, some students lose their ability to discriminate and judge the information. Therefore, they must be established to attract students to the network culture industry to meet the needs of the students' spirit, enrich and refresh the spirit of students. These can help students to establish a correct understanding and ideas, develop the right way to think about things, see things, and form a correct outlook on life and values.

## **4. Conclusion**

College students are the hope and future of national development, and they have the burden of heavy responsibility of national development, the rich, strong and prosperous. The ideological and political education are a key part of higher education curriculum arrangement, which determines the sense of responsibility, college students' comprehensive quality and ideological trends. Therefore, strengthening the ideological and political education has very important significance to cultivate comprehensive talents and the quality of the whole nation.

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