

## Path Research on Ideological and Political Education for Poverty-Stricken College Students Based on Psychological Analysis

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**Abstract.** Due to economic poverty and particularity of the self-development consciousness of college poverty-stricken students, which tends to cause negative change of psychological aspects, and affect their normal adaptation and self development. Therefore, this article proposes that when offering effective solutions to their economic difficulties and establishing aid work mechanism for poverty-stricken students, we should accurately analyze their psychological characteristics and provide psychological adjustment to them. At the same time, the method of ideological and political education is introduced into the method by specific psychological methods, such as problem centered, positive psychology and psychological contract, to explore the effective paths of ideological and political education for poverty-stricken students.

### Introduction

With the reform and opening and economic development, the higher education system in China has under-gone major changes from elite education to mass education. Scale expansion of college enrollment provides more opportunities for poverty-stricken students enter colleges and universities. But the implementation of the charging system makes the problem of poverty-stricken college students become more prominent [1]. This has become the focus of development of higher education and social concerns hot spots. Students of poverty in colleges and universities are a special group and their thought and psychological show new characteristics and new issues, which attracts the great attention and become a new topic to educators [2,3]. The importance of poverty-stricken students' ideological and political education requires that we should focus on the goals of ideological education, enrich the contents of the ideological and political education, and explore effective ways of ideological and political education to adapt to the development of contemporary university students.

### Practical Significance of Subject Research

**Conducive to Strengthen the Ideological and Education and Realize the Scientific Ideological and Political Education.** In recent years, along with the university students' psychological problem has been paid more and more attentions, that combined the ideological and political education with mental health education has become a development trend. Applying psychology analysis method to solve the problems of ideological and political education could make the ideological and political education to realize scientific [4]. From its own terms, the content, the form and the method of the ideological and political education could not adapt to the development of new situation, therefore this require us according to the current situation the characteristics of thought of college students in the new period seek a systematic and scientific and normative theory and method of ideological and political education.

**Explore the Innovation of Ideological Education Methods and Improve the Validity of Ideological Education.** In ideological and political education, we can use the psychological consultation technology to understand the inner world of the students and provide the opinions for them so as to achieve education object to understand the inner world of the characters. The universities' ideological and political education method reform, we can use the some special psychology methods and techniques, and emphasize the inculcation and education method, and the combination of inculcating theory in the

propaganda and the process of the educated outstanding subjectivity, and combined with the analysis of the psychology thought problem so as to make the theory content more convincing.

**Highlight “People-Oriented” Concept and Pay Attention to Ideological and Political Education of Poverty-Stricken College Students.** Recently, our country has issued many policies in the award, grants aspects, and detailed the determination of the poverty-stricken college students and release program of award and grants, and social organization have also paid attention to the poverty-stricken college students. National policies greatly guide the social organizations, enterprises and institutions to help poverty-stricken university students smoothly finish school by the special scholarships. The grants from the organization and the units can cultivate poverty-stricken college students the gratitude consciousness of return the society, after they enter the society they can also work more hard, therefore it forms a virtuous cycle.

**It Is Helpful to Definite Thought Features of the Poverty-Stricken College Students and Improves Pertinence of Ideological Education.** By understanding of poverty-stricken college students' mental characteristics, and analysis of the subjective and the objective reasons caused undesirable mood, it can help us to better the ideological and political education activities [5]. Only we better understand of the psychological situation of level, can we accurately grasp of poverty-stricken college students' ideological education. If we can comprehensively understand the status and characteristics of their psychological activity, we could be able to understand its inner activity process, so as to achieve the purpose of ideological and political education deeply. If we can grasp the causes of the psychological problems, it also can help us find the roots of the ideological and political education obstacle, and can better develop the ideological and political education activities. On the analysis of the psychological characteristics of the poverty-stricken college students, and combine with the ideological and political work together, improve the self-consciousness of their contact, in view of the psychological characteristics of the poverty-stricken students the targeted and systematic ideological and political education and psychological health education can be provided for them.

### **Reasons on the Poverty-Stricken College Students' Ideological and Psychological Problems**

The recognition of poverty-stricken college students now in socialist basic theory study, the gap between rich and poverty-stricken, college system reform and other aspects is not comprehensive. Thus some poverty-stricken college students show inferiority, sensitive, paranoid, lack of competition and participation and other typical of the mental sub-health phenomenon.

These problems cannot be avoided in our ideological and political education for the poverty-stricken college students, and if only faced its ideological problems and analyzed, and the effectiveness of the ideological and political education for the poverty-stricken college students could be fundamental improved.

**Lack of Theoretical Knowledge and Ideas.** At present, the mainstream of poverty-stricken college students is good, positive, up and enterprising. They identify with the policies and principles of the Party and state and the reform and the open situation. Their thoughts can follow the social mainstream ideology, and positively pay attention to social issues and seeking knowledge desire of them is strong. But some poverty-stricken college students cannot comprehensive understand major issues of socialist development stage and the existing social contradictions, there are different levels of fuzzy cognition, someone even produce biased thought.

Therefore, strengthen and improve the ideological and political education of the poverty-stricken college students, we must profound understand important theoretical significance of studying Deng Xiao-ping theory, the three represents important thoughts and the scientific development concept, and fully mobilize the potential inner power of poverty-stricken college students so as to promote all-round development of impoverished college students.

**The Self-Identity of the Poverty-Stricken College Students Are Bias.** The self-identity of the poverty-stricken college students often produces deviation because surroundings change and even appear even crisis. After the poverty-stricken college students enter the university, classmates increased rapidly, Many of which study and social activities is outstanding ability. And the students from the lower

economic conditions facing the great changes produced from around environment, the differences in the levels of economic development between different regions role directly impact on poverty-stricken college students, so the different personal opportunities lead to the poverty-stricken college students hold a negative attitude to the existence of themselves, they often feel at a loss facing great study, life the employment pressure. When the poverty-stricken college students' self-identity produces deviation, the trust, independent feeling active feeling will be weak, so the poverty-stricken college students will feel perplexed and confused, and then produced a series of idealistic and psychological problems.

**The Poverty-Stricken College Students' Self-Efficacy Is Loss.** The poverty-stricken college students' self-efficacy is generally lower, even some poverty-stricken college students lack self-efficacy. In this intense social comparison, the poverty-stricken college students' self-efficacy rapidly fell, and deeply felt the frustration and gap feeling. Because of self-efficacy shortage, facing difficulties and setbacks, the poverty-stricken college students don't want to make more efforts and attempts and produce sensitive and bitter thoughts.

**Self-Regulation Ability of Poverty-Stricken College Students Is Relatively Low.** Most of poverty-stricken college students' study life is relatively drab before entered college, therefore poverty-stricken college students scarcely participated in social activities and social communication between students, and their social interaction is also very little, single environment didn't exist almost change, so they didn't get opportunities for practicing to solve all problems and difficulties. As Lack of such training opportunities, mental ability of self adjusting also wouldn't get to be exercise. After they entered colleges, because of the society and school life is rich and colorful, and ideas exchange between teachers and students, and students with class-mate is frequent and social contact is very extensive. Facing huge change of environment some poverty-stricken college students often showed enormous in-adaptation, and didn't quickly change role, so they did not timely adjust their psychological state in order to adapt to the new environment.

### **Countermeasures on Poverty-Stricken College Students' Ideological and Political Education**

**Pay Attention to the Ideological Faith Education Combined with Social Development Trend.** The development trend of the society is always for-ward. In ideological and political education for poverty-stricken college students, we should combine with the development trend of the society and pay attention to the cultivation of the ideological faith and education. With the development of social economy, the society needs comprehensive talent with comprehensive development, poverty-stricken college students not only need learn scientific and cultural knowledge, but also pay more an attention to improve their comprehensive quality [6]. Therefore, in poverty-stricken college students education social development should be their life goals, they should care about the country and the society development, and enhance the social responsibility and master consciousness, so they should make personal contribution for the construction of socialist cause, and take strength for the prosperity and strength of our country. Under the guidance of great faith in life, the poverty-stricken college students could treat personal development in the global view, and set up the lofty influence stimulating study will and develop their responsibility and patriotic consciousness.

**Strengthen Success Education.** Talent education is the important component of poverty-stricken college students' ideological and political education and is the concept security in establishing the correct goal in life of the poverty-stricken college students. In ideological and political education the success education has an important guiding practical significance in helping poverty-stricken university students set up the struggling target of life.

Cultivate success education of poverty college students, guiding the poverty-stricken college students to design their own development direction according to the social and personal development prospects, and contemporary college students should take socialist modernization construction and the construction of harmonious society as their social responsibility, and it can instruct the poverty-stricken college students find appropriate oneself development goals in society according to their own special features and advantages. Success education can make poverty-stricken college students set up correct

goal in life, and can more closely combine the country's and social fate with personal development, to help the poverty-stricken college students better growth.

**Cultivating Interpersonal Communication Ability.** Combined with social practice, the cultivation of interpersonal skills is the important content of the poverty-stricken university students' ideological and political education. poverty-stricken college students always live in a collective environment, so the interchange and inter-action with your classmates, roommates and teachers would become the indispensable important part in their life, and interpersonal relationship status of poverty-stricken college students in the certain degree decided that they can whether finish school, even decided that they can whether complete the whole process of socialization. Interpersonal relationship has a profound impact on individual overall development in virtue, wisdom, body and other aspects, especially for poverty-stricken college students, it is of more positive significance.

## Conclusion

As the world political, economic and cultural development, the interchange of universities and society has become more extensive, and the students' thought condition present a complicated and diversified trend. In the environment of strong contrast of economic gap and consciousness ideas, the poverty-stricken college students need to be developed promptly the ideological and political education. We should grasp the ideological and psychological characteristics of poverty-stricken college students, all the students from reality, and strive to do well the poverty-stricken college students' ideological and political education work, so that we would provide a good environment for college students' all-round development, and cultivate more and better talents for the society.

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