

A Study on the Role of Moral and Ideological Education in the Psychological Health Education of Students in Vocational Colleges

Caizhi Gao*

Heilongjiang Polytechnic, Harbin, 150111, China

*Corresponding author: 84434506@qq.com

Abstract: With the rapid development of society in China, the problem of mental health among college students has become more serious and has attracted the attention of all sectors. This paper studies the necessity and roles of moral and ideological education in supporting the psychological health education of students at vocational colleges. Based on the above surveys and theoretical analysis, it can be concluded that moral and ideological education is positively correlated with the psychological health of students in vocational colleges. It also indicates the function and mechanism of moral and ideological education in promoting the development of psychological health for these students. Based on the above results, it can be concluded that moral and ideological education in vocational colleges helps to improve the mental health of students. It can guide the behaviour and emotions of the students, strengthen their tolerance to stress and problem-solving skills, help them deal with emotions well, and promote good mental health. The results of this study will offer positive direction and motivation for educators at vocational colleges to be more mindful of the basic role of moral and ideological education in supporting the mental health of students, and they will also provide a reference for schools and society to cooperate in creating a good environment for the healthy growth of students.

Keywords: Moral and Ideological Education; Vocational College Students; Psychological Health Education; Adaptability; Growth Environment

Introduction

With the rapid development of society, many problems and issues have arisen in higher education in China. Therefore, the problems of mental health among students at vocational colleges have attracted the attention of many teachers and various parts of society. The situation and position of psychological health education in higher education are receiving more attention and recognition. To improve the mental health of students, we need to continue carrying out psychological health education effectively. Therefore, this paper takes vocational college students as its subjects and investigates in detail the role of moral and ideological education in the psychological health education of these students. It hopes to find the root causes of the link between moral and ideological education and the mental health of students at vocational colleges, as well as learn how moral and ideological education works in this regard. It is hoped that this study will provide some theoretical support and practical guidance for educators at vocational colleges, and also offer some reference for schools and society to work together to create a good environment for the healthy growth of students.

1. Intrinsic Connection between Moral and Ideological Education and Students' Psychological Health in Vocational Colleges

1.1 The Reasons for Psychological Health Education among Students at Vocational Colleges

Vocational college students are at an important stage in their lives and need good mental health to do well^[2]. Psychological Health Education should be added to the curriculum of vocational colleges. It can

help students solve all kinds of psychological problems in their lives and promote the development of good moral character. Systematic psychological health education helps students form good values and worldviews at all times in life to achieve all-round development. Psychological health education in vocational colleges can help students develop normally both physically and mentally, and also create a good living environment for everyone in the school. Therefore, we should give more attention to cultivating students' mental health educationally^[3].

1.2 Exploration of the Relationship between Moral and Ideological Education and Students' Psychological Health

Moral and ideological education is closely related to students' mental health, and its main purpose is to enhance students' sense of morality and values to foster their all-round development. By organising values systematically, moral and ideological education can help students develop a proper view of life and values, thus reducing psychological conflicts and emotional distress. It can offer psychological support, strengthen the mental health of students, help them maintain a positive and optimistic attitude in the face of difficulties or stress, and thus promote the healthy development of their emotions. Moreover, this kind of education promotes self-awareness and socialisation, meets the reasonable needs of psychology, and helps to maintain a good mental health for students.

2. Functional Mechanism of Moral and Ideological Education in Promoting the Psychological Health Development of Vocational College Students

2.1 The Role of Moral and Ideological Education in Stabilizing Students' Psychological Health

Moral and Ideological Education can help improve the mental health of students at the vocational college. With the rapid changes in society and the increased academic pressure recently, many more mental health problems have begun to occur among vocational college students. Through the formation of positive values and a sense of morality, moral and ideological education can help students form a correct view of life, values and the world, and cultivate a good attitude towards life. It will help to reduce the psychological problems of value disorientation and moral confusion. Through all sorts of educational activities and curricula, moral and ideological education can strengthen students' sense of social responsibility and mission, help them maintain emotional stability, and promote a healthy personality in their growth.

Moral and ideological education can help students achieve inner peace and build a sense of self; thus, they will be more optimistic, resilient and compassionate. Students will be able to deal with various problems and difficulties in life more reasonably. Through various forms, such as class meetings, counselor talks and psychological lectures, moral and ideological education can be used as ways to communicate spiritually with students, promptly alleviate psychological distress they have experienced, enhance their sense of psychological safety, and thus promote healthy development of their mental health.

2.2 The Role of Moral and Ideological Education in Improving Students' Ability to Cope with Stress and Solve Problems

Moral and ideological education helps students develop good moral qualities, manage their emotions and solve problems in daily life. Help students establish correct values and views of life in moral and ideological education so that they can develop strong psychological resilience and better cope with all kinds of pressure from school and life. Organise the teaching content and activities in an orderly way to help students learn how to manage themselves and solve problems independently^[4]. Moral and ideological education can promote a sense of social responsibility, cooperation and mutual assistance among students to face difficulties together and learn from each other. Through group communication and interaction, students can obtain social support and emotional comfort; thus, they will have stronger psychological resilience and be able to face difficulties in life positively. Therefore, all-round development of students can be achieved, and the construction of good mental health will also be promoted.

3. Implementation Strategies for Moral and Ideological Education in Vocational Colleges and their Impact on Students' Psychological Health

3.1 Implementation Strategies for Moral and Ideological Education Based on Students' Individual Psychological Traits

In carrying out moral and ideological education at vocational colleges, one should be aware of the psychology of the students. Every student has different psychological features, personalities, interests and life backgrounds, so the same way of teaching will not work for everyone. Moral and ideological education should consider students' abilities and adjust teaching methods according to all kinds of psychological states of the students. Teachers should know the students' psychological traits, such as interests, motivations, values and emotions^[5]. Through interaction and communication with the students, one can learn about their inner world and life's problems better. Therefore, based on the different psychological traits of the children, teachers can prepare personalised learning plans to offer better emotional support. Psychological assessment tools should be introduced in moral and ideological education to better understand the psychological state of students and provide appropriate support and assistance. Modern information technology should be used to create various types of flexible educational carriers that meet the different demands of students for ideological and political education and increase their participation. Based on the above, the relevance and effectiveness of moral and ideological education will be improved to better support the all-round development of students' mental health.

3.2 Ways and Means to Improve the Effectiveness of Moral and Ideological Education

In order to boost the impact of moral and ideological education, all sorts of strategies and ways must be employed. Teachers need to introduce new teaching methods, use modern information technology, build multimedia teaching platforms, and increase the interactivity and appeal of learning. In terms of curriculum design, content on psychological health education should be added to help students develop a positive attitude towards life and healthy coping skills. Organise all kinds of extracurricular activities to integrate moral and ideological education with daily life and improve the implementation effect. Increase the training of teachers to give them psychological knowledge and skills so that they can better guide the students^[6]. Schools should cooperate with families and society to build a cooperative educational force and promote the all-round development of students' education and mental health.

4. Practice and Problems of Moral and Ideological Education in the Psychological Health Education of Vocational College Students

4.1 Practical Paths and Methods for Moral and Ideological Education in the Psychological Health Education of Vocational College Students

There are many paths and ways for moral and ideological education on the psychological health of vocational college students. Systematically add psychological health education to the curriculum of ideological and political education to nurture students' values and psychological qualities and help them maintain a positive attitude. Campus cultural activities are employed to promote practical education. Lectures on the psychological health of students, thematic class meetings and team-building activities are organised to raise their awareness and concern for mental health. Psychological counselling service platforms have also been set up to integrate moral and ideological education and provide personalised guidance and support for students' psychological problems and other difficulties. Vocational colleges should also build professional educational teams to meet all sorts of psychological needs of students in the course of moral and ideological education in an adaptable way. All the above practical paths and methods can be used to promote the good mental health of students at vocational colleges in all aspects through moral and ideological education.

4.2 Problems in Moral and Ideological Education for the Psychological Health Education of Vocational College Students

Several major reasons have been identified as particularly serious in the problems of moral and ideological education for the psychological health of vocational college students^[7]. How to effectively integrate the content of moral and ideological education into the system of psychological health education is a serious problem. In the curricula of many vocational colleges, moral and ideological education and psychological health education are still taught separately and do not achieve full integration and synergy; thus, their actual effectiveness has not been realised. Teachers are often faced with the problem of low student interest and participation in moral and ideological education. Some students are unwilling to be taught about morals and ideology because they do not see how it relates to their daily lives and find it difficult to connect with or think about. Given that students have all sorts of mental health problems and various difficulties, teachers should be able to learn some psychological knowledge to detect problems early and help students cope with them effectively. Many moral and ideological education workers currently lack the necessary ability in this regard. Changes in the environment and society have also reduced the effectiveness of moral and ideological education; thus, continuous innovation in educational methods and means is needed to solve this problem.

4.3 Creating a Good Environment for the Healthy Development of Vocational College Students

To create a good environment for the healthy development of vocational college students, everyone needs to work together and make efforts. Vocational colleges can use their own resources and those outside the school to build a support system for the mental health of students. Create a good campus cultural environment that can help the students develop mentally and emotionally. Enhance the social support system for students by promoting mutual assistance and trust among peers, and build a good relationship between teachers and students. Schools should also improve the construction of hardware facilities to provide good support for mental health services. Various psychological health activities should be organised to boost the students' sense of self-worth and achieve the aim of integrating moral and ideological education with psychological health education. A diverse support system should be established at the vocational college level to help all students develop mentally and emotionally.

5. Future Research Directions and Prospects

5.1 New Tasks and Requirements for Moral and Ideological Education in Vocational Colleges in Light of Future Social Changes

Given the future changes in society, the tasks and demands of moral and ideological education for vocational college students will also change. With the development of information technology, new demands have been placed on moral and ideological education in vocational colleges^[8]. Educators should use new information technology to develop new teaching methods and improve teaching results. Add an interactive way of teaching on the Internet, improve teaching materials, use big data analysis to learn about changes in students' psychology, and thus provide more personalised teaching.

With the changes in society, moral and ideological education should also cultivate students' ability to think independently and critically in the new era. Update the educational content in light of the times, introduce more real-world social issues, and have students discuss and explore to form their own opinions from all sides. Improve students' sense of self-awareness and, at the same time, cultivate a sense of social responsibility and cooperation.

New social problems, such as mental health issues and ecological civilisation, also need to be addressed by moral and ideological education to help students form a sense of health and environmental awareness in the new era. Moral and ideological education will help students deal with all kinds of problems in social change reasonably and form a good view of life.

With the changes in society, the content and form of moral and ideological education in vocational colleges need to be adjusted. They need to keep up with the times and be more flexible in order to educate all-around students who can meet the demands of the new era^[9].

5.2 Current Research on Moral and Ideological Education in Vocational Colleges for Maintaining and Promoting Students' Mental Health

Research on the cultivation of moral and ideological literacy for vocational college students to improve their mental health is urgently needed at present. Further research is needed to learn more about the specific functions of moral and ideological education in promoting psychological health and how it affects the maintenance of psychological health. Different vocational colleges need to consider the differences among students and use all kinds of ways for moral and ideological education to meet the needs of various groups of students. With the development of technology, new forms of moral and ideological education have gradually appeared, and attention is now being paid to how to utilise digital tools and social media effectively for the mental health of students. Problem-oriented research can find deficiencies in education, put forward practical improvement measures to promote the continuous deep integration and innovation of moral and ideological education, and thus provide a solid foundation for the all-round improvement of students' psychological health.

6. Conclusion

6.1 Summary of Research Results

This paper investigates the reasons for and methods of carrying out moral and ideological education in the psychological health education of vocational college students. Based on the research results, good moral and ideological education is positively related to the mental health of students; that is, it can help them manage their emotions better and face problems in life more bravely. Research and theory have shown that moral and ideological education is closely related to psychological health; it can promote the maintenance and development of good mental health in students by shaping their behaviour and improving their problem-solving abilities. Take into account the psychology of the students and other external factors during the implementation of moral and ideological education to improve its effectiveness. Based on the above data, it has been determined that many different kinds of teaching and learning can help improve students' mental health^[10]. This paper provides a theoretical basis for teachers at vocational colleges to understand the demand for moral and ideological education in psychological health education and offers some references for creating a good learning environment.

6.2 Reflection and Evaluation of the Significance and Contribution of This Study

Based on the study of the role of moral and ideological education in the psychological health education of vocational college students, this paper will present the reasons for and demands in this field. The construction of the theoretical framework for this paper is to explore the close connection between moral and ideological education and psychological health education and add a new direction to research in higher education. This paper presents some practical and feasible measures for teachers of vocational colleges to enhance the quality of moral and ideological education and thus promote students' mental health. It can be seen that personalised education and a diverse learning environment should be established to conduct moral and ideological education, providing a good reference for policymakers and educators. In light of these changes in society, this paper also points out the new tasks of moral and ideological education and offers some suggestions for future research and educational reform.

Concluding Remarks

The purpose of this paper is to explore the impact of moral and ideological education on the mental health education of students at vocational colleges. Based on research and theory, it has been concluded that moral and ideological education can promote the mental health and quality of life for students. The study has put forward some ways to improve teaching effectiveness, such as fully considering the psychological characteristics of students, integrating all factors in the environment, and using all sorts of forms and methods. There are both theoretical and practical results in this paper. They can provide a theoretical basis for the work of moral and ideological education and also promote the improvement and optimisation of

moral and ideological education in vocational colleges in actual circumstances. This paper will offer some suggestions to vocational colleges and society at large on how to create a good environment for the healthy development of students. However, this paper is only the first step. In the future, more in-depth studies will be carried out to fully understand the function of moral and ideological education in the psychological health education of vocational college students and to achieve better optimisation and improvement in this area.

Fund Project

Research on the Innovative Model of Moral Education and Ideological and Political Work in Vocational Colleges from the Perspective of Students' Mental Health (No:HZJZ2025047)

References

- [1] Yang Lu. *An Exploration of the Relationship between Psychological Health Education and Ideological and Political Education for College Students*. *Industry and Technology Forum*, 2021, 20(07): 126-127.
- [2] Wang Jiaqin. *Analysis of the Role of Psychological Health Education in Ideological and Political Education in Colleges and Universities-Review of "Ideological and Political Education and Psychological Health for College Students"*. *China Edible Fungi*, 2020, 39(12): 268-268.
- [3] Zhang Kun. *Exploring the Innovation of Ideological and Political Education in Colleges and Universities from the Perspective of Psychological Health-Review of "Psychological Health and Ideological and Political Education"*. *Chinese Journal of School Health*, 2021, 42(04): F0003-F0003.
- [4] You Shuang. *Analyzing the Ideological and Political Education of Contemporary College Students Based on the Perspective of Psychological Health-Review of "Ideological and Political Education and Psychological Health for College Students"*. *Chinese Journal of School Health*, 2023, 44(05): 10006-10006.
- [5] Xiao Tao. *Exploring the Integration of Psychological Health Education and Ideological and Political Education in Colleges and Universities-Review of "Research on the 30-Year Integration of Psychological Health Education and Ideological and Political Education in Colleges and Universities"*. *Educational Development Research*, 2019, 39(18): F0002-F0002.
- [6] Yi Gangming. *The Application of Psychological Health Education in Ideological and Political Education in Colleges and Universities-Review of "Research on the 30-Year Integration of Psychological Health Education and Ideological and Political Education in Colleges and Universities"*. *China Edible Fungi*, 2020, 39(09): 263-263.
- [7] Zhao Xiaojun. *Constructing the Psychological Health Defense Line of College Students from the Ideological and Political Perspective-Review of "Ideological and Political Education and Psychological Health for College Students"*. *Journal of Safety and Environment*, 2019, 19(06): 2247-2247.
- [8] Hu Guisheng. *Research on the Integration of Psychological Health Education and Ideological and Political Education in Colleges and Universities-Review of "Psychological Health and Ideological and Political Education"*. *Chinese Journal of School Health*, 2020, 41(09): F0003-F0003.
- [9] Huang Zhi. *Analysis of the Relationship between Psychological Health Education and Ideological and Political Education for College Students*. *Knowledge Library*, 2019, (24): 203-203.
- [10] Ge Yating. *The Role of Psychological Health Education in Ideological and Political Education in Colleges and Universities*. *Chinese Science and Technology Journal Database (Citation Edition) Educational Science*, 2020, (09).