

Construction of a Psychological Counseling System for Ideological and Political Education in Universities

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Abstract: Against the backdrop of the cultural explosion, high-quality development in the new era requires significant challenges and opportunities for ideological and political education in universities, and also brings opportunities for innovation in ideological and political education in universities. Establishing a sound psychological counseling system in universities is an innovation in ideological and political education methods with Chinese characteristics. However, the current psychological counseling system in the process of ideological and political education in universities faces problems such as insufficient understanding of psychological counseling by educational subjects, rejection of psychological counseling by educational objects, incomplete content of educational psychological counseling, and inadequate mechanisms for educational psychological counseling. In response to the above issues, with the principles of unity of commonality and individuality, unity of prevention and supervision, unity of understanding and respect, and unity of self-help and assistance as the focus, it is proposed to improve the responsibility mechanism of psychological counseling subjects, strengthen the propaganda mechanism of psychological counseling theory, optimize the innovative mechanism of psychological counseling content, and establish a long-term mechanism of psychological counseling to create a good training environment for the integration of psychological counseling in ideological and political education, Improve the effectiveness of psychological counseling in ideological and political education, and propose specific operational strategies to achieve the higher goals of ideological and political education in universities in the new era.

1. Introduction

The new era of ideological and political education mainly refers to the dynamic process of reform and development of ideological and political education activities in combination with the development needs of society and the times.^[1] Due to the diversified economic development, the social ecological environment has put forward higher requirements for ideological and political education work. The main body of ideological and political education should continuously explore new concepts and paths that are in line with the construction of the new era. For society, universities bear the task of cultivating talents. It is extremely important for universities to apply psychological counseling to ideological and political education for the high-quality development of society. Psychological counseling in ideological and political education in universities mainly involves using psychological theories and methods, taking appropriate intervention measures to alleviate individual psychological problems, maintaining a healthy and stable psychological environment, and improving individual social adaptability. Psychological counseling in ideological and political education refers to the reform and innovation of a local educational model based on the

knowledge and techniques of psychology, which has demonstrated its unique advantages in ideological and political education.

2. The value implications of constructing a psychological counseling system in ideological and political education in universities

Various universities focus on the fundamental task of cultivating morality and talents, practice the concept of "three comprehensive education", and carry out ideological and political education through multiple modules such as teaching, scientific research, innovation and entrepreneurship, promoting the effective integration of scientific education and ideological and political education. Based on the current education situation, it can be seen that improving the effectiveness of ideological and political education through scientific research plays a positive role in improving the function of scientific research in educating people and expanding the scope of ideological and political education.

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2.1 Psychological counseling in universities can effectively improve the efficiency of ideological and political education

Scientific judgment should be made on the problems encountered in the process of ideological and political education in universities, and their advantages and disadvantages should be analyzed. Only through continuous reflection and correction can the effectiveness of ideological and political education be continuously improved. Traditional ideological and political education focuses on studying students' ideological and behavioral characteristics, mainly adopting indoctrination teaching methods, which makes it difficult for students to truly express their own ideas, thereby affecting the actual effectiveness of ideological and political education. Psychological counseling pays more attention to students' psychological needs and emotional dynamics, reflecting a high degree of humanistic care. With the help of psychological education, teachers can understand students through psychological counseling, emotional conversations, and other methods, and carry out targeted ideological and political education based on students' psychological characteristics, further enhancing the effectiveness of ideological and political education.^[2]

2.2 Psychological counseling in universities can enrich the connotation of ideological and political education

Psychological counseling has rich educational significance. It helps college students to firmly adhere to their ideals and beliefs, the lofty ideals of communism, and the idea of a community with a shared future for mankind. The integration of the concept of a community with a shared future for mankind into ideological and political education is of great significance. Firstly, it helps guide students to establish a concept of coexistence. The coexistence concept contained in the concept of a community with a shared future for mankind lays a solid theoretical foundation for college students to enhance their cognitive abilities in life. One of the key tasks of ideological and political education in the new era is to cultivate the symbiotic concept of interpersonal relationships and harmonious coexistence between humans and nature among college students. Combining the concept of a community with a shared future for mankind with ideological and political education can help students establish an equal view of nature and life. Secondly, it helps to cultivate the overall values of college students. The overall values are people's common understanding and pursuit of things and their development prospects, and are also one of the important values of the concept of a community with a shared future for mankind. Integrating them into ideological and political education helps college students realize that natural society and human society are an organic whole, and personal development is closely related to the surrounding environment. Individuals need to integrate into the environment in order to achieve better development. Finally, it helps to enhance the sense of

responsibility of college students. The concept of a community with a shared future for mankind contains a sense of responsibility towards shared destiny. Integrating it into ideological and political education helps guide students to clarify the connotation of their sense of responsibility and establish the collective responsibility consciousness that new youth of the times should have.^[3]

3. There are problems in the construction of the guidance system for ideological and political education centers in universities

3.1 Insufficient understanding of psychological counseling by educational subjects

The educational subject neglects the role of psychological counseling in ideological and political education. In the context of economic globalization and the Internet, the educational subject needs to pay attention to the transformation of ideological and political education, shifting from mandatory reasoning education to counseling based mental health education. The methods of ideological and political education have also developed from single to multiple, from one-way to two-way, from cognition to personality, and from theory to practice.^[4] In addition, there is also a lack of understanding. This is manifested in: firstly, college students have some misunderstandings about psychological counseling and blindly confuse it with psychological counseling and psychotherapy. At present, psychological counseling in ideological and political education in some universities emphasizes the resolution of various psychological obstacles and confusion, while neglecting the guidance of correct values and the resolution of their own career development confusion, leading some college students to believe that only those with psychological problems need psychological counseling. Secondly, there is a lack of clear understanding of the connection between psychological counseling and ideological and political education. Ideological and political education and psychological counseling should adhere to the principle of putting people first and promote students' free and comprehensive development. But some people believe that psychological counseling and ideological and political education are independent of each other. The former serves students with psychological problems, while the latter focuses on the work of students' ideological problems; Some people confuse the two and believe that ideological and political education can replace psychological counseling.^[5]

3.2 Psychological counseling for educational object exclusion

In the ideological and political education in colleges and universities, psychological counseling is mainly to conduct educational leadership on the basis of venting

the bad emotions of the counseling objects, so that they can get psychological comfort and play the role of counseling, which is conducive to the counseling objects to cultivate correct values, have a sound personality, improve moral quality, and shape the spiritual world of harmonious coexistence with society and nature. As the object of psychological counseling in ideological and political education, the object of counseling actually occupies a core position in counseling. However, in the two-way interaction with the guiding subject, there are phenomena such as the generation gap in communication between the guiding subject and the object, which leads to the resistance of the guiding object to the educational content or the educator, forming a negative relationship between the subject and the object, and the inability to establish a trust relationship between the two parties, making the guiding object unable to open a heart knot. There are communication barriers between the guiding subject and the object, resulting in the inability to truly and effectively play the role of psychological counseling in ideological and political education. And due to traditional beliefs and misconceptions about psychological counseling, some counseling clients have combined psychological counseling with mental illness, making college students who need psychological counseling labeled as having mental illness. So many college students, even if they have psychological confusion, are unwilling to actively accept psychological counseling and would rather digest negative emotions on their own than accept help. Because once classmates around them know about it, they will point fingers at themselves, which exacerbates psychological problems and leads to rejection towards psychological counseling.

3.3 Incomplete content of educational psychological counseling

The main form of ideological and political education in universities lies in curriculum ideological and political education. However, the methods and content of curriculum ideological and political education are universal, leading to the content of psychological counseling being too simplistic, unable to meet the different needs of college students at different levels, and unable to solve the deep-seated problems in the ideological reality of the counseling objects. Firstly, although various universities offer courses and institutions related to psychological counseling, the content of psychological counseling corresponds to the ideological and political aspects of the curriculum, and the content is relatively single. In the actual counseling process, it leads to limitations in college students' understanding of psychological counseling work, hindering their understanding of the content of counseling, and making it difficult to play a positive role in counseling. Secondly, the content of psychological counseling in various universities is disconnected from the essence of ideological and political education. In the actual process of psychological counseling, its purpose is to remove ideological barriers and develop human potential. The content of counseling should not only

solve psychological problems for the counseling object, but also solve their development confusion, break away from the content misconception of "solving problems for the sake of solving problems". Instead, by guiding their thoughts and psychological problems, it helps college students establish correct thinking concepts. Finally, in the practical education attempts of psychological counseling in ideological and political education, various universities are still confined to the teaching of theory. This requires breaking the rigid educational content in psychological counseling, obtaining inspiration from psychological research methods, reflecting the special nature of psychological counseling in university ideological and political education centers, solving new contradictions in the process of ideological and political education reform, and ultimately achieving the ultimate goal of ideological and political education.

3.4 Imperfect educational psychological counseling mechanism

The psychological counseling system of ideological and political education in universities is a complex systematic project that needs to integrate external factors, penetrate internal factors, and enhance the effectiveness of psychological counseling in ideological and political education in universities. However, there are still some problems with the psychological counseling mechanism in universities, mainly manifested in the following aspects: firstly, the methods of psychological counseling in universities lack scientific validity. Currently, ideological and political education still adopts static counseling methods, which cannot fully integrate the goals of counseling with the goals of educational objects. Secondly, the allocation of psychological counseling resources in universities lacks rationality, and the main task of psychological counseling work falls on the shoulders of counselors in various colleges. There is no mature psychological counseling platform, professional teaching staff, accurate information and channels, let alone the integration and rational allocation of effective counseling resources. Thirdly, there is a lack of coordination in the psychological counseling mechanism of universities. It is necessary to avoid improving and developing the psychological counseling mechanism of ideological and political education separately, which makes it difficult to fully exert its counseling effect. It is necessary to coordinate and link various elements to form a good counseling structure to ensure the effective operation of the psychological counseling mechanism of ideological and political education.

4. Basic principles for constructing a psychological counseling system for ideological and political education in universities

4.1 The principle of unifying commonality and individuality

In the new era, ideological and political education needs to change the traditional indoctrinated psychological counseling mode of ideological and political education, keep up with the times, and observe the characteristics of college students' growth stages in the process of educational practice as the starting point. It is found that college students have collective and common stage psychological problems, but at the same time, due to differences in personal growth environment, personal experiences, etc., individual college students have differences and levels in psychological and ideological aspects. Therefore, in the process of carrying out psychological counseling in universities, the counseling subject should start from the actual situation of individual college students and fully grasp the principle of unity of commonality and individuality. Adapt to local conditions and teach students according to their aptitude.

4.2 Principle of unifying prevention and supervision

The implementation of mental health education in universities is based on the actual foothold of moral education. Due to the development of the Internet, college students are susceptible to the dual influence of external environment and their own development in the face of diverse spiritual changes. The phenomena presented are complex and hierarchical, and are becoming increasingly severe. In the process of psychological counseling, on the one hand, it is necessary to prevent problems before they occur, and to face the psychological problems that arise at different stages of college students in a timely manner, and to prevent and guide them in advance; On the other hand, it is necessary to implement the effect of supervision and counseling, grasp the psychological state and ideological dynamics of the counseling object, form good and timely feedback habits, and fully grasp the principle of combining prevention and supervision in psychological counseling of ideological and political education in universities to achieve a positive cycle of psychological counseling.

4.3 The principle of unity of understanding and respect

Psychological counseling relieves the negative emotions of educational subjects through communication and listening, perceiving the signals conveyed by their words, actions, expressions, and intonation to determine their psychological state. The premise is how the counseling subject gains the trust of the other party. On the one hand,

it is to guide the subject's respect, fully respecting the character, needs, and privacy of the guided object, thereby creating a comfortable communication environment for the guided object to open up and speak freely. On the other hand, it is to dredge the understanding of the subject. The dredge subject should feel the emotion and behavior of the dredge object through empathy and empathy, so as to reach the psychological resonance of both sides. Fully grasping the principle of understanding and respecting the unity of psychological counseling in ideological and political education in universities is an important guarantee for achieving the essential requirement of people-oriented ideological and political education.

4.4 The principle of unifying self-help and helping others

Professor Mei Ping's book "Innovative Research on Psychological Counseling Models for College Students in the New Era" is based on the Marxist theory of human nature and draws inspiration from Lewin's psychological field schema. On the one hand, considering the internal dependent variables of an individual and mobilizing their internal factors. The driving force of demand and self change, combined with the values of humanistic care, helps to guide the object to achieve unity of knowledge and action. On the other hand, considering the influence of the group's psychological driving force field and related social environment, especially the subjective perception of the psychological environment, a good external space has been created, and an educational psychological counseling model that combines self-help and mutual assistance, professional assistance, and social support has been constructed. Fully grasping the principle of combining self-help and helping others in psychological counseling of ideological and political education in universities has important guiding significance for the development of practical activities of psychological counseling in ideological and political education.^[6]

5. Strategies for constructing a psychological counseling system in ideological and political education

5.1 Improving the main responsibility mechanism for psychological counseling in ideological and political education in universities

In the process of psychological counseling in ideological and political education in universities, a professional teaching team serves as the main disseminator and subject of ideological and political education concepts. Its advanced thinking, professional literacy, and moral qualities directly affect and influence the effective integration of ideological and political education and psychological counseling. Specific manifestations: firstly, cultivate the sense of responsibility of the educational

subject, clarify the goal of ideological and political education guidance, which is the most essential requirement of ideological and political education. Due to the fact that the goal of counseling is directly confirmed and guided by the educational subject, it requires the educational subject to have the ability to identify problems in the social environment in which the counseling goal is located, and always adhere to the counseling direction of the counseling object, which is in line with the requirements and development of the ruling class. The second is to cultivate the awareness of subject development, fully leverage the subjective initiative of educational subjects in the context of rapid economic development, actively grasp the latest theoretical achievements and advanced technologies, expand knowledge fields, and utilize modern technology to carry out counseling activities. The third is to cultivate a sense of self-restraint. Excellent educational subjects should have a firm political stance and a keen ability to identify problems, in order to make educational objects recognize and believe in their guidance and education. Educational subjects should recognize their own ability to solve problems and establish the responsibility of guiding the correct three perspectives of the target audience. By improving their own responsibility, developing their own literacy, strengthening self-restraint, and setting an example, educational subjects can correctly understand the importance of psychological counseling and shoulder the burden of ideological, political, educational, and psychological counseling.

5.2 Strengthening the theoretical propaganda mechanism for psychological counseling in ideological and political education in universities

If universities want to do a good job in ideological and political education and guidance, it is essential to carry out correct and necessary publicity of its guidance content. On the one hand, it is to firmly adhere to the principles of publicity and clarify the direction of publicity. College students are the backbone of social development. Propaganda should vigorously promote the ideas and spirit of a community with a shared future for mankind, the scientific concept of development, and the promotion of social harmony, so that they can play a positive role in propaganda and encourage college students to actively participate in psychological counseling. On the other hand, it is aimed at the characteristics of the target audience, identifying the resonance points of college students' thoughts. The education subject's propaganda is aimed at all college students, clarifying their spiritual needs, combining the promotion of mainstream ideology with the needs of college students, meeting the intersection point of social moral pursuit and college students' interests, as well as the resonance points of socialist core values and college students' thoughts. Finally, it is necessary to combine the promotion of ideological and political education psychological counseling content with the country's politics, economy, and culture, and use various forms of

publicity and hot event publicity to help the counseling objects correctly understand the function and role of psychological counseling.

5.3 Optimizing the content innovation mechanism of psychological counseling in ideological and political education in universities

The psychological counseling content of ideological and political education in universities needs to keep up with the times, expand the field of innovative counseling content, in order to meet the growing spiritual needs of college students and more targeted solutions to their ideological and psychological problems. The innovation of counseling content is manifested as follows: firstly, innovating the level of psychological repair. The content of psychological counseling should integrate the methods of psychological analysis into the goals of ideological and political education, face the actual spiritual needs of college students, pay attention to the development elements of human nature, including emotions, consciousness, and beliefs, and combine practical factors such as social interaction to construct an innovative mechanism for counseling content to repair psychological effects. The second is to innovate the content of reshaping the level of thinking, and psychological counseling lies in dispelling inner doubts and solving ideological problems. The essence of these ideological issues is the fundamental reason for the disharmony between humans and nature, between humans and society, between interpersonal relationships, and between humans and themselves. Only by addressing the essential issues and reshaping the personal thinking of college students can we fundamentally solve psychological and ideological problems, and cultivate a correct value system in the personal thinking system of college students to cope with future opportunities and challenges. The third is the content of innovative behavior regulation levels, integrating theory with practice. Psychological counseling should be coordinated with the mediator, forming a combined force of the counseling loop and mediator, improving the counseling object, transforming the heteronomy of behavior into self-discipline internal drive, and learning to handle the relationship between oneself, the outside world, and oneself in counseling content and behavior correction, in order to achieve the externalization of college students' spiritual and ideological qualities.^[7]

5.4 Establishing a long-term mechanism for psychological counseling in ideological and political education in universities

In ideological and political education, the ideological problems of college students will emerge one after another. The psychological counseling system of ideological and political education in universities cannot be improved overnight. To make it continue to play a role, standardize psychological counseling activities, and ensure the effective integration of ideological and

political education and psychological counseling methods into a powerful ideological weapon, it is necessary to establish a long-term mechanism for psychological counseling in ideological and political education. One is to establish and improve a collaborative mechanism for psychological counseling in ideological and political education, use collaborative innovation theory to achieve deep collaboration among various elements of the psychological counseling system in ideological and political education, optimize various links of psychological counseling in ideological and political education, and better achieve the counseling goal of people-oriented ideological and political education. The second is to establish a sound institutional guarantee mechanism for psychological counseling in ideological and political education. In order to ensure the effective implementation of psychological counseling activities, ideological and political education psychological counseling should achieve its institutional guarantee through a sound incentive system for supervision and management. The third is to establish and improve the evaluation and feedback mechanism for psychological counseling in ideological and political education. Timely and effective evaluation and feedback are necessary to identify whether the ideological problems of the educational object have been solved and the acceptance of the counseling results. Scientific analysis and processing of feedback results can be divided into positive and negative ones. Education subjects should distinguish the authenticity and falsehood of feedback information, treat feedback information correctly, and use it to regulate the implementation of the counseling process. Moreover, they should prevent being misled by false feedback information, thereby discouraging the motivation of counseling objects to solve ideological problems.

6. Conclusion

The improvement of the psychological counseling system for ideological and political education in universities lays a solid theoretical foundation and practical basis for the high-quality development of education. Improve the construction of a psychological counseling system for higher education, based on collaborative innovation, coordinate the main body and educational resources of ideological and political education, focus on the integration and innovation of ideological and political education and psychological counseling, and clarify the internal mechanism of its ideological context. From the four aspects of professional teacher team construction, content innovation, organizational propaganda, and process control, this paper explores the feasibility strategy of collaborative innovation in psychological counseling of ideological and political education, so as to fully implement the integration of psychological counseling in ideological and political education in higher education.

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