Application of Emotional Education in College Students' Ideological and Political Work

Xiaowen Liu*

School of Marxism, Guang Dong Peizheng College, Guangzhou, Guangdong Province, China
lxwmike2008@163.com

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Abstract. Emotional education is an important way for college students' ideological and political work. Also, it is the foundation and forerunner of college students' ideological and political work, and the prerequisite for carrying out the guiding principle of college students' ideological and political work. Applying emotional education to ideological and political work in colleges and universities should respect college students, use emotional motivation and enhance the influence of emotional education.

1. Introduction

Emotional education is not only an important way for college students' ideological and political work, but also an important content for college management. The so-called emotional education refers to the use of emotional theory and methods by college students' ideological and political workers to stimulate their enthusiasm and creativity in learning. Therefore, they can study with full enthusiasm and enterprising spirit.

The object of college students' ideological and political work is people with flesh and blood, thoughts and feelings. People are the first element of management. Therefore, we should adhere to people-oriented, pay attention to emotional investment, and improve the relationship between teachers and students through continuous ideological exchange, emotional communication and concern for students' learning and life. In the daily management of students, it is the guarantee for managers to integrate their feelings and improve their distance from students.

2. The Role of Emotional Education in College Students' Ideological and Political Work

Emotional education, as an effective method to realize the purpose of college students' ideological and political work, plays an important role in the ideological and political work of students, mainly in the following aspects:

2.1. Emotional education is the foundation and forerunner of college students' ideological and political work

Emotion is people's attitude and experience about whether the objective things meet people's needs. It is a unique psychological function of human beings. Practice has proved that only in a happy and harmonious spiritual atmosphere and in a high mental state can people give full play to their talents and make creative achievements. The subject and object of college students' ideological and political work are all human beings. If the subject and object are harmonious in their thoughts and feelings, there will be many "emotional effects" such as mutual understanding, friendship, support, help, etc. As the saying goes, only by judging another person's feelings by one's own can we "heart for heart". Being intimate and deep in feelings will increase trust and arouse resonance.

College students' ideological and political work should be carried out effectively, and emotional education is the foundation and the key factor. This requires teachers and managers to pay attention to emotional education, respect students' psychology that they want to be understood, get along with them equally, and be their intimate friends. At the same time, emotional communication in education should be emphasized, and students' ideological and political work should be done in
their families, classrooms, dormitories and places of activity. It should stimulate students' healthy psychology, let them open and close their hearts and allow them to talk. It is necessary to use emotion to transform abnormal psychology and phenomenon, and use emotional strength to encourage them to have the desire to learn from the deep mind.

2.2. Emotional education is helpful for college students to establish harmonious campus interpersonal relationship

The basis of doing all the work well is to create a harmonious campus interpersonal relationship and emotional atmosphere. Today, the relationship between people is completely equal. There are equal personal values and dignity between the educator and the educatee, which determines that the college students' ideological and political work can only be effective in the harmonious campus interpersonal relationship. If there is no emotional communication between the educator and the educatee, and there is no certain emotional basis, then even if the educator is right again, the educatee is still unwilling to listen, not in the ear, not in the brain, or even cause antipathy, resulting in rebellious psychology. Therefore, college students' ideological and political work will not be effective. It can be seen that college students' ideological and political work must be carried out in a harmonious interpersonal relationship.

2.3. Emotional education is the bridge and link between teachers and managers and college students

Whether teachers and managers can relate to college students is usually an important criterion for people to evaluate the work style of teachers and managers, and it is also the goal of school management. "Heart to heart" refers to the spiritual connection and emotional integration between teachers and administrators and college students. Of course, the establishment of this tacit relationship is not based on power, reward and money, but on comradeship friendship and feelings. This kind of friendship and affection is the common ideal and the goal is basically consistent with the principle, rather than the unprincipled quack-style fraternity. The friendship and feelings between teachers and administrators and college students are formed in the continuous communication of work and study life. Strengthening the communication and contact with college students can make teachers and administrators understand college students' ideological trends, and improve the effectiveness and predictability of college students' ideological and political work. Also, it can establish deep friendship with students, enhance the students' masters sense of responsibility, and form collective cohesion. For this reason, teachers and managers should often go deep into students and join them, so that they can regard teachers and managers as their own and intimate people. In this way, the common views between teachers and administrators and students will increase, and the hearts of each other will be closer, and each other' inner world will build a bridge of feelings.

2.4. Emotional education is the prerequisite for carrying out the guiding principle of college students' ideological and political work

The guiding principle is the principle of all college students' ideological and political work. The so-called guiding principle, as the name suggests, is the principle of dredging and guiding. The successful experience of Dayu is to dredge and guide. College students' ideological and political work is also inseparable from dredging and guidance. For example, college students have an extreme side in dealing with problems, so they can not face the reality with a scientific attitude, and can not analyze and solve problems in the right way. Instead, they push problems or work to others or groups, and show dissatisfaction, and some even go to the opposite side of negative confrontation. At this time, teachers and administrators should use the way of persuasion to carry out college students’ ideological and political work, so that students can vent their opinions and dissatisfaction, and let them open their hearts and reveal their true feelings.

In order to make the guiding policy in college students' ideological and political work fall into practice, the ideological activities of college students must be truly understood. It is necessary to help college students understand and deal with problems in a practical and realistic way and further
improve their ideological awareness, all of which must be based on and guided by emotional education. If we leave the premise of emotional education, the guiding policy will become a mere formality, and college students' ideological and political work will not work. In the process of persuasion, practice has proved that emotional education has half the effect. The management of college students must combine behavior management with ideological and emotional guidance. They should not only pay close attention to behavior management, but also strengthen ideological guidance, thus achieving the root cause of management.

3. The Application of Emotional Education in College Students' Ideological and Political Work

As college students' ideological and political workers, social life and the reality of the object must be closely combined. Starting from strengthening the emotional education, the best starting point of college students' ideological and political work should be found. Facts have proved that both excellent teachers and managers pay attention to emotional education. Without emotional education, ideological work will lose its due role and effectiveness. Under the new situation, college students' ideological and political work is even more so. Therefore, the following countermeasures and measures should be taken for the emotional education in college students' ideological and political work.

3.1. Respecting, understanding and caring for students are the basic principles that must be followed in students' ideological and political work

The object of college students' ideological and political work is people. What attitude to take towards people is the most important question whether we can do well in college students' ideological and political work. In college students' ideological and political work, the basic principle is to respect, understand and care for college students, which fully embodies the nature and function of emotional education in college students' ideological and political work.

3.1.1. Respecting college students is the premise of doing well in college students' ideological work

Respecting college students includes two aspects. One is to respect college students' personality, especially those who have made mistakes. You respect each other and the other will respect you. Both sides have emotional communication, which is convenient for communication and in-depth discussion. Second, college students' opinions should be respected. When college students pour out their opinions, we should listen carefully and not rush to comment. Even if they have wrong ideas, we should patiently let them finish their words. They should never be ridiculed or sarcastic, let alone "expose scars" or "poke scandal" to hurt their self-esteem. The self-esteem of college students will be harmed in two ways. One is to make some college students, especially those with a strong sense of inferiority, pessimistic and disappointed, and sink down. The other is to make some college students have opposite emotions, and even go astray, which must be paid attention to and avoided when doing college students' ideological and political work.

3.1.2. Understanding college students is the premise to solve the problems existing in college students' ideological work

Understanding is the key to open the lock of people's mind and a manifestation of psychological compatibility. In the process of school management, both the subject and object of college students' ideological and political work need to understand. On the one hand, as the main body of college students' ideological and political work, teachers and administrators hope that the object, college students, can understand themselves and support their work. On the other hand, as the object of school political work, college students also hope that teachers and administrators, the main body, can understand themselves. Understanding is the bridge and link between the subject and object of ideological and emotional communication. Only when the subject and object of college students' ideological and political work understand each other and consider problems from the perspective of each other, can it be conducive to the communication of feelings between the two sides. The management problems existing in college students' ideological and political work can be solved easily.
3.1.3. Caring for college students is a necessary condition for carrying out college students’ emotional education.

Caring for college students is to stimulate and encourage the students’ initiative spirit through spiritual and material help, give full play to their subjective initiative, and better complete their learning tasks. In the emotional education of college students' ideological and political work, caring for college students should include caring for all college students' political progress, caring for their family changes, etc.

3.2. Using emotional incentives

Emotion is a psychological state of people to objective things, which has complex psychological functions and is also one of the important driving forces of people's consciousness activities. When the objective things meet the needs of people, they will produce satisfaction, happiness, joy and other emotions. On the contrary, they will produce depression, depression and other negative emotions. As the main body of emotional education in college students' ideological and political work, teachers and administrators should understand this truth, and use positive emotions to inspire students, thus stimulating their spirit. On the other hand, teachers and administrators should be sincere when they do college students' ideological and political work. Authenticity and sincerity are the vitality of college students' ideological and political work. Only sincerity can move people's hearts, and emotion comes from sincerity. Sincerity is not only the basis of life, but also the basic quality of college students' ideological and political work. Sincere emotion can produce strong attraction, persuasion and centripetal force.

3.3. Enhancing the influence of emotional education

College students' ideological and political work should not only move people with feelings, but also change people with feelings. It can make the students who are estranged from the teachers and managers be affected, from emotional obstruction to emotional harmony, and even to make a fight into a piece of silk. Carrying out emotional education for college students is not to give up the principle in college students' ideological and political work, but to combine the principle of adherence with the practice of human feelings. On the one hand, teachers and administrators should adhere to the principles in college students' ideological and political work. For major errors and principled errors of college students, those who are publicly criticized or punished should be publicly criticized and punished in order to maintain school discipline and warn all students. On the other hand, it is necessary to do a good job in students' ideological work who have been criticized and punished with emotion. The criticism and education of the students' mistakes should not be a simple denial and condemnation, but an analysis based on their own positions, a passionate comment and a serious review of life. Even for those students whose mistakes are serious enough to warrant some kind of punishment, there should be more than a cold principle without any sympathy.

4. Summary

Emotional education is an important form of school management, which is playing an increasingly important role in college students' ideological and political work. As college students' ideological and political works, the rules and characteristics of emotional education according to college students’ psychological characteristics should be actively explored and the ways and methods of emotional education should be constantly improved. By improving the ways and methods of emotional education, college students' ideological and political work can be improved to a new level.

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