The Development Trend of Psychological Education in Colleges and Universities Based on Social Perspective

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Abstract: Higher education is within the scope of public utilities in China. In the process of deepening the reform, the social nature of education will gradually change into the socialization of education for everyone. First of all, it is a clear requirement for psychological teaching evaluation and social teaching practice to make an in-depth analysis of its current situation from the perspective of macro-development of colleges and universities and to further study and sort out the laws in the current psychological development. In the process of actively exploring and researching the future development path of college psychology, we must take the psychological research in vocational education as its foundation and development premise, always adhere to the healthy and sustainable development of education in China, and promote the basic value system of educational development psychology in China to be gradually constructed and continuously strengthened.

Keywords: Social perspective; Psychological education in colleges and universities; Development trend

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1. The Importance of Psychological Education in Colleges and Universities

College students can be said to be an important support and driving force for the future development of a country, so we must constantly improve the degree of

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attention to the cultivation of college students’ comprehensive ability and quality of professional knowledge, and constantly strengthen their skills on the basis of their original knowledge. Psychological quality education is also one of the education contents that must be attached great importance to in the process of constantly cultivating the ability of college students. In accordance with the national career development plan, the development of students’ psychological comprehensive ability plays a very important role, but we can also not completely ignore the importance of students’ mental health. At this stage, there are some deficiencies and defects in psychological education in many colleges and universities, which requires an objective analysis of the problems in time combined with the reality, and, on this basis, put forward a set of targeted education strategies as soon as possible.

Students in this stage have no close contact with social activities and social relations, so there are still considerable deficiencies in self-judgment and self-emotional restraint processing ability. In the process that students encounter various setbacks or difficulties, they have not enough ability to effectively deal with these problems, which is also the main reason why students have a variety of psychological pressure for a long time or have serious mental health problems. This puts forward certain requirements for college education. First of all, we must deeply understand the importance of mental health education for students, and constantly improve the degree of attention, help students better solve psychological problems, and promote the development of students’ physical and mental health.

2. Problems in Psychological Education in Colleges and Universities

(1) The teaching methods of psychological education in colleges and universities are backward

Through the recent investigation and research, we can find that most colleges and universities in our country have achieved the preliminary establishment of basic courses of psychological education, but there are still some deficiencies in the degree of attention. The elective course mode is the main teaching mode when college students set up compulsory courses in psychological teaching, and the teaching methods used in the actual psychological teaching in higher education are also relatively traditional. Teachers often occupy a more subjective position in this interactive teaching method. Students often present a passive teaching state in the process of learning knowledge interaction. The lack of interaction between teachers and students fails to realize the intuitive and effective embodiment of the above teaching phenomena.
In some classroom teaching activities, teachers are only responsible for the specific teaching and knowledge indoctrination of basic knowledge content, but they can’t fully understand and correctly grasp the actual learning situation of students. And even some students may lose interest in learning because they can’t fully understand the content taught by teachers in class. In serious cases, some students may even give up their study of psychology directly. Some teachers in the classroom teaching activities will show excessive emphasis on the content of classroom teaching materials rigid phenomenon, so teachers’ classroom teaching content often presents a kind of rigid teaching state, which is the main reason that the classroom learning effect of some students can not be effectively improved for a long time. The role of mental health education cannot be really brought into play.

(2) The teaching content emphasizes theory and ignores practice

In the continuous improvement of college students’ psychological knowledge, the psychological courses and elective courses set up by colleges and universities can certainly play a guiding role, and can help college students effectively cultivate their practical teaching ability. However, we can also find that there are many problems that can not be ignored in the actual process of practical teaching in colleges and universities. As a result, students’ psychological basic knowledge and practical operation ability are often seriously restricted, and can not achieve the further improvement of teaching objectives. In the actual process of carrying out psychological activities in colleges and universities, teachers in colleges and universities will show a state of over-emphasis on theory teaching in the process of teaching psychological knowledge sometimes. Therefore, they can’t pay enough to the theoretical application and practical ability of students and this kind of practical teaching.

3. The Development trend of Psychological Education in Colleges and Universities from a Social Perspective

(1) Focusing on the integration of life and knowledge

From the perspective of the coverage of psychology in China’s higher education, all majors attach great importance to the learning of students’ psychological knowledge. In the process of studying and constructing the subject of psychological knowledge system, the basic theory of psychology has always existed as a core discipline, which is also the main driving force for the further healthy development of psychology in the development of vocational education in colleges and universities in our country. At present, the theoretical practice of psychological education in
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colleges and universities is mainly aimed at the characteristics of basic psychological theoretical knowledge of college students, which mainly includes human personality, values in the constitution of personality relationship and psychological ability.

(2) Paying attention to the breakthrough and innovation of psychological education to the traditional education mode

The strong hysteresis is an obvious defect of psychology education in colleges and universities in China, especially when students learn relevant knowledge, they cannot be used in a timely manner. More and more college students need to pay more attention to the positive social mode of higher education. However, psychological education in colleges and universities does not fully meet the above two conditions, and is also bound in the traditional teaching mode, which will hinder the effective development of psychological health problems of college students and the improvement of psychological education and teaching methods.

(3) Paying attention to the orientation of free education style in teaching evaluation

In the process of in-depth research on the education and teaching style of colleges and universities in China, we should grasp the development trend of the times as an important prerequisite. The characteristics of college education and teaching style in the new period of social development are the main body for colleges and universities to adapt to the socialist development and their own development process, which is also one of the important ways for the gradual formation of liberal education and teaching style. Under the influence of the teaching style of free education, the overall psychological state of the educated will also change to a certain extent. And optimizing the teaching evaluation system is an important work that must be carried out for a long time, which can effectively respond to the effect of psychological education and students’ mastery, so as to better understand the psychology of students and better carry out the psychological education of college students.

Urge college students to actively participate in psychological evaluation work in colleges and universities. The people-oriented evaluation concept can play a theoretical guiding role in this development process, and then can help the free evaluation style and practical evaluation system of college psychology be constructed in a real sense, and meet the needs and development goals of the times. Through a long-term related investigation and theoretical practice, we can find that students’ self-evaluation in the process of psychological evaluation can not only
effectively stimulate their own enthusiasm for learning, but also can effectively improve the use of knowledge, and play a better role in the orientation of free education style in paying attention to teaching evaluation.

(4) Realizing the goal of psychological education in colleges and universities from a social perspective

The continuous improvement and optimization of the structure of psychological education in colleges and universities is an important way for colleges and universities to continue to develop their own psychological education. The level of students’ psychological quality has been continuously improved with the psychological education in colleges and universities, and the students’ ability of knowledge application has been improved in the learning process of psychology. So colleges and universities should focus on optimizing the teaching structure for teaching objectives, teaching methods, teaching management and so on. On this basis, it is an important premise to optimize and infiltrate the teaching curriculum structure. It is important to note that teaching management and other teaching management skills are also within the above scope. The goal of psychological education in colleges and universities is the main task and essence of the future development of the above-mentioned teaching work. Psychological education in Colleges and universities is the main task and essence of the future development of the above teaching work. Further improvement of students’ psychological quality will provide better protection for the healthy development of college students’ psychology, thus better realizing the goal of psychological education in colleges and universities from a social perspective.

4. Conclusion

In the research process of setting up the structure of relevant knowledge content for psychological education in colleges and universities, it is necessary to comprehensively consider a variety of social objective factors. It mainly includes the basic knowledge, ability, thought and ideology of college students. This not only makes students’ psychological education be better carried out, but also is an important prerequisite for the smooth construction of a multi-level education integration development system. Under the actual situation that the above conditions have not been met, the research value and guiding role of college psychological education can still play a maximum role. Therefore, it is necessary to correctly view the development trend of psychological education in colleges and universities from the social perspective.
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