

Research on the Relationship between Psychological Counseling and Moral Education in Colleges and Universities under the Positive Psychological Background

Huixu Cui

The Tourism College of Changchun University, Changchun, Jilin 130000, China

Keywords: Positive psychology, Psychological counseling, Moral education

Abstract: Nowadays, colleges and universities are faced with college students with new thinking and new ideas. Coupled with the continuous deepening of the reform of the college system, contemporary college students' moral education is facing new challenges and opportunities. To this end, the concept of positive psychology is integrated into the work model of college counselors, which is also the basis for students to grow up healthy, and to ensure the school's upward development and social stability. Improving the moral quality of college counselors can be carried out from the aspects of self-motivation, moral training, and improvement of psychological quality. Moral education and mental health education have the same goal. Strengthening mental health education, using psychological education measures in moral education and infiltrating the concept of psychological education can expand the ways of moral education, enrich the content of moral education and enhance the effectiveness of moral education. This paper analyzes the relationship between psychological counseling and moral education in Colleges and universities, and puts forward the ways to effectively combine psychological counseling and moral education in Colleges and universities from two aspects: setting up psychological health guidance courses and strengthening the psychological counseling training of moral education workers.

1. Introduction

Psychological counseling in my country's universities started in the 1980s and developed in the 1990s. Compared with Western university psychological counseling, psychological counseling in my country's universities started late, but it has developed rapidly, and has been in line with university moral education since its birth. Work is forged an indissoluble bond. Counselors are the core force to do a good job of moral education for college students, and must fully understand the situation faced by moral education under the new situation [1]. At present, in the process of professional and professional development of college counselors, counselors are faced with problems such as unclear personal career development path, heavy work tasks and low professional identity, and these problems have not been solved effectively [2]. Talent is the key and foundation to ensure the sustainable development of the country. Counselors' professional identity refers to the counselors' positive evaluation of their work [3]. With the rapid development of science and technology and the gradual establishment of the socialist market economic system, how to guide students to adapt to the new requirements as soon as possible in terms of concept, knowledge, ability and psychological quality is a new topic that needs to be studied and solved in school moral education "To provide mental health education and guidance to students of different ages in various ways, to help them improve their psychological quality, improve their personality, and enhance their ability to bear setbacks and adapt to the environment [4] This paper integrates the concept of positive psychology into the work mode of college counselors, pays attention to and discusses the problems in the work of college counselors from the perspective of positive psychology, in order to provide reference for the management of college counselors.

With the establishment and gradual improvement of the socialist market economy, the rapid development of higher education and the deepening of the reform of colleges and universities, the moral education of college students is facing new opportunities and challenges [5]. However, since

the second half of 1990s, due to the “congenital deficiency” of psychological counseling in China, the nonstandard industry, and the fact that the quality of a considerable number of employees still needs to be improved, people's views on psychological counseling have turned from pure enthusiasm to a negative momentum of doubt [6]. Start from improving their own quality and enhance their ability to do a good job in moral education. The research of positive psychology has been widely used in the field of management in recent years. It pays more attention to individual happiness, development and optimism [7]. Therefore, in recent years, the state has paid more attention to college students, the representative of high-quality talents. As an important part of college teachers, college counselors are not only the main force for college students' Ideological and political education, but also the basis for ensuring the healthy growth of college students [8]. Therefore, how to integrate the ideas and measures of mental health education into moral education and improve the effectiveness of moral education through the organic combination of the two is a topic worthy of exploration in moral education in Colleges and universities.

2. The Relationship between Psychological Counseling and Moral Education in Colleges and Universities

2.1 Complement Each Other

At present, most researchers believe that psychological counseling and moral education in colleges and universities are both different and connected, with differences in similarities and similarities in differences. Chinese colleges and universities have always attached great importance to the moral education of college students. Over the years, a good atmosphere for moral education has been formed. However, the improvement of the socialist market economy system and the gradual popularization of higher education in our country have brought many new topics and challenges to the moral education of colleges and universities. Positive psychology is a new research field that has emerged in modern psychology. It is a psychological trend of thought that uses the relatively complete and effective experimental methods and measurement methods of psychology to study the positive power and virtues of human beings. Professional ethics is a requirement for people engaged in this profession in their work, and it is also the guarantee of the profession's moral responsibility and obligation to society. Professional ethics is a requirement for people engaged in the profession in their work, and it is also the moral responsibility and obligation guarantee of the profession to the society [9]. Attach importance to the principle of honesty and integrity of students towards society and others, and ignore students' personality problems such as inferiority, sensitivity, and dependence; pay attention to incidents such as injury, robbery, theft, and fraud, and ignore anxiety, depression, obsessive-compulsive disorder, suicide and other phenomena The presence. However, with the continuous improvement of the socialist market economic system and the continuous deepening of higher education and college reforms, new challenges have been proposed to the traditional moral education of today's colleges and universities. College Students' moral education is an important part of all kinds of school moral education. It refers to the educational activity of educating college students' Ideological and political quality and moral character in order to adapt to China's economic and social development, and focusing on cultivating qualified high-quality talents. In terms of specific objectives, psychological counseling focuses on promoting students' mental health, while moral education focuses on Improving Ideological and moral quality. However, in terms of the ultimate goal, both are to promote the health and perfection of personality and promote people's all-round development. The establishment and improvement of the socialist market economic system has had a great impact on the way of thinking and way of life formed under the planned economic situation for a long time, and the weaknesses and negative effects of the market economy will also be reflected in the social spiritual life, such as the growth of moral anomie, money worship, hedonism and individualism in some fields, It has brought great challenges to the moral education in Colleges and universities. The professional ethics of college counselors refers to the basic quality that counselors should have to abide by professional ethics when carrying out ideological and political education for college students. Therefore, the absence of

mental health education is an important factor leading to a series of difficulties in moral education in Colleges and universities.

2.2 Active Participation of Moral Education Workers

Without the active participation of moral educators in colleges and universities, there would be no development of psychological consultation in colleges and universities today. College students lack a comprehensive understanding of the connotation of market economy, pay attention to themselves, utility and benefits, and their value orientation is diversified. This requires moral education workers to keep pace with the times in ways of thinking, educational methods and teaching methods, and enhance their driving ability in the face of challenges. This kind of quality is not only the social requirement for counselors' work, but also the consciousness and behavior that counselors should show about their work. At the same time, counselors' social identity is low, and the phenomenon of job burnout is spreading. At present, moral education emphasizes its social function, mainly political function, and ignores the psychological function of individual development. With the continuous improvement and development of reform and opening up and socialist market economy, the thinking mode and moral standards of Western capitalist countries have had a great impact on the outlook on life of contemporary college students. More importantly, the involvement of moral education workers has greatly enriched and expanded the functions and contents of psychological counseling, so that psychological counseling in Colleges and universities has gone beyond the field of medicine, broken through the model of obstacle counseling, and entered the field of education. It has established a counseling model dominated by development counseling and supplemented by obstacle counseling, so that psychological counseling is not limited to the prevention and treatment of mental diseases, It is limited to serving a few people, but expanded to serve the mental health, potential development and personality improvement of the majority of students, so that the development of psychological counseling in Chinese colleges and universities has gained a broad world.

With the continuous development of our society, higher education is undergoing continuous reforms. With the rapid development of network information, the values of college students have become more and more diversified. Therefore, the role of college counselors in the ideological and political education of college students is becoming more and more important, and the requirements for counselors are more comprehensive. Today, the number of full-time college counselors in the country has exceeded 100,000 [10]. In the cause of cultivating socialist builders and successors with Chinese characteristics, counselors have become a very important force. Moral education work in colleges and universities is often determined by political dynamics. Various educational activities are manifested as movement, formalization and superficiality. Pan-politicization tends to be prominent, ignoring the individual moral needs and self-development needs of the educated. Cultivating and enhancing their professional identity is of great significance to their own development and organizational development. The promotion of professional identity will be more conducive to improve counselors' job satisfaction, improve job efficacy, reduce job pressure, overcome job burnout, promote counselors' individual specialization, and deepen counselors' common career goals and value pursuit. Empty preaching is difficult to arouse students' diversified emotional resonance, and the function of moral education is inevitably weakened. Their pursuit of ideals and money and value orientation are diversified. Their pursuit of ideals and money and value orientation are diversified.

3. The Effective Combination of Psychological Counseling and Moral Education in Colleges and Universities

3.1 Set Up Mental Health Guidance Course

With the development of society and the deepening of higher education reform, it is becoming an important part of school education, especially moral education, to cultivate students' good social adaptability, psychological endurance and individual psychological quality. It is not only that social

requirement of moral education, but also the requirement of students' self-development and self-survival. Be good at transforming social requirements into students' self-requirements. We can't carry out ideological education through the psychological knowledge we have learned, and we haven't conducted effective research on students' physical and mental characteristics and the level of ideological development. Counselors are front-line educational administrators who are directly responsible for the management and service of students' related affairs, which determines that counselors must have a sense of obedience and service.

Mental health education is the education of the mind. It is an emotional education based on the law of students' psychological development and psychological needs. It builds a communication bridge with students, connects group requirements with individual needs, and reflects the integration of group and individual education. At present, the average age of counselors in China is low, lack of professional knowledge such as psychology and pedagogy, and the composition of knowledge is unreasonable, especially those students who do not graduate from normal major have not systematically studied pedagogy and other related knowledge. At the subjective level, attention should be paid to reducing the counselor's negative emotional experience and increasing the positive emotional experience represented by subjective well-being. Strengthen the moral practice activities of college students. Moral practice activities are the basis for promoting the transformation of social moral needs into students' own morality. The development of student morality is actively realized in practical activities. The focus of moral education in colleges and universities should shift from imparting moral knowledge and instilling ready-made conclusions to let students master the weapon of criticism, improve moral discrimination, judgment, choice and innovation, and let students learn to face life and create life independently.

3.2 Strengthen Psychological Counseling Training for Moral Education Workers

To strengthen and improve the work of ideological and political education in colleges and universities in the new era, and to strengthen the mental health education of college students, it is necessary to gradually cultivate a group of college psychological counseling teachers who master not only the ideological and political education and the growth laws of young students, but also a certain degree of professional knowledge in psychological counseling. This is another combination of psychological counseling and moral education. Psychological counseling and moral education do have different emphasis or work content. Psychological consultation mainly solves psychological problems, while moral education focuses on ideological problems. But what cannot be ignored is that thought and psychology are inextricably linked with each other, that is: psychology is the foundation of thought, the development and change of thought must be affected and restricted by psychology, and the direction of mental activity is controlled by thought. To this end, mental health education and guidance should be provided to students of different age levels in a variety of ways to help students improve their psychological quality, improve their personality, and enhance their ability to withstand setbacks and adapt to the environment. If individual psychological consultation focuses on solving individual problems, then psychological education focuses on solving common problems. Only the combination of the two can form a point-to-face and complementary psychological education pattern, and better realize the organic combination of psychological consultation and moral education.

Mental health education takes psychology and other discipline knowledge as the carrier, makes theoretical analysis and practical guidance for students' psychological development problems and psychological obstacles, so as to achieve the purpose of cultivating sentiment, enlightening life and shaping a sound personality. As a mental health guidance course combining psychological counseling and moral education, it takes the knowledge of psychology and other disciplines as the carrier to make theoretical analysis and practical guidance for students' psychological development problems and psychological obstacles, so as to solve problems for students, inspire life and shape a sound personality. It can be predicted that the future moral education workers should also be a psychological counselor in a sense, and at least have received this training.

4. Conclusions

Of course, there are still many theoretical and practical problems to be solved in the combination of psychological counseling and moral education, which is bound to be a process of sublation, innovation and development. We should aim at the principles and norms of counselors' professional ethics, correctly handle the contradiction between belief and choice, and make ourselves a college counselor with excellent moral quality, and put into work with full spirit. We should pay attention to the cultivation of positive mentality of counselors, promote individual resource orientation, and build high-quality social and personal life; Through salary reform, establish a perfect incentive mechanism to enhance counselors' professional identity. When organizing college students' moral education practice, counselors should fully grasp the public opinion guidance of newspapers, magazines, radio and other media, and combine moral education practice activities with college students' daily code of conduct education, socialist moral education and professional moral education, so as to sublimate college students' moral level in personal experience and participation.

References

- [1] Han Lizheng, He Zhangzhen. The role of group counseling in promoting the psychological growth of impoverished college students from the perspective of positive psychology: Taking Nanjing University of Finance and Economics as an example[J]. Journal of Nanjing University of Finance and Economics, 2016(6):6.
- [2] Sultan Yan. The application of positive psychology in the ideological and political education of counselors[J]. Journal of Ningbo Institute of Technology, 2016, 28(4):6.
- [3] Hu Huili, Dong Mengjia. On the application of positive psychology in the ideological and political education work of counselors[J]. New Campus: First Week, 2017(3):1.
- [4] Wang Yan, Wang Fei. Strategies to improve the motivation of counselors from the perspective of positive psychology[J]. Education: Higher Education, 2016(1):1.
- [5] Han Dan. Strategies of Group Counseling of Positive Psychology in the Management of Junior Middle School Classes[J]. Future Talents, 2016(15):1.
- [6] Dai Zhimei. The “degree” of parent-child communication from the perspective of positive psychology--Thinking caused by a case of student psychological counseling[J]. Chinese Times·Principal Edition, 2021(5): 2.
- [7] Yang Yanbo. Thinking of college psychological counseling from the perspective of positive psychology[J]. Journal of Jiaying University, 2016, 034(006):79-83.
- [8] Ma Xuelu. A Study on the Effectiveness of Moral Education for Senior High School Students from the Perspective of Positive Psychology[J]. Teaching and Educating: New Concepts for Teachers, 2019(4):1.
- [9] Lin Sheng. New ideas for school psychological counseling under the concept of positive psychology[J]. Jiangsu Education, 2017(40): 2.
- [10] Chen Wanyu, Ye Yiduo. Positive psychology-oriented career counseling: fit, concept, method and work enlightenment[J]. Journal of Fujian Normal University: Philosophy and Social Sciences Edition, 2018(1):9.