

The Importance of Emotional Management in Ideological and Political Education for College Students

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Abstract: *In the current era of rapid social development, college students not only face academic pressure, but also industry competition pressure when facing internship work. However, many college students' psychology is not yet mature, making it difficult to maintain a correct mindset when facing excessive pressure, which can easily lead to serious problems. As an important part of ideological and political education, emotional management is an effective content that can help college students control their emotions reasonably. This article conducts a systematic study on emotional management and provides several effective strategies to improve the ability to manage emotions, aiming to promote the healthy growth of more college students.*

Keywords: Emotional management; College student education; Ideological and political education.

1. INTRODUCTION

Although college students can relieve academic pressure through heart-to-heart discussions with classmates, friends, or teachers while studying in universities, it is difficult for them to have this time to slowly relieve pressure in the future after entering the workplace. This requires them to learn emotional management during their learning period and grow healthily in the future. As an important educational environment for college students, teachers who guide their learning can become an important aid in assisting them in improving emotional management. College students themselves should also constantly explore effective methods of emotional management to prepare for future development.

Emotional management refers to a management method in which individuals can self regulate their psychological state when experiencing emotional problems in work, study, and life, and use scientific methods to reasonably regulate their emotions to avoid affecting individuals and others. To manage the emotions of college students, it is necessary to use ideological and political education as a means to guide them to effectively regulate their emotions, transition from negative emotions to optimistic attitudes, and then deal with the problems or difficulties that cause negative emotions. It can be simply understood as allowing college students to control their current negative emotions and guide them to maintain a positive and healthy mindset. Moreover, the ability to manage emotions is of great significance for college students in their future work and current learning and life. Only by maintaining positive emotions can they choose solutions when facing problems and difficulties, rather than avoiding or retreating. The ideological and political education responsible for emotional management education can be divided into theoretical education and targeted education. Through theoretical education, college students can understand the significance of emotional management, and through targeted education, their ability to manage emotions can be strengthened. After learning this ability, students can immerse themselves in social practice and achieve healthy growth. Moreover, emotional management by teachers in ideological and political education is also a process of guiding college students to have mature ideas, allowing them to create a good learning and living atmosphere for themselves and others after learning, and to establish correct ideal goals in future learning, gradually becoming an important talent who is valuable for national construction and participates in social development.

2. THE IMPORTANCE OF EMOTIONAL MANAGEMENT IN IDEOLOGICAL AND POLITICAL EDUCATION FOR COLLEGE STUDENTS

For the ideological and political education of college students, strengthening emotional management has the following important significance: firstly, promoting college students to maintain good physical and mental health, thereby guiding their healthy growth. Having positive emotions can help college students maintain a healthy body and mind, but negative emotions can have a certain impact on their behavior and thoughts. So, when encountering emotional problems, it is necessary for college students to adjust their emotions reasonably and reflect on their own behavior. At the same time, face the problems in life and study with the correct mindset, bravely face the problems, and face the difficulties in life with a true self. Moreover, after reflecting on emotional issues, college students can also scientifically adjust their mindset and have a positive exploratory attitude towards a happy future.

So that college students can grow into excellent talents with healthy physical and mental health. Secondly, it can also provide college students with the ability to alleviate future social work pressure. After mastering emotional management proficiently,

college students can effectively enhance their ability to control emotions, thereby cultivating a healthy personality. If you encounter setbacks in the future, you will not be flustered by difficulties. Stay calm and correctly analyze problems, so as to find out the true situation of things, be willing to adjust the bad mood when encountering problems, so as to maintain a positive mental attitude towards life and work, and allow yourself to further grow. In particular, the future work will encounter more complex problems and difficulties than learning. Without a positive mental attitude, it is difficult to continue to grow in the work. Universities, on the other hand, use ideological and political education as a tool to teach emotional management to college students, in order to maintain a calm attitude, not be arrogant or impatient when facing problems, scientifically analyze the causes of problems, actively solve problems, accumulate experience in problems, and achieve personal growth. So, when students learn emotional management, they can not only steadily improve their ability to control emotions, but also accumulate rich experience in future social work, thereby achieving a better life.

3. EFFECTIVE MEASURES TO IMPROVE THE COMPREHENSIVE ABILITY OF EMOTIONAL MANAGEMENT OF COLLEGE STUDENTS

3.1 Building a Good Family Atmosphere

As an important place for college students to grow up, establishing a good family atmosphere can help them acquire good personalities and also have significant advantages in improving their emotional abilities. The improvement of family environment atmosphere can be implemented from the following aspects. Firstly, it is necessary to ensure that family members have a harmonious and harmonious relationship. For a good family atmosphere, maintaining harmonious relationships among all members can maintain harmony and happiness in communication, which can help individuals achieve healthy physical and mental development. Under the influence of this family atmosphere, students can subtly improve their emotional control ability and maintain a calm attitude towards problems. Secondly, parents should also pay attention to emotional issues related to college students. For family members, they can pay attention to students' ideological and political education during conversations, and gradually have a positive impact on college students through small talk, thereby improving their emotional management skills. Let college students adjust their mindset as soon as possible when facing problems in the future, bravely facing problems, and actively handling them. Although most college students leave their families to study in another city, it does not affect parents' care and care for their students. You can talk with college students in winter and summer every year, ask whether they have problems in life and study recently, and use appropriate language to guide college students to face problems with a positive mental attitude, so as to gradually solve problems and let them grow steadily. Finally, parents also need to set an example for college students by managing emotions. Parents have rich life experiences, so to some extent they will have stronger emotional management abilities, which can have a positive impact on students in this regard. Therefore, when facing problems, parents must solve and analyze problems with a positive mental attitude, and adjust college students' emotions so that college students can remain positive when facing problems, comprehensively thinking about problems encountered from multiple perspectives, enables college students to learn to manage emotions and prepare for future growth.

3.2 Implementing Emotional Education by Teachers

For ideological and political education teachers, it is necessary to use ideological and political education as an effective tool in teaching, guiding college students to participate in classroom learning, and thereby improving their comprehensive ability in emotional management. Teachers need to maintain active attention to the emotions of college students, and do a good job in guiding negative emotions or negative emotions that arise when facing problems. As a teacher, it is essential for students to learn how to correctly understand their inner thoughts and contradictions, and to gradually regulate their emotions through learning and practice, in order to maintain their passion for learning and life and prepare them for achieving personal goals in the future. Teachers should actively encourage college students to engage in extensive practice, improve their practical abilities through this method, continuously exercise their willpower, broaden their horizons in practice, enlarge their personal patterns, and scientifically plan for future development. Moreover, after participating in social practice, college students can continuously explore their strengths, learn to appreciate others, and improve their own shortcomings through reasonable methods, which is of great significance for college students to regulate their emotions. In daily teaching, emotional experience courses can also be added to allow college students to participate, thereby gaining a deeper understanding of emotional management and improving learning outcomes. Teachers can also apply to schools to add additional courses such as emotional experience and emotional management, and make emotional management an important part of the course, so that college students can continuously improve their abilities in learning. Therefore, when facing difficulties and generating negative emotions in the future, they can adjust their mentality in a short period of time to avoid emotional factors affecting problem-solving effectiveness. For ideological and political education teachers, they can focus on emotional education in ideological and political education, allowing college students to maintain the best learning state, and teaching emotional management as a skill to college students to promote their healthy growth.

3.3 Enable college students to proficiently manage emotions

Although family atmosphere and teacher education are of great significance for the growth of college students, in the face of emotional management, it is still necessary to implement personal growth in order to truly integrate this ability into the learning framework of college students and proficiently apply it in the future. So, college students need to have a correct understanding of themselves. As mentally sensitive college students, their actual life and learning are influenced by various factors, resulting in varying degrees of emotional changes. This requires college students to analyze the real situation of emotional changes through reasonable methods, in order to regulate their personal emotions reasonably. When facing problems, one can first analyze their own situation, study whether the problem is caused by an individual, and then analyze the various causes of emotional changes, in order to find the true factors, use scientific methods to regulate emotions, and avoid causing too much impact on individuals or others. Moreover, college students should also proficiently apply specific methods of emotion management, so as to adjust negative emotions in a timely manner, maintain good positive emotions, and face learning and life with a healthy mindset. Considering that negative emotions have a significant impact on people and the causes are complex, we can explore ways to regulate emotions by consulting books, consulting teachers, and discussing with classmates. For example, using an optimistic state to shift the direction of thinking about a problem, in order to find positive content of negative emotions, the emotional transformation method [4]. By constantly changing one's inner thoughts in this way, facing difficulties with a positive and upward attitude, and thereby improving one's emotional management skills.

4. CONCLUSION

College students who focus on their studies have not reached inner maturity to a certain extent, which leads to changes in external factors that can easily cause emotional fluctuations and seriously affect their future growth. Faced with this situation, ideological and political education in colleges and universities needs to implement emotion management. Only by letting students learn to control their emotions scientifically and face problems with a positive mental attitude can we help students grow up healthily and become valuable professionals for national construction.

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