

# The influence of ideological and political culture construction on students' psychological quality

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Ideological and political education in universities focuses on cultivating people's good psychological qualities and regards positive psychology as an important entry point for the construction of ideological and political culture. This will provide new ideas for the reform and innovation of modern education. This study selected 300 students from six universities as the research subjects and analysed the impact of ideological and political cultural construction on students' psychological quality from the perspective of positive psychology. The Psychological Scale (SAS) is used to reflect the impact of ideological, political, and cultural construction on students' psychological activities. The results indicate that from the perspective of positive psychology, the construction of ideological and political culture among college students has a significant improvement effect on various psychological indicators of students.

**Contribution:** The construction of ideological and political culture in colleges and universities faces social factors, teaching factors and personal factors, which have an adverse impact on the formation of students' psychological quality. This study in order to better evaluate the improvement of psychological indicators, take positive psychology as an entry point, and take necessary teaching measures to promote the formation of students' good psychological quality. This research represents data that can be used by scholars in the field of religious education and public theology.

**Keywords:** positive psychology; ideological and political; undergraduate institutions; psychological quality; cultural construction; improvement rate.

## Introduction

Positive psychology is a new field of modern psychology research, and China has been paying attention since the beginning of the 21st century. In the field of positive psychology research, its ideas and behaviours will have an important impact on modern psychology and social development (Ai 2021; Carr et al. 2021). Positive psychology focuses on the core research on people's quality. Its practicality and applicability are widely used in the field of education. It aims to promote the comprehensive development of students' physical and mental quality, help students overcome their own shortcomings, and ensure students' happiness and joy. Just because positive psychology meets the core development requirements of modern educational quality, it not only pays attention to students' traditional learning ability but also to students' psychological quality and personality thought (Waters et al. 2022). Through systematic research on the positive psychological factors of students, the core qualities of students, such as interpersonal communication, emotional regulation, life engagement, and constructing meaning, will be improved.

In modern teaching, effective use of positive psychology theory and related methods to implement education can effectively improve students' psychological quality in the learning process, life process, and communication process, and pay attention to sharing, be willing to create happiness, bring joy to those around you, and be conducive to the development of personal core comprehensive qualities. In the cultivation of positive psychology, emotional experience is the focus of attention. Because psychological research pays more attention to people's emotions and thinking, therefore positive psychology also focuses on reflecting the changes of human emotions and activities through corresponding intervention mechanisms. Through effective intervention, people's emotional value will be reflected by subjective well-

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being. Generally speaking, people who satisfy positive psychological recognition can systematically and actively take countermeasures in the operation of a task. At the same time, in this activity, the overall quality and positive emotions of individuals will be improved, which is conducive to people discovering their beauty and value, and enhancing their confidence and enthusiasm. Therefore, positive psychology is a kind of good psychology that human development needs to pursue at present, and the conditions for the formation of this kind of psychology are affected by many factors. It is necessary to analyse people's emotional characteristics from an objective perspective, and combine many factors that affect personal emotions, in order to systematically analyse people's psychological characteristics, and take the right medicine to improve people's internal and external well-being, so as to effectively cultivate people's positive psychology.

The emergence of positive psychology has changed people's single view of the application of traditional psychology. Positive psychology has been widely practised and applied in various fields of people's lives, and has made breakthrough progress (Lomas et al. 2021). The study of positive psychology is conducive to revealing the factors related to the development of people's happiness, and at the same time promoting the scientific development of people's psychological quality. Psychological quality is based on physiological quality, it internalises external gains into stable, basic, derivative, and is closely related to people's social adaptation and innovative behavior. From the perspective of psychology, psychological quality can be understood as the basic qualities and characteristics that people have with individual psychological behaviours and individual psychological characteristics (Kotera, Green & Sheffield 2022). In the development of society, people will form psychological characteristics with personal characteristics along with time, human interaction and cultural activities, and psychological quality is the basis of people's overall quality. In the research of modern psychology, the development of psychological quality has both innate and acquired factors, and acquired factors have a greater impact on people's psychological quality. During the development of individuals, people can develop relatively stable psychological characteristics and qualities through educational means and their own efforts, and these psychological factors will constitute psychological qualities. Therefore, in modern education, colleges and universities are very concerned about the cultivation of students' good psychological quality (Goodman, Disabato & Kashdan 2021). In particular, college students who are in adolescence have more or less mental health problems of varying degrees, which have a negative impact on the cultivation of students' personal psychological quality. According to the research on the psychological problems of modern college students, the current college students mainly suffer from interpersonal communication disorder, anxiety, depression, obsessive-compulsive disorder and other symptoms. College students are an important group of social development and have a

huge foundation. These bad psychological problems will inevitably have an adverse impact on the formation of the society and the formation of individual psychological quality. According to relevant survey data, modern college students have become the most important psychologically disadvantaged group (He et al. 2021). To improve the current psychological problems faced by college students, colleges and universities have adopted a series of educational intervention methods and the construction of ideological and political culture is one of the important methods.

The construction of ideological and political culture is one of the important teaching contents of ideological and political education in colleges and universities. The purpose of ideological and political education and teaching is to cultivate students' healthy and positive thoughts, establish a sound personality, and help students develop a good outlook on the world, life and ideology (Ma et al. 2021). With the development of modern society, students' ideology and values have undergone certain changes. In particular, academic pressure factors, social multicultural factors, and modern students' psychology are affected to varying degrees. Their own mentality, personality, and thoughts are easily controlled by external factors, or disturbed by external bad factors, which will adversely affect college students' study in school and social development (Huffman et al. 2021). Therefore, in order to reduce the impact of these adverse factors on the development of students and the formation of psychological quality, colleges and universities take ideological and political culture construction education as an important educational policy. (Kotera & Ting 2021). It aims to improve students' psychological problems and cultivate students' good psychological quality. In this complex and pluralistic environment, it is difficult for students to experience happiness. As the most intuitive manifestation of positive psychology, happiness is difficult to meet psychological needs even if people meet material needs. Therefore, in the training of students, we should not only focus on the education of students' cultural quality but also on the training of students' physical and mental health. At present, many college students have similar psychological characteristics, including depression, fear, depression, anxiety, among others. Such negative emotional characteristics will affect people's emotions, personality and thoughts in life, and even endanger health. Most families in China have entered well-off families and most students do not lack material basis at present. But in recent years, students' psychological problems have become more serious and their sense of happiness has declined sharply, which is a problem that the whole society needs to consider. The cultivation of positive psychology is to ensure the physical and mental health of students and harvest achievements and happiness in personal development. The interaction of educational factors, environmental factors and personal factors has made the originally vulnerable group of college students become a high incidence of psychological diseases, which has been widely concerned by the society. Therefore, in order to reduce the impact of these adverse factors on the development of students and the formation of their psychological quality, and

improve their psychological quality, more and more colleges and universities have strengthened the construction of their psychological quality. It includes psychological health courses, physical fitness training and ideological and political education. As a result of the differences in the development characteristics, personal character and living environment of each student, in order to improve the current psychological problems of students, it is necessary to comprehensively consider the development characteristics of students and take effective countermeasures according to their development characteristics to meet the development requirements of students. Therefore, colleges and universities consider ideological and political culture construction education as an important educational policy. According to the characteristics of students' development and in combination with the characteristics of the times, they should build a reasonable, ideological and political culture on the campus of colleges and universities (Kotera & Ting 2021). In this regard, the research mainly discusses the impact of ideological and political education on students' mental health, and tests the effectiveness of ideological and political education through scores of positive psychological indicators. A total of 300 students from 6 universities in different regions were selected as the research subjects. Each school will select 50 students to improve their mental health through ideological and political education, and the actual effect will be reflected through the SAS index.

## Subjects and methods

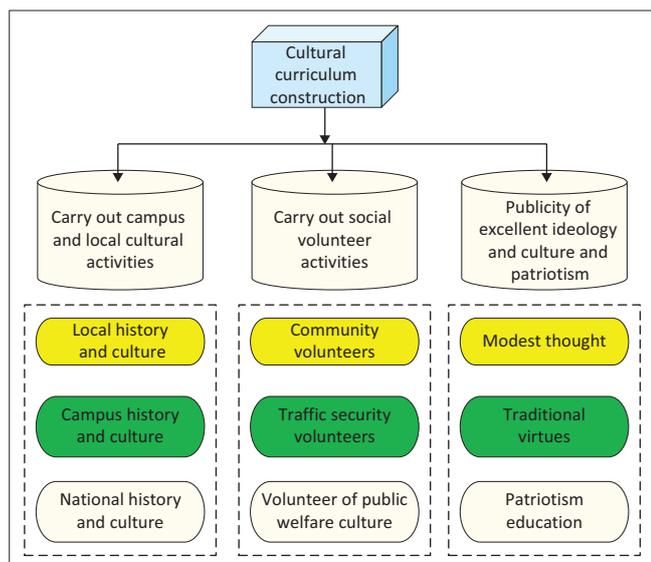
### Study setting

The innovation and development of colleges and universities and the cultivation of students' positive psychology will be the focus of development. This requires colleges and universities to fully grasp some requirements of education development. When implementing educational planning and formulating teaching policies, it is necessary to fully consider students' psychological needs, including emotions, wishes and feelings. At present, students' mental health problems are increasingly prominent in education. In the process of education, we need to pay full attention to the development characteristics and psychological needs of each student. Only by fully grasping the development characteristics of students and implementing targeted education can we effectively improve students' psychological problems and promote students' positive psychological construction. At present, students' psychology is mainly manifested as anxiety, fear, depression, a lack of sense and recognition of themselves. These negative emotional characteristics will have a negative impact on students' positive psychological development. Therefore, ideological and political education in colleges and universities needs to fully grasp these contents in the implementation of education. The construction of ideological and political culture should take the construction of mental health as the core and be carried out around the construction of cultural ideology. Through the construction of diversified cultural ideology, the concept of health and the theme of happiness should be integrated into the teaching process, which is conducive to promoting the development of students' mental health. Therefore, the activities of ideological

and political culture construction in undergraduate colleges and universities from the perspective of psychology are as follows. The construction of ideological and political culture will be based on campus culture and local culture, with the goal of cultivating successors in the new era, and carry out cultural activities in line with social development on campus. These activities include cultural propaganda activities, such as red culture propaganda, bringing the spirit of the Red Army's Long March to the campus, and doing a good job of cultural propaganda through campus newspapers and campus text activities. At the same time, cultural propaganda can also take local culture and local history as the background, carry forward traditional virtues, and help students establish good moral thoughts. For example, the campus can select 'advanced people' every month, and the typical representatives who are willing to help others, have excellent performance, and work hard and study as advanced people, and publicise them in the campus culture construction, which is conducive to the construction of students' spiritual culture; the campus can actively carry out social volunteer services, and with the development of the new era, ideological and political education will pay more attention to the inheritance of China's traditional cultural thoughts, such as the thought of respecting the old and loving the young, and patriotism. At present, more and more colleges and universities regard students' social welfare activities as an important evaluation index for students' development, which is different from individual ability achievements, and focuses more on the evaluation of students' comprehensive quality. Students' active participation in social compulsory labour has a positive impact on their comprehensive practical ability, personal thinking and psychological quality; increasing social volunteer activities, allowing more students to participate in the work of ideological and political volunteers, which has a positive impact on students' personal ability and ideological character; finally, with the construction of ideological and political culture as the theme, according to the current situation of students' development, the requirements of ideological and political teaching goals, the relevant intervention methods of positive psychology, and the relevant goals of psychological quality training, the content of ideological and political teaching is reasonably set. It is necessary to pay attention not only to the reflection of teaching but also to the interests of students and innovate in teaching methods and concepts and increase the content of online ideological and political culture teaching. Online ideological and political culture teaching will carry forward Chinese culture, publicise the idea of red revolution, and carry out teaching in combination with patriotism, so as to meet the development requirements of students' psychological quality. Figure 1 shows the content of the process related to the construction of ideological and political culture.

### Design

Ideological and political education has an important impact on students' thought, emotion and ability building. In the construction and development of colleges and universities,



**FIGURE 1:** Related processes and contents of ideological, political and cultural construction.

more and more colleges and universities have included mental health into the evaluation index of students' development, and ideological and political education has also become an important course for students' physical and mental construction. Therefore, in order to more intuitively reflect the impact of ideological and political education on students' positive psychological construction, special experiments will be designed to evaluate students' psychological state. A total of 300 students from 6 universities in different regions were selected as the research subjects. Each school will select 50 students, all of whom meet the requirements of the experimental survey. At the same time, all participating students in the experiment are already aware of the experiment and agree to the relevant experimental requirements. Therefore, from the perspective of positive psychology, analyse the role of ideological and political cultural construction in universities in the development of students' psychological quality. The experiment lasted for 4 months from March 2021 to June 2021. The teaching experiment uses the Psychological Scale (SAS) index to reflect the impact of ideological and political cultural construction in universities on students' psychological activities. There are a total of six dimensions, with each dimension ranging from 1 to 50. The higher the score, the more significant the positive impact. In carrying out the teaching of ideological and political culture construction, five measures will be put forward, namely:

- to carry out diversified ideological and political culture theme activities,
- to carry out social volunteer activities,
- to carry out education courses integrating red cultural ideas,
- to implement ideological and political mental health education,
- and increase the quantity of ideological, political, and cultural education, and represent the five measures with (C1-C5) respectively.

The teaching factors that affect the development of students' psychological quality are mainly in five aspects: the unreasonable teaching planning and design, the selected ideological and political and cultural topics are not novel enough to meet the educational requirements, the students' sense of participation is not high, the expression of interest is not strong, and they are affected by personal emotions, factors, among others. In the actual teaching process, teachers need to avoid it. All experimental data were statistically analysed and processed using Excel and SPSS 2.0. Table 1 shows the basic information of 300 students from different colleges and universities.

In order to better evaluate the mitigation effect, the influencing factors will be assigned weight values, as shown in Equation (1).

$$B = \frac{\sqrt{(x_1 + x_2 + x_3)}\beta}{3} + \frac{(b_1 + b_2 + b_3 + b_4 + b_5)\gamma}{5} \quad [\text{Eqn 1}]$$

In formula (1),  $\beta$  and  $\gamma$  the weight parameter.  $x_1-x_3$  is a negative factor,  $b_1-b_5$  indicates the strategy taken.

## Results

In order to discuss the influence of the construction of ideological and political culture in colleges and universities on the development of students' psychological quality, the experimental process will be analysed from the perspective of positive psychology. Table 2 refers to the results of the influence of the construction mode of ideological and political culture in colleges and universities on the development of students' psychological quality. Before the construction of ideological and political culture, the students of the six schools scored 32, 27, 38, 29, 34 and 27 for their healthy mentality, concentration, positive behaviour, smooth communication, energetic and open thinking. In the six schools, the scores of students' concentration ability and open thinking indicators are generally low. After a period of ideological and political culture construction, the psychological indicators of students in six schools have significantly improved. From the data in Table 2, it can be seen that after the ideological and political culture construction, the overall positive psychological indicators of students in School 3 and School 4 have increased the most. Among them, school 3 students' scores of healthy mentality, concentration ability, positive behaviour, smooth communication, energetic and open thinking vitality are 46, 45, 46, 45, 46 and 44, respectively. The positive psychological scores of school 4 were 45, 43, 44, 48, 46 and 45, respectively. At the same time, the measures taken for the construction of ideological and political culture in colleges and universities have the least impact on the indicators of students' concentration, with the scores of 41, 39, 45, 43, 41 and 40 for the six colleges and universities, respectively. The effect of measures on students' smooth communication indicators is the most obvious. The scores of six schools are 45, 44, 45, 48, 46 and 46, respectively. It can be seen from the given results that ideological and political cultural education has an important impact on students' moral character, ideology and mental health. Through different means of ideological and political

**TABLE 1:** Basic information of 300 students from different universities.

| Attribute                            | University 1 | University 2 | University 3 | University 4 | University 5 | University 6 |
|--------------------------------------|--------------|--------------|--------------|--------------|--------------|--------------|
| Age                                  | 22–23        | 22–25        | 22–24        | 23–26        | 22–24        | 24–27        |
| Male                                 | 25           | 24           | 24           | 25           | 24           | 25           |
| Female                               | 25           | 26           | 26           | 25           | 26           | 25           |
| Proportion of scores below 10 points | 50/50.0      | 50/50.0      | 50/50.0      | 50/50.0      | 50/50.0      | 50/50.0      |

**TABLE 2:** It refers to the influence of the ideological and political culture construction mode on the development of students' psychological quality.

| Psychological index        | University 1 | University 2 | University 3 | University 4 | University 5 | University 6 |
|----------------------------|--------------|--------------|--------------|--------------|--------------|--------------|
| Healthy attitude           | 45           | 43           | 46           | 45           | 44           | 46           |
| Concentration              | 41           | 39           | 45           | 43           | 41           | 40           |
| Positive behaviour         | 42           | 43           | 46           | 44           | 45           | 43           |
| Smooth communication       | 45           | 44           | 45           | 48           | 46           | 46           |
| Energetic                  | 45           | 41           | 46           | 46           | 44           | 43           |
| Open thinking and vitality | 43           | 39           | 44           | 45           | 42           | 44           |

culture education, the comprehensive quality of students has limited changes in the short term, but with the extension of intervention time, students' abilities in all aspects have been significantly improved. It is worth noting that different measures have different positive psychological effects on students in the construction of ideological and political culture in colleges and universities. In particular, some students have different personalities, habits and even learning habits. In carrying out ideological and political education, unified teaching methods and evaluation types cannot be adopted. For students with heavy psychological pressure and obvious anxiety, in the process of teaching, we should fully grasp the characteristics of students' psychological development and reasonably plan teaching. At the same time, in the development of teaching maps, data records and feedback should be made irregularly, which is more conducive to the development and growth of students.

Through the research on the relevant theories of positive psychology, we will further analyse the improvement effect of the five measures taken in the construction of ideological and political culture in colleges and universities on the positive psychology of students. The experimental results are shown in Table 3. From the data in Table 3, it can be seen that the different measures taken have different effects on the positive psychological improvement of students. In the experimental environment, considering the influence of objective variables, personal factors of students, and differences in teaching methods, there will be some differences in the actual teaching effect. Therefore, taking the average value of six colleges and universities as the final data result, the improvement rates of the five measures (C1–C5) of ideological and political culture construction on the positive psychology of students after 4 months of the experiment are 91%, 84%, 94%, 81%, 76%, respectively. It can be seen that the use of different strategies has different effects on students' psychological indicators, but they can all improve the scores of students' positive psychological indicators and promote the development of students' psychological quality. Therefore, in teaching design, teachers should pay close attention to students' psychology, so as to meet the development requirements of students' psychological quality.

**TABLE 3:** The improvement effect of five measures taken in ideological and political culture construction on students' positive psychology.

| Type of policy adopted | 1 month (%) | 2 months (%) | 3 months (%) | 4 months (%) |
|------------------------|-------------|--------------|--------------|--------------|
| C1                     | 12          | 36           | 59           | 91           |
| C2                     | 23          | 41           | 61           | 84           |
| C3                     | 25          | 48           | 75           | 94           |
| C4                     | 19          | 36           | 68           | 81           |
| C5                     | 20          | 44           | 57           | 76           |

Note: C1–C5, respectively, represent the implementation of diversified ideological, political, and cultural themed activities, social volunteer activities, red ideological education courses, and the implementation of ideological, political, and psychological health education, with the aim of increasing the quantity of ideological, political, and cultural education.

## Discussion

For college students to develop good psychological quality, in addition to having good physical and mental quality, they also need students to have good character, personality and thinking. However, the development of college students is affected by various factors, and the development of students' psychological quality is worrying (Wang et al. 2020). In psychological research, good psychological quality needs to be analysed from multiple perspectives, including human perception, memory, thinking, emotion, will, character, as well as the synthesis of various abilities of individuals in social development performance. It is not scientific to discuss students' psychological quality from a single aspect (Yakushko & Blodgett 2021). Considering that the formation conditions of students' psychological quality are affected by many factors, we can start from the perspective of positive psychology in the analysis of students' psychological quality, which can better reveal the regular characteristics of students' development. The characteristics of current college students are active thinking, open-mindedness, and characteristic personality in thinking (Hammill, Nguyen & Henderson 2022). At the same time, the development of college students presents the characteristics of diversity, including the diversity of intelligence, ability and thought (Linford et al. 2022). As a result of the difference in value orientation, students' behaviour and personality will also have obvious diversified characteristics. Under the intervention of external factors, modern college students are also confused. Including the contradiction between physical quality defects and ideal development, the contradiction between ideal and reality,

the contradiction between social responsibility and self-centredness, these factors make many modern college students to have the characteristics of confusion (Kondratenko, Manzhula & Sobol 2020).

As a place for educating and developing students, colleges and universities should ensure that students have good psychological quality and sound personality. It is necessary to analyse the psychological development characteristics of modern students and examine the various factors that affect the development of students' psychological quality. Most college students face various psychological problems, such as interpersonal barriers, anxiety, depression, obsessive-compulsive, mental symptoms and so on. Psychological problems are not only detrimental to the healthy development of students but also bring trouble to their personal life, work and study. According to relevant data surveys, 98% of college students currently believe that they have psychological problems. At the same time, 65% of students believe that psychological problems affect personal life and learning and affect personal health (Duncan, Jaini & Hellman 2021; Sheikh et al. 2020). Further investigation found that these students are often tense and emotionally upset, easily disturbed by environmental factors, showing fear, anxiety, and a state of confusion about the future. These unhealthy mental states have an impact on the development of students' positive psychology and are not conducive to the scientific development of students' psychological quality (Foka et al. 2021). Therefore, the modern college education reform incorporates mental health problems into the work of college education reform, increases the content of psychological quality teaching, and pays more attention to students' physical and mental health problems. Modern ideological and political education is one of the important disciplines that cultivate the core of students' quality. The ideas, viewpoints and culture conveyed by ideological and political education have an important impact on students' psychological quality and personality construction (Zhou, Zheng & Zeng 2021). The construction of ideological and political culture will expand the output of ideological and political spiritual culture, historical culture, and social value culture on the basis of ideological and political education, so as to ensure that students have the character and quality of social development. In the construction of ideological and political culture, the construction of spiritual culture is the focus of teaching, and the construction of spiritual culture will pass on to students the culture of labour, patriotism, and justice (Bachik 2021). By providing students with spiritual and cultural content that conforms to the value of social development, students will improve their emotions, thoughts, personality, and thinking. The ideological and political history and culture pay more attention to the historical and cultural content such as national development and the Red Army's Long March (Allison, Waters & Kern 2021). Finally, in the construction of ideological and political culture, it will be combined with the development of society to formulate a more comprehensive social value cultural education content for the development of students' psychological quality, and provide support for students' physical and mental development in all aspects. The purpose is to speed up the

scientific development of college students' psychological quality.

In the construction of ideological and political culture in colleges and universities, we have also found some problems. In experimental teaching, students are influenced by many external factors. Firstly, there is no strict control over quantity and variable factors, which will have a certain impact on the development of ideological, political and cultural work in the teaching experiment process. Secondly, the curriculum arrangement still needs to be improved. From the early stage of teaching, the designation of ideological, political and cultural education, the collection of materials, and the determination of teaching objectives are all too hasty. There is no specific plan to designate ideological and political culture courses according to the psychological problems of students, and it needs to be optimised and improved in the later stage. Finally, ideological and political culture construction still lacks practical cultural teaching content. Although public welfare activities have been added and campus ideological and political culture construction work has been carried out, there is a lack of long-term social practice teaching. Most of the ideological and political culture construction content is in classroom teaching. Therefore, the follow-up ideological and political culture construction should add more flexible practical teaching content, and grasp the psychological laws of students, so as to facilitate the effective development of students' psychological quality.

Ideological and political education has an important impact on students' emotional, ideological, and psychological health. A specialised experiment on ideological and political education was designed to examine the impact of ideological and political education on students' mental health. Before the construction of ideological, political and cultural education, students from six schools had mental health, strong focus, positive behaviour, smooth communication, active thinking, and openness, with scores of 32, 27, 38, 29, 34, and 27, respectively. After several months of ideological and political education, the scores of healthy mentality, concentration ability, positive behaviour, smooth communication, energy, and thinking activity of students in the third school were 46, 45, 46, 45, and 44, respectively. The positive psychological scores of the fourth school are 45, 43, 44, 48, 46, and 45, respectively. At the same time, the adoption of ideological and political education has a significant impact on students' positive psychology, and reasonable and effective ideological and political education will promote students' healthy and scientific development.

## Conclusion

Psychological quality refers to a mature, stable and healthy psychological quality that a person has to adapt to the development of social laws. Psychological quality includes all the basic characteristics and qualities of individual psychological process and personality psychological process. In the research of positive psychology, positive psychological

state is closely related to the formation of psychological quality. Therefore, the construction of ideological and political culture in undergraduate colleges aims to improve the mental health problems faced by students and cultivate students' good psychological quality. The experimental results show that the construction of ideological and political culture in colleges and universities has a good effect on improving the positive psychology of students. The overall positive psychological indicators of the students in school 3 and school 4 improved the most. Among them, the scores of healthy mentality, concentration ability, positive behaviour, smooth communication, energy, and open thinking vitality of school 3 students are 46, 45, 46, 45, 46, and 44, respectively. The school's positive psychological scores were 45, 43, 44, 48, 46, and 45, respectively. It can be seen that the construction of ideological and political culture in colleges and universities will have a positive impact on the development of students' psychological quality, and is conducive to the development of students' healthy psychology.

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### Competing interests

The authors declare that they have no financial or personal relationships that may have inappropriately influenced them in writing this article.

### Authors' contributions

B.G. developed the idea for the study, B.G. and M.Z. did the analyses, and wrote the article.

### Ethical considerations

This article followed all ethical standards for research.

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### Data availability

All data generated or analysed during this study are included in this published article.

### Disclaimer

The views and opinions expressed in this article are those of the authors and do not necessarily reflect the official policy or position of any affiliated agency of the authors.

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