**The Application of Educational Psychology in the Ideological and Political Education of Colleges and Universities**

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1. **Research background**

Educational psychology is a science that studies the basic psychological laws of teaching and learning in the process of teaching. Its research object is the psychological state and psychological changes of the educators and the educatees in educational and teaching activities. In recent years, educational psychology has been widely used in college education and teaching activities. It is not only used in the ideological and moral political teaching activities in colleges and universities, but also applied in the management of students and teachers. Educational psychology did not become an independent discipline until the late 19th century. But many educators have been able to consciously practice the psychological state of education. The ancient Chinese educator Confucius proposed the heuristic teaching method of “No anger, no starting, no talking, no sending”. In addition, the ancient Greek philosopher Socrates also put forward such educational psychology thought as “I do not give knowledge to others, but the product of knowledge itself”. As an independent branch of psychology, educational psychology is the product of the combination with pedagogy. The emergence of educational psychology is the historical process of combining psychology with education and gradually forming an independent branch. The cultivation of students’ ethics, morality, will and character and the transfer of knowledge, skills and intelligence must be based on the theory of psychology. Through a variety of factors affecting students’ learning, according to the differences in students’ psychological characteristics, grasp the essence, accurately guide students’ attention, to achieve the goal of getting twice the result with half the effort.

* 1. **Research direction**

Educational Psychology

* 1. **The significance of the research**

Educational psychology can promote the physical and mental health of students; Educational psychology can improve the teaching quality of ideological and political education. Educational psychology can strengthen the foreseeability of ideological and political education.

1.3 **Research question**

The application of educational psychology in ideological and political education in colleges and universities.

1.4 **Research hypothesis**

Combine ideological and political education with educational psychology.

1. **Literature review**

**2.1 Preface**

All one's life, one grows up in the process of socialization education. Education is a purposeful, planned and organized social educational practice. For most people, they are guided by the ideological and political education and psychological tendency of school teachers in school, so that they can learn healthily, grow happily and put what they have learned into practice. For the students who have only social basic education, we should take substantial and effective educational measures to influence the educatees. But in the process of education, according to the characteristics of the educatees, we should also organize some activities with advanced thinking, so that the educatees can actively participate in, independently acquire knowledge and skills, and let them specify their own personality traits and regulate their own moral behavior. Accordingly, the educational worker of the school undertakes educational process to the educatees, should guide the various psychological activity of educatees correctly, after letting them pass study, have understanding to oneself, have profound understanding to ideological and political education.

Because some students act strangely, and some act emotionally, they differ from others and show different emotions on certain issues. Sometimes, it is not their instinctive reaction, but the thoughts and emotions that force them to change their political thinking. Therefore, in the process of education, students need to understand the level of ideological education and their material and spiritual needs, such as daily knowledge needs, health needs, honor needs, etc., so as to exercise themselves. To let the students have a targeted to identify things, know what is reasonable, what is not reasonable, it is necessary to have a purposeful way of teaching to solve, otherwise become blind teaching.

**2.2 The Influence of Educational Psychology**

(1) The Influence of Educational Psychology on College Students

From the perspective of students, educational psychology is a process to help students master knowledge and improve their personality. Students' living conditions, interpersonal relationships, psychological conditions will affect students' mental health, and students’ mental health is directly related to the future and development of students. In the teaching of college education, educational psychology has a profound influence on students, which can make optimistic and optimistic students become reticent, and can also make pessimistic and degenerate students become positive.

(2) The Influence of Educational Psychology on College Teachers

Su Holin once said: “Educators should first understand the spiritual development process in the process of human growth. Only in the whole educational career to explore and study students’ psychology, so as to increase their psychological knowledge accumulation, can they become an excellent educator. Therefore, teachers should have better psychological quality. The application of educational psychology in higher education is conducive to the development of teachers' professional quality, the improvement of teaching quality, the understanding of students and the improvement of teachers' ability to solve educational problems.”

**2.3 The Importance of Educational Psychology in Higher Education**

(1) Educational Psychology can Promote Students’ s Physical and Mental Health

Educational psychology mainly studies the basic psychological laws of educators and educatees in the teaching process. The application of educational psychology in the education and teaching of college students can not only grasp the psychological dynamics of students, but also promote the physical and mental health of students, which is conducive to the development of college students. In today's rapidly developing society, college students, as a group about to enter the society, are often affected by various social factors, such as employment pressure, emotional problems, interpersonal relationships, etc. These effects will not only cause certain psychological pressure on them, but also have a certain impact on their physical and mental health. In addition, as the growth of the age, college students have formed their unique values and world view, the problems, also have their own processing method under this background, many college students don't like to strangers speak out easily, which requires the college teachers in the education teaching activities, can reasonable use of related education psychology theory and knowledge, pay attention to each student's psychological change, to timely clean puzzled students, promote the development of students' physical and mental health.

(2) Educational Psychology can Improve the Quality of Education and Teaching

Scientific and reasonable application of educational psychology in higher education can not only alleviate teacher-student relationship, promote teacher-student interaction and communication, shorten the distance between teachers and students, but also improve the quality of education and teaching. For example, for college students who are about to graduate, teachers' scientific and rational use of educational psychology can not only relieve their inner pressure, help them solve their doubts and improve their self-management ability, but also build strong feelings between teachers and students, and at the same time can better complete the educational and teaching objectives. Therefore, the application of educational psychology in higher education is conducive to promoting the development of student management and improving the quality of education and teaching.

(3) Educational Psychology can Strengthen the Foreseeability of Educational Work

The ultimate goal of education is to improve students' comprehensive quality while obtaining professional knowledge in teaching activities. In the process of college education and teaching, students' learning purpose and future development direction are uncertain. Therefore, simply carrying out educational and teaching activities and completing teaching tasks are not the ultimate goal of college education. The application of educational psychology in the teaching of higher education can effectively understand the inner thoughts of students and strengthen the work of higher education. In addition, the rational use of educational psychology theory and knowledge can timely solve the unhealthy psychological state of students, is conducive to the students to maintain a healthy, positive attitude, so that students more focused on the acquisition of knowledge.

**2.4 Effective Measures to Combine Ideological and Political Education with Educational Psychology**

(1) Build a Harmonious and Comprehensive Ideological and Political Education System

Nowadays college students' education work is much more complicated than in the past, which can not be solved by traditional teaching methods. Traditional "preaching", "indoctrination" and "annotation" have not kept pace with demand. Combining psychological education and ideological and political education, such a system engineering needs to mobilize all forces to carry out joint, matching and research according to the needs and conditions of students. Psychology, sociology, pedagogy related science will be integrated into the new way of education. Adhere to the value orientation and self-creation, carry out predictive and preventive guidance, fully establish and respect the students' dominant position, guide students to carry out self-development and self-improvement, and improve students' enthusiasm and initiative. Based on the ideological and political education in schools, a unified ideological and political education system should be established in all directions to closely link schools, families and the society, so as to establish a complete ideological and political education leadership system and working mechanism with the support of the whole society. Strengthen the harmonious match of ideological and political education system with school ideological and political education, culture, Internet and mass media as the carrier.

(2) Take Teacher's Love as the Cornerstone of Ideological and Political Work, and Carry out Psychology in Education

Each student has his own different family background and upbringing, therefore, formed his own different moral psychology, political psychology, learning psychology, developmental psychology, love psychology. First of all, teachers need to deeply and carefully understand their different psychological activities, take individual differences and personalization as the work point of ideological and political education, and then actively spread teacher love, so that students fully feel the teacher's love, care and respect, in order to win the full respect and trust of students. Only under such a premise can students open their hearts and actively learn and communicate, so that teachers can carry out targeted education and achieve better results.

(3) Strengthen Psychological Counseling

From the perspective of pedagogy, morality, intelligence, physique and beauty are inseparable from students' psychological activities. To train qualified personnel, strengthen the psychological counseling work of students. Psychological counseling opens up a road for the democratization of ideological and political education. In psychological counseling, students are the main body of activities and have more autonomy, while psychological counseling is more of a listener or a confidant. People often like to talk and be understood, this is also the time to understand a person's inner world, often a little guidance at this time will receive unexpected results. Therefore, the image of mentors in students' minds should be changed into confidants and friends through psychological guidance, so as to establish a better educational environment and achieve the purpose of ideological and political education.

**3. Research Methods:**

3.1 Investigation Method.

According to different grade and different regions of the professional college students using questionnaires and sampling interview, for we are effective in the process of investigation, sampling recovery rate reached more than 98%, ensure the coverage of our results and the validity of the data analysis, hierarchical contrast, in the process of investigation effectively the validity of the reaction of our education carrier and the extension.

3.2 Literature Research Method.

According to different research perspectives and cultural background differences, we will select SCI database, CNKI, CNKI, Chongqing Weipu and other collected platforms for reference research.

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