

# An Exploration of Psychological Education in Rural Schools under the Background of Rural Revitalization Strategy

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## Abstract

This dissertation discusses the layout and management of psychological education in rural schools under the background of a rural revitalization strategy, putting forward the idea of integrated promotion, which is aiming to provide a reference for the construction of a theory of school psychological education with Chinese characteristics, and also provide a new perspective for the psychological education of students in rural schools in the new era.

## Keywords

Rural Revitalization Strategy, Rural Schools, Psychological Education

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## 1. Introduction

For the first time, the rural revitalization strategy was proposed in the report of the 19th CPC National Congress. In March 2018, General Secretary Xi Jinping again put forward the scientific thesis of “Five-Vitalization”, providing clear instructions on the strategic goals and paths of rural revitalization (Sun & Luo, 2021). General Secretary Xi Jinping pointed out that “To promote rural talent revitalization, human capital development should be given priority and rural talent support should be strengthened”. At present, the depletion of rural population and the shortage of talent have become the main problems of rural revitalization. To overcome these problems in the rural revitalization process, researchers maintain that one way is to conduct more effective talent policies to attract talent, to encourage outside social talents to serve for rural construction and to cultivate local new pattern professional farmers as well, and also to pay high attention to develop compulsory rural school education, and cultivating lo-

cal young talents in order to provide a solid foundation of talents for rural revitalization (Tang, 2021).

In the background of the rural revitalization strategy, cultivate local talents and pay close attention to the mental health development of rural students, so that they can have integrity, happiness, gratitude, and entrepreneurial spirit. Training them to be responsible, determined to take root in the grassroots and become the rural local talents. Therefore, strengthening rural villages and towns school mental health education has become one of the major topics of rural school education in China, the existing research mainly focus on students' psychological characteristics and how to carry out the specific fields of students' psychological education, etc., but there is no related research on combining the rural school students psychological education to the national revitalization strategy, rural governance and beautiful rural construction, which was explored in this paper.

## **2. Integration of Rural Revitalization and Rural School Students' Psychological Education Layout**

Located in the Party and the State Country revitalization strategy layout, vast rural areas continued to promote comprehensive revitalization including rural industry, rural talent, rural culture, rural ecology, rural organizations, etc. Great changes have taken place in the vast countryside areas, especially for the changes of rural schools in every town and positive changes appeared in many aspects, such as the campus environment, infrastructures, teachers team and teaching resources. However, psychological education in rural schools is still weak. In the comprehensive revitalization of rural areas, it is important to have an overall layout, promoting integration, to avoid repetitive construction and reduce resource waste as much as possible.

### **2.1. Integrated Allocation of Rural Communities, Rural Schools Psychological Education Infrastructure and Talent Team, Achieving Resource Sharing**

On the one hand, when promoting rural ecological revitalization to create green livable and beautiful villages, at the same time, county-level government departments should coordinate the layout of rural schools' overall environmental construction in rural areas, give priority to the construction of ecological environment around schools and campuses, and place school infrastructure construction at the central part of rural environmental reconstruction. In the construction of rural infrastructure, psychological education infrastructure is planned in rural communities and schools as a whole.

On the other hand, when promoting the revitalization of rural talents and introducing and cultivating rural construction talents, it is necessary to take the mental health education of rural students as an important part of the revitalization of rural talents and coordinate the allocation of psychological education

talents in rural communities and schools to realize the sharing of talent resources.

## **2.2. Excavate Excellent Regional Culture in Rural Areas, Integrate and Promote Education on Mental Health of Adolescents in Rural Communities and Schools**

Rural areas are not only the place where rural teenagers live, but also the cradle of excellent traditional Chinese culture, which has accumulated the deepest spiritual pursuit of the Chinese nation for more than five thousand years. Rural cultural revitalization is an essential part of the rural revitalization strategy project.

First, on the basis of the construction of historical and cultural towns (villages), rural culture exhibition hall, rural development history museum, home style museum, and other static projects, rural community cultural construction can be combined with rural schools to plan folk festival activities, family farming activities, and other dynamic experience projects. Meanwhile, in the coordination of government departments, a resource-sharing system of county, town, village and regional school cultural service resources should be established.

What is more, the rural school psychological education should be based on the countryside areas, to root in the rich and colorful cultural resources in rural societies, make the education of mental health education as a starting point, which is led by the socialist core values to mining the village cultures including respect and filial piety, worship virtue and loyalty, frugality and self-restraint, etc., such as the humanities spirit, ethics. Given that the connotation and expression form of the new era, the students can experience and practise in the actual living environment, guide the students through the value analysis, abandon the lavish burial, feudal superstition, blind human comparison, huge dowry and other old habits, completely abandon the dregs of the old village society, so as to realize the unification of mind and morality.

## **2.3. Establish Town-Level Mental Health Service Centers to Realize the Integrated Management of Social Psychological Services as a Whole by the Government**

Strengthening the construction of the rural social psychological service system is to promote the rural revitalization strategy, build a new pattern of grassroots social governance, and achieve rural revitalization through heart governance. Therefore, township government needs to rely on township health centers to build township psychological service centers. Set up mental health counseling offices in school, community, and other key departments, building “Trinity” psychological services platforms in community, family, and school, improving the mental health education network, providing guidance and services in psychological counseling for primary and secondary schools and the community in the district, and to achieve government overall integration social psychological service management.

### **3. Deepening the Designated Assistance in Regional Colleges and Universities and Integrate Medical-Education Psychological Education Mode**

#### **3.1. Deepening Designated Assistance in Regional Colleges and Universities**

In view of the lack of professional talents of psychological education in rural towns and rural schools at present, the government administrative department of education should act positively in promoting the rural revitalization of practice, to integrate regional resources of colleges and universities as a whole, fully developing the advantages of talents and resources in colleges and universities when targeted supporting rural revitalization, such as leading the rural school mental health work, carrying out the training for teachers and students by video interaction class classroom, in order to open a channel connecting township primary and secondary schools and colleges and universities, to share qualified educational resources and course. Techniques such as 5G, big data, artificial intelligence can be used to connect communities, families, schools, and social psychological services and promote the development of innovation in rural school mental health education (Li, 2004).

#### **3.2. Deepen Integrate Medical-Education Psychological Education Mode**

Township psychological service center should be aware of the complexity of psychological problems, clearly understand the weakness of mental health education in rural schools and cannot meet the psychological education demands of all leveled students. It is necessary for the overall administration of the government to carry out the research in mental health areas, to attempt the integration of resources of hospitals and schools, combing medicine and psychology, to improve the comprehensive abilities of psychological service practitioners in psychological identification skills, psychological counseling skills, etc., with the aim of building an overall mental health education service system, including screening, assessment, prevention and scientific intervention for susceptible students (referral to treatment) by conducting a collaborative medical and educational psychological service model.

### **4. The Integration of School Psychological Education and Consciousness Education of Chinese Nation Community**

#### **4.1. Chinese Nation Community Consciousness, Casting the Psychological Constitution of the Chinese Nation Community Consciousness Education**

The consciousness of the community of the Chinese nation is the sum of a series of psychological activities, such as the attitude, evaluation, and emotion toward the pluralistic unity of the Chinese nation formed by the Chinese people in the process of socialization, and its core is the identification of the community of the Chinese nation.

To foster a strong sense of community of the Chinese nation is to guide students to firmly establish the community concept of sharing weal and woe, weal and woe, life and death, and destiny according to the psychological characteristics of students of all ages, and to cultivate students' identification with the culture and values of the community. We must firmly identify with the great motherland, the Chinese nation, the Chinese culture, the Communist Party of China, and socialism with Chinese characteristics, and feel a sense of belonging, pride, responsibility, and mission towards them. We must voluntarily overcome difficulties and continuously contribute to the great rejuvenation of the Chinese nation.

#### **4.2. The Relationship between School Psychological Education and the Consciousness Education of the Chinese Nation Community**

The school psychological education cannot be conducted ignoring people's psychological laws and characteristics, while individual psychology and behavior are closely related to the cultural background of the group to which an individual belongs, the culture and psychology are mutually constructed and generated (Chen & Zhang, 2021). The influence of culture on individual psychology and behavior determines the perception, thinking process, emotion, and behavior mode of people. So the school psychological education workers, need to understand the Chinese nation, to acknowledge the key points of Chinese culture formation and development, and to cast the sense of community of Chinese nation. In the guide of the general idea of diversity in unity of the Chinese nation, understanding of the differences between various nationalities students, and to use proper ways to cultivate, understand, counseling and educate the students.

The goal of the education of the consciousness of the Chinese community is the "five identities" and the emotional experience of belonging, pride, sense of responsibility and mission. In terms of will and behavior, it means consciously overcoming all difficulties and unswervingly contributing to the realization of the great rejuvenation of the Chinese nation. This educational activity itself is the law of psychological education for the unified development of knowledge, emotion, intention, and action (Cao & Ma, 2022).

Therefore, school psychological education in the new era needs to innovately develop school psychological education theory and technology within the overall framework of building a strong sense of community in the Chinese nation. Only by applying the theory of school psychological education with Chinese characteristics can it effectively help students solve the problems in their growth. Meanwhile, it is necessary to follow the rules of psychological education and apply the methods of psychological education to achieve the goal.

### **5. Conclusion**

Through the above analysis, the strategy of exploring integrated management of rural school psychological education should include: integrated allocation of ru-

ral community, rural school psychological education infrastructure and talent team, to achieve resource sharing; Excavate excellent regional culture in rural areas, integrate and promote adolescent mental health education in rural communities and schools; Constructing town-level mental health service centers to realize the integrated management of social psychological services as a whole by the government; Deepen the regional colleges and universities designated to help and deepen the medical and educational cooperation psychological education model; The psychological constitution of the consciousness education of the Community of the Chinese nation; Strengthen the relationship between school psychological education and the consciousness education of Chinese nation community.

### Conflicts of Interest

The authors declare no conflicts of interest regarding the publication of this paper.

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