

Positive Emotion in Ideological and Political Education Teaching Positive Function and Method Path

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Abstract: Positive emotions and emotions play a key role in improving the cognitive effectiveness of ideological and political education, promoting the harmony of teaching relations and creating a good psychological environment. In addition, positive emotions and emotions play a positive role in the cognitive drive, will enhancement, belief strengthening and behavior activation of ideological and political course teachers and students. Therefore, we should properly use the "emotional resonance" teaching method, create teaching situations, and innovate theoretical teaching models to tell the story of ideological and political education.

Keywords: Emotion; Ideological and Political Education; Teaching Relationship; Positive Function.

1. Introduction

The core mission of ideological and political education lies in perfecting human development and cultivating human ability. In this process, many factors such as people's needs, motives, thinking, rationality, emotions and emotions interact with ideological and political education, in particular, emotions and emotions play a decisive role in the cognitive process of ideological and political education. Positive emotions and emotions can promote cognition, while negative emotions and emotions can hinder it. Therefore, we should attach importance to the positive role of positive emotions and emotions in ideological and political education, enhance the emotional identification of the subject and object of education with ideological and political theories, and realize the effective combination of emotion and reason, so as to enhance the overall efficacy of ideological and political education and tell the great story of ideological and political lessons.

2. The Positive Function of Positive Emotion in Ideological and Political Education

Positive emotion is associated with the satisfaction of certain needs, usually accompanied by pleasant subjective experience, and can improve people's enthusiasm and activity ability. In ideological and political education activities, positive emotions will have a positive effect on individual knowledge, intention, belief and action, affect the transmission, acceptance and internalization of ideological and political education information, and promote the educational objects to better internalize the educational content into conscious actions.

2.1. The Positive Function of Positive Emotion in Cognitive Driving in Ideological and Political Education Teaching

Human cognitive system is mainly composed of intelligence factors, including observation, memory, thinking, imagination and attention, etc., forming a complete psychological structure with thinking as the core. The positive emotion is the driving force that causes the above intellectual activities. In the process of ideological and political education, whether

the educated want to learn or not, or what degree they learn, is often not determined by intellectual factors, but by non-intellectual factors such as emotions and emotions. On the one hand, positive emotions can encourage individuals to include some cognitive objects in the scope of cognition, expand the cognitive space, and create prerequisites for the establishment of scientific cognition. Educators are willing to carefully observe, analyze, think and study the events or problems that can arouse their strong interest and generate favorable feelings, while they have no desire to further explore the events or problems that they are not interested in. Positive emotions, on the other hand, can trigger positive thinking. Positive emotions can improve the perception, understanding, imagination and judgment of individuals in the process of receiving ideological and political education. In the state of positive emotions, people's thoughts are broadened, thinking agility, flexibility and creativity are improved, and the ability to analyze and solve problems is also enhanced.

2.2. The Positive Function of Positive Emotion in Ideological and Political Education and Teaching

In the process of realizing the predetermined goal, the individual will inevitably encounter various difficulties and resistance. The will can make the individual's actions more purposeful, and can help the individual eliminate the interference of internal and external factors, and constantly adjust and control their own behavior toward the predetermined goal. Emotion is the source of will, and the regulation of individual behavior by will plays a role through emotion. If there is no participation of emotion, people's behavior will become boring and boring. And it is difficult to maintain long-term action. In the process of ideological and political education, will is the key element of the transformation of ideological and moral cognition into ideological and moral quality and behavior. And the positive emotions on the will of the educators play a role in promoting and supporting, can improve the level of the educators will activity, enhance their physical strength, energy, promote their courage, firm confidence, overcome the resistance to overcome difficulties, to achieve the predetermined goal. For example, when a student shows positive ideological and moral behavior and gets praise and rewards from the teacher, the student will have a positive emotional experience, work

harder to overcome various difficulties, and transform the ideological and moral cognition into practical action.

2.3. The Positive Function of Positive Emotion in Strengthening Belief in Ideological and Political Education Teaching

Belief is the basis for people to form lofty ideals, is the concentrated embodiment of world outlook, outlook on life and values, and is the spiritual pillar and source of strength for engaging in all social practice activities. In real life, individuals always analyze problems, evaluate things, choose attitudes and behaviors according to the values and norms followed by their own beliefs. In the process of ideological and political education, belief can integrate ideological and moral needs, will and cognition and transform them into actual ideological and moral behaviors. Among them, emotion is the intermediary of this transformation process. The information of ideological and political education has vitality only through the personal experience and positive experience of the educational object, and the generation of ideological and moral beliefs can be based on. On the one hand, the positive emotion can make the educational object identify with the educator and approve the idea she imparts; On the other hand, it can also make the educational object actively and consciously integrate the receiving object, forming a psychological field of voluntary acceptance and conscious internalization, so that the receiving activity has internal power and is constantly consolidated. Ideological and political education can further transform cognition into belief only by bringing real and positive emotions to the educational object.

2.4. The Positive Function of Positive Emotion in Behavioral Activation in Ideological and Political Education Teaching

The purpose of ideological and political education is not only to make the educational object realize the internalization of educational information, but also to make the educational object form a stable ideological and moral quality that meets the requirements of society, and then externalize it into ideological and moral behavior. In this process, emotion is the internal driving force to promote the behavior, and plays a role in driving the organism to take action. Positive emotions help to enhance the effectiveness of behavioral activities and improve the education activities, the positive emotional experience generated by the educators in the process of education can promote the internalization of ideological and moral character. Through the role of internalization regulation, the educational objects can identify with the information of ideological and political education, and transform the external social requirements into internal personal wishes through the role of will, so as to realize the self-discipline and implementation of ideological and moral behavior.

3. The Methods and Paths of Positive Emotion in Ideological and Political Education and Teaching

The positive functions of positive emotion in ideological and political education, such as cognitive driving, will enhancement, belief strengthening and activation, provide a good driving force for the realization of the goal of ideological and political education. We must fully respect and

make use of its positive role, explore the method and path of the integration of ideological and political education and teaching with positive emotion, and achieve the preaching and teaching to solve doubts.

3.1. Rational Use of the "Emotive" Teaching Method

Diffusivity is one of the basic attributes of emotional emotion, also known as infectivity, which is what we call "resonance". The diffusivity of emotional emotion indicates that an individual's inner psychological condition manifested by external signals such as speech, expression and action can affect the emotions of others. This requires ideological and political educators to be emotional, through the positive emotions to infect the education objects, and make some of the positive emotions of the education objects to infect all the educators, so as to achieve good educational effects. First of all, it is emphasized that teachers should first "enter the situation" in teaching, and have an unwavering belief in the ideals, beliefs, outlook on life and values contained in the educational content. If the educators lack the persistent pursuit and firm belief in the educational content, they will simplify the classroom teaching into the textbook and oral information transmission. Only the teacher's voice and emotion, full of passion to teach their own deeply believed and loved content, in order to maximize the infection of students, so that students and the rich emotions contained in the teaching content resonate. Skillfully use emotion to bring in and true feelings, so that students can enhance the emotional identification of knowledge and theories. Secondly, the positive emotions such as care and respect generated by the teachers of ideological and political theory courses are the prerequisite for the establishment of a good ideological and political education relationship. As Marx pointed out: "If we now assume that man is man, and that man's relation to the world is a human relation, then you can only exchange love for love, trust for trust, and so on. The establishment of a good teacher-student relationship is a catalytic force in the content of students' education. Only by influencing students hearts with sincere emotions can teachers make positive emotions become powerful internal driving force and produce expected ideological, moral and behavioral habits.

3.2. Create Ideological and Political Education Teaching Situation

In combination with the social life world, create vivid, vivid and positive emotional teaching situations. Through heuristic and conversational teaching, students can arouse positive emotional resonance, stimulate learning motivation, cultivate learning interest, and promote the formation and development of students "perception, memory and imagination ability. It can be carried out by showing the situation with life, demonstrating the situation with objects, reproducing the situation with pictures, rendering the situation with music, experiencing the situation with performance, and describing the situation with language. For example, when explaining patriotic content, the way of "blood emotion" can be adopted: teachers use multimedia to show students the photo of "a three-year old Syrian boy who was killed", and at the same time, it is accompanied by soothing background music with light sadness. Along with the music, the story is told gently: In order to avoid the war in Syria, Hans and his family unfortunately sank in the process of fleeing. A few days later, his small body was washed up on

the beach by the waves, and only his father survived... While we are still angrily complaining about the many disharmony and injustice in society, there are still some people in this world in the artillery smoke and terrorist attacks. watching their homes everywhere destroyed, living like refugees...Country, country, where there is a country, there is a home. Let us enter today's theme -patriotism- with a grateful heart." Taking "blood emotion" as the entry point of patriotism education and guiding "family and country feelings" is easy to stimulate students emotional impulse, so as to further stimulate higher level patriotism emotion, obtain personal positive emotional experience, fully understand theoretical knowledge and successfully internalize.

3.3. Innovate the Ideological and Political Theory Teaching Model

In view of student's resistance to ideological and political theory courses, thinking that the theoretical knowledge content is inconsistent with the real life, and the learning mood is not high, teachers need to innovate the ideological and political theory teaching mode, listen to students' opinions more, start from the perspective of students, and adopt the way that students are pleased to hear. By closely combining the boring theoretical content with the current big data, Internet and artificial intelligence, and expressing it vividly. Specifically, it can be combined with the current hot content, dig out the theoretical knowledge of ideological and political education contained in it, and teach it to students in the way of case or scene reproduction, Make full use of the current popular new media, we-media and other social software to assign homework content to students, so that students can act as teachers. Students make use of their own understanding of the problems left by the teacher, explain them in class, and then the teacher corrects them. In this way, students can accept ideological and political theories in a way that they are willing to accept. This is the use of positive

emotions to carry out ideological and political theory teaching, improve students interest in learning, will let students actively accept ideological and political education.

Positive emotions can affect all aspects of individual study and life. Ideological and political theory teaching can ultimately guide students to establish correct values by telling ideological and political stories. Fully understanding and reasonably using positive emotions and applying them in ideological and political education teaching can undoubtedly help students solve their puzzles, guide students to correct behaviors, cultivate students correct moral concepts and value orientation, and improve students' sense of responsibility and self-discipline, so that they can objectively understand the current situation and change their own psychological state when facing difficulties. To solve the current problem with positive emotions.

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