

## Research Article

# Influence of the Integration of Aesthetic Education by Zhu Xi's Neo-Confucianism on the Ideological and Political Education and Internalized Psychology of College Students

Songlin Chen 

*International Sinological Research Center, Shandong University, Jinan City 250100, China*

Correspondence should be addressed to Songlin Chen; 201820185@mail.sdu.edu.cn

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The purpose is to study the influence of Zhu Xi's neo-Confucianism on the ideological and political education (IPE) of college students. Firstly, the aesthetic connotation of Zhu Xi's Neo-Confucianism is studied. Secondly, an interview is performed with teachers of the IPE course in a university in Xi'an, and a questionnaire survey is conducted on some students of the IPE course in the school. It aims to investigate the current situation of college students' IPE, and the impact of integrating aesthetic education into IPE of college students on the improvement of students' overall quality and internalized psychology. Finally, the reasons for this situation are analyzed and solutions are given. The survey results reveal that the aesthetic education thoughts based on Zhu Xi's neo-Confucianism are integrated into the construction of college students' internalized psychological mechanism, and most students think that their mental health status has changed a lot. The proportion of boys who choose "improved" is 57.95%, and the proportion of girls is 53.45%. The aesthetic education is integrated into the IPE of college students, and the proportion of students who think "no effect" after integration and before integration has decreased by 2.01%. The proportion of the number of people who chose the three indicators of "increasing the innovation of teaching methods", "advancing aesthetic ability", and "improving the effectiveness of ideological education" increased by 5.88%, 5.5%, and 3.98%, respectively. It demonstrates that the effect of IPE on college students has been greatly improved after integration into aesthetic education.

## 1. Introduction

Ideological and political education (IPE) is an important way to cultivate and develop innovation ability and realize the all-round development of people. The purpose and destination of IPE are to realize the comprehensive development of human beings. Human development is a vital symbol of social progress, the fundamental purpose and value orientation of IPE in colleges and universities, and a momentous part of Marxist theory. Therefore, IPE takes people as its work and research objects and regards improving the comprehensive quality of college students and promoting their all-round development of morality, intelligence, physique, and beauty as a sacred duty. Muzyka, et al. [1] proposed that aesthetic education, as an important component of college students' comprehensive quality edu-

cation, plays a significant role in college students' IPE and has a great impact on the internalization psychology of college students. Hong [2] pointed out that Zhu Xi, as a master of neo-Confucianism in Song (960 AD-1279 AD) and Ming dynasties (1368 AD-1644 AD) and also a great philosopher, thinker, and educator. The system he established and the perfect moral education system had a profound impact on later generations. Liu [3] represented that aesthetic thoughts based on Zhu Xi's neo-Confucianism had a far-reaching impact on the artistic creativity and literary and artistic fashion of the aesthetic consciousness of the Chinese nation at that time and later generations. Zhang, et al. [4] regarded it as a peak in the development of Chinese classical aesthetics, which profoundly and directly promotes the theoretical construction of traditional Chinese aesthetics. Tan [5] showed that aesthetic thoughts in Zhu Xi's neo-

Confucianism are like a rich mine, and the profound and extensive artistic connotations are worth investing more energy and time in digging and researching. Song [6] manifested that integrating this philosophical and speculative aesthetic thought into the daily IPE and psychological education of college students has a great impact on the overall aesthetic thoughts, personality charm, and good psychological quality construction of college students. It is beneficial to master the educational theory and practice of feudal society. It has important theoretical significance for promoting and inheriting the moral education thought in the traditional field of China, and developing the IPE that learns from the past and serves the present.

Wang [7] pointed out that to build a satisfactory theory that makes ideas come true, Zhu Xi explained how self-deception is formed, which is a profound problem that puzzles many philosophers. In the opinion of Steven Chu, cognition can be divided into two categories: transcendental cognition and empirical cognition. According to Zhu's standard definition of self-deception in college students, a theoretical model of self-deception is constructed to explain the three possibilities of self-deception. In addition, a better understanding of Zhu's concept of self-deception can open a fruitful way to further study his metaphysics and moral psychology. Arghirescu [8] proposed two comparative hermeneutics of Song dynasty commentaries on the classic "The Mean". They also put forward a new Song dynasty view for this text, which was the common view of the neo-Confucian School and the Zen School. It focused on emotions and the view of "the interdependent self". Liang and Yu [9] indicated that contemporary aesthetic education is one of the educational methods under the contemporary cultural system, including contemporary educational ideas, methods, and artistic countermeasures. Teachers under contemporary aesthetic education should assume the responsibility of improving their artistic literacy in this process, express differences by perceiving life, and reshape aesthetics by adjusting themselves. Khudoinazarovich [10] demonstrated that judging from the expediency of using Bukhara folk songs in students' spiritual and aesthetic education, it is very important to pay special attention to thought, educational orientation, and teaching content. This research can provide new ideas for aesthetic education and IPE.

By using methods of literature research and questionnaire, the aesthetic education of Zhu Xi's neo-Confucianism is studied, and the current situation of IPE of college students is investigated. The innovation lies in the integration of aesthetic education into the IPE of college students, which greatly improves the comprehensive quality of college students and their mental health.

## 2. Materials and Methods

*2.1. Aesthetic Education Based on Zhu Xi's Neo-Confucian.* Reichenbach [11] pointed out that Zhu Xi, as a famous thinker in Chinese history, was the master of neo-Confucianism in the Song and Ming dynasties and the most prestigious educator in the Southern Song dynasty (June 12, 1127-March 19, 1279). He has been enthusiastic about edu-

cation all his life, tirelessly teaching apprentices, and has made great achievements in educational thought or practice. Huang and Vrhovski [12] proposed that Zhu Xi's neo-Confucianism is a philosophical concept of neo-Confucianism, a philosophy of joining the world, a philosophy about social development and all things in the world. It is human-centered, and "Neo-Confucianism" is the highest norm of human society. It is also the highest realm of life that human beings long for, and it is spiritual. He has been engaged in teaching activities for a long time, carefully compiled a variety of teaching materials, cultivated many talents, and made great contributions to the education of the academy. His educational thoughts are extensive and profound, which has had a great and far-reaching impact on the development of education at that time and in later generations. The essence of Zhu Xi's neo-Confucianism is to strengthen the "the three cardinal guides and the five constant virtues" and publicize "feudal ethics and asceticism". Feudal ethics are taken "the three cardinal guides and the five constant virtues" as the core. Asceticism refers to the problem of "the heart", which is the heart obsessed with desire. Regarding the method of moral education, Zhu Xi denoted the following five points: ambition, perseverance, patience, reflection, and practice. These opinions of Zhu Xi have already involved some basic issues in moral education, such as the transformation of moral cognition into moral action, the moral behavior accepting the guidance of moral cognition, and the examination of the correctness of moral cognition. The development process of neo-Confucianism in Song and Ming dynasties represented by Zhu Xi is shown in Figure 1:

Zhu Xi's philosophical system contains the theory of artistic beauty. He believes that beauty is the unity of the form of beauty and the kindness of morality. Based on this view, Zhu Xi discussed the problems of literary and quality, literary and Taoism. Krasovska, et al. [13] thought that the harmony and unity of literary and quality, and literary and Taoism are perfect. Zhu Xi also talked about the issue of music many times. He linked music with etiquette and maintained the fundamental spirit of neo-Confucianism by integrating music into etiquette. Zhu Xi's resolution of the relationship between "literary" and "Taoism" surpassed that of his predecessors in philosophical speculation. His research on "The Book of Songs" and "The Songs of Chu" also often shows keen aesthetic insight. Ikhtiyorovna [14] expressed that aesthetic education is higher than art education. It is a process of teaching and guiding students to discover, integrate and apply beauty. As a great success of neo-Confucianism, "moral practice" is undoubtedly the core proposition of his neo-Confucianism. Zhu Xi believed that in the process of literary and artistic creation and appreciation, a state of Modesty" must be maintained, so that "neo-Confucianism" can be identified. Sergeeva, et al. [15] indicated that in this state, people's hearts are not only highly vigilant, but also lively and open. People's perception, imagination, emotions, reason, etc. will be in the most comfortable state, and will have the sharpest perception of the outside world. Unconsciously, there will be some beautiful associations and feelings about the natural and human that

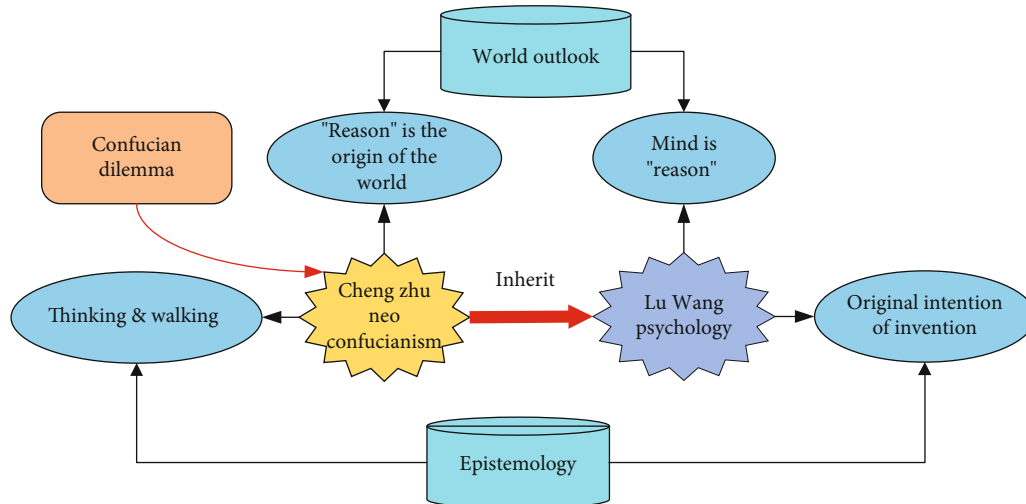


FIGURE 1: Composition of the structure of neo-Confucianism in Song and Ming dynasties.

can shake the temperament of the outside world, so that an aesthetic mental state will be formed.

*2.2. The Integration of Aesthetic Education into IPE of College Students.* Ho [16] believes that for college students, aesthetic education is based on the yearning for beautiful things. The purpose is to enable college students to actively pursue the improvement of their own self-cultivation and comprehensive quality, as well as the shaping of their own personalities. Jinyan [17] proposed that this kind of aesthetic education should be a continuous, long, meticulous, free and subjective training process, rather than a generalization. Ultimately, it is a modern educational form in which the group of college students gradually completes self-awareness and the common development of multiple aspects is the main purpose. It has the characteristics of image, emotion, and pleasure, etc. Liu [18] considered that the main purpose of IPE is to change college students' perception of the world through the two teaching subjects of educators and educates, based on social needs and according to their individual spiritual development needs, to guide their consciousness and behavior. Wang [19] thought that IPE has a certain impact on college students' world outlook, outlook on life and values, and can help college students grow physically and mentally. By appreciating and feeling the natural and artistic beauty in life, aesthetic education can cultivate college students' cognition and appreciation ability of beauty by appreciating and feeling a natural beauty and artistic beauty in life. In the process of establishing the three views of college students, a unique and correct concept of distinguishing between good and evil, beauty and ugliness is formed. Therefore, analyzing the connotation of aesthetic education and college students' IPE and finding the unity of the two can effectively promote the implementation of college students' IPE.

Zheng, et al. [20] deemed that aesthetic education and college students' IPE are essentially interlinked, that is, the relationship between beauty and goodness, which has been a hot topic for scholars since ancient times. Many scholars

hold that the cognition of beauty and goodness can be compared to the relationship between form and content. For example, in a beautiful painting, beauty is the visual beauty presented by the combination of different color lines in the work, and goodness is the inner feeling that the painting can bring to the viewer. The internal relationship between the two can be visually expressed as shown in Figure 2.

Figure 2 portrays that aesthetic education and IPE for college students are inherently connected. In the process of education, college students use the form of beauty to express the content of goodness. Using the content of aesthetic education in IPE can help students improve their appreciation ability so that students can discover the beauty of life in time and establish a correct aesthetic taste. From the perspective of realistic aesthetics, aesthetic education is more about cultivating college students' ability to appreciate and create beauty. The final goal is to help them establish a correct aesthetic concept. One of the goals of IPE is to cultivate the three views of college students, among which the composition of the worldview contains aesthetics and is largely influenced by aesthetics. Therefore, the two are also unified in the final goal. The schematic diagram of the relationship between these dimensions is displayed in Figure 3:

Since aesthetic education plays a vital role in the IPE of college students, in the process of daily education and teaching, teachers should pass on Zhu Xi's neo-Confucianism of aesthetic education to students intentionally or unintentionally, so that students can be subtly influenced by this kind of aesthetic education in the process of receiving the content of the IPE course itself, and then improve their aesthetics. If you want to really integrate aesthetic education into the teaching of IPE in colleges, you also need to investigate the current situation of aesthetic education in colleges and universities, to increase the effectiveness of aesthetic education in college students' IPE.

*2.3. Questionnaire Survey.* An interview is conducted with a teacher of an ideological and political course in a university in Xi'an, and a questionnaire is conducted on some students

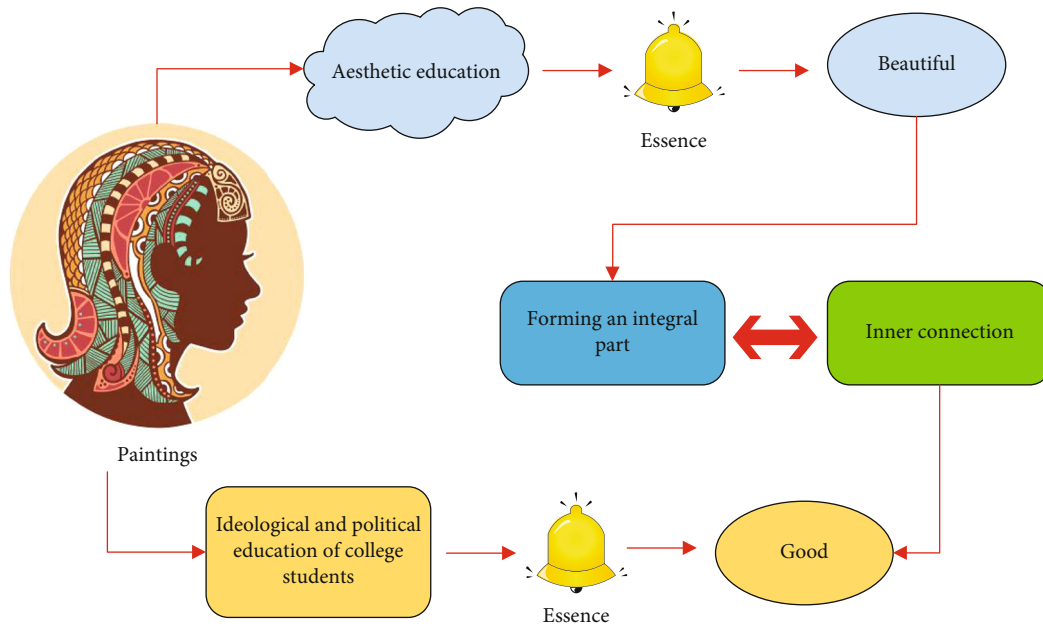


FIGURE 2: The schematic diagram of the essential relationship between aesthetic education and IPE of college students.

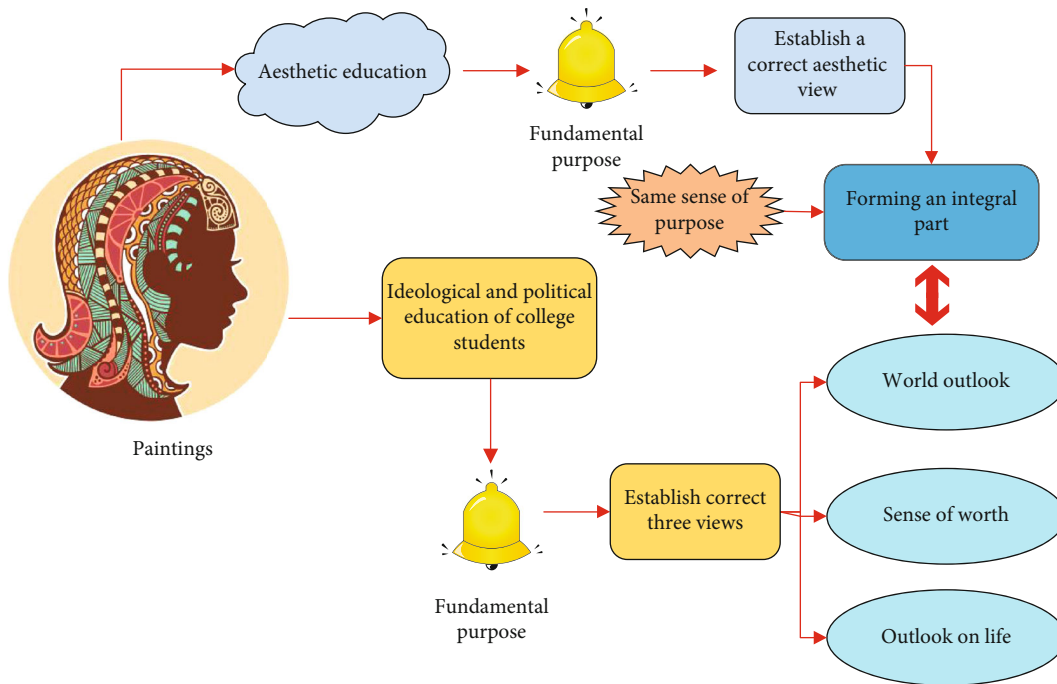


FIGURE 3: The schematic diagram of the goal relationship between aesthetic education and college students' IPE.

who take the ideological and political course as an elective in the school. The purpose is to understand the shortcomings of IPE in educating people, the reasons affecting the effect of education, how to combine with aesthetic education to better play the function of educating people in the student group, and other issues. These have been investigated, trying to find a solution.

Questions 1 to 6 are the basic information in the design of the questionnaire. Questions 6 to 12 are the cognition of

college students on the educating function of aesthetic education. Questions 13 to 17 are surveys on the combination of aesthetic education and IPE of college students. Questions 18 to 25 are suggestions for assisting the development of aesthetic education in IPE. A total of 823 questionnaires were distributed, 56 invalid questionnaires were eliminated, and a total of 767 valid questionnaires were recovered, with a recovery rate of 93.2%. After the questionnaires were collected, SPSS 22.0 was used for reliability and validity

analysis. The Cronbach's alpha values were all above 0.9, indicating good reliability, and the Kaiser Meyer Olkin (KMO) value index was greater than 0.6, illustrating good validity and all met the requirements. According to the results of the questionnaire, corresponding measures are taken to improve and dynamically observe the teaching work of IPE in the university.

*2.4. Influence of Aesthetic Education on IPE and Internalized Psychology of College Students.* The post-95s and post-00s are the main groups of college students. Because of the complexity of the online world and the invasion of bad thoughts in the information age, college students' thoughts are no longer monolithic. They are prone to the phenomenon of quick success, extreme, depression and other unhealthy psychology, and low internal comprehensive quality. As a vital way of IPE for college students, aesthetic education is more easily accepted by students and has achieved certain results. The impact of aesthetic education based on Zhu Xi's neo-Confucianism on students' IPE and internalized psychology is also gradually diversified. Internalized psychology is an internal psychological effect gradually established by students under external influence. Once formed, it plays a key role in personal growth and development.

Firstly, the comprehensive quality of college students can be improved through aesthetic education. The construction of a perfect personality and aesthetic education is inseparable. Aesthetic education runs through every aspect of moral, intellectual, and physical cultivation. In the process of moral education, aesthetic education is the basis for cultivating good quality. For example, when appreciating paintings with the theme of gratitude, students will unconsciously reflect on themselves, stimulate students' gratitude, take people or things around them seriously, and thus establish a good quality. In the process of physical and mental cultivation, aesthetic education can help students to release their minds and bodies through the process of cultivating students' sentiments and delighting their hearts, thereby promoting healthy development.

Secondly, aesthetic education can cultivate the unique personality of college students. The establishment of aesthetics itself is a psychological construction process with personality. Even if it is the same object, because of individual differences among students, different aesthetic feelings will be generated. Traditional IPE is easy to solidify students' thinking. After integrating into aesthetic education, students can fully understand themselves, break the unified model, and reduce the probability of assimilation. It can help students break through the limitations in self-personality, ability, and internalization psychology, and form an aesthetic concept with personal color. For example, let students create paintings with the same theme. During the process of students presenting various forms of works, it is a process of two-way feedback and communication from creators to works. In this way, it is able to mobilize the subjective initiative of students and infiltrate personal subjective awareness and personal preferences into the works, which can not only promote the personality development of college students but also have an effect on IPE.

Thirdly, aesthetic education also can increase the teaching interest of IPE. By means of multimedia projection and graphic display, the sensory stimulation of students can be increased, which can not only allow them to truly appreciate the charm and value of aesthetic education but also adopt a correct attitude towards ideological and political courses, killing two birds with one stone. Taking the successful teaching case of Guo Chen, a senior lecturer of Marxist Ideological and Moral Cultivation and Legal Fundamentals at Fudan University, her teaching method has made the original boring teaching class lively, interesting, and highly personal. The beautiful speech and in-depth teaching content have greatly enhanced students' interest in ideological and political courses and even changed their views on life and values.

Finally, college students are a young group whose self-awareness has changed from awakening to maturity. Their way of understanding the world has changed from objective to subjective. The development of self-awareness affects the mental health of college students. Internalized psychological mechanism refers to the psychological process in which an individual, as an important member of society, not only abides by the social norms used to constrain individual behavior, but also voluntarily takes these norms as their own value norms. In the process of establishing their own three views, college students have a direct impact on the internalization psychological mechanism. Aesthetic education can help college students through continuous learning, actively master knowledge and experience accumulation to complete internalization. Social requirements are taken as the basis for judging their own value and behavior and form a healthy psychological mechanism.

*2.5. Reasons and Solutions for the Poor Effect of IPE on College Students.* The questionnaire above demonstrates that colleges and universities themselves and college students do not have high cognition and attention to aesthetic education. Although many students take that the integration of aesthetic education has a great effect on IPE and mental health development, the school has no clear requirements for the development of students' own comprehensive quality, and students have no practical plan to improve their comprehensive quality. Besides, aesthetic education and IPE of college students cannot be organically combined in college teaching. Most college teachers fail to integrate aesthetic education into the classroom teaching of ideological and political theory courses very well. As the main body of teaching, teachers' teaching methods and content cannot effectively use the advantages of artistic expressions, such as diversified forms, vivid, interesting and flexible, etc. Even if some teachers introduce similar content, it is limited to some pictures and comics to assist in teaching content, which does not arouse students' interest in learning very well. Moreover, the training system of art education that is conducive to the effectiveness of IPE in colleges and universities is not perfect. Essentially, China's examination-oriented education system does not match the ultimate goal of college student talent training. From ancient times to the present, China's art education has made continuous progress, especially in aesthetics in Zhu Xi's neo-Confucianism, which reached its peak in the

Song and Ming dynasties. Even if there are such excellent resources to learn from, some teachers still think that it is of little significance for college students to popularize aesthetic education. This cognitively ingrained teaching thought and solidified teaching mode restrict the development of aesthetic education in the cultivation of comprehensive quality of college students. Another reason is that the artistic atmosphere of colleges and universities is not strong enough, and the environment has a subtle influence on a person's establishment of three views. The construction of aesthetic education includes the construction of spiritual civilization on campus, the practice of art education and the investment of educational resources, which require the joint efforts of schools, teachers, and students to achieve good results.

Therefore, to improve this situation, it is first necessary to improve the awareness of the subject and object of IPE's cognition of the educating function of aesthetic education. For example, the significance of aesthetic education for the all-round development of college students can be widely promoted on campus, so that students can correctly understand the importance of aesthetic education. Through the establishment of a rich variety of artistic practice activities, aesthetic education elective courses, art lectures, community performances, painting exhibitions, etc., students' enthusiasm to participate in aesthetic education activities is mobilized. Secondly, strengthen the integration of aesthetic education and IPE. The most direct way is to integrate aesthetic education into the IPE classroom. Teachers guide students to take the initiative to think about problems and actively explore by improving their artistic literacy, to improve their comprehensive quality. Meanwhile, the content of IPE is integrated into aesthetic education. The ancients proposed the artistic way of "governing the country with music" to govern the country, which proves the strength of artistic functions. It is also necessary to establish an aesthetic education training system that is conducive to the effectiveness of college students' IPE, and fundamentally change the current situation of low comprehensive quality of college students. Schools need to clarify the education and training goals of college students' aesthetic education, standardize the education curriculum system of college students' aesthetic education, and use modern scientific and technological means to innovate in teaching forms. Finally, it also needs to improve the educational environment of IPE and pay attention to the creation and cultivation of mental health education and aesthetic education environment.

### 3. Results and Discussion

**3.1. Results of College Students' Cognition of Aesthetic Education's Educating Function.** In response to the question "What do you think aesthetic education is important to you", the results of the survey are shown in Figure 4:

Figure 4 indicates that among the surveyed student groups, the proportion of girls who choose "general" for the importance of aesthetic education is as high as 55.34%, and the proportion of boys is as high as 58.47%. Only 12.73% of girls chose "very important", and only 11.96% of

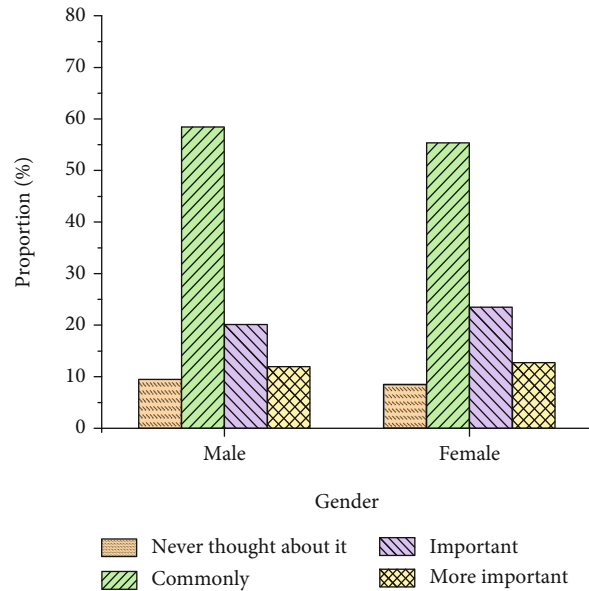


FIGURE 4: College students' cognition of the educating function of aesthetic education.

boys. It shows that some students realize the importance of art education to their own development. However, there are still a large proportion of students who have limited awareness of the educating function of aesthetic education, and even some students have never thought about this issue, and the proportion of boys is higher than girls. It reveals that aesthetic education plays a low role in educating function in the IPE of college students, and students lack artistic accomplishment. It is urgent to change students' cognition of aesthetic education.

The survey results for the question "Your participation in art activities" are shown in Figure 5:

Figure 5 stands for that the indicators on the abscissa represent from left to right: "occasionally", "sometimes", "often", and "never", indicating the active degree of college students participating in various art activities. Among the surveyed student groups, 53.09% of girls and 51.24% of boys chose "occasionally" in art education activities. 11.34% of girls and 10.34% of boys chose "often". It denotes that college students are less involved in the artistic activities of aesthetic education, and they still need to be actively guided.

**3.2. Analysis of the Current Situation of the Combination of Aesthetic Education and IPE for College Students.** The results of the survey on the satisfaction of the IPE of the college students are shown in Figure 6:

Figure 6 represents that among the surveyed student groups, 56.45% of girls and 53.89% of boys chose to be "basically satisfied" regarding their satisfaction with IPE. 18.38% of girls chose "dissatisfied", and 21.38% of boys. It means that most students are not very satisfied with the effect of IPE; there are still many areas for improvement, and there are still many problems in the play of the education function.

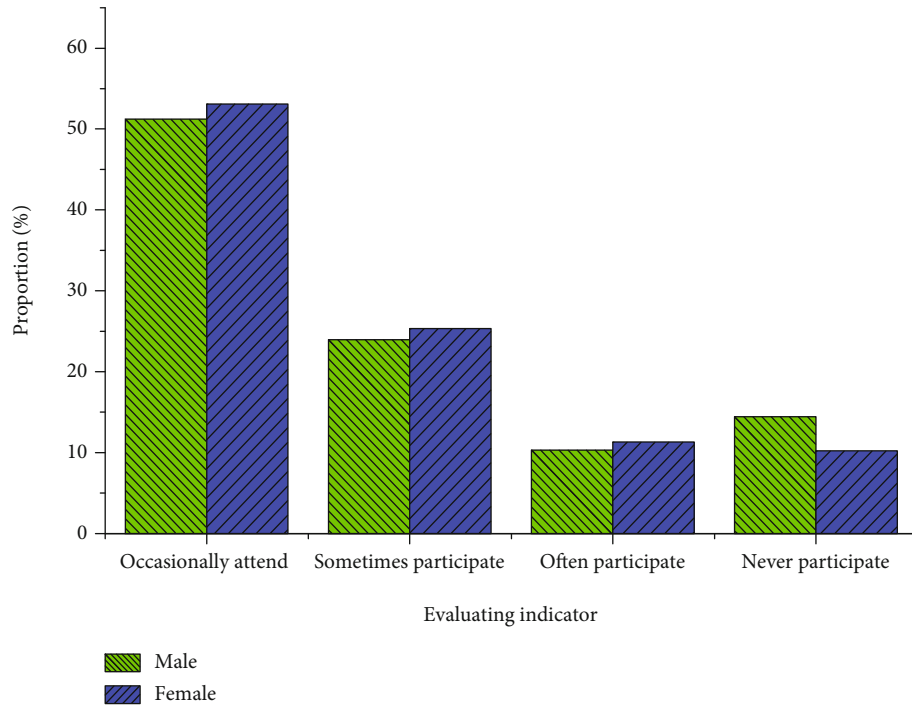


FIGURE 5: Students' participation in various art activities.

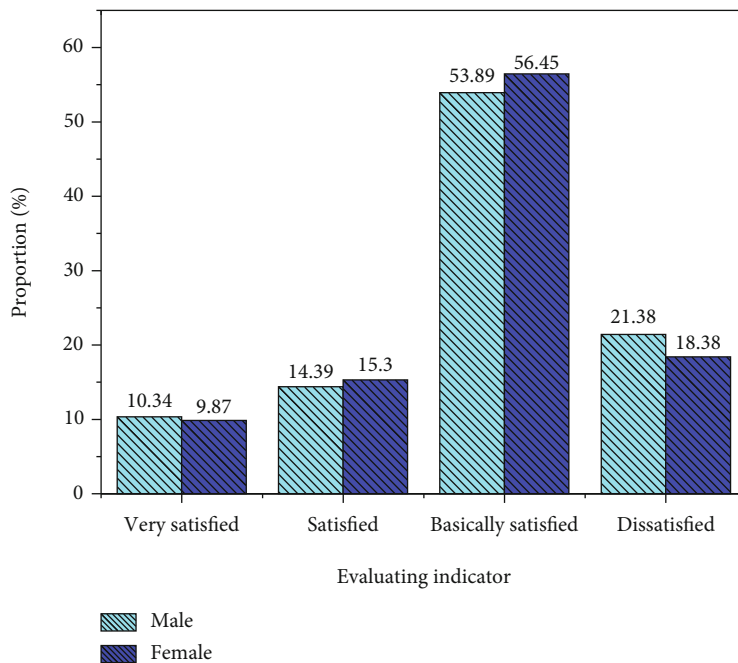


FIGURE 6: Satisfaction of college students with the effect of IPE.

Figure 7 indicates the survey results of the influencing factors that are not satisfied with the effect of IPE for college students.

Figure 7 illustrates that among the surveyed student groups, The influencing factors of students' unsatisfactory IPE mainly include three aspects: "the teaching method is

relatively simple and not innovative enough", "the teaching is too strong and it is difficult to resonate" and "the content is more theoretical and difficult to understand". The proportions are 76.45%, 50.24%, and 50.35% for boys, and 78.12%, 46.34%, and 52.45% for girls. It demonstrates that the proportion of students who choose the teaching method is the

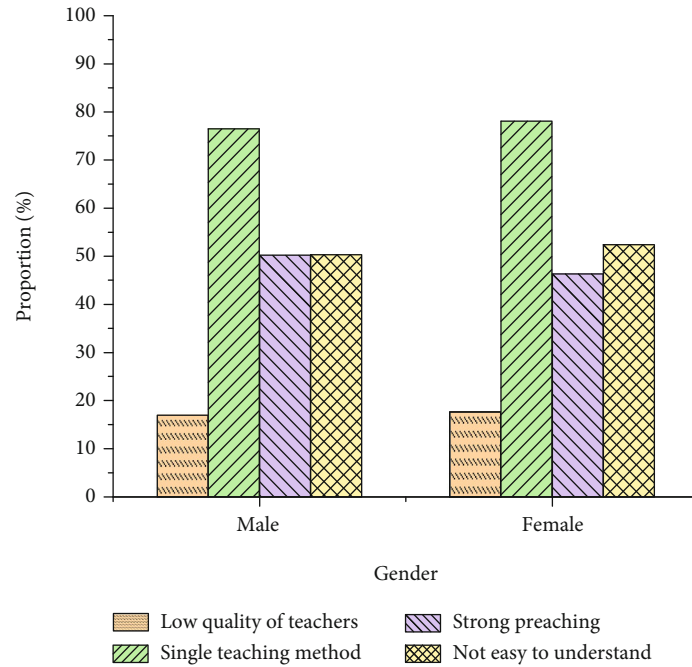


FIGURE 7: Investigation on the influencing factors of college students' dissatisfaction with the effect of IPE.

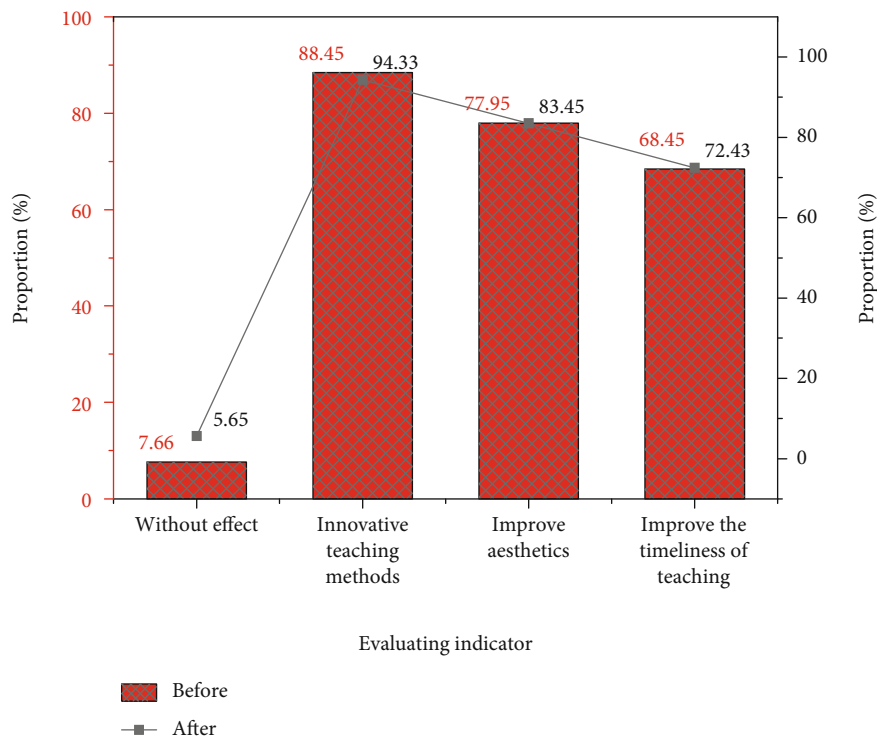


FIGURE 8: The improvement effect of aesthetic education integrating in college students' IPE.

highest, so the IPE of college students needs innovation in both form and content to stimulate students' interest in learning.

A survey of students' attitudes towards "the role of aesthetic education in the IPE of college students" is exhibited in Figure 8.

In Table 1, the attitude of students towards the integration of IPE into aesthetic education reveals that only about 7.5% of students choose "no effect". The three aspects of "increasing the innovation of teaching methods", "advancing aesthetic ability", and "improving the effectiveness of ideological education" are selected, and the proportions are



TABLE 1: College students think that the effect of the integration of aesthetic education into the IPE.

Attitude of students	Boys	Girls
No effect	7.98%	7.34%
Increasing the innovation of teaching methods	88.45%	87.11%
Advancing aesthetic ability”	76.45%	79.45%
Improving the effectiveness of ideological education	67.46%	69.43%

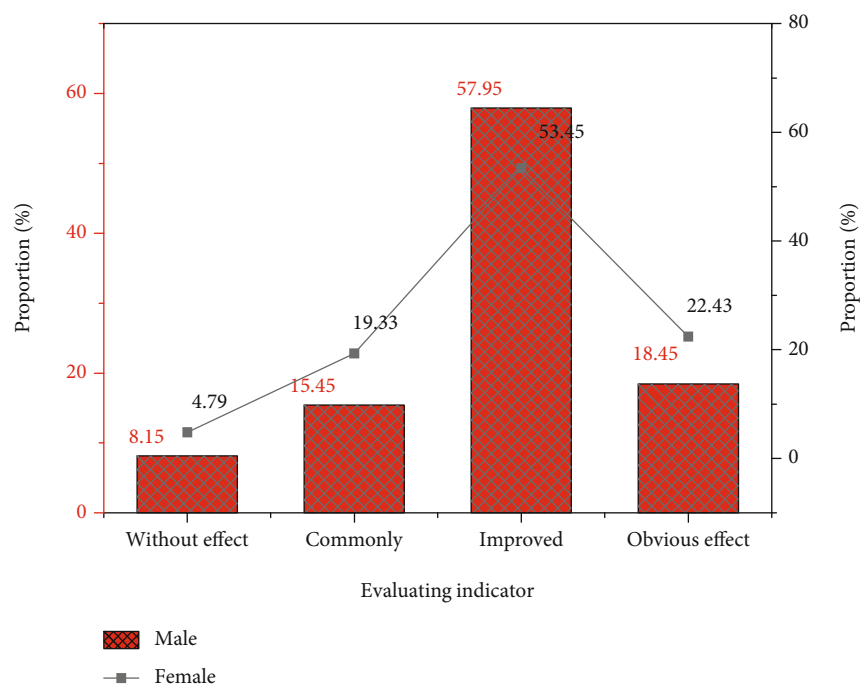


FIGURE 9: The effect of aesthetic education on improving the internalized psychological mechanism of college students.

88.45%, 76.45%, and 67.46% of boys, and 87.11%, 79.45%, and 69.43% of girls. It means that both boys and girls are more accepting of the integration of aesthetic education in IPE, and believe that it can improve the overall teaching method and teaching effect of IPE, and further increase the feasibility of the integration of aesthetic education and IPE.

**3.3. Improvement of IPE and Mental Health of College Students after Integration into Aesthetic Education.** The changes in attitudes in the IPE classrooms of college students before and after integration into aesthetic education are expressed in Figure 8:

Figure 8 manifests that among the surveyed student groups, the aesthetic education based on Zhu Xi's neo-Confucianism has been integrated into the IPE of college students, and the attitude towards the IPE classroom has changed greatly. After and before integration, the proportion of students who think “no effect” has decreased by 2.01%. When choosing the three aspects of “increasing the innovation of teaching methods”, “improving aesthetic ability” and “improving the effectiveness of ideological education”, the proportions increased by 5.88%, 5.5%, and 3.98%, respectively. It indicates that the effect of IPE on college students

has been greatly improved after integration into aesthetic education.

The impact of aesthetic education on the internalization psychological mechanism of college students is revealed in Figure 9:

Figure 9 illustrates that among the students surveyed, the aesthetic education based on Zhu Xi's neo-Confucianism is integrated into the construction of the internalized psychological mechanism of college students, most students think that the mental health status has changed greatly. 57.95% of boys and 53.45% of girls chose “improved”. The proportion of boys choosing “obvious effect” is 18.45% and that of girls is 22.43%. It shows that the mental health status of college students has greatly improved after integration into aesthetic education.

#### 4. Conclusion

The beauty of education, which is the essence and the highest value of education, has the ideology, integrity, and creativity of education. The core issue of education is the issue of cultivating people's subjective initiative, as well as the issue of cultivating people's autonomy, initiative, and

creativity. Aesthetic education of Zhu Xi's neo-Confucianism has research value, and its application in college students' IPE can promote the formation of students' good moral quality. Through the study of Zhu Xi's neo-Confucianism, aesthetic education is integrated into the IPE of college students. A questionnaire survey is performed on the cognition and teaching mode of aesthetic education and IPE among college students, and the improvement suggestions for the current situation of IPE of college students are given according to the results of the questionnaire survey. The survey results denote that the integration of aesthetic education ideas has a positive impact on college students' IPE and mental health. Among the students surveyed, the aesthetic education thought based on Zhu Xi's neo-Confucianism is integrated into the construction of the internalized psychological mechanism of college students, most students believe that their mental health has changed a lot. The proportion of boys who choose "improved" is 57.95%, and the proportion of girls is 53.45%. The proportion of boys choosing "obvious effect" is 18.45% and that of girls is 22.43%. It shows that the mental health status of college students has greatly improved after integration into aesthetic education. However, there are also some shortcomings. For example, the questionnaire is only carried out for a university in Xi'an, and the number of samples is limited. The obtained results need to be further verified in the future, and the proposed improvement measures also need more practice.

### Data Availability

All data are fully available without restriction.

### Conflicts of Interest

The author declares that they have no conflicts of interest.

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