

Exploration on the Application of Positive Psychology in the Management of College Students

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Abstract: In today's highly competitive society, student management in universities not only focuses on students' academic performance, but also focuses on cultivating their comprehensive qualities and positive attitudes. Positive psychology, as an important branch of psychology, can help college students establish a correct outlook on life and values, enhance their confidence and adaptability by studying and applying positive emotions, positive thinking, and positive behavior. This article will explore the application of positive psychology in student management in universities and discuss its positive impact on student development.

1. Introduction

In recent years, college students have faced more and more psychological problems, such as low emotions and excessive pressure. In order to better take care of students' mental health, positive psychology has gradually become a key topic in the management of college students. This article will explore effective methods of applying positive psychology in college student management to help students better adapt to learning and life.

2. Current situation of student management in universities

2.1 Poor emotional control ability of students

The poor emotional control ability of students is a problem that cannot be ignored. In modern society, students are facing increasing learning pressure and various challenges, resulting in great confusion and difficulty in controlling their emotions. And this poor emotional control ability may have a negative impact on students' physical and mental health, academic performance, and interpersonal relationships^[1]. Poor emotional control ability of students may lead to physical and mental health problems. Factors such as learning pressure, family relationships, and interpersonal relationships can all trigger negative emotions among students. If these emotions cannot be handled in a timely and effective manner, it can cause harm to students' physical and mental health. For example, students' inability to control their emotions may lead to symptoms such as insomnia, anxiety, and depression, which in turn affect their learning outcomes and quality of life^[2].

Poor emotional control ability of students can also have a negative impact on their academic performance. When students have high emotional fluctuations and difficulty concentrating, their

learning efficiency will be greatly reduced. In addition, if students lack coping strategies to face difficulties and pressure, they are prone to giving up or falling into negative emotions once encountering setbacks in their studies^[3]. This will make it difficult for them to overcome difficulties and affect the improvement of academic performance. Poor emotional control among students can also have a negative impact on their interpersonal relationships. Students with poor emotional control often become overly sensitive to the words and actions of others, and are prone to impulsive and irritable behavior^[4]. Interactions with classmates, teachers, and even family members may be hindered as a result, leading to students feeling isolated and not understood in social interactions. In this situation, students' development and growth will also be hindered to some extent.

2.2 High academic pressure

Academic pressure refers to the various troubles and oppressions that students face during the learning process. In the fiercely competitive environment of today's society, students are facing increasing learning tasks and exam pressure, which makes academic pressure a real problem for many students^[5]. Students need to complete a large amount of course assignments, reading materials, and study notes, which often require a limited amount of time to complete. At the same time, the school will also organize various exams, which requires students to invest a lot of time and energy during the preparation period to meet the challenges. The accumulation of these academic tasks and the tense preparation arrangements undoubtedly increase the pressure on students^[6].

In modern society, achieving good grades is widely regarded as one of the important ways to achieve success. Students often need to put in more time and effort than normal in order to achieve outstanding academic results. The high pressure of final exam scores, the competitive pressure of entrance exams, and the expectations of parents and society all make students feel immense pressure^[7]. In addition, academic pressure may also arise due to one's own insecurity and internal and external competition. Many students lack confidence in their abilities and performance, fearing that they will not meet their own or others' expectations. At the same time, they also face competition within the class, competing for rankings and rewards. This internal and external competition not only increases the pressure on students themselves, but may also lead to a tense learning atmosphere and strained relationships.

3. The Significance of Positive Psychology in College Student Management

3.1 Cultivating Students' Healthy Psychology

With the continuous development of society, the mental health issues of college students are receiving increasing attention from people. In order to better help students establish a healthy psychological state and cultivate positive psychological qualities, universities are increasingly emphasizing the application of positive psychology in student management. Positive psychology is a discipline dedicated to studying how individuals achieve happiness and success^[8]. In terms of student management in universities, positive psychology can help students establish positive attitudes and values, enhance their confidence and self-esteem. By cultivating students' positive psychological qualities, their adaptability and stress resistance can be improved, enabling them to better cope with various learning and life challenges^[9].

Universities can offer courses in positive psychology or organize relevant psychological training. Through these educational activities, students can understand the basic principles and methods of positive psychology and learn to apply them to their daily lives. For example, students can learn to think positively, cultivate an optimistic mindset, and better face difficulties and setbacks. In addition, universities can also organize interactive activities to encourage students to improve their

psychological quality through communication and cooperation with others.

When students face difficulties, universities can provide positive psychological counseling services. Psychological counselors can listen to students' troubles and confusions and provide positive guidance and advice. Counselors can help students find solutions to problems and encourage them to face difficulties with a positive attitude. Through psychological counseling services, students can receive timely support and assistance, thereby better solving psychological problems and maintaining good mental health. Schools can establish positive psychology clubs or clubs to provide students with a platform for communication and sharing. Schools can also organize some positive psychological activities, such as psychological lectures, mental and physical health lectures, to help students understand the importance of positive psychology and encourage them to actively participate.

3.2 Improving Students' Psychological Quality

With the development of society and the advancement of educational reform, universities have increasingly attached importance to students' psychological quality. As an important part of student management in universities, positive psychology has played an important role in improving students' psychological quality. Firstly, positive psychology emphasizes the strengths and potential of individuals. In the management of college students, we should pay attention to their strengths and potential, and improve their psychological quality by cultivating their self-confidence and self-esteem. By encouraging students to have the courage to try new things and challenge themselves, we enable them to discover and develop their own strengths, thereby enhancing their psychological resilience and adaptability.^[10]

Secondly, positive psychology emphasizes the cultivation of positive emotions. In the management of college students, we can enhance their psychological quality by encouraging them to cultivate positive emotions, such as optimism, confidence, and good expression. By encouraging students to actively face difficulties and challenges, we help them establish correct values and outlook on life, thereby cultivating a positive and upward mindset and emotions. In addition, positive psychology emphasizes the pursuit of flow experience. In the management of college students, we can provide suitable learning environments and teaching methods to enable students to experience flow of mind during their learning. Flow experience refers to the psychological state in which an individual is fully engaged, motivated, and immersed in an activity. By cultivating students' interest and enthusiasm for learning, enhancing their learning motivation and initiative, and thereby enhancing their psychological quality.

Finally, positive psychology emphasizes the importance of social support. In the management of college students, we should provide them with sufficient social support, including support from family, classmates, and school. Positive psychology believes that social support can alleviate students' stress, increase their sense of happiness and self satisfaction, and enhance their psychological quality. Therefore, universities should establish a sound student care system, provide psychological counseling and counseling services, and help students solve problems and troubles. Positive psychology plays an undeniable role in the management of college students. By focusing on students' strengths and potential, cultivating positive emotions, pursuing flow experiences, and providing social support, we can enhance their psychological quality and enable them to grow healthier and happier in their studies and life. Universities should actively introduce the concepts and methods of positive psychology, build a good system of student mental health education, and provide strong support for students' growth and success.

3.3 Promoting Healthy Growth of Students

In recent years, the mental health problems of college students have become increasingly

prominent, such as anxiety, depression, and inferiority complex. In order to promote the healthy growth of students, university management departments should introduce the concept of positive psychology and provide more comprehensive psychological guidance and care. The following will elaborate on the important role of positive psychology in student management in universities from three aspects. One is that positive psychology emphasizes the development and utilization of psychological resources. Compared to traditional psychology that focuses on the correction of psychological problems, positive psychology focuses more on the cultivation of individual potential and advantages. College students are a group full of vitality and potential, and they need a scientific and reasonable guidance to develop and utilize their psychological resources. Through the method of positive psychology, students can better discover their strengths and strengths, and transform them into positive motivation and creativity, promoting their comprehensive development.

Thirdly, positive psychology emphasizes the establishment and development of interpersonal relationships. Interpersonal relationships are a very important part of students' growth process, and good interpersonal relationships can provide support and constructive influence for students. The student management department in universities can help students establish healthy and positive interpersonal relationships by conducting relevant activities and providing social training. In addition, positive psychology also emphasizes the importance of listening and communication. Management departments can provide students with an open and inclusive communication platform, allowing them to have the opportunity to express their thoughts and feelings, and enhancing mutual understanding and respect.

4. The Application Strategy of Positive Psychology in College Student Management

4.1 Transforming Teaching Concepts and Improving Teachers' Professional Literacy

In recent years, with the deepening of educational reform, the management of college students has faced new challenges. How to change teaching concepts, enhance teachers' professional literacy, and introduce positive psychological concepts has become an important issue in the management of college students. The traditional teaching model focuses on imparting and evaluating knowledge, but lacks attention to the comprehensive development of students. Modern student management emphasizes the cultivation of students' comprehensive qualities such as innovation ability, communication ability, and cooperative spirit. Therefore, teachers should shift from "teaching" to "education", from a single knowledge imparter to a guide and promoter for students. They should actively pay attention to the individual characteristics and needs of students, adopt diverse teaching methods, and stimulate their learning interest and potential.

Teacher professional literacy not only includes a deep grasp of subject knowledge, but also research and updates on educational and teaching theories, as well as mastery of related fields such as educational psychology and student management. Teachers should continuously improve their comprehensive qualities, pay attention to the forefront of disciplines and the updates of teaching methods, continuously improve their educational and teaching theoretical system, and enhance their personal educational and teaching abilities. Only with solid professional literacy can teachers better utilize positive psychology in student management work. Positive psychology is a discipline that studies human positivity and happiness, advocating attention to individual strengths, potential, and intrinsic motivation to stimulate positive attitudes and behaviors. Teachers can apply the concepts and methods of positive psychology in student management, pay attention to students' mental health and development needs, and help them establish a positive learning attitude and confidence in the future. By encouraging students to explore their own strengths and potential, we help them establish a correct outlook on life and values, and cultivate good emotional regulation and life skills.

4.2 Improving Education Models and Enhancing Students' Psychological Quality

With the development of society and changes in educational concepts, it is becoming increasingly important to improve educational models and enhance students' psychological qualities. As an important stage in cultivating talents, universities should pay attention to the comprehensive development of students, including the cultivation of psychological health. As a new branch of psychology, positive psychology emphasizes the positive psychological state of individuals, which can provide useful reference for the management of college students. Improving educational models requires starting from aspects such as curriculum design, teaching methods, and classroom atmosphere. The traditional education model focuses on imparting knowledge while neglecting students' emotional needs. Introducing the concept of positive psychology into teaching can help students recognize the importance of positive psychology for personal growth by offering relevant courses or incorporating knowledge of positive psychology into mainstream courses. At the same time, adopting positive teaching methods such as heuristic teaching can stimulate students' learning enthusiasm and creativity, and enhance their learning enthusiasm.

Universities can establish psychological counseling centers to provide support and guidance for students' mental health. By providing psychological counseling and guidance, we can help students address psychological problems and enhance their psychological well-being. In addition, universities can also carry out mental health education activities, organize psychological quality training, and enhance students' psychological resilience and adaptability, so that they can better face challenges and pressures, and better adapt to the needs of learning and life. A positive campus culture can include various positive energy activities, such as volunteer services, public welfare activities, sports competitions, etc., allowing students to cultivate optimism, confidence, and a sense of responsibility through practice. At the same time, creating good interpersonal relationships and a supportive atmosphere on campus allows students to feel a sense of belonging and support, thereby enhancing their positive psychology.

4.3 Building a good teacher-student relationship and understanding students' psychological problems

In order to better meet the needs of students and help them overcome psychological difficulties, positive psychology plays an important role in student management in universities. Positive psychology is a school of psychology that focuses on human strengths and positive emotions. It is committed to improving individual happiness and satisfaction, and helping them fully realize their potential. In the management of college students, positive psychology provides a series of methods and strategies for teachers to promote good teacher-student relationships and understand students' psychological problems. Teachers can establish positive teacher-student interaction through positive psychology methods, which includes paying attention to students' achievements and progress, encouraging students to participate in classroom activities, and providing timely feedback and guidance. Teachers can motivate students to actively participate in learning and cultivate their confidence and motivation. At the same time, teachers should also listen to students' thoughts and opinions, and respect their individual differences. Through active teacher-student interaction, students feel valued and supported, thus establishing a strong trust and cooperative relationship.

Teachers can also use positive psychology methods to understand students' psychological problems and provide appropriate support. College students often face enormous academic pressure and emotional distress, therefore, it is particularly important to pay attention to and understand their mental health status. Teachers can establish good relationships with students, encourage them to share their troubles and concerns, and provide them with effective solutions through the guidance of positive psychology. For example, teachers can encourage students to actively think and face

challenges, cultivate their coping and stress resistance abilities. Managers can organize activities that are beneficial to students' mental health, such as psychological counseling lectures, emotional management training, etc. In addition, managers can also establish mental health counseling institutions to provide psychological counseling services and resources for students. These measures all contribute to improving students' mental health levels and enhancing the connection and cooperation between teachers and students in schools.

5. Conclusion

In summary, the application of positive psychology in the management of college students plays an important role. By guiding students to establish a correct outlook on life and values, cultivating a positive mindset and thinking mode, and providing practical applications such as positive psychological support and training, universities can promote the comprehensive development and growth of students. However, in order to better promote this application, schools need to strengthen the evaluation and promotion of positive psychology, in order to continuously improve the effectiveness and quality of student management work in universities. Therefore, the application of positive psychology in college student management is crucial and deserves further attention and exploration from schools and educators.

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