

# *Exploring the Approaches of Life and Health Education for College Students from the Perspective of Positive Psychology*

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**Abstract:** The paper analyzes the connotation and significance of life and health education for college students, and discusses the feasibility and advantages of positive psychology guiding life and health education for college students from the perspectives of educational essence, value orientation, and research content. On this basis, the paper proposes feasible suggestions from the practical level of constructing a relaxed and positive teaching environment, stimulating positive personality, cultivating positive energy life individuals, and integrating psychological education and life health education organically, in order to promote the development of life health education for college students and improve the quality of life health education.

## **1. Introduction**

In the context of rapid development in society, contemporary college students are facing more challenges and greater psychological pressure. The issue of college students' life and health has also become one of the important educational issues that people are paying attention to at present. Positive psychology has pointed out the path for the reform of life and health education for college students, providing more possibilities for the deep integration and development of mental health education and life and health education.

## **2. The Connotation and Significance of Life and Health Education for College Students**

### **2.1. The Connotation of Life and Health Education for College Students**

Education for Life was first proposed by J. Donald Walters in the United States. With the gradual rise of thanatology as an independent discipline, people's attention to life education has been rising, and scholars and researchers have carried out in-depth analysis and exploration of life education. Life and health education follows the law of life development, launching a series of theoretical and practical teaching activities around social survival and life protection issues. It aims to further stimulate students' potential life matrix, eliminate negative influencing factors and emotions in students' growth, transform these unfavorable elements into growth points, improve the quality and thickness of human life, make life vibrant and energetic, and achieve a high degree of unity between humans and nature. [1]

## **2.2. The Significance of Life and Health Education for College Students**

Life is the origin of everything, the foundation and prerequisite for people to carry out practical activities. Respecting and cherishing life is the key to education, and people continuously stack and add substances on the foundation of life and health to further improve life. Universities need to pay more attention to life and health education while imparting students' knowledge and cultivating their skills. The breeding of life and the subsequent growth of individuals are inseparable from the support of external nutrients, and require the irrigation of growth resources. People have their own unknowns and confusions at different stages of life, facing different problems and challenges. College students' life and health education can effectively solve the constantly emerging confusion and doubts during their growth process, eliminate obstacles on their growth path, fully tap into the individual's life power, stimulate their growth potential, and enable them to wholeheartedly pursue and realize the value of life and realize the meaning of life.

## **3. The Feasibility of Guiding Life and Health Education for College Students with Positive Psychology**

### **3.1. Unity of Education Essence**

Since the 21st century, the focus of education has shifted from focusing primarily on science and technology to putting people first. Education, as the main way to cultivate qualified talents needed by the society, naturally should fully reflect the people-oriented zeitgeist. School education emphasizes that life is the foundation of educational activities; The purpose of education is to improve the quality of life, and mental health education is an educational activity within the scope of school education. School and mental health education are closely related, interdependent, and inseparable. Putting people first emphasizes putting students at the center of teaching activities, understanding their actual needs, meeting their physical and mental development and growth needs, and valuing their emotional experiences. Positive psychology can analyze the life and health issues of college students from a psychological perspective, stimulate their positive and positive emotions from an internal perspective, and meet the needs of their healthy growth. [2] At the same time, it's necessary to carry out health education and bioethics education in the context of the fundamental educational goal of cultivating morality and cultivating people, so as to make contemporary college students aware of the value of life. It is the necessary path and distinctive feature of university education. Only by continuously strengthening life and health education and ethical education, and unifying moral education, mental education, and educating people, can we truly implement the concept of quality education, play the role of quality education, assist students in maintaining their physical and mental health, and ultimately help them thrive. Therefore, positive psychology and life and health education for college students are essentially consistent in education, both reflecting the concepts of quality education and people-oriented education.

### **3.2. Complementary Research Content**

There is a strong internal correlation between life health and mental health, and the combination of them can better exert a comprehensive impact and achieve educational goals. Life health education includes mental health education, which is mainly based on psychology, medicine and kinematics to carry out a series of research around students' development, focusing on students' physical health as well as their mental health. Students' attitudes and perspectives on life can better reflect their understanding and perception of society, nature, and humanities, and are psychological manifestations. Positive psychology also conducts in-depth research from a positive perspective and internally. When there are problems with students' mental health, it will inevitably have an impact on their physical, cognitive, and verbal behavior, leading to students disregarding and disrespecting

life. We cannot simply study one of the factors, as such research clearly has deficiencies. Therefore, in practical teaching and curriculum research, they should be combined for analysis and exploration. Positive psychology research is a theory related to students' life safety and physical and mental health, which can make up for the shortcomings of life and health content; The complementarity between life and mental health education can further improve the content of life education courses in higher education institutions.

### **3.3. Consistent Value Orientation**

Life and health education aims to guide students to form a positive and upward attitude towards life, and to view the difficulties and obstacles in life and learning with a stable and peaceful attitude, perseverance and tolerance; The purpose is to cultivate students to shoulder the responsibility of the times, be able to make a good positioning, clarify their role, and have a sense of social responsibility; The purpose is also to enable students to better adapt to collective life, collaborate with others, and engage in good communication and exchange. The starting point of positive psychology is to stimulate people's positive emotions and potential, enable them to achieve a good life, have a stronger subjective sense of happiness, and enhance their understanding of life in practical activities, comprehend the true nature of life, and cultivate the connotation of life. Positive psychology follows the holistic view of life as its value and explores the meaning of life, aiming to seek the highest level of mental health education. Therefore, life and health education is consistent with positive psychology in terms of value orientation; Psychological health education is an activity that directly faces human life and is the inherent connotation of life growth; Both of them have significant help in shaping students' positive emotions and forging their personality qualities, promoting individual life growth, enhancing life value, and realizing life meaning.

## **4. The Practical Path of Life and Health Education for College Students from the Perspective of Positive Psychology**

### **4.1. Organic Integration of Mental Health Education and Life Health Education**

Firstly, we should establish a curriculum system that integrates life health education and mental health education, so that they correspond and integrate in content and form. In the process of constructing the curriculum system, we should closely focus on the two core issues of "how to live" and "why people live", actively seek commonalities between them, enrich teaching content, and integrate teaching resources. The main theme of integrated courses lies in life education, allowing students to correctly view family, love, and friendship in life education, properly handle interpersonal relationships, and achieve harmonious development and common progress in the four aspects of knowledge, intention, and action. Secondly, we should innovate the working mechanism and teaching methods of life health education and mental health education, and further stimulate students' enthusiasm for learning by carrying out practical activities such as mental health experience activities, holding classic studies, and lectures on life and psychology, relying on multimedia information technology and financial media means, so that students can fully understand life from both microcosm and macrocosm analogy aspects, and explore the source and evolution of life from a broad perspective. The micro level mainly explains the issues of individual growth and development. Teachers can also collect and organize educational documentaries to deepen students' understanding of life.

### **4.2. Building a Relaxed and Positive Teaching Environment**

Firstly, positive psychology has explored the relationship between environment and psychological development, believing that there is a close connection between them. The social

background, living environment, and group characteristics of individuals all have a significant impact on the formation and development of individual qualities. Universities are the main venues for college students to live and study, which directly or indirectly affect the formation of their values and outlook on life. Therefore, universities should create a good campus environment for college students, shape a good campus atmosphere, and strengthen infrastructure construction from every small things perspective, so that college students can feel the vitality and prosperity of business and the tenacity of life. [3] Secondly, university teachers should promptly understand students' psychological demands, appear as listeners, become close partners and friends of students, and answer their questions and doubts. In the process of communication and exchange with students, teachers should gradually carry out life and health education, encourage students to actively explore the essence and significance of life, strengthen the concept of life education, and let students learn to discover the beauty of life from small things, love life, and love life.

### 4.3. Shaping Positive Personality and Cultivating Positive Energy Life Individuals

Firstly, universities should cultivate students' unique view of life and make them aware of the uniqueness of life. Every living entity has its value and significance, and there are shining points. Therefore, students should be inclusive and compatible with each individual, able to view life fairly and objectively, and revere life. Secondly, universities should establish a concept of quality of life. Students should aim for self-improvement, continuously thickening and deepening the weight of life, and improving the quality of life. Students should devote their limited lives to more meaningful social practice and exploration activities, and realize their life value through hard work and struggle. [4] Thirdly, individuals should cherish their bodies and maintain a balanced state of mind, always maintaining a positive attitude and enthusiasm towards life, and nurturing their emotions with positive energy and meaningful content; At the same time, students should actively learn life and survival skills, understand some self-help common sense, master self-help skills, improve their survival ability, possess the ability to self-protection and protect others, and better adapt to society. Fourthly, individuals should establish a concept of transcendence in life. Life is a continuous process of progress, and only in the process of constantly surpassing oneself can one perceive the charm of life.

## 5. Conclusion

A healthy spirit and psychology are not only the core of the functioning of the life system, but also a prerequisite for all educational behaviors. Universities should attach importance to the physical and mental health issues and life health issues of college students, seek a path of life and health education for college students from a positive psychological perspective, enhance their subjective well-being, improve their psychological state, and enable them to have a positive attitude, truly cherishing, respecting, and caring for life.

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