

Prevention and Intervention Pathways of Psychological Crisis in College Students from the Perspective of Positive Psychology

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Abstract: Psychological education, as one of the core components of the comprehensive education and teaching system in universities, is of great significance in preventing student psychological crises, guiding college students to establish positive values, and cultivating their strong psychological resilience and willpower. Psychological crisis, as a serious state of psychological imbalance, if not effectively prevented and guided, can seriously affect the physical and mental health of individuals. Positive psychology focuses on the positive side of human nature, emphasizes the exploration of human potential, and guides people to adopt positive thinking to alleviate inner anxiety and pressure. Therefore, universities can explore the integration path of positive psychology in the mental health education of college students from the perspective of positive psychology, in order to make up for its shortcomings and make students truly feel happy and happy.

1. Introduction

The positive psychology proposed by American psychologist Martin Seligman has led a new trend in psychological research, injecting fresh blood into the traditional psychology community and launching a fresh spring of thought. Positive psychology advocates the use of personal strengths and virtues in science to promote happiness. On the basis of academic research, positive psychology mainly studies happiness, family, work, and love, enabling the public to learn to become moral and rational individuals.^[1] The application of positive psychology to help the public achieve happiness and realize their life values is of great significance for the unity of science and humanities in positive psychology. The expected goals of positive psychology are consistent with the fundamental goals of school education, and positive education derived from positive psychology can be directly applied to the mental health education of college students. Integrating positive psychology into mental health education for college students can help prevent and reduce the psychological emotions of depression and anxiety, thereby helping college students maintain a positive attitude and grow healthily.

2. The connotation of positive psychology

The concept of positive psychology was first proposed by American psychologists and has

attracted the attention of researchers in various fields of psychology as a new research direction and ideological trend. American psychologists believe that positive psychology should fully demonstrate people's natural vitality and aesthetic morality. On the basis of traditional psychological research, positive psychology integrates relevant content of humanism, deeply explores the good qualities in people's hearts, and effectively stimulates their natural potential and life force, thereby promoting the harmonious construction of the world social order. It also enables people to use positive psychology to feel the beauty of life. Positive psychology is not limited to the field of psychology, but also has a certain positive impact and influence on research in related fields, and even has sparked a wave of research on positive psychology on a global scale. Positive psychology is closely integrated with the psychological education work in universities, specifically referring to the transformation of psychological health education and teaching activities in universities from focusing on the prevention of student psychological problems in the past to cultivating students to form positive and positive values and psychological moral qualities, fundamentally promoting the sustainable development of student psychological health. Positive psychology can not only innovate the methods and models of psychological education in universities, but also strengthen the comprehensive ability of the psychological education teacher team, and broaden the teaching perspective and thinking of psychological health teachers. Based on the actual psychological problems of students, take reasonable educational measures to provide them with psychological guidance and assistance.^[2]

3. The advantages of integrating positive psychology into the prevention and intervention of psychological crises among college students

3.1. Positive psychology has the function of stimulating the potential of college students

Positive psychology believes that by stimulating and exploring the inner potential of human development, individuals can feel more beautiful things, which will lead them to develop in a positive direction. The positive qualities emphasized in its theory, such as happiness, confidence, and optimism, are of great significance for individuals to better enjoy life. College students, as the main driving force for social development, are not only baptized in terms of knowledge, but also shaped in terms of personality during their university years. In real life, college students not only face many difficulties from academic, personal development, family, and other aspects, but also need to be constantly vigilant about the impact of psychological problems on themselves. Due to the immature physical and mental development of college students, they tend to adopt incorrect cognitive patterns when dealing with problems, which can lead to negative emotional experiences and further stimulate the possibility of psychological crises. Positive psychology not only does not ignore the negative aspects of individual psychology, but also focuses on and emphasizes the guidance and stimulation of positive aspects. Under the guidance of its core ideology, explore and stimulate the potential positive abilities of individual college students, cultivate their ability to use a positive perspective to discover and analyze problems, help them improve their psychological quality, and enhance their problem-solving ability.

3.2. Integrating Positive Psychology into Innovative College Psychological Education Model

Effectively improving the effectiveness of psychological education in universities from the perspective of positive psychology can also innovate psychological teaching models and activities, fully integrating psychological education in universities with ideological and political education and humanistic education, thereby affecting the integration efficiency of comprehensive teaching work in universities and social development in the new era. Positive psychology is a related concept proposed from the perspectives of humanism, socialist ideology, and diverse development. College

psychological teachers can improve the passive teaching methods and problems in traditional mental health education by conducting research and analysis on them. In addition to paying attention to the psychological problems that students themselves have, they should also actively cultivate rich and positive ideological connotations, and stimulate their potential willpower. Under the guidance of the "student-centered" teaching principle, the educational effect of psychological teaching in universities can also be effectively strengthened. In addition, there are many similarities between psychological education and ideological and political education in universities, which are important innovative points for promoting the sustainable development of the teaching objectives of moral education. Positive psychology can subtly enhance the teaching awareness and philosophy between college psychological teachers and ideological and political teachers, and build a scientific and comprehensive ideological and political psychological education system and system.

4. The causes of psychological crisis among college students in the context of positive psychology

4.1. Family situation

Family situation, especially the situation of the original family, is one of the main reasons for the psychological crisis of college students. One is the family's economic situation. College students from impoverished families or remote mountainous areas are prone to developing feelings of inferiority towards the colorful college life after enrollment. Sensitive and fragile nerves, under the impact of various external stimuli, are prone to feeling distant or even resistant to people and things around them, leading to psychological crisis. The second is the family structure. A harmonious and sound family structure is conducive to the physical and mental health growth of college students. If they grow up in divorced or left behind families, they may lack a sense of security and more or less experience psychological crises. After enrollment, they may show lack of confidence in themselves and distrust of others, making it difficult to integrate into collective life such as dormitories and classes. The third is unexpected family situations. Sudden family changes, especially unexpected incidents involving parents or family members, can have a great psychological impact on college students. College students may experience psychological crises due to temporary inability to accept them.

4.2. Academic pressure

Compared with compulsory education, higher education places higher demands on students in terms of learning requirements, learning content, and learning methods. In terms of learning requirements and methods, students in compulsory education rely more on teachers to impart knowledge, while higher education requires students to independently carry out exploratory learning, requiring students to have the ability to think independently, analyze problems, and solve problems. However, this ability is not necessarily effectively cultivated in secondary school, so some students may encounter problems such as inadequate learning methods and low learning efficiency after entering university, leading to learning difficulties.^[3] In terms of learning content, there is a fundamental difference between compulsory education courses and university courses. University education is a specialized education that requires students to have a high sense of identity with their majors. However, in the actual application process, many students do not understand the majors they have filled out, and it is difficult to cultivate professional identity and interest in learning after entering university, which further increases the difficulty of learning. In addition, the campus culture of universities is rich and colorful, with numerous cultural and sports activities, which distracts students from their time and energy. Some students cannot balance their studies, life, and work well, and cannot allocate their time and energy reasonably, resulting in

excessive academic pressure. ^[4]

4.3. Interpersonal relationship pressure

Before entering university, most students lived with their parents for a long time, with the protection of their families and the companionship of their parents. Their interpersonal relationships on campus were also relatively stable. Universities are vastly different from their previous living environment, and students need to make significant adjustments to adapt to the new environment. Among them, building interpersonal relationships is one of the most important tasks. Good interpersonal relationships are closely related to a person's sense of happiness. However, changes in the environment, coupled with the uniqueness of the physical and mental development stages of young students, make them face more difficulties in interpersonal communication. Young students have a strong desire for social interaction, yearning for friendship and love, and have left their families' protection and parental favor, when students need to face their class or dormitory alone and start independent collective life, some students show difficulty adapting and establishing new good interpersonal relationships and social support systems. In severe cases, interpersonal communication barriers may arise. Some college students, due to a lack of social interaction experience and life experience, lack interpersonal communication skills, and are prone to social anxiety. On the one hand, they lack a sense of trust when interacting with others and are worried about exposing their privacy and weaknesses; On the other hand, they are afraid of meeting strangers, appear awkward and uneasy in public places, lack freedom of speech and behavior, and show a lack of confidence in interpersonal communication. Over time, such students tend to form a sense of isolation from their surroundings, trapping themselves in a closed space where they dare not interact with others but are eager to interact. They are often in a state of loneliness, unease, and conflict, which can lead to psychological crises.

4.4. Employment pressure

China is in a period of economic transformation, with increasingly fierce social competition, and higher education is moving towards a stage of mass development. In 2023, the total number of college graduates in China reached 11.58 million, and the macro employment situation is very severe. Employment pressure has become an important factor affecting the psychological health of college students. Many students feel confused and confused about their future career direction and development after entering their third year of college, often in a contradiction between continuing their education and direct employment. For those who choose direct employment, there are also many considerations regarding what profession to choose in the future and where to find employment. Many students have high employment requirements and narrow career choices, such as choosing to become civil servants, public institutions, state-owned enterprises, etc. as their preferred career choices, and limiting their employment locations to first tier cities such as Beijing, Shanghai, Guangzhou, Shenzhen, or developed coastal areas. The competition they face is extremely fierce, and the pressure they face is doubled. Employment pressure is a huge source of pressure for students, especially senior students.

5. The Path of Integrating Positive Psychology into the Prevention and Intervention of Psychological Crisis in College Students

5.1. Provide a positive social atmosphere and improve the social support system

Firstly, it is necessary to establish a sound and effective natural disaster warning and protection mechanism, improve the ability to predict and monitor natural disasters, implement effective

protective measures, minimize the destructive power of sudden natural disasters, and protect the life and property safety of college students and their relatives and friends, including the general public. Secondly, it is necessary to establish a sound and effective social security management and prevention mechanism, minimize the negative impact of group emergencies, and provide a safe and stable social environment for the growth of college students. In addition, it is necessary to establish a sound and proactive social and psychological crisis prevention and intervention support system, strengthen publicity and education efforts through promotional videos, community visits, and regional lectures, and improve the awareness of psychological crisis prevention among the public, including college students. At the same time, we will standardize the construction of a team of psychological counselors, improve the professionalism and reliability of the psychological counseling industry as a whole by providing policy guarantees, scientifically setting up theoretical learning and clinical practice courses, and conducting professional integrity education. This will further enhance the support for social psychological counseling and weaken the negative impact of psychological crises.

5.2. Create a positive campus atmosphere and create a psychological support platform

Firstly, schools should strengthen the guidance of professional knowledge and skills, guide college students to set practical and feasible academic goals, and encourage them to work steadily for it, and guard against arrogance and impatience; Firstly, schools should strengthen the guidance of professional knowledge and skills, guide college students to set practical and feasible academic goals, and encourage them to work steadily for it, and guard against arrogance and impatience; At the same time, schools should provide corresponding academic support for students. For example, schools can establish student academic guidance centers and professional course mentors, which can provide one-on-one free knowledge explanations for students with academic difficulties. This approach by schools can help students with academic difficulties safely overcome their confusion period and avoid psychological crises caused by excessive academic pressure.

Secondly, actively carry out and further improve courses, lectures, and one-on-one guidance on career planning for college students, guiding them to establish a reasonable employment concept, set reasonable employment goals, help them find employment smoothly, and avoid psychological crises caused by employment difficulties in the face of severe employment situations. In addition, special attention should be paid to carrying out mental health education for college students. By offering courses on mental health education for college students, holding lectures, salons, and small sharing sessions on mental health, we can popularize mental health knowledge to college students and improve their mental health Enhance their awareness of mental health care. At the same time, we will further optimize the teaching content and methods of college students' mental health education courses. In terms of teaching content, we will avoid teaching negative content and negative cases, so as to prevent some students from "matching" and exaggerating negative emotions. "Psychological sitcoms," "music therapy," "dance therapy," and "psychological meditation techniques" can be added to the curriculum system Enrich course content and increase students' positive psychological experiences.

Finally, it is necessary to strengthen the construction of campus culture and create a positive and beautiful campus atmosphere. Improve the cleanliness of various activity venues, including dormitories and canteens, and provide a healthy learning and living environment for college students. Building a positive and harmonious campus cultural atmosphere, a united and upward dormitory cultural atmosphere, and providing a positive psychological growth environment for college students throughout the entire process and in all aspects. Through campus wide coverage. Through channels such as broadcasting, student TV centers, campus new media platforms, and promotional columns, we will increase the promotion of positive psychological cases and optimistic

emotions, guide students to have a positive and optimistic attitude towards themselves and others, and nip the budding psychological crisis in a positive and upward campus cultural life. ^[5]

5.3. Innovate teaching models and expand educational channels

From the perspective of positive psychology, in order to achieve good results in mental health education and promote the reform of mental health education, it is necessary to create a relaxed, enjoyable, and diversified environment for mental health education. It is necessary for universities to transform the concept of mental health education. At the same time, attention should also be paid to innovating the model of mental health education. Setting aside the previous "old tune", teachers should transform from a teacher and supervisor to a guide, guide, and listener, making students feel more familiar, allowing them to fully participate in classroom education, deepening their interest in understanding positive psychology, and continuously understanding positive psychology. ^[6] For example, in the teaching process of carrying out mental health education, interactive teaching models and scene creation teaching methods can allow students to fully open their hearts to teachers and engage in comprehensive emotional communication. In the process of teaching interaction, teachers discover the good qualities of college students and guide them to understand and explore themselves, facing their shortcomings with a more positive attitude and solving their own problems. At the same time, teachers need to constantly change their ways and methods based on the progress, constantly learn and keep up with the times, and explore more psychological health education methods that are more in line with the current situation of college students. In terms of education channels, it can give play to the advantages of the Internet. Teachers with professional knowledge of mental health education can open their own personal accounts on the Internet for educational exchanges. They can also establish mental health knowledge publicity websites and register official WeChat, Weibo, Tiktok, QQ and other accounts. Students can communicate with teachers anonymously, which can not only protect students' privacy, but also let students down their guard, open their hearts, and have in-depth exchanges with teachers, which is conducive to teachers to understand students' real ideas and the causes of psychological problems, but also more conducive to teachers to help students solve problems and do a good job in mental health education.

5.4. Establish a sound intervention system to alleviate psychological crises

To establish a hierarchical, guaranteed, standardized, and top-down psychological education guidance and supervision system from colleges to departments, and all the way to student organizations, the colleges should formulate the theme and content of psychological health education, organize educational activities on a college basis, and finally, the departments and student organizations should be responsible for executing and collecting feedback, forming a closed loop with a good circulation effect. The theme and content can be adjusted according to the different campus and social situations each year, as well as the psychological orientation of college students. The existing intervention system and work content can be adjusted, and relevant psychological counseling and publicity activities can be carried out on campus to cope with the current psychological crisis faced by college students.

The implementation of psychological crisis intervention is the most effective and direct, and when intervening, the intervener should follow the following principles. Firstly, it is necessary to adhere to the basic principle of listening and accepting individual negative emotions, and provide appropriate verbal guidance to help the other party discover their potential advantages that have been overlooked. Secondly, in the face of psychological crisis, interveners need to correct misunderstandings, face problems directly, and relieve their own concerns in order to effectively guide those in psychological crisis. Once again, in order to relieve the defensive mentality of those in crisis, in addition to expressing concern to them, it is also important to pay attention to the

importance of listening, listen more and speak less, and eliminate the attitude of teaching. In addition, when asking questions, it is also important to use open-ended questions to help crisis victims sort out their emotions and accept their ideas; Provide him with peace of mind through normalization methods, allowing him to relax his psychological defenses, in order to achieve true communication. When facing crisis patients who refuse to help, do not forcefully intervene, maintain distance, and sensitively capture their changes, accompanying them in a timely manner when needed. [7]

6. Conclusions

The prevention and intervention of psychological crises among college students is a complex and systematic project that requires the joint assistance of multiple forces. The positive factors advocated by positive psychology will be beneficial for college students to build a positive and optimistic mentality, cultivate positive and optimistic psychological strength, form positive and optimistic psychological qualities, promote the healthy growth of college students, and thus establish a solid foundation for cultivating new era talents with ideals, abilities, and responsibilities.

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