

Analysis of College Students' Psychological Health Education from the Perspective of Positive Psychology

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Abstract: Positive psychology is conducive to the development of college students' mental health education in college education. This paper analyzes the principles of college students' mental health education from the perspective of positive psychology, comprehensive, theoretical and practical, with students as the main body. As well as the principle of sustainable development, explore effective measures to promote mental health education for college students from the perspective of positive psychology, and provide some experience for those engaged in related work.

1. Introduction

Positive psychology mainly studies people's positive psychological quality, pays attention to people's mental health and harmony, uses scientific methods to explore people's happiness, promotes the development of positive psychology, and conducts college students from the perspective of positive psychology. Mental health education is conducive to the improvement of the mental health of college students, providing schools with new ways of mental health education and promoting the healthy development of university psychological education.

2. Positive Psychology Concept

Positive Psychology English is Positive Psychology, which corresponds to negative psychology. Negative psychology is mainly centered on human psychological problems and mental disease diagnosis and treatment. For example, in the psychological research of the last century, the frequency of occurrence is high. Vocabulary is morbidity, hallucination, anxiety, irritability, etc. It rarely involves positive energy words such as health, courage and love. Negative psychology lacks research and discussion on human positive quality, which creates a huge gap in the psychological knowledge system. The application of psychology hinders the development of psychology.

In modern mental health education, more and more emphasis is placed on the application of positive psychology. Positive psychology refers to the use of psychology, which is now a relatively complete and effective experimental method and measurement method, to study the positive aspects of human strength and virtue. Thoughts. Positive psychology is a new type of science that studies the merits of human beings. It mainly explores the positive qualities of human beings and focuses on the survival and happiness of human beings[1].

3. Principles of College Students' Mental Health Education from the Perspective of Positive Psychology

3.1 All-Round Principle

When carrying out mental health education for college students, the school should pay attention to all aspects of college students' mental health. When formulating their mental health education goals, there should be no one-sidedness. It is necessary to proceed from the actual situation and

rationally formulate mental health education according to the mental health status of different students. Contents and methods, improve the pertinence of mental health education, constantly improve the pattern of college students' health education, let the university's mental health education penetrate into all aspects of students' psychology, reduce the probability of psychological problems, avoid negative emotions, and promote college students The development of mental health.

3.2 The Principle of Combining Theory with Practice

When colleges and universities carry out mental health education for college students, they must not only mainly impart the knowledge of mental health theory, but also combine theory with practice, and teach in practice to improve the psychological quality and purification of students in real life and communication. soul. Let the psychology of college students be improved in practice, which is conducive to their establishment of correct values, positive view of the world's methods, courage to create, positive interpersonal relationships, enhance their psychological endurance, promote the development of college students' mental health, and improve The quality and level of mental health education in universities.

3.3 Student-Oriented Principle

In the process of mental health education for college students, colleges should pay attention to the principle of taking students as the main body, conform to the educational concept of the new curriculum standard, give full play to the leading role of students, and respect the individuality of students and promote the development of their individuality in teaching. In the classroom, we must actively communicate and communicate with students actively, keep abreast of their psychological conditions, and promote the development of mental health of college students.

3.4 Principles of Sustainable Development

The school must adhere to the principle of sustainable development when carrying out mental health education for college students[2]. Combine education with the physical and mental development of students, implement effective educational methods and methods, and cultivate students' cognitive ability and personality quality. Paying attention to the formation of his personality is conducive to establishing a correct outlook on life and values, and promoting the sustainable development of college students' mental health.

4. Measures to Promote College Students' Mental Health Education from the Perspective of Positive Psychology

4.1 Improve the Mental Health Education Mechanism of College Students

College students have not yet entered the society during the campus period, and their outlook on life and values have not yet formed. At this time, the level and quality of college students' mental health education have a great influence on their future development. Therefore, it is crucial to improve the mental health education mechanism of college students. important. With the advent of the information age, the use of electronic tools such as mobile phones has enabled university students to access huge amounts of information. However, there are a large number of negative content on the Internet, such as bloody, violent, pornographic, and trivial, etc. The influence of the edification will seriously affect the formation of their correct values, which is not conducive to their mental health.

Teachers should integrate ideological and political education into the classroom when they are providing mental health education to college students, help them guide them to establish a correct outlook on life and values, and disseminate positive and positive energy information and ideas to students during teaching, affecting students in a subtle way. The concept of letting them face life with a positive attitude, full of hope for the future, study hard, exercise their personality and character, help promote the mental health of college students, and improve the quality and level of mental health education for college students.

To improve the mental health education mechanism of college students, we must do a good job

in four aspects. First, the integration of ideological and political education into the classroom of college students' mental health education is conducive to the formation of their correct values. Second, it is necessary for students, families, and society. Provide a good mental health development environment for college students, receive positive thoughts and promote their mental health in families, schools and students. Third, create a mental health monitoring system for college students, which can timely understand the mental health status of college students and take them quickly. Corresponding measures to respond, provide reliable data and information for the analysis and research of college students' mental health; Fourth, innovative mental health education model, actively carry out practical activities to guide and build the mental health of college students, improve the psychological quality of college students.

4.2 Catering to College Students' Preferences in Mental Health Education

In the mental health education of college students, they should actively cater to their preferences, help improve the mental health education of teachers, and promote the development of students' personality. Before educating students, they should have an in-depth understanding of the students' preferences, so that the teachers' educational methods make them more acceptable and enhance their enthusiasm and enthusiasm for participating in the classroom. At the same time, teachers should respect the subjective status of students in the process of education. They should not only educate students as teachers, but also strengthen contact and communication with students in the way of friends, enter them and deeply understand the psychology of students. Health needs, based on this, the development and planning of psychological education goals and content, specific analysis of specific issues, improve the scientific and rational nature of teachers' mental health education.

When conducting mental health education, teachers should carry out educational work in a way that students like to see and hear[3]. For example, college students are generally very fond of modern online information. In the classroom, psychological test public numbers can be used to improve their interest in learning and participation. To cultivate them with positive attitudes to face life and difficulties, to form good character and habits, to improve the psychological quality of college students, and to promote the development of university mental health education.

4.3 Strengthen the Positive Mental Health Education Experience of College Students

Strengthening the positive mental health education experience of college students plays an important role in promoting the mental health education of college students in the perspective of positive psychology. It is the basis and premise of college students' education. Only students should be taught in practice, cultivate students' positive attitude and promote their The development of mental health. Therefore, teachers should carefully design the content and links of the mental health teaching classroom, let students actively participate in the teaching process, make the teaching classroom become active and energetic, teachers should become the organizers of education and the listeners of the students, and guide Students learn more about their positive psychology and good quality, carry out positive psychological cues, stimulate their potential, and constantly temper their own qualities to promote the development of students' mental health.

Under the perspective of positive psychology, college students' mental health education should pay attention to students' personal experience, experience of various positive psychological factors, explore various educational modes, and use lectures, outdoor activities, speeches, etc. to deepen students' positive psychology in practice. The understanding and understanding, the positive psychology of happiness, happiness and courage will help students form a positive attitude, promote the development of their mental health and improve the quality of mental health education in schools.

4.4 Transforming Mental Health Education

Optimizing the mental health education mode of college students from the perspective of positive psychology is an important part of promoting the development of psychological education in schools. The traditional method of mental health education for college students is relatively simple, mainly reflected in the face-to-face conversation between students and teachers. This model

does not let students feel the feeling of full respect, thus causing a sense of rejection, which seriously affects the quality of teachers' mental health education. Not conducive to the mental health of students.

Therefore, it is necessary to change the mental health education method so that it can be optimized. Teachers should enhance respect for students' concepts and awareness, let students fully feel respected, and at the same time do appropriate protective measures to protect the privacy of college students. College students are in a period of extreme sensitivity to personal psychological privacy, do not want their own psychological secrets. Being known by others, teachers can turn open education into one-on-one private guidance when they are educating, and establish a psychological counseling room. In the process of consultation, there are only teachers and students, and teachers sign a confidentiality agreement. Explain the privacy of students, enhance their safety, relax their alertness, and conduct in-depth communication and communication with teachers. This will help teachers to correctly grasp the psychological situation of students, conduct targeted education and guidance, and promote students' mental health development.

In addition, teachers can combine mental health education with multimedia technology to carry out educational work for students. This way can improve students' interest and enthusiasm for learning. At the same time, they also use different methods in the network to test and educate students and enhance their The understanding of information health issues promotes the development of students' mental health.

5. Conclusion

In summary, positive psychology plays an irreplaceable role in college students' mental health education. Therefore, it is necessary to apply positive psychology scientifically in college students' mental health education, improve the mental health education mechanism of college students, and strengthen the positive mental health education experience of college students. Building a positive campus environment and transforming mental health education methods will help college students establish correct values and lay a solid foundation for their mental health.

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