

Research on Training Students' Psychological Nursing Ability in Undergraduate Nursing Education Based on Positive Psychology

Lei Ying

Shaanxi University of Chinese Medicine, Xianyang, Shaanxi Province, 712046, China

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Abstract: Positive psychology is a major innovation in psychology, which is different from the scope and research emphasis of traditional psychology. Introducing positive psychology concepts into nursing psychology teaching, innovating teaching methods, reflecting the positive aspects of nursing teaching, and cultivating the humanistic spirit and positive psychological quality of nursing students. At present, the application degree of psychological nursing methods is not high enough, and the clinical application effect in hospitals is not obvious, so now hospitals at all levels and some community service institutions are in great need of excellent psychological nursing talents. Strengthening the cultivation of psychological nursing ability of undergraduate nursing students can effectively improve the overall nursing service level. This paper expounds the concept and development of positive psychology and nursing psychology, and then discusses the application value of positive psychology in clinical nursing and nursing psychology teaching, so as to enable students to form positive outlook on life and values.

1. Introduction

Positive psychology is a discipline that pays more attention to people's excellent qualities and good hearts and is committed to studying how ordinary people can better develop and live under good conditions [1]. Its emphasis on the discovery and cultivation of happiness, prosperity, character, meaning and virtue coincides with the 21st century educational concept of cultivating "all-round students" through social, emotional, moral and intellectual development [2]. It is emphasized that enhancing students' positive experience is not only an important way to achieve educational goals, but also the core value that education itself should pursue to promote students' physical and mental health. At present, the examination methods of higher nursing psychology in our country are still far from satisfactory. For example, the examination form is monotonous and basically closed. The examination content is mostly to check students' mechanical memory of concepts, principles and theories, and lack of assessment of various abilities [3]. Psychological nursing, as an important component of holistic nursing, can play a vital role in the systematic holistic nursing model, is the core and key point of the model, and embodies the advantages of the model. How to do a good job in psychological nursing teaching, improve the quality of nursing teaching and train practical talents suitable for the development of the times has become a new topic for teachers in the new era.

2. Connotation of Positive Psychology and Psychological Nursing

2.1 Positive Psychology

Positive psychology was initiated by Martin Seligman, a famous contemporary American psychologist. He stressed that some actual or potential positive forces and positive qualities of people themselves can help people establish high-quality personal and social life under any circumstances. Positive psychology is a psychological discipline which takes positive emotional experience, positive personality and positive social organization system as its three pillars, and aims to study how to make people develop better and prevent various adverse psychological problems [4]. At the same time, positive psychology emphasizes the positive aspects and health functions of

human nature, believing that human nature has the tendency and potential to resist obstacles, and the potential of growth will definitely overcome unhealthy factors. With the deepening of research, mindfulness has attracted the attention of active psychologists because it can effectively promote inner peace, relieve anxiety and improve physical health [5]. In addition, mindfulness exercises can effectively maintain positive emotions, improve academic achievements and enhance happiness [6]. Psychology should not only study injury defects and injuries, but also advocate caring for people's excellent qualities and good hearts, which is the original intention of positive psychology theory. Positive psychology pays more attention to using scientific methods to study happiness, studies human psychological quality from a positive perspective, pays attention to human psychological health, and promotes the harmonious development of society.

2.2 Psychological Nursing

Psychological nursing mainly refers to the nursing staff, using psychological theories and knowledge, to fully communicate and talk with the service object, so as to improve or solve the psychological problems existing in the service object. Through psychological nursing, they can also understand the potential psychological problems of the service object, thus taking timely and effective measures to improve the bad behavior and psychological state of the service object. Advantage nursing describes examples of advantage nursing from three aspects: theoretical basis of advantage nursing, basic skills required for psychological nursing and advantage nursing in practice. The purpose is to enable patients and their families to recognize and utilize their own advantages, become friendly partners of nurses, and jointly promote patient rehabilitation. In addition, positive psychology pays more attention to the application of demonstration, but this does not mean that positive psychology excludes non-empirical research methods [7]. The main purpose of psychological nursing is to gradually improve the adaptability of the service object, enhance the initiative of the service object, and prevent and deal with the mental health problems of the service object. Positive personality traits need to take positive psychology as the main basis, and investigate its root causes. The premise theory of positive psychology assumes that individuals are self-management, orientation and adaptability. In general, psychological nursing staff need to be able to fully grasp the knowledge of psychological nursing, and have high language communication ability, psychological evaluation ability, expression ability and assistance ability, etc.

3. Necessity of Psychological Nursing Training in Undergraduate Nursing Education

3.1 The Training of Psychological Nursing Ability is the Inherent Requirement of Promoting the Holistic Nursing Mode

Students majoring in undergraduate nursing education need to master the ability and skills of psychological nursing, which is one of the necessary skills in the process of nursing learning. A good grasp of psychological nursing ability by undergraduate students will play a good role in promoting the development of nursing specialty, the effective change of nursing mode and the stability of society. Since nurses have to face patients with different cultural level, economy, family, social status and belief background and lack knowledge of interpersonal communication at the beginning of clinical practice, there are stiff, stiff and taciturn communication with them, and even they just concentrate on doing things and ignore communication with patients, resulting in communication difficulties between nurses and patients. The application degree of psychological nursing in clinical nursing work in some hospitals is not high, which is not conducive to the good recovery of patients and is unable to carry out comprehensive psychological nursing for patients and service objects. This is mainly caused by the lack of comprehensive promotion of the overall nursing mode. Therefore, we carefully designed classroom teaching in class, from the formation and development of the subject to the requirements of systematic overall nursing reform, to help nurses establish a modern nursing concept; The focus of teaching is not only to inspire students to actively participate in classroom teaching, but also to encourage and guide students to carry out extracurricular nursing research and combine teaching with practice.

3.2 The Training of Psychological Nursing Ability is the Need of Students' Internal Development

Undergraduates majoring in nursing education need to have higher psychological nursing skills, be able to actively deal with various psychological problems of service objects, and be able to adopt targeted and effective measures to alleviate and solve the psychological problems of service objects. The content of nursing psychology examination should be able to reflect students' mastery of basic abilities and skills and their comprehensive application ability to analyze and solve problems. It should be able to provide more opportunities for students to explore, encourage students to think independently, create new ideas and consciously cultivate students' innovation. A qualified nurse, in addition to having good moral character and skilled nursing skills, should also have the ability to implement psychological nursing such as communication skills [8]. Some teachers only pay attention to technical operation and neglect the teaching of psychological nursing. Teachers' language expression ability, interpersonal communication ability, knowledge, teaching experience and teaching methods can all affect the improvement of nurses' psychological nursing. Lack of evaluation on nurses' psychological nursing ability. At present, some undergraduate colleges and universities do not pay enough attention to psychological nursing when setting up nursing education courses, which affects the cultivation of students' psychological nursing ability and innovation ability, is not conducive to the all-round development of students in the future, and needs to strengthen the training of psychological nursing ability. Therefore, the training and training activities of psychological nursing ability in undergraduate colleges and universities are set up to comprehensively improve students' own ability and comprehensive quality.

4. Training Approaches of Psychological Nursing Ability in Undergraduate Nursing Education

4.1 Establish a Comprehensive Psychological Nursing Training System

When training students' psychological nursing ability in nursing education in undergraduate colleges, it is necessary to establish a good curriculum system with psychological nursing as the core. The teaching of the course focuses on the application of specific knowledge rather than the memorization of knowledge, and the topics, designs, writing of application forms, statistical analysis and thesis writing in the teaching content. Through a careful study of the examination principles of quality education, the aim of nursing psychology examination is to check the teaching effect, to check the degree of realization of teaching objectives, to mobilize the enthusiasm of students and to cultivate their application ability. Therefore, we carefully designed classroom teaching in class, from the formation and development of the subject to the requirements of systematic overall nursing reform, to help nurses establish a modern nursing concept; Taking psychological nursing course as the focus and core is convenient for students to define their own learning objectives, strengthen their own attention to the course, and thus carry out this aspect of learning more consciously and actively. Through pre-internship education, nurses can clearly understand the purpose of internship and cultivate good professional ethics and quality. During the internship, the teacher not only treats the nursing students strictly, but also has the enthusiasm to encourage them, and adopts the method of emotional teaching and individualized teaching to show their interest in study and work. Through specific research activities, students are urged to constantly face and solve some new problems and their innovative ability is better cultivated.

4.2 Application of Positive Psychology in Psychological Nursing

In clinical psychological nursing evaluation, nurses need not only to collect negative experiences of patients, but also to collect positive and happy experiences and use them for evaluation. Nursing staff should evaluate and discuss the trauma and pain of patients in a sincere attitude and real way. Modern nursing generally believes that the core competencies of nurses should include: assessment and intervention, interpersonal communication, critical thinking, foresight, management, leadership, education and comprehensive knowledge [9]. For example, first-year nursing students need to think

about how to establish care relationship, how to express gratitude, how to respond to gratitude, how to face with gratitude and what kind of behavior changes will be caused during thanksgiving exercises. Intern nurses need to write thanksgiving diaries related to clinical nursing instead of clinical practice reports. In terms of teaching objectives, teaching objectives should be set in multiple channels and ways so as to ensure that each student can acquire knowledge and improve his or her ability through appropriate channels. In terms of teaching content, we should break through the past knowledge-centered model and choose the content that is close to clinical practice and closely related to the growth of students. According to different psychological states of patients, targeted intervention methods and psychological nursing plans are formulated. Positive psychological intervention on patients can play an important role in relieving patients' pain and enhancing their mental health.

4.3 To Renew Teaching Methods and Improve Teaching Methods

Teaching methods adapted to the development of students can stimulate students' interest in learning and guide students to study voluntarily. Establish a test bank and separate teaching from examination. The establishment of a scientific and reasonable test question bank with good quality and sufficient quantity can not only ensure the quality of the test questions, but also avoid and prevent the occurrence of problems such as leakage and leakage. In order to make the nursing students adapt to the needs of systematic overall nursing, and in view of the lack of systematic learning of new nursing model knowledge, we have increased the education of nursing philosophy in teaching and highlighted the learning of psychological nursing procedure theory. Actively introduce situational teaching method in the study of psychological nursing course, reappear the problems and situations in clinical process, create new situations for students, and let students play roles. One of the application goals of positive psychology in nursing psychology is to seek human individual humanistic care and ultimate care. However, at present, the teaching of humanistic care and ultimate care is still neglected in nursing teaching, and only the education of medical technology is emphasized. As for teaching methods, experiential teaching methods that promote self-realization are adopted, such as case teaching, role play, model demonstration, investigation and interview, debate, group activity-based experiential teaching, etc. Studies have shown that gratitude is an important coping mechanism for nurses in high-pressure environments such as emergency medical practice and palliative care [10]. Therefore, cultivating the gratitude consciousness of nurse students during the school period plays a positive role in their later development.

4.4 Reflect the Main Role of Nurse Students in Teaching

For the nurse students, the nurse students are more interested in the knowledge of nursing psychology, but the viewpoints and theories in the teaching of nursing psychology are relatively abstract, boring and boring, and the current teaching mode is still in the state of unilateral indoctrination, ignoring the combination of nursing psychology theory and clinical nursing practice. It is necessary for nurses to realize that personality traits are not innate, to have a growing mentality, and to realize that talents and excellent qualities can be cultivated and developed. Reduce the operating practice time and arrange the corresponding practice time to the hospital for the internship of relevant contents. Practical training activities are an important means for students to consolidate their knowledge by applying theories and a good way to cultivate students' comprehensive quality and ability. Through practical training activities, students can use knowledge theory to guide practical work and give full play to the advantages of integrating theory with practice. Guided by the concept of positive psychology, a new teaching model should be constructed. In the research process, it has designed a teaching goal oriented by positive values, innovated teaching contents with positive significance, promoted self-realization experience teaching methods and promoted positive growth experience assessment methods. In addition, in the course teaching, the relevant knowledge points of crisis intervention should be integrated to carry out life safety education for nurse students and encourage nurse students to actively explore the meaning of life. At the same time, it also instructs nurses how to deal with emergencies in nursing work and effectively protect

the personal safety of themselves and patients.

5. Conclusion

To sum up, the introduction of positive psychology into the teaching of nursing psychology not only realizes the mutual correspondence between nursing and psychological theories, but also conforms to the various objectives of training nursing staff and the spirit of humanistic care. Although positive psychology has developed rapidly in the field of nursing education in our country, it has not formed a mature theoretical system due to its short development time, especially in the specific application, it only focuses on simple theoretical introduction and application suggestions. Curriculum examination reform plays a key role in the training of nursing talents. It not only helps to promote the change of teachers' teaching concepts, but also helps to continuously improve the overall quality of students. By introducing the concept of positive psychology into nursing education, educators can better discover students' excellent qualities, stimulate students' own potential, and help students treat their study and work with a more positive attitude. In the process of nursing teaching, undergraduate colleges need to focus on training and training students' psychological nursing ability, which can be carried out by establishing a comprehensive psychological nursing training system, continuously updating teaching methods, improving teaching methods, and carrying out practical activities.

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