

Study on the Path of Life Education to Improve College Students' Mental Health from the Perspective of Positive Psychology

Jie Zhao

Wenzhou Medical University, Wenzhou Zhejiang, 325000

Abstract: The behavior of college students who despise life or even end life in the face of psychological difficulties is closely related to the indifference of life consciousness, the deviation of life cognition, the lack of life belief, and the lack of life literacy. Educators must guide students to take a positive attitude towards life and respect life from the perspective of life education: enriching life cognition education through positive subjective experience and reviving life enthusiasm; enrich life frustration education and cultivate life individuals through positive personality quality; build the synergy of life education and strengthen life force through active organization system.

Keywords: Positive psychology; Life education; Mental health; College students

Fund Project:

Funding source : Research project of Party Construction and Ideological and Political Work of Wenzhou Medical University in 2023, 23DJSZYB07

In recent years, college students' psychological crises have occurred frequently. To a certain extent, college students choose to waste life, despise life or even end life when facing psychological difficulties, which is inseparable from the reasons such as indifference of life consciousness, deviation of life cognition, lack of life belief, and lack of life literacy. In order to solve these problems fundamentally, it is not enough to only focus on mental health education activities. Educators must guide students to look at life and respect life based on the perspective of life education.^[1]

1. The connotation of life education

Life education means to pay attention to life, cherish life, appreciate life, complete life and reverence life for the freedom and happiness of the life subject. For higher education, the mental health education of college students should focus on the big theme of life education, and carry out the education of life exploration, life cognition, life law, life health and life safety, so as to help college students in the new era improve their awareness of life and realize the value of life. In a certain sense, the degree to which college students receive life education at school determines the height of the future development of China's medical and health care, and also demonstrates the value direction of boosting the realm of life and becoming a new person of The Times.^[1]

2. The definition of positive psychology

Positive psychology is a discipline that studies the development and application of human's own positive strength, and explores the important role of human's own positive strength in maintaining psychology. By paying attention to and building their own positive strength, they can effectively maintain and promote health. Specifically, positive psychology mainly studies positive power from the following three aspects: first, it studies the subjective experience of individuals, including satisfaction, optimism and happiness. The second is to study personality traits about positive strength and virtue. It includes 24 personality strengths such as wisdom, courage, and gratitude. The third is to study positive organizational systems that are committed to building positive social, family, and school systems. Whether in the study of positive personality or in the exploration of positive emotional experience, positive psychology

has the same value orientation as life education. It can help college students to produce positive subjective experience, promote the perfection of personality quality, dissolve negative emotions in life, and through the establishment of positive environment and positive relationship, Create a positive value oriented environment.^[1]

3. Practical ideas of life education from the perspective of positive psychology

Integrating positive psychology with life education and carrying out life education activities under the perspective of positive psychology can give full play to the social function and value of life education to a greater extent.^[1]

3.1 Enrich life cognition education with positive subjective experience and revive life enthusiasm

The basis of life education is life cognition education, which should guide college students to fully understand and experience the origin, birth, structure, law, essence and destination of life, so as to improve the level of life cognition, feel the meaning of life, learn to respect life, understand life and cherish life. The premise of life cognition education is to make college students know themselves correctly and evaluate themselves objectively and positively, and the positive self theory in positive psychology is in line with it. Starting from the aspects of self-consciousness, self-esteem and self-efficacy in the positive self, we can give college students optimistic, upward and positive subjective experience, promote college students to produce positive emotions, form positive life cognition, strengthen the motivation of positive behavior, and awaken positive enthusiasm for life.

3.2 Enrich life frustration education with positive personality quality and cultivate life individuals

Setbacks are the only way for everyone to grow up. Positive personality quality is the basis of the ability of individual to withstand life setbacks, so the cultivation of positive character is also one of the important contents of college students' life education. To extract the three positive psychological quality elements of "optimism, gratitude and hope" in positive psychology to enrich life frustration education. Cultivate college students to face the difficulties in the current life with an optimistic attitude, calmly and objectively analyze and solve problems; Guide college students to be grateful for the strength and support they get in the process of encountering and overcoming life setbacks; College students are encouraged to embrace the future life with the belief of hope, develop the potential of life, explore the value of life, and gradually grow into a positive, optimistic, grateful, full of hope and strong life individuals.

3.3 Build the synergy of life education with positive organizational system and strengthen life force

The growth and development of individuals is carried out in a certain environment and organizational system. Positive emotional experience and positive personality are also derived from the social system. The existence of organizational systems such as school, family and society can enhance the positive subjective experience of individuals and promote the development of positive qualities. By strengthening the concept construction of college students' life education, strengthening the construction of the team, improving the curriculum system, improving the education environment, building a multi-dimensional support platform, creating a positive and comprehensive organization system, building inexhaustible life education force, forming a continuous stream of life education strength.^[1]

4. The practical path of life education from the perspective of positive psychology

4.1 Experiential teaching

The most important aspect of positive psychological quality is positive emotional experience. In the harmonious, relaxed and positive psychological atmosphere, students feel that there is psychological equality, mutual love and assistance between teachers and students, and the inner feelings expressed by individuals are respected. Each student was willing to share their own experience and help solve the psychological puzzles raised by other members. In the process of listening to the expression of others, I realized that different people can have different ideas on the same thing, which broadened my mind and broadened my vision, and I learned to observe and examine problems from multiple angles.

4.2 Immersive Activities

Psychologically specific immersive activities can be used: Psychological drama, psychological quality development, psychological melodrama, with positive psychological qualities such as optimism, gratitude, hope and so on as the theme, students in the form of drama performances to practice the case of character behavior, so as to feel the inner emotions in different life situations, so that students "immersive", quickly and accurately find the problem and understand the crux of the problem. To find the key to solve the problem. In the process of role-playing experience, students have corresponding cognitive changes or behavioral changes, resulting in self-regulation.

The starting point of mental health is "people", and the origin of "people" is "life". "Life education" from the perspective of

positive psychology is based on human's natural life, emphasizing that people should reverence life in the positive experience, correctly understand life, reasonably deal with the relationship between self and others and society, understand the meaning of life, and then realize the value of life and highlight the meaning of life.

References:

- [1] Luo Guilin. Strategies for improving students' positive mental health education from the perspective of family-school collaboration [J] (in Chinese). Knowledge Library,2022,No.530(10):190-192.
- [2] Jiang Ying-peng. Value orientation of life education for medical students in the new era([J] (in Chinese). Journal of Nanjing Medical University (Social Science Edition), 2012,22(05):505-509+524.
- [3] Han Yunping, Wang Yue, Zhu Lifen. Effect of positive mental health education teaching model on psychological quality of higher vocational students [J] (in Chinese). Chinese Journal of Health Psychology,2010(07)
- [4] Shi H Y. Research on the path of college students' mental health education in the new era: a review of College students' Mental Health Education [J](in Chinese). Chinese Journal of Education,2022,No.356(12):138.
- [5] Liu Mingjuan. The enlightenment of positive psychology to college students' mental health education [J](in Chinese). Education Theory and Practice, 2012,42(21):50-52.
- [6] Yang Hong-xu, JIA Shu-ling. Research on the way to realize the integration of college students' mental health education and life education [J](in Chinese). Education Modernization,2018,5(21):171-172.
- [7] Liu Jieyu. Research on the life Education of Contemporary College students from the perspective of Positive Psychology [D](in Chinese). Qufu Normal University,2021.