

Research on Adolescent Mental Health Education Based on Positive Psychology

Zimu Yang

Lingnan University, Hong Kong 999077, China.

Abstract: Adolescents are in the stage of continuous development of mental health. In the daily education and training of young people, we should not only pay attention to the knowledge level and ability of young people, but also pay attention to the physical and mental health of young people. Teachers play an important role in adolescent mental health and education. Psychological teachers have become an indispensable part of the school education system at this stage. In order to promote the continuous development of school mental health education and ensure that young people can grow up psychologically, it is necessary to make efforts from different aspects such as young people and families.

Keywords: Adolescents; Mental Health Education; Positive Psychology

1. Introduction

There are many reasons that affect the mental health of young people, such as family life, study, social interaction, etc., which will have a certain impact on the psychology of young people. Paying attention to the mental health development of young people, constantly guiding young people to form a correct psychology, and solving the psychological problems of young people have become the work that needs to be paid attention to in today's society. In the process of promoting mental health education, relevant educators should start from a comprehensive perspective. This article will focus on analyzing how to promote adolescents to reduce psychological problems and make in-depth research, explore the reasons for the emergence of adolescents' psychological problems at this stage, and further propose targeted and general scientific advice.

2. The significance of the development of positive mental health education for young people

2.1 Achieving positive mental health education goals

In my country's traditional mental health education work, it mainly focuses on students who have psychological problems, for example, for students with psychological problems such as anxiety, depression, etc., to guide them and help them reduce the degree of mental illness. Mental health courses offered by relevant colleges and universities will also be arranged mainly from these aspects. But in fact, not so many students have had major problems in terms of mental health. With obvious symptoms of illness, most of the students are only under certain pressure in terms of psychology, which affects students' emotions and other phenomena. However, traditional education ignores the guidance of the mental health of ordinary students, and thinks that if there is no mental illness, there is no greater harm. This view is very wrong. Students' psychological problems often accumulate for a long time in the early stage. If the daily psychological counseling of normal students is ignored, once problems occur, it will cause irreversible results. Adolescents are in the stage of psychological maturity, and many adolescents will face major psychological problems. They are emotionally unstable, and it is difficult for them to self-coach when faced with difficulties. Schools should attach great importance to this situation and make predictions on the psychological level of students in advance. Take the initiative to communicate with each student in the school, find out the psychological pressure and difficulties of the students, so as to help the students to further solve them,

and prevent the students from turning the psychological pressure into a mental illness and endanger the students' physical health.

2.2 Deepening the connotation of positive mental health education

Deepening positive mental health education is very different from traditional mental health education. In the past traditional psychological education process, mental health education is mainly aimed at students with mental illness. Through psychological education, help them reduce the degree of mental illness and improve the level of mental health. However, in positive mental health education, teachers and schools are required to focus on students with normal mental health levels, and on the basis of ensuring that students do not have serious mental illnesses, actively guide students to discover their potential and cultivate them to nurture. Become optimistic and have a positive attitude towards life, so that they can feel their own characteristics and strengths, so as to cultivate the quality of students' self-confidence and optimism. In this process, the school must take the initiative to create a warm and friendly campus environment, provide students with opportunities to discover self-ability and quality activities, carry out various psychological activity projects, and guide students to form positive energy in the process of games and activities. , to feel the vitality of life and the charm of life. In this process, it is not only beneficial for students to improve their own mental health, but also to promote the overall development of school mental health education, promote the modernization of schools and mental health education, and meet the needs of today's society for mental health education. Further strengthen the school's awareness and understanding of positive mental health education, and practically apply it in practical educational activities.

2.3 The mobilization of enthusiasm between the subject and the object

In the past mental health education, students and teachers were more the subject and object of education. Teachers generally played a dominant role in this relationship. Teachers helped students establish good mental health through education. In the process of positive mental health education, the teacher's own identity is further transformed, and the teacher's own mental health level must be continuously improved. At the same time, a positive attitude to encourage students must be formed. The cultivation of positive psychology such as students' self-confidence, sense of achievement and satisfaction is the key point, guiding students through positive methods and promoting students' improvement. In this process, teachers gradually change from the status of the main body of mental health education, and let students become the main body of mental health. After the positive influence of teachers, they take the initiative to improve their abilities and discover their potential, so as to grow into better self. The promotion of positive mental health education not only makes students more comprehensive and optimistic, but also cultivates excellent psychological teachers to a certain extent and improves the overall level of psychological education.

3. Methods of developing positive mental health education for young people

3.1 Positive psychometric methods

Psychological measurement is a relatively conventional teaching method in mental health education, mainly through mathematical quantification and other scientific methods, to further digitize the mental health situation and evaluate the individual's mental health level. When conducting mental health assessment, it is necessary to adhere to a positive psychological measurement method, and according to scientific methods, the data can be realistic and feasible. In the psychological measurement methods, different measurement focuses are specifically divided. For example, in the measurement of well-being indicators, the life satisfaction scale, the subjective well-being scale, and the happiness scale are three methods widely used at this stage. The combination of these three data further infers the measured person's attitude towards life and the level of happiness. In addition, the psychological measurement method not only uses scales to test, but also combines the investigation of reaction experience and other aspects, so as to obtain more scientific results. In the process of positive psychological measurement, it is actually a process to help students feel the happiness in life, realize the emotions of life, and explore their own quality and potential. Through a series of measurements and questions, students transform their thoughts and real life into scientific data and actual words, which will enable students to have a better

understanding of their own mental health.

3.2 Carry out active group psychological counseling

Group psychological counseling is a method widely used in mental health education at this stage. Group counseling is mainly based on group dynamics, and a series of counseling activities are carried out in groups. Teachers form good psychological education effects by guiding group members to cooperate and influence each other, helping students develop good habits and feel positive, emotional atmosphere. The implementation of group psychological counseling will help students feel their own value in group activities, learn to live with others, learn to control their emotions, improve students' interpersonal communication skills, and allow students to grow healthily and happily. According to a series of research surveys, it can be found that many students have significantly enhanced their self-confidence through group counseling, and are willing to open their hearts and communicate with others, thereby continuously improving their mental health.

3.3 Adopt positive intervention methods

Psychological intervention is a professional part of psychology. Psychological intervention is to guide the psychological activities of the intervened object through science, find the psychological problems of the intervened object, and further solve these psychological problems. At this stage, with the continuous development of my country's psychological undertakings, there has been significant progress in psychotherapy techniques, psychological intervention has become more and more common, and the effect has also improved to some extent. However, due to the low professionalism of mental health education on campus, many teachers do not have the ability to carry out psychological intervention activities, resulting in less use of psychological intervention methods in campus mental health education. Therefore, in order to truly promote the development of campus mental health education, it is necessary to actively play the role of positive psychology in psychological intervention, improve the professional level of teachers, and enable students to correct their own psychological problems through scientific psychological intervention. Positive and optimistic attitude.

3.4 Create a positive mental health education environment

The mental health level of students will be deeply affected by the educational environment to a certain extent. In previous studies, scholars put forward the theory that the environment shapes personality is scientific. Therefore, in order to cultivate students to develop positive mental health, we must pay attention to the environment of mental health education and create a good and healthy environment for students. Ambience. In school education and teaching, teachers should take the initiative to make the mental health education classroom more lively, friendly and comfortable, so that students can feel respect and understanding in the classroom, and are willing to participate in the mental health education classroom. Express your emotions and thoughts. Only under this premise, some students with mental illness are willing to open their hearts and allow educators to guide themselves. In addition, guiding students to develop a positive psychology requires the joint efforts of teachers and parents who are in contact with students. Parents are the ones who spend the longest time with students. In the family environment, parents should always give students positive psychological hints, so that students can feel their sense of value and family belonging, so as to enhance their sense of security. In school, teachers should also constantly imply that students are excellent, so that students can grow in a kind and positive environment.

4. Conclusion

With the continuous development of society, mental health education for adolescents has become an important part of school education. Schools should not only pay attention to students' academic performance, but also pay attention to students' physical and mental health. Only by ensuring that students have a positive mentality and face life with optimism can we truly promote the development of young people, which is the basis for continuous progress in education.

References

- [1] Liu ZX, Ding ZQ, Wu HC, Liang XH. Citespace analysis and enlightenment of adolescent mental health research in the past 10 years [J]. Psychological Monthly, 2021, 16(16): 226-228.
- [2] Gao XL, Zhao WL. The construction of adolescent mental health education system under the background of new media

[J]. Education Observation, 2022, 11(05): 60-63.

[3] Wang YJ, Wang Y, Song L, Yin JY, Gan W, Zhang QH. Research progress of adolescent mental health stigma [J]. China Health Education, 2022, 38(04): 344-347.