

Enlightenments on Positive Psychology for College Mental Health Education

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Abstract: In recent years, psychological problems of college students have occurred frequently, and the task of mental health education is heavy. The traditional mental health education model is challenging to meet the development needs of mental health education at the present stage. The theory of positive psychology is essential in promoting the development of the mental health education model in colleges, and can bring some enlightenment to college mental health education.

Keywords: Positive psychology; College mental health education

In recent years, surveys on college students' mental health show that more and more college students suffer from emotional problems due to internet addiction or family problems, and psychological crisis events occur frequently. Mental health education is an essential means to deal with this problem, and it can provide reference methods and channels for college students to deal with emotional pressure. However, the current operation mode has some problems, such as the curriculum not being closely connected with reality, the number of teachers being small and lacking professionalism, and so on. These deficiencies will affect the effect of mental health education. Moreover, the traditional college mental health education is based on negative psychology, which only pays attention to the prevention and treatment of mental diseases, ignores the mental health development of other normal students, and does not consider students' lifelong development. Therefore, the traditional model is challenging to meet the development needs of college mental health education. The author believes that positive psychology theory can promote the development of the college mental health education model.

1. Positive Psychology and its three pillars

Positive psychology focuses on events that enhance the value and meaning of life, not just treating mental illness^[1]. It is committed to identifying the positive factors that individuals have in the face of depression. It not only pays attention to the negative side but also believes that individuals have the potential positive power to cope with crisis events and can improve their happiness and promote the healthy growth of individuals^[1].

The "three pillars" of positive psychology are positive emotional experiences, positive personality traits, and positive social organization systems. The "three pillars" fit the primary goal of cultivating students in colleges^[1], and the college mental health education can get new development enlightenment.

2. Inspiration for mental health education in colleges

Positive psychology provides enlightenment in course construction, working mechanism, activity organization, and social support in the development of mental health education in colleges.

2.1 The enlightenment of positive psychology to curriculum construction

The College mental health education program must have as its primary goal the development of positive mental qualities in students. The teaching content should fully integrate with students' situations, stimulate students' interest. Teaching can be carried out by means that students like, such as immersive experience (psychological drama), game experience, and other ways conducive to rejuvenating the vitality of the classroom. At the same time, attention should be paid to creating a classroom atmosphere of mutual respect, equality, and friendship.

Colleges have a large number of students and a large number of classes but not enough professional teachers. Therefore, it is necessary to equip enough experienced teachers to complete the work of college mental health education.

2.2 The enlightenment of positive psychology to work mechanism

Focus on all processes. At every stage, from the entrance to graduation, we should pay attention to the high-quality positive experience, the cultivation of positive personality traits, and the construction of positive relationships.

Everyone participates. First, professional teachers and education managers should be trained to become a pioneer team. Then training the student cadre, such as the psychology commissary, forms the backbone that transmits positive force. Finally, the colleges should enhance publicity so that more students can understand and use positive psychology and achieve all participation.

Train students from many perspectives. In the aspects of living space, classroom learning, and extracurricular activities, we should carry out activities to cultivate students' sense of accomplishment, happiness, and satisfaction. Good living space and service quality can enhance students' positive emotions. Equal and friendly classroom learning can make students feel progress and happiness. Abundant and high-quality extracurricular activities can help students find their interests and love life more.

2.3 The enlightenment of positive psychology to activity organization

According to the nature of the goals, mental health education can be divided into negative (compensatory) goals and positive (developmental) goals^[1]. College mental health education activities can include basic activities and developmental activities.

Basic activities provide students with the theoretical basis of positive psychology. The theme of the activities should consider the needs of different grades and form a series of systematic and scientifically based activities. Its purpose is to build a platform for positive self-education and help students build a positive personality.

Developmental activities develop students' potential based on basic activities, enhance students' positive experiences, and pay attention to shaping students' positive qualities. It can be carried out through group counseling, personalized training camp, community activities, social practice, and other ways. This kind of activity has rich members and is close to the needs of students. It can promote students from "communication improvement" to "ability development" and improve their comprehensive quality^[1].

3. The conclusion

The enlightenment of positive psychology to college mental health education is to reform the curriculum, improve the working mechanism, innovate the organization of activities, and pay attention to social support. And encourage students to self-development and self-growth, believe in their potential of students, and stimulate their yearning for a better life, lifelong enthusiasm, and confidence in life.

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