The Construction of Higher Vocational Mental Health Education System under the Background of Positive Psychology

Leilei Bai

Shaanxi Police College, Xi’an 710021, Shaanxi, China.

Abstract: Driven by the social development in the new era, the development process of psychology-related industries has been accelerating, and its research results have also served and applied to all aspects of real life. The emergence of positive psychology is an important manifestation of the innovation and progress in the field of psychology research under this development background. It not only greatly promotes modern mental health education, but also scientifically guides the development of various psychological counseling work in an efficient and orderly manner. It is the key to psychology to promote social progress.

Keywords: Positive Psychology; Higher Vocational Education; Mental Health Education System; Construction Activities

With the continuous development and progress of the economy and society, the pace of reforms in various industries has accelerated, and the demand for talents and related assessment standards have increased. This is a rare opportunity for talents in the new era, and it is also a huge pressure. Under the background of this high-pressure environment, the mental health development of students in various colleges is hindered, and their misunderstanding of the current social development situation has led to the continuous weakening of their own comprehensive learning capabilities. Therefore, after recognizing this problem, higher vocational colleges consciously introduce positive psychology to build their own mental health education system, help students face their own development status, face psychological problems bravely, and treat them with the help of professional teachers. Make targeted solutions to guide their mental health development. This article aims to discuss the construction of the higher vocational mental health education system under the background of positive psychology research.

1. Overview of positive psychology

Positive psychology was first proposed and studied by Western scholars. Its basic concept refers to the problem-solving driving force that people generate when they suffer setbacks and failures, and they can use this driving force to continuously update and improve their ideas and effectively strengthen them. The determination to meet the challenge. To put it simply, the purpose of research and discussion of positive psychology is to broaden people’s inner beauty, cultivate their positive attitude and positive development concepts, and then organically integrate the experience and lessons accumulated in real learning and life to promote their overall coordination and progress. In addition, positive psychology not only refers to ease and joy and inner comfort, but also includes people’s yearning for a better life in the future, which is an important characteristic of maintaining a stable psychological state to face the changing social environment.

2. The concrete construction of the higher vocational mental health education system under the background of positive psychology

2.1 Establish a positive and positive mental health education concept in higher vocational education

The core entry point of positive psychology research is people’s positive emotions, and the focus it emphasizes is on...
people’s positive development. Therefore, the construction of a higher vocational mental health education system under the background of positive psychology should start with the establishment of correct educational concepts. On the one hand, it is beneficial to increase the importance of relevant teachers, and on the other hand, it can effectively reduce student resistance and promote, it actively cooperates with teachers to carry out various educational and teaching activities. In traditional higher vocational mental health education, most teachers are problem-oriented, analyzing the causes of problems and proposing solutions for students, focusing on negative psychological effects. On the contrary, positive psychology is to start from the perspective of positive influence, let students feel the benefits of positive psychology for their growth and progress, and then promote the overall development of their mental health.

2.2 Scientifically and rationally develop active psychological education resources

After recognizing the important practical role of positive psychology research in the construction of the mental health education system in higher vocational colleges, relevant teaching administrators have developed various positive psychological education resources in a timely manner, and strived to help students understand positive psychology from multiple perspectives and deepen positive psychological recognition. Knowledge, and then gradually internalize it into the content of its own development system. Most of the students in higher vocational colleges have not fully developed their development potential. Therefore, teachers can use this as an entry point and use methods such as case analysis, scene reproduction, and teacher-student conversations to tap students’ psychological development potential and promote their self-efficacy and optimism. Excellent qualities such as, strong, etc. have been effectively strengthened. This is not only conducive to teachers to efficiently complete the basic goals of mental health education, but also conducive to promoting the positive progress of students. In addition, teachers can also organically connect mental health education with professional knowledge and skills teaching, so that they can deeply understand the positive psychological qualities contained in professional qualities, or apply positive attitudes to professional curriculum learning, so as to fully consolidate their own comprehensive development. Under the influence of positive psychology, students can correct their own learning attitudes, reasonably establish career development goals, and move forward courageously under the instructions of specific directions.

2.3 Establish and improve the mental health consulting service system in higher vocational colleges

Based on the characteristics of running schools and the growth needs of students, vocational colleges have established a sound mental health consulting service system, and adopted positive psychological counseling methods to treat each counseling student correctly and care about the mental health development of each counseling student. Use positive and scientific psychological counseling methods to help them untie the knot. During the operation of this mental health consulting service system, relevant management personnel should focus on the main status of the counselor and guide them to confide in their opinions, so as to facilitate the orderly development of subsequent active diversion work. Moreover, through the improvement of mental health consulting services, teachers can better grasp the main reasons for the psychological problems of students in higher vocational colleges, and then reform and optimize their positive mental health education in a targeted manner.

3. Conclusion

In summary, the use of positive psychology research results to construct and improve the mental health education system of higher vocational colleges is conducive to promoting the positive and healthy development of the mental state of vocational college students on the one hand, and on the other hand, it is also conducive to enhancing vocational colleges. The comprehensive educational strength of colleges and universities lays a solid foundation for the cultivation and output of modern talents.

References

1. The topic of “Construction of Regional Mental Health Education System under the Background of Positive Psychology” was launched in Beijing. Mental Health Education in Primary and Secondary Schools 2013; (10): 53.