

Application of positive psychology in college mental health education

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Abstract: Colleges and universities are another scenery on the way of students' life. When students enter the university campus, they will encounter people and things they have never seen in life. Because they do not have the experience of dealing with such things, many students will suffer setbacks, and affect the mental health of students. This paper, mainly from the perspective of positive psychology, proposes to do a good job in various mental health education for college students, aiming to transform from serving a small number of students with mental problems to serving more students around the concept of positive psychology, and effectively improve the level of students' psychological literacy. Teachers should pay attention to students' mental health education, so that mental health education courses can benefit more students and the positive psychology concept can be spread on campus.

Key words: Positive psychology; Colleges and universities; Mental health education

When students enter college, they begin a new chapter in their lives and face things they will never encounter for decades to come. Such as the change of living environment, the expansion of interpersonal relationship, the change of study habits, etc., are all major tests for students. At present, students after "00" and "10" are different from the characteristics of students in the past, such as autonomy, self-confidence and dependence, excess self-awareness, precocious maturity and rebellion, which have a serious impact on the mental health education work in colleges and universities. Many teachers of mental health education believe that simply paying attention to the problem of help-seeking personnel will not produce good results, and it is necessary to stimulate individual enthusiasm and initiative to avoid psychological problems. In this regard, in recent years, positive psychology is very common in the work of mental health education in colleges and universities, and it is also a form that students like to see.

I. Overview of the connotation of positive psychology

Positive psychology is a branch of psychology that studies and promotes individual happiness. The Legend of Harmony

Instead of focusing on problems, pathologies, and defects, positive psychology places more emphasis on the individual's strengths and potential and positive qualities. Its core idea is to improve individual happiness and quality of life by cultivating positive emotions, positive thinking and positive behavior.

II. The role and function of positive mental health education in colleges and universities

1. Shaping or awakening students' positive qualities

The work function of mental health education in colleges and universities should not only focus on solving problems, but also focus on identifying, stimulating, cultivating and promoting the generation of good qualities. Students do not have a lot of problems, but need to explore their own resources. Positive mental health education needs to pay attention to the positive qualities in students' personality, research and cultivate various positive qualities, and eliminate the negative factors in students' personality in this way.

2. Construction of students' sustainable development system

To promote the sustainable and healthy development of students, the school mental health education work should build a long-term mechanism, so as to form

Into a relatively sound curriculum system. The planning, guidance and implementation of school mental health education should closely focus on the development characteristics and basic goals of students, integrate the relevant concepts of positive psychology, and teach students from the beginning of freshman enrollment to ensure that all links are closely linked and highly consistent with educational goals, so that mental health education can form educational forces at different stages. To construct an effective promotion mechanism and continuous system for mental health education to promote students' sustainable growth.

3. Creating an environment for students' active development

Positive mental health education not only needs to impart relevant knowledge, but also needs to create vividness in the teaching process

Flexible teaching atmosphere and situation, let students feel positive emotions as if immersive, insight into their own positive quality and self-potential, help to foster more positive behavior, cultivate students' excellent quality in a positive atmosphere. In this regard, positive development is closely related to the environment.

III. The application path of positive psychology in college mental health education

1. Timely change the educational concept and promote the educational goals of positive psychology

According to the concept of positive psychology, teachers should not only solve the problems of people with psychological distress, but also focus on how to activate their potential and tap into their inner positive traits and strengths, so as to maintain their happy feelings and enhance their quality life experience. In their school life, college students usually face challenges such as academic study, career choice, social interaction, etc. These problems are often easy to appear in the teenage stage, and can be classified as growth problems. In the past, the methods adopted by schools mainly focused on the observation and treatment of problems, and enlarged the problems, making it difficult

for students to express their inner doubts to teachers. This approach can neither complete the task comprehensively and effectively, nor meet the needs of students. On the contrary, it limits the scope of mental health education activities, focusing only on some students under special circumstances, instead of all students, which is of no benefit to preventing students from developing mental problems. Schools should look to the future, transform the traditional teaching model in time, and look at the problems existing in students from the perspective of development. In the process of students' mental growth, positive emotion and negative emotion change each other and become the main force in turn. College counselors need to fully grasp this characteristic, guide students to understand how these two emotions cycle in their hearts, enhance their ability to perceive emotional situations, and master ways to enhance the mastery of their positive emotions. In this way, not only can invisibly improve their psychological quality, but also effectively prevent the emergence of potential psychological problems.

2. Pay close attention to the characteristics of students' development and carry out mental health education in a timely manner

First, strengthen the frequency of students' psychological tests, and investigate the psychological problems of students in a timely manner. After students enter the campus environment, teachers must immediately evaluate the overall psychological status of students, in-depth study of their potential problems, and select individuals who may have risks in order to eliminate hidden dangers as soon as possible. For those students who really need attention, we need to conduct a personalized psychological counseling. By collecting more detailed data, we can do things more refined and comprehensive, and at the same time quickly build a mental health record of students, strengthen their ability to deal with problems, and keep track of their situation to form a long-term service system. At the same time, according to the different types and degrees of psychological problems of students, different intervention means are taken according to different situations and grades, so as to make the mental health education work targeted and professional. Second, we should guide students to join the mental health education module of positive psychology in time after entering the campus. After students enter the university campus, they should start the all-round enlightenment education. In addition to the daily necessary safety education, professional courses, school rules and discipline, career planning and other content, mental health education should also be integrated. After students enter the campus, most of them are affected by the gap between ideal and reality is too large, their own loss of self-confidence, the change of living environment, interpersonal relations are very complex and other factors, there are psychological problems such as psychological anxiety, indifference, inferiority. In this regard, the school needs to do a good job of psychological construction for students, and do a good job of presetting and preparation for their future psychological journey. Inform students of all kinds of psychological problems and troubles that they may face in the future, prepare them well in relevant aspects, and deal with them calmly when they encounter problems, which helps to improve the level of students' consciousness, focus on cultivating students' correct methods to solve problems, effectively improve students' psychological adaptability, and help to avoid students' psychological gap. In addition, combined with the relevant theories of positive psychology, teachers should carry out diversified education paths, strengthen the perfect integration of theoretical knowledge and practical activities, and construct a more comprehensive mental health education curriculum for students. For example, group counseling can be set up within the class to enhance the cohesion and centripetal force of class management. Set up lectures related to majors, which can deepen students' cognition of psychological knowledge. Set psychological short plays for students to show psychological knowledge in a relaxed and witty form, and then cultivate students to establish a healthy and upward good attitude, and form a humanistic atmosphere of solidarity and mutual assistance on campus.

3. Improve the mental health education team and expand teaching resources

Students work hard in middle school, and their performance determines their development. Students fail to fill their capacity

Enough time is devoted to the development of their own psychological characteristics. In addition, the pressure of the college entrance examination makes some students unable to bear it, which leads to corresponding psychological problems, which occur one after another when students enter college campus. The college entrance examination requires students to memorize what they have learned, and the process of repeated practice can lead some students to coerce themselves. When students have psychological problems, some students will have a strong awareness and need, and will take the initiative to collect books related to psychology. But they will not carry out a comprehensive study, not all of them can complete the above self-education and combing. In this regard, schools need to strengthen the emphasis on mental health education curriculum, and explore new paths for students in need. To consolidate the strength of the teaching team, gather more knowledge related to psychology, carry out mental health education activities around positive psychology, and construct psychological knowledge for students, so as to provide a platform for more choices. In addition, in the process of setting up mental health education in colleges and universities, teachers should flexibly choose psychological guidance models. The teaching content should be vivid, in line with the actual needs of students at the present stage, and comprehensive students' more common psychological problems to carry out teaching in a simple way. Teachers involved in some sensitive topics should know how to skillfully integrate, and the teaching path should be enlightening.

4. Set up themed activities to guide campus culture with positive psychology theory

Based on the guiding ideology of positive psychology, teachers take the cultivation of character, all-round development and pleasant life as their daily teaching goals, and implement the concept of "life growth education" in the school, so that it permeates everywhere in all stages of school teaching and family upbringing. In order to provide a quality environment for our students to grow up in the school, we are committed to fostering positive learning attitudes, positive values and positive self-perception. Therefore, we strive to create a beautiful campus atmosphere and excellent class teams. Students will be exposed to all kinds of new things during their time in college, and the awareness to deal with all kinds of problems has not been built in the development stage. Mentally strong students can come out of the shadow through their own efforts and become stronger. On the other hand, the mentally weak students will be hit and unable to get out. In this regard, teachers need to make full use of the second class, set up special activities such as "being the master of one's own emotions",

“Positive energy of life, seeking self-worth”, “harmonious communication”, etc., guide students to learn how to solve problems through such activities, and tell their inner feelings from different angles. Teachers should also pay attention to the importance of publicity activities. The concept of positive psychology throughout the mental health education classroom.

The psychological counseling room has scheduled class meetings on various psychological topics, and conducted adequate teacher education training. For example, the theme class meeting of “Inspire and rewrite life, dream to lead the future” allows students to actively participate in it under the leadership of teachers, establish the goal of self-growth, deeply understand the meaning of life, perceive the dignity of life, and then make every student have a positive attitude towards survival. In a variety of themed activities, teachers can teach according to the characteristics of students, pay attention to personal advantages, explore personal potential, and ignore the disadvantaged students in view of different personalized vibrant life. In an environment full of joy and harmony, students can regard teachers as friends, come to like them, and naturally develop a strong interest in learning; At the same time, with a positive attitude and good mental condition, students can develop healthily both physically and mentally. In addition, the school also uses “active participation”, “advantage gathering”, “grateful visit”, “fun charity”, “courage to apologize”, “family love flow” and other team activities to cultivate students’ positive attitude and emotional experience, and establish excellent interpersonal skills.

IV. Concluding Remarks

To sum up, the following conclusions can be drawn from the current research and discussion on the education and teaching practice of positive psychology in the primary stage of mental health: building a harmonious learning environment is one of the main means of its mental health education in colleges and universities, which can influence students’ ideas through the influence of campus culture; Teachers should take the initiative to keep close contact with parents to enhance the power of family education; At the same time, teachers and students should be encouraged to participate in it to ensure that positive psychology can be implemented more effectively. We also believe that as long as reasonable teaching strategies are used and the joint efforts of schools are combined, the promotion of positive psychology will become smoother and make greater contributions to the mental health education in colleges and universities.

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