

The practical significance of positive mental health education for the growth of contemporary college students

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Abstract: As a group with a higher social and cultural level, contemporary college students are an important component of modern society in China. Their healthy growth plays a crucial role in a family and society. Through positive mental health education, preventing or alleviating various psychological pressures from all aspects and responding positively to the resulting psychological stress has become a problem that requires joint attention and solution from universities and various sectors of society.

Keywords: Positive psychology; Health Education; College student; Grow up; practice

With the development of the times, China's education and teaching have gradually shifted from exam oriented education to quality education. In China's education policies, quality education, from brewing to formally proposing, and then to comprehensively promoting and deepening development, is an important support for social development and talent cultivation, providing tremendous intellectual and talent support for China's modernization construction.

The competition for talents has attracted more and more attention from people towards college students, especially in modern society where the focus on the healthy growth of college students has increased. The emphasis on their mental health education has become more apparent, and the country has also issued relevant documents to regulate and promote their development. Currently, various universities are striving to find the best measures to address the psychological problems faced by contemporary college students through various methods, and actively guiding their physical and mental health development through mental health education has become a popular practice and research field in recent years.

I. The Reasons for Positive Psychological Health Education

In a fast-paced society, students are facing increasing academic, competitive, and social pressures, and their mental health issues are becoming increasingly prominent. Carrying out positive mental health activities to calm students' hearts and cultivate psychological resilience has become an urgent educational action.

In the traditional mental health education model, many contents are limited to the common psychological problems of students, and have not effectively promoted the improvement of their quality and character. Students often feel pressure and tension, causing difficulties in communicating with teachers, so teachers cannot timely understand the problems and characteristics that students encounter, and mental health education cannot be effectively carried out. After comprehensive consideration, it is believed that there are still many shortcomings in the modern mental health education model, which needs further research and improvement, in order to lay a solid theoretical foundation for student health education.

1. Positive mental health

The concept of positive mental health was first proposed by Mary Jared in her book "Contemporary Positive Mental Health Perspectives" in 1958. It is believed that positive mental health can be seen as a state of continuous development and positive interaction between personality and social environment. At present, there has been a new expansion and deepening of our understanding of positive mental health, mainly including emotional management, mental adjustment, self affirmation, optimistic attitude towards life, stress management skills, social skills, and humor. How do you feel about yourself, and so on. Positive Mental Health provides a theoretical basis for creating positive mental health education.

2. Positive psychotherapy

Positive psychotherapy is different from traditional treatment methods that often treat patients as hosts of the disease. On the contrary, starting from the individual's growth potential and abilities, positive psychotherapy emphasizes the crucial role that each individual plays internally in overcoming psychological problems. In positive psychotherapy, the emphasis is on first stimulating the patient's various abilities and self potential, rather than first addressing the patient's internal obstacles. Using psychotherapy as a means to expand the field of mental health, enrich psychological connotations, and lay the foundation for carrying out mental health education.

3. Positive psychology

Positive Psychology reinterprets psychology from a new perspective that focuses on mental health and a positive mindset. This is a science aimed at promoting the improvement of individuals, groups, and society as a whole, and promoting their own development. The goal of emphasizing psychology is not only to help people in adversity learn to survive and achieve good growth, but more importantly, to support ordinary people's learning and establish a high-quality life for society and individuals in a normal environment.

4. Active education

Positive education is a new trend in education, initiated by the United States in the late 20th century and spread to the West. It relies on the positive potential of students both internally and externally to achieve the goal of promoting student development, with the main means being to promote positive experiences. The purpose of implementing education is to cultivate students' personal positive character and cultivate their collective consciousness.

In recent years, China's mental health education has developed rapidly and in various forms, including the establishment of mental health courses, psychological counseling rooms, and organizing students to participate in extracurricular quality development activities in various universities. However, these activities are based on the negative thinking of traditional psychology, so the results obtained are limited. Therefore, taking students' psychological problems seriously and fully tapping into their potential from a positive perspective has become a new exploration in educational practice activities.

II. The Psychological Status of Contemporary College Students

As the backbone of promoting national development and social progress, the growth and success of college students are of great significance. Therefore, it is necessary to give full play to the guiding role of ideal and belief education in the growth and success of college students, providing clear direction guidance, inexhaustible spiritual power, and scientific value guidance for their growth and success. However, due to the fact that the outlook on life, worldview, and values of college students are still in the formative stage, they are highly susceptible to external factors, and there is a phenomenon of overlapping strengths and weaknesses in internet slang itself. This will lead to the negative impact of internet slang becoming increasingly severe as it spreads among college students.

The special stage of physiological development among college students leads to drastic psychological changes, making them prone to emotional turmoil and instability. On the other hand, college students are a group that pays more attention to national affairs and social issues, and various negative social phenomena can cause their inner turmoil. Secondly, there is a lack of motivation in learning and a lack of clear learning goals. Therefore, it is of great practical significance to fully attach importance to the psychological disorders of college students and take active measures for treatment.

III. Actively carrying out a new path of psychological health education to promote the healthy growth of college students

Positive psychology presents a new concept of adapting to the needs of future personal and social development, emphasizing the cultivation of a positive mindset. Emphasize the exploration of unique qualities of students and advocate for positive prevention.

1. Pay attention to exploring the individual qualities of students and advocate for active prevention.

When educating on mental health, students should be made aware that these advantages are inherent in them. And apply it in learning and practical life. Some students exhibit positive and creative characteristics, and are selected as class cadres; Some are introverted and humble, with unclear speech, but they are good at discovering subtle details, supplementing them with moderation, and summarizing them with moderation. In this situation, when guiding introverted classmates, it is necessary to make them understand that I am only different from you in terms of strengths and there is no distinction between strengths and weaknesses.

2. Enhancing positive experiences for students

The cultivation of a positive mindset requires not only psychological experience, but also behavioral refinement, with a focus on inspiring students to actively participate, create, and develop their learning and life enthusiasm. Therefore, it is not very helpful in eliminating emotions, but can actually stimulate sexual desire. This principle can be applied by strengthening advantages, cultivating innovative awareness, and conducting emotional management training to encourage students to participate more in positive experiential activities in group form, thereby stimulating their confidence and enthusiasm. Cultivate the ability of students to express their personal opinions and understand how to protect their reasonable rights and interests in life, study, making friends, entertainment, and other aspects.

3. Actively conducting mental health education to create a harmonious environment for students

The psychological pressure of college students can be derived from various factors, including academic, interpersonal, and emotional pressures in school life, as well as pressures from various factors such as family and society. So mental health education should be comprehensively coordinated.

(1) Integration of school mental health education goals

Positive psychology focuses on exploring the positive aspects of individuals or groups, studying the events experienced by college students in the past or present, in order to understand their psychological state when facing different situations and evaluate whether college students have a positive and optimistic attitude. Through these behaviors, they are confident in their future. The purpose of evaluation is to guide students to discover their positive personality and attitude, create a suitable environment for cultivating themselves, and promote the display and utilization of their strengths. Therefore, the goal of school mental health education has been integrated with the value orientation of positive psychology.

(2) Expansion of school mental health education content

Promote students to actively carry out mental health education and build a complete and coordinated social organization system for mental health education for college students. To integrate positive psychology into teaching, promoting the cultivation of students' character

and temperament, and improving teaching methods should be the top priority. Reform teaching methods and introduce more interesting classroom teaching. In teaching, emphasis is placed on cultivating students' relaxation and innovation abilities, allowing them to feel the changes in their body and mind through the purification of knowledge, promoting the growth of physical and mental health, and gradually moving towards maturity. In teaching, students' mental state and abilities

(3) Reform of School Mental Health Education Methods

The promotion of the positive psychology teaching model first requires teachers to encourage and guide students, and stimulate their enthusiasm for learning. Different teaching methods are adopted to cater to the different states of students, allowing them to fully immerse themselves in classroom teaching and actively absorb knowledge. Create a relaxed atmosphere in school classrooms, provide targeted positive psychological and targeted intervention and guidance to students, promote their continuous self-awareness, self-development, and enhance their confidence. Cultivate an optimistic and upward mindset among college students.

(4) Improvement of the relationship between school mental health education

The relationship between both parties can be improved to a certain extent, making the classroom teaching atmosphere more harmonious and students more valued. This is due to the innovation of positive psychology guided teaching models, which further promotes communication and exchange between teachers and university students. If teachers can think and study problems from the perspective of students, it can enable college students to have a profound understanding of the value of being respected, and enhance their love for teachers and the education industry.

The psychological assistance provided by universities to college students should not only be limited to self assistance mechanisms, but should mainly focus on building a psychological mutual aid mechanism for college students. Psychological mutual assistance not only provides students with the opportunity to practice self-help, but also facilitates communication and exchange among peers, and strengthens mutual trust. As the hope for the development of the nation, contemporary college students must strengthen their education on national spirit, establish correct values, and grasp the development connotation of national spirit based on the characteristics and actual needs of college students. Only then can contemporary college students clarify their own value orientation and better become qualified socialist successors.

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