

Research on college students' life education from the perspective of positive psychology

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Abstract: The university period is the key stage for students to establish a world outlook, outlook on life and values. In addition to learning subject knowledge and practical operation skills in school, college students also need to master interpersonal social ability and excellent ideological and moral cultivation, and have a certain psychological adaptability. Mental health and life education for college students can make students maintain a positive mental state, realize the preciousness of life, cherish their own life. This paper briefly introduces the concept and connotation of positive psychology and life education, analyzes the main contents, analyzes the significance of carrying out life teaching in the perspective of positive psychology, and puts forward some strategies to carry out life teaching in order to provide help for college students' mental health and life education.

Key words: Positive psychology; Life education; Countermeasure research

1. The concept and connotation of positive psychology and life education

1.1 Positive psychology

Positive psychology can make ordinary people feel the meaning and beauty of life, and enable them to discover their potential, so as to achieve the purpose of cultivating extraordinary talents. A scientific and comprehensive interpretation of students' psychology from the perspective of positive psychology can mobilize the individual's enthusiasm, improve the individual's sense of self-identity, tap the true, good and beautiful part of the individual's heart, and cultivate high-quality citizens for the society.

1.2 Life education

As early as the 1960s, American scholar Jay Donnell Waters put forward the educational concept of "life education", which has been widely concerned and practiced, and has become an indispensable part of school education. In essence, life education is a kind of ideological education that faces the nature of human life and death. It can help students understand the meaning of life, make them learn to respect life, and learn to communicate harmoniously with others, share meaningful things in life, and promote individual recognition of self-value and emphasis on their own life. The core goal of life education is to make students understand life, cherish life, respect life, establish a correct view of life, recognize the value and significance of their own life, improve the quality of their own life, and realize the harmonious development of body and mind and life value.

1.3 Analysis of the main content of positive psychology

The main contents of positive psychology include positive emotional experience, positive personality traits, and positive organizational system. First of all, the emotional experience in positive psychology refers to a series of emotional and behavioral responses produced by individuals under the influence of external attitudes. Positive emotional experience can often keep people's mentality and consciousness in a positive and full state, enable people to obtain very powerful spiritual power and stimulate their positive behavior tendency. Secondly, positive personality traits refer to the outstanding personal qualities such as wisdom, courage and justice shown by an individual in real life. The personality of an individual is closely related to its cognition, behavior, emotion and other aspects, and is a relatively fixed basic trait shown by an individual. Positive personal traits can have a profound impact on the long-term development of an individual, and can help an individual resist negative emotions in the process of work or life, become more optimistic and tenacious, and thus experience happiness. Finally, the positive organizational system refers to the positive growth environment formed on the basis of individual life experiences, which plays a positive role in promoting the development of personality and the production of individual positive emotional experience. Personal life circle of friends, family environment, campus environment, class atmosphere, etc. are the embodiment of positive organization system, which can help individuals establish a more stable, stable and upward system environment, and awaken the subjective intention of positive development of individuals.

2. The research significance of college students' life education from the perspective of positive psychology

First of all, life education for college students can make students realize its rich connotation. From the perspective of positive psychology, life education can help students establish a correct outlook on life and outlook on life, effectively prevent depression, anxiety, compulsion and other psychological diseases, reduce the occurrence of violence, bullying and other phenomena, and lead students to feel the value and significance of life and perceive happiness in life. Secondly, carrying out life education from the perspective of positive psychology can tap the common points and compatibility of the two, so that students can have value recognition of the views in life education, apply psychological guidance strategies to the teaching process, update the life concept of college students, and enrich their psychological and value theory knowledge. Bind their personal value with social value, enhance their development consciousness and

enhance their sense of self-identity. Finally, life education for college students can enhance their theoretical foundation, enrich their psychological knowledge, so that they can better understand themselves, can explain their psychological problems with scientific theories, and help students face their own behavior logic, so as to achieve a self-consistent psychological state and cope with the challenges of the future society in a more complete state.

3. The principles of college students' life education from the perspective of positive psychology

3.1 Adhere to the principle of people-oriented education

First of all, respect for students' individual differences is the cornerstone of people-oriented education. Every student is independent and has different interests, thinking and personality. Teachers should respect and give students full autonomy and space, allowing them to blossom their potential and talents in a free atmosphere. Secondly, paying attention to students' physical and mental health is the core requirement of people-oriented education. In the process of cultivating college students' positive outlook on life, teachers should put students' physical and mental health in the first place and guide them to establish a healthy life pattern and psychological state. When students encounter confusion, they should give them a helping hand in time to solve their physical and mental troubles and protect their healthy growth. Finally, promoting students' all-round development is the key guarantee of humanistic education. Teachers should pay full attention to students' development and devote themselves to improving students' comprehensive ability and accomplishment. In the process of life education, teachers should design diversified learning and development paths and encourage students to actively participate in various activities, so as to hone their comprehensive quality and stimulate the spirit of innovation in practice.

3.2 Adhere to the practical principle of combining knowledge and action

First of all, the combination of knowledge and action and the cultivation of college students' positive outlook on life cannot be separated from practice. Teachers need to actively create practice platforms, so that students can experience the joy and transformation of growth in personal practice, and then internalize and show these qualities, so that students can explore and grow in practice. Secondly, the key link to realize the integration of knowledge and action is experience. Through personal experience, college students can deeply understand the intrinsic value of positive psychological qualities, so as to spontaneously cultivate these qualities. Teachers should strive to create a positive experience atmosphere so that students can gain something and nourish their minds in every experience. Finally, reflection is a bridge to the unity of knowledge and action. Reflection enables college students to gain insight into deficiencies, optimize strategies, accumulate experience, and promote the continuous improvement of positive psychological quality. Teachers should encourage students to carry out profound self-reflection, have the courage to face the shortcomings, and continue to improve themselves.

3.3 Adhere to the principle of gradual and orderly progress

Theory and practice complement each other. Knowledge learning needs to be integrated into practice, and practice exploration needs knowledge guidance. Only by integrating the two can students' comprehensive ability be effectively improved. Explicit education and implicit education complement each other. Explicit education directly imparts knowledge, such as book theory, while implicit education moistens things silently, mainly hiding in daily, social and campus cultural activities. The combination of the two can lay a solid foundation for the all-round development of students' moral cultivation and moral quality.

4. Strategies to improve the effectiveness of life education of contemporary college students from the perspective of positive psychology

4.1 Lead the value concept and build a positive and stable social system

First, create a positive social and cultural atmosphere. Social and cultural environment mainly uses social rules to guide students' thoughts, thus affecting their behavior awareness and habits. Colleges and universities can use natural mountains and rivers, revolutionary relics, campus ceremonies, academic conferences and other forms to carry out life education, on this basis to carry out deep cultural construction, so that students can form positive psychological qualities under the excellent macro cultural background. Secondly, a rational social mentality should be cultivated. In the process of carrying out life education, it is very important to cultivate a rational and peaceful social mentality, which plays a positive role in deepening the practice of new development concepts, improving the moral level and positive psychological state of the whole people, consolidating social unity and stability, and promoting social harmony and progress. In addition, the mainstream media should be used to guide public opinion. With the development of science and technology, the rise of the Internet and social media makes false information popular, causing people to have wrong cognition of things. At this time, it is necessary to make use of the influence of mainstream media to refute false information and correct people's wrong understanding. Students, as the young generation, can't help but be impetuous and gullible to rumors. Guiding them with the help of mainstream media will help students form positive psychological qualities.

4.2 Deepen ideal education and give play to the guiding role of university theories

First, colleges and universities should innovate the concept of life education. With the development of society, the traditional education concept is out of date, the new life education concept should follow the law of education and the law of students' growth on the basis of the traditional ideas to innovate, take its essence, discard its dross, so that high-quality cultural ideas can arouse students' sense of identity. Secondly, colleges should enrich the content of life education. Ideological and political education not only needs to pay attention to the theoretical level, but also needs to pay attention to the personality and psychological level of students. Therefore, colleges and universities

should add self-awareness, interpersonal communication, frustration coping and other contents in the new life education, so that students can form positive psychological qualities. In addition, colleges and universities should broaden the methods of life education. According to the individual characteristics of students, colleges and universities flexibly adopt educational methods to realize the transformation of educational strategies from focusing solely on cognition to paying equal attention to cognition, emotion and practical activities, and enrich and deepen the ways of life education. Therefore, colleges and universities should carry out a full range of psychological counseling, build a more perfect network education system, improve the professional quality and ability of teachers, and establish a sound educational effect evaluation system. Through the above measures, it can effectively promote the cultivation of college students' positive psychological quality and achieve better educational results.

4.3 Change the traditional concept and pay attention to the positive impact of family education

First, build a good family atmosphere. The survey shows that students who grow up in a harmonious family tend to be cheerful and emotionally stable, while those who grow up in a harmonious family tend to be pessimistic and indifferent. This shows that a good family atmosphere has a significant impact on students' positive psychological quality. Therefore, colleges and universities should actively communicate with students' parents and strive to build a harmonious and warm family environment for students. Secondly, active family education should be adopted. Family education is the primary form of life education. Students' psychological quality is often taught by their parents' words and deeds, and they receive life education by osmosis in the process of getting along with their parents. Therefore, parents should abandon the traditional education mode of nagging and reprimanding, and use the concept of positive psychology to train students, so that students can obtain positive psychological quality in happiness. In addition, parents should play the role of role models. As the saying goes, parents are their children's first teachers and the family is their first school. Therefore, parents should set an example, be strict with themselves, reflect on life at all times, and set a positive example for students.

4.4 Stimulate subjective consciousness and strengthen students' psychological construction

First, improve the cognition level of college students themselves. Positive cognition consists of positive self-evaluation, reasonable attribution and excellent endurance. College students should strengthen their self-confidence in study and life, and constantly positively identify and accept their strengths and weaknesses, and know the real themselves. At the same time, it is necessary to constantly explain and reason the setbacks and difficulties encountered in the study and work and make reasonable attribution, so as to improve their self-esteem and psychological endurance. Secondly, provide positive emotional experience for college students. Colleges and universities can carry out social practice activities such as volunteer activities or voluntary labor, so that students can get good emotional feelings and emotional values in the process of helping others, so as to stimulate students' love for life and shape positive psychological quality. Furthermore, the positive will of college students should be cultivated. Therefore, students should realize the universality and inevitability of setbacks, have a positive will when they encounter setbacks, realize the surmountability of setbacks, calmly analyze the factors causing setbacks, and constantly accumulate experience to make setbacks become stepping stones for their own growth.

Conclusion

The fundamental task of colleges and universities is to train successors and builders of socialism with all-round development of morality, intelligence, physical fitness, the United States and labor, but in the development of recent years, there are frequent news that college students have depression symptoms and do not cherish life, which affects the all-round development of college students. Starting from the perspective of positive psychology, it can give college students a new life education and give life a new meaning, so as to guide them to establish a correct concept of life and become excellent young people who cherish and protect life.

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