

College Students' Mental Health Education from the Perspective of Positive Psychology

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Abstract: Mental health education is an important part of ideological and political education. The Party and the state attach great importance to the mental health and psychological quality training of college students. The development of positive psychology provides ideas and solutions for college students' mental health education. This paper elaborates the basis of applying positive psychology to college students' mental health education. Put forward to change the concept, establish a positive educational goal; Improving the capacity of mental health services; School, family, society linkage, build a collaborative education system; Strategies of mental health education for college students, such as exerting and mobilizing the main role of educational objects.

Keywords Mental health Education; Positive Psychology; College Students

INTRODUCTION

At the National Conference on Ideological and Political Work in Colleges and Universities, the Xijiping Chairman emphasized the need to "meet the needs and expectations of students' growth and development", which reflected that ideological and political education in colleges and universities began to pay attention to their needs and expectations from the perspective of the educational object, and the degree of satisfaction of needs and expectations was manifested through the actual acquisition and subjective perception of students. College students' mental health education is an important part of the teaching task of colleges and universities, an important embodiment of the concept of "moral education", an important indicator to measure the quality of college students' mental health education, and a key standard to test the effectiveness of college students' mental health education. The construction of healthy China needs to advocate more concepts of truth, kindness and beauty, and gather the positive mental energy of college students. Positive psychology is a psychological movement initiated by the famous American psychologist Martin Seligman. Positive psychology seeks to identify the positive factors that enable individuals, groups, and societies to advance in order to promote human health, well-being, and social harmony. Positive psychology explores the power of positivity in humans from three perspectives. From the individual point of view, it mainly studies the positive qualities including the personality traits such as wisdom and dignity. From the subjective point of view, we should look at the past, present and future from three perspectives. We

should study a series of positive experiences such as sense of accomplishment and satisfaction in the past, happiness and joy in the present, and confidence and hope in the future. As a new branch of psychology, positive psychology no longer emphasizes the treatment of mental health problems and the study of pathological psychology, but focuses on the development of human happiness, strengths and potential. Its appearance fills the gap of traditional psychology and provides people with more comprehensive and positive psychological concepts and methods. Applying positive psychology to college students' mental health education and mental health intervention can improve their mental health level and mental toughness, cultivate and shape their perfect personality, meet students' needs, respect students' development, and promote students' psychological growth and all-round growth.

THE BASIS OF APPLYING POSITIVE PSYCHOLOGY TO COLLEGE STUDENTS' MENTAL HEALTH EDUCATION

The need of reform and innovation of college students' mental health education

Mental health education has always been the key point of students' learning and development, but it is often ignored by schools and teachers. Teachers usually arrange students to participate in questionnaire surveys, organize consultations and interviews, and interpret students' inner confusion and psychological problems according to the results. According to the current situation of college students' mental health education, teachers pay too much

attention to the explanation of theory when carrying out relevant courses, and pay too much attention to the treatment of mental illness in practice, ignoring the exploration of students' positive mentality and psychological quality. At present, mental health education in colleges and universities mainly adopts two models of points system and educational evaluation. The model is based on the analysis of students' mental health status, attendance statistics and study assessment results to provide support for students' mental health education. The development of positive psychology to mental health education has promoted the transformation of psychological education from morbid to healthy. Positive psychology emphasizes the cultivation of psychological literacy, which can not only help individuals better cope with pressure and challenges, but also improve the quality of life and happiness of individuals. Positive psychology promotes the all-round development of individuals and improves the quality of life and happiness of individuals. Many teachers will encourage students to take the initiative to seek psychological counseling and psychological counseling. In fact, most of the students who have initiative in this aspect have already suffered from serious psychological problems such as emotional disorders, anxiety and irritability, which are difficult to be solved through simple psychological counseling. It is difficult to adapt to college students' mental health education in the new era, and it is also relatively difficult to control college students' mental health risks. It is necessary to reform and innovate college students' mental health education through the application of positive psychology. On the one hand, it deviates from the ontological value of psychology to serve all people, on the other hand, it also leads to the formalization of the tasks and contents of mental health education, which cannot provide students with the preventive value and development value of psychology at all.

Social perceptions of mental health problems lag

The concept of negative psychology dominated by "problem model" is deeply rooted. Although China has introduced more policies and norms related to mental health education, the final effect is not ideal, and it is difficult to eliminate the negative psychological work concept based on the "problem model" that focuses on finding problems, preventing problems, solving problems, and preventing malignant safety incidents. The main object of psychological service is to focus on students with various mental problems and diseases, and the object of psychological work service is labeled as mentally unhealthy.

Lack of family mental health education. Parents, as the enlightenment teachers of their children, should assume the responsibility of educating and raising their children, especially to become a good example in moral conduct, and to form a positive impact on

their children's behavior and psychological quality. Under the influence of the baton of China's college entrance examination, some parents are too concerned about their children's exam results, college entrance results, whether they are valued by teachers, whether they have won awards, etc. Parents hope that their children will be long, hope that women will become phoenix, so that the lack of family education, many parents do not achieve their own, did not do all turn to the children to complete. Parents are not willing to accept the negative emotions shown by their children, and do not take appropriate ways to ease them, forming a relatively backward concept of family education, unable to effectively regulate the psychological state of their children, which will cause a very adverse impact on college students, but also affect the establishment and development of parent-child relationship. The mental health problems of college students are largely related to family. The lack of family education has many effects on children, including the lack of moral education, behavioral problems, knowledge structure and learning ability, mental health: forming bad living habits, social ability, and hostility.

Students' own understanding of mental health problems is missing or misunderstood. Lack of awareness of mental health issues and even neglect of their own mental health needs. When facing psychological difficulties, they do not realize the importance of timely treatment of mental health problems and do not know how to seek help. In addition, the insufficient number of psychological counselors, mental health education programs are not perfect, mental health resources are insufficient, even if some students realize that they may have mental health problems, but also because of the limited mental health service resources, cannot meet the mental health needs of students in a timely and comprehensive manner, resulting in some students who need help cannot get timely support and intervention.

STRATEGIES OF APPLYING POSITIVE PSYCHOLOGY TO COLLEGE STUDENTS' MENTAL HEALTH EDUCATION

Change ideas and set up positive educational goals

The mental health level and mental health accomplishment level of the educator will affect the psychological development of the educational object. As the leader of college students' mental health education, college teachers should integrate positive psychology into mental health education system in various forms with the carrier of positive psychology education practice. First of all, they should improve their theoretical literacy level and optimize their actual supply ability. College teachers' mental health education subjects should fully understand the orientation of college mental health education in the new era, strengthen their own Marxist theoretical literacy, accurately grasp the goal and task of mental education in the new era, realize that mental education should be aimed at educating people, adhere to the unity of mental education and moral

education, and promote the all-round development of students. Turn to absorb and learn from effective disciplinary theories and supporting methods, break the barriers between professional psychology and non-professional psychology, let multiple disciplines participate, interpret and study mental health education from a multidisciplinary perspective, and consider the current psychological education work more comprehensively from a broader perspective.

Improving the capacity of mental health services

Using some ideas of positive psychology to establish a perfect mental health education intervention system, improve the ability of mental health service, and better understand the mental health problems of college students. Cultivate the theoretical interpretation ability of educators, explain the theory of moral education and related theories of psychology clearly and thoroughly, and promote college students to better understand, understand and grasp the theoretical basis of psychological education, and better transform and apply the theoretical knowledge. Strengthen the study of relevant theoretical knowledge of psychological counseling, and constantly deepen and improve their psychological counseling ability in the practice of psychological counseling. Strengthen practical ability learning. Enhance the capacity of multi-channel promotion and education activities; To promote the diversified educational practice of positive psychology, actively integrate it into students' daily practical activities, deepen the communication with students through practical activities, and get a close understanding of current students' psychological characteristics, so as to better plan practical activities that are both educational and entertaining. Strengthen the dynamic analysis of college students' positive psychology education, try to occupy the new position of network mental health education, improve their ability to study and judge the needs of educational objects, explore a reliable path to meet their needs, and improve the effectiveness of positive psychology education guidance in colleges and universities. In addition, the establishment and improvement of research institutions on college students' psychological problems will take the educational guidance, teaching practice and educational intervention of positive psychology as the main objects of educational research, and combine the research results of positive psychology at home and abroad to do a good job in refining the academic content and scientific research content, so that it can be better applied to the educational practice of positive psychology.

Build a coordinated education system that integrates school, family and society

Educational environment plays a very important role in the whole education system, and a good

environmental atmosphere has guiding and strengthening functions, which is an important guarantee for the development and implementation of college students' mental health education. Create a good atmosphere for all teachers and students to care about mental health and mental education, and implement the concept of mental education by constructing a model of mental education for all staff and digging psychological education elements in the campus ecological environment.

Through the positive value guidance, the mental health education runs through the whole process of school education and teaching, and runs through the whole campus. Take the construction of campus culture as the starting point, create a positive and healthy campus environment atmosphere, cultivate students' noble sentiments; through the combination of online and offline to achieve full coverage of mental health education. Strengthen the joint efforts of family and school education, guide parents to establish correct educational concepts, affect students with a healthy and harmonious family environment, and effectively improve the effectiveness of mental health education. Families should actively cooperate with and support school education, actively pay attention to the healthy growth of children, and help children correctly understand and cope with practical difficulties that may be encountered in their study and life.

Schools should strengthen cooperation with families for students with poor growth environment or psychological and behavioral problems, help parents establish correct educational concepts, guide parents to pay attention to their children's mental health growth, track and provide continuous care and assistance; Establish a linkage mechanism between schools and families, strengthen psychological counseling for parents, provide guidance for parents to promote the psychological development of students, assist them to jointly solve the problems of students in the development process, form a joint force of mental health education, and jointly promote the healthy growth of students.

Give play to and mobilize the main role of college students

Under the guidance of positive psychology, we pay attention to the exploration of students' inner potential and the construction of a positive mentality, actively look at students' problems, communicate and interact with students in a way of appreciation, encouragement and praise, and label students with "positive labels". It is possible to provide students with a platform for self-presentation by opening a special platform.

It is necessary to cultivate the "positive" concept, treat the growing students from the perspective of development, and deal with the problems encountered by students with positive psychological thinking. It is necessary to fully tap the positive

psychological quality of students, cultivate students' optimism, let students establish good quality in life and study, guide students to feel more happiness and happy moments in study and life, and form a healthy and positive atmosphere.

Adhere to the cultivation of students' positive emotional experience, positive personality quality and positive social relations, help college students to shape a sound personality, cultivate good psychological quality, and improve the overall quality of students. Help students form a positive attitude towards life and realize the return of psychology value.

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