

## Research on Mental Health Education of College Students from the Perspective of Positive Psychology

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### Abstract

In the modern social environment, diversified values and ideas permeate all aspects of college students' life and study under the network channel, which directly affects the healthy development of college students' psychology. Therefore, it is of practical significance to strengthen the mental health education of college students. At present, college students' mental health education is mainly based on negative psychology, which analyzes and finds out the ideological problems of college students, and directly ignores the application of positive psychology. This paper focuses on the analysis of the mental health education of college students. Based on the positive psychology perspective, based on the analysis of the important role of positive psychology on the mental health education of college students, this paper discusses the strategies of mental health education of College Students under the positive psychological concept, aiming to ensure the healthy growth of students' physical and mental health.

### Keywords

Positive psychology; College students; Mental health education; Important role.

### 1. Introduction

Positive psychology is a science specializing in personal happiness index, which emphasizes the positive quality and strength of individuals, and the core is to study the virtues and potential of people. In recent years, with the rapid development of China's higher education, the number of college students is increasing, but the psychological problems of college students are becoming more and more serious, which not only affects the healthy development of college students, but also is not conducive to the development of a harmonious society. Therefore, it is an urgent task to solve the problem of college students' physical and mental health in the development of colleges and universities, and it is also a strategic task related to the construction and development of a harmonious society. However, for a long time, college students' mental health education mainly focuses on students' psychological and ideological problems, and explores corresponding measures to solve the problems. Although it can solve college students' psychological problems and help them achieve physical and mental health development, it is not conducive to the strengthening of College Students' psychological quality and ignores the stimulation of College Students' potential, which has a certain significance for the long-term development of college students Adverse effects. In view of this, based on the improvement of College Students' mental health level and comprehensive ability, this paper deeply analyzes "College Students' mental health education in the perspective of positive psychology" has certain practical significance and practical value.

## **2. Analysis of the Important Role of Positive Psychology in College Students' Mental Health Education**

College students' mental health education is a general term for a series of educational activities by professional teachers to enhance college students' awareness of reasonable health care, enrich their psychological knowledge and help them solve psychological problems. Under the traditional mode, the center of college students' mental health education is to help college students find potential psychological problems, and take corresponding measures to solve them, paying more attention to the solution of psychological problems, and guiding and educating students from the perspective of the problems committed by college students. Although this method can solve college students' psychological problems, it pays too much attention to the negative development side of college students, but ignores the positive side of college students' growth stage, which is easy for college students to have negative emotions. In serious cases, it will make college students doubt their own abilities, and then have a negative impact on normal study and life [1]. In this case, even with the guidance and education of teachers, college students can't effectively change their mental health, and they will still fall into negative emotions. It can be seen that the traditional mental health education of college students has certain defects, which is not conducive to the healthy growth of college students. The effect of college students' mental health education based on positive psychology is totally opposite to that of traditional college students' mental health education, which is mainly to help college students further improve their personality and enhance their psychological quality by discovering their beautiful psychological and positive psychological state, and to help them improve their self-confidence, so as to achieve the goal of preventing psychological problems by strengthening themselves [2]. This kind of mental health education mainly aims at prevention, which can solve the psychological problems of college students from the root cause, so that college students can keep a good psychological state in their life and study at all times, so that college students can have a strong motivation to learn by gaining a pleasant experience in their study, which is conducive to the all-round development of their physical and mental health and comprehensive quality [3]. Therefore, the mental health education of college students under the concept of positive psychology is an important guarantee for cultivating high-quality talents with physical and mental health.

## **3. Analysis on the Strategies of College Students' Mental Health Education from the Perspective of Positive Psychology**

### **3.1. Reconstruct the Idea of Mental Health Education with Positive Psychology as the Core**

Thought is the guide of action, and the effect of action directly affects the results. Therefore, in the new situation, to improve the effect of College Students' mental health education, the key is to change the educators' ideological understanding and educational concept, establish the concept of mental health education with positive psychology as the core, formulate a clear goal of mental health education on the basis of the current situation of College students' mental health, pay attention to the improvement of College Students' physical and mental health, and constantly improve their mental health. Tap the potential and advantages of college students, stimulate the positive quality of college students, and effectively prevent college students' mental health problems [4]. At the same time, educators should construct an educational environment of mutual respect and equality in specific mental health education activities. In the current mental health education curriculum and psychological counseling activities, educators often ignore the impact of personal positioning on the quality of education. Due to the long-term negative impact of traditional education concept, the relationship between

teachers and students is mainly superior subordinate relationship, which makes students have a certain fear of teachers, which is not conducive to students' sincere disclosure of personal ideas to teachers, which is not conducive to teachers' understanding of students' real-time psychological situation, and can not take targeted measures to solve students' psychological problems [5]. Therefore, teachers should pay attention to the importance of building a harmonious relationship between teachers and students in the specific education work, actively communicate with students effectively, so that students can take the initiative to reveal their thoughts to teachers. For example: in their spare time, teachers take the initiative to enter the student group, and constantly draw closer the relationship between teachers and students through various ways, such as family routine, discussing things that students are interested in. In the process of communication, through positive energy quotations or cases to guide college students to establish a positive attitude towards life and enterprising learning spirit. In this way, it is not only conducive to the establishment of a harmonious relationship between teachers and students, but also conducive to students' sound personality and the establishment of correct three outlooks. In the network information age, the development and application of information technology provides a convenient channel for teachers and students to communicate, and also avoids the embarrassing situation of face-to-face communication. Therefore, educators should reasonably use wechat, microblog and other network channels to timely understand the psychological state of students, so as to implement the corresponding solutions in the mental health education work, so as to greatly improve the mental health level of college students. In addition, under the concept of positive psychology, college students' mental health education emphasizes the development of students' potential and excellent quality. This requires teachers to pay attention to students, and use the excellent quality of college students to guide students to achieve all-round development and effectively prevent psychological diseases [6].

### **3.2. Pay Attention to the Innovation and Optimization of Mental Health Education**

Educational method is the general name of a series of means and methods adopted by educators to achieve educational goals. Generally speaking, the rationality, pertinence and feasibility of educational methods have a decisive influence on educational effect [7]. Therefore, in order to improve the effect of college students' mental health education from the perspective of positive psychology, we should pay attention to the optimization and innovation of mental health education methods in addition to updating educational concepts. Specifically, we can optimize classroom teaching methods and expand mental health education channels:

(1) Optimizing psychological classroom education. At present, there are two major problems in classroom teaching of college students' physical and mental health education: passive and formal. Passive means that most college students are in a passive state of receiving education, while formal means that education is mainly based on teachers' oral education without practice. For college students, only after experiencing mental health education can they get positive emotional experience, and then tap their own potential and quality. Therefore, teachers should abandon the traditional backward teaching mode in teaching practice, highly respect students' initiative, and actively carry out case analysis education, so that students can deepen their understanding through experience and experience the happiness of classroom learning [8]. At the same time, in order to attract the attention of college students, teachers can organically integrate multimedia teaching in mental health education, and use multimedia to visually present the content of mental health education, so as to create a good learning atmosphere, so that students can always receive good mental health education in a happy learning atmosphere, and gradually form excellent quality and shape positive personality.

(2) Expand educational channels. Modern is the era of knowledge network. Teachers can use network resources and channels to carry out mental health education. In the aspect of mental health education propaganda, teachers can make full use of WeChat, WeChat official account and Weibo to publicize the significance of mental health education under the concept of positive psychology, and constantly improve the attention of college students to positive psychology. In addition, an information platform should be established to encourage college students to consult psychological problems anonymously on the platform, so as to provide support for solving college students' psychological health problems in time.

### **3.3. Establishing Campus Cultural Environment of Mental Health Education with Positive Psychology as the Core**

Environment has a profound influence on people, and this influence is subtle. From the ancient story of "Three Movements of Meng Mu", we can know that the influence of environment on people is very significant. Therefore, colleges and universities should strengthen the construction of campus cultural environment, and actively integrate the mental health education content with positive psychology as the core. First, they should advocate freedom, democracy, respect and equality, pay attention to students' dominant position, and constantly improve their core literacy and ability, so as to promote their development into high-quality skilled compound talents that contemporary society really needs. Secondly, the integration of moral education, with the important guiding ideology of moral education, helps college students to constantly improve their noble personality in their study. At the same time, we should follow the human-oriented principle, carry out differentiated hierarchical teaching, teach students in accordance with their aptitude, so that students can always maintain a good psychological state in the learning stage, and also pay attention to the development of diversified teaching activities, so as to help college students gradually form a higher psychological quality, effectively prevent psychological diseases, which is conducive to the healthy development of College Students' physical and mental health. In addition, in order to ensure the influence of mental health education culture, colleges and universities should take positive psychology as the guiding ideology, actively optimize and improve the campus mental health education culture, so that college students can always maintain a good psychological state in different stages, and also pay attention to the development of diversified teaching activities, so as to lay a solid foundation for promoting college students' physical and mental health and all-round development.

## **4. Conclusions**

To sum up, positive psychology is the mainstream trend of modern college students' mental health education. The mental health education of college students based on the concept of positive psychology has a positive effect on the all-round development of college students' physical and mental health and quality. Therefore, colleges and universities should be based on the current situation of College Students' mental health education, start with the innovation of education concept, pay attention to the optimization of education methods, and strengthen the construction of campus cultural environment, in order to effectively improve the effectiveness of mental health education, help college students to deeply understand the positive psychology education, and lay a solid foundation for the comprehensive development of College Students' physical and mental health and comprehensive quality.

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