Research on the Practice of Positive Psychology in Education Management of Higher Vocational Students

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Abstract

Since the theory of positive psychology come out, it has the advantage that traditional psychology cannot compare with, it constantly tap the positive factors in human nature, promotes people to have a positive attitude, cultivates the healthy psychology of people, is widely used in many fields. Similarly, it also provides a new way of thinking for the education management of higher vocational students, points out the direction for higher vocational education to train qualified talents.

Key words: positive psychology; higher vocational students

1. INTRODUCTION

The emergence of the theory of positive psychology is different from traditional psychology, it is a new branch of psychology, it focuses on the negative aspects of human beings and explores the positive factors of human nature, through constantly stimulating positive power and excellent quality of people, make them positive, cultivate good and healthy psychology of people. The birth of positive psychology accords with the characteristics of students in higher vocational colleges, positive psychology provides a new way of thinking and a new cognitive horizon for the education management of higher vocational students, provides the basis for higher vocational colleges to train more qualified socialist talents.

2. The Basic Theory and Basic Content of Positive Psychology

2.1 The Basic Theory of Positive Psychology

Positive psychology was proposed by Seligman in 1997, his research areas include positive and valuable emotional experiences, such as past happiness, satisfaction and happiness of now, hope for the future, these are all optimism. Positive psychology advocates taking a positive view on psychology of normal persons. Playing the positive power and excellent quality of people, developing individual potential to the maximum extent, excavating deeply, helping individuals learn and master a better way of life. Although it emerges only a short time of more than 10 years, but it plays a positive role in promoting the development of psychology, at the same time, it also changes the education mode of psychological health education in our country, has greatly promoted the development of our country's mental health. At present, in educational circles mental health education based on the theory of positive psychology is widely used, and has made certain achievements, has injected positive energy into the education of our country. Positive psychology advocates that in the process of education, schools need to tap students' positive and upward force, in daily life, schools should actively guide students, change the past method of only focusing on the prevention and correction of students' psychology, and neglecting the cultivation of students' healthy

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psychology. Therefore, in the education management of students, it should pay attention to positive mental health education. Giving full play to the advantages of higher vocational students' humanity, developing positive personality power, improving the quality of education and teaching.

2. 2 The Basic Content of Positive Psychology

Positive psychology emphasizes the ability of people to resist obstacles, specific to the education management of higher vocational colleges, it is the colleges focuses on the cultivation of middle school students' subjective well-being in the management of education and teaching, make them can meet the happiness of the past, even in the face of difficulties, they can also look at the future with optimism, cultivate a positive and happy person, and rely on positive school, family, social organization system to enhance the enthusiasm. Higher vocational colleges can strengthen the students' positive emotional experience by cultivating students' ability to love, learning ability, courage, interpersonal skills, aesthetic feeling, willpower, tolerance, creativity, attention, insight, wisdom and other positive quality, including happiness and satisfaction, hope and optimism, happiness and abundance, enable students to experience positive emotions, cultivate students' positive psychological quality, this will also inject more positive energy for the future work and life of higher vocational students.

3. Psychological Characteristics of Vocational College Students

3. 1 There are Certain Differences between Objectives and Methods of Personnel Training of Higher Vocational Colleges and Personnel Training of Other Universities

Since the implementation of the college entrance examination system, vocational college students have their own characteristics. There is a big gap between the students in higher vocational colleges and the students attend the university entrance exam, especially the enrollment modes of higher vocational colleges are more diversified, nowadays, this situation is particularly evident, generally speaking, compared with other universities, the position of higher vocational colleges is not high, in the college education system, the ranking of higher vocational colleges is very backward, in addition, peacetime achievements of higher vocational college students is backward, for a long time, pressures from teachers, parents, society and other aspects, make students lack confidence. After entering higher vocational education, some of the negative emotions of students gradually exposed, if not effectively improve the negative psychology, this sentiment may be accompany the student's entire career, have a great negative influence on students' future life and their future development.

3. 2 Self-Control Ability is Generally Poor

Self-control ability of higher vocational college students have a great deficiency, the cultivation of self-control ability is a long process, on the cultivation of self-control ability, because of the difference between family education and school teaching, many students lack self-control ability. All kinds of disturbances in the life make higher vocational college students unable to control their behavior, poor self-control has a direct impact on the academic record of many vocational college students, lead to the academic achievement of higher vocational college students is not ideal, the phenomenon of absenteeism, tardiness, fail the exam happen now and then.

3. 3 Low Psychological Maturity

Psychological immaturity is a common phenomenon in higher vocational college students, this is consistent with the psychological characteristics of this level of age, the psychological development of higher vocational college students is not mature at this stage. Compared with undergraduate students, there
is still a certain gap in the level of psychological maturity of higher vocational college students. For the establishment of a correct view of the world higher vocational college students sometimes cannot understand, their willpower and ability to resist setbacks are relatively low, some of them have no ideal, have a strong sense of dependence, jealousy and vanity. There are many factors affecting the psychological maturity of higher vocational college students, this also puts forward higher requirements for current higher vocational education of our country to cultivate qualified higher vocational college students.

4. The Application of Positive Psychology in the Practice of Higher Vocational Education Management

4.1 Encourage Students to Experience Positively

In the way of education, it need to enhance the positive experience of students, mainly experience a psychological response to external stimuli. It often appears in a way of emotion, so we call it love. Positive psychology divides the positive emotion experience into sensory pleasure and mental enjoyment, the pleasure of the senses is the most advantageous tool for the body to eliminate inner tension. Positive psychology divides the positive mentality into personal sensory satisfaction and psychological enjoyment. The satisfaction of the senses comes from the personal psychological sense, it is a kind of internal balance broke by oneself, this is the original state, which go beyond oneself, such as swimmers beyond themselves to create a new world record. For example, students' test scores increased from the original sixty points to one hundred points, they will produce an unprecedented satisfaction, this is the satisfaction of the individual senses, sensory pleasure is a kind of satisfaction of physiological need, is a kind of need of individual survival. Psychological enjoyment is more conducive to the growth of individuals and the cultivation of positive qualities. In the long term practical application, positive psychology prove that positive emotional experience of individual, such as happiness, joy, satisfaction, optimism and other positive psychological factors, have positive implications for individual growth in many aspects. For higher vocational students, so is emotional experience, especially psychological enjoyment, only give these students more opportunities to express themselves, they can show their strengths in a variety of meetings, interviews and competitions, using these positive emotional experiences to make them happier and more confident. Therefore, higher vocational colleges should create more experience opportunities for students, this has a positive effect on students' cognition, also has a positive influence on the students' will, behavior, psychology, and so on. Positive emotional experiences are helping them, enable them to learn to eliminate the pressure of life, enhance their self-confidence and physical health, thereby make them get happiness. Students in higher vocational colleges generally lack understanding and enjoyment to life, lack the ability to understand thoroughly good things around the world, and lack the ability to create happiness. In order to let students have positive and healthy psychology, higher vocational colleges can set up psychological counseling teaching, can set up psychological association, guide the students to cultivate positive and healthy psychology together, can also provide a variety of extra-curricular activities. According to the feedback of psychological development association and students, helping higher vocational college students to cultivate good psychological quality through group guidance, psychological knowledge lectures and other ways, then creating a positive psychological quality, enabling students to experience the joy of success, enhancing their self-confidence, willpower, etc. Positive subjective experience is not inborn, is more of our acquired training. Through the cultivation and attention of positive students' emotional experience, finally, help students form positive psychological products, making them put into study and life with positive attitude.
4. 2 Focus on Building a Positive Social Ecology

Human ecology refers to that through mental and spiritual activities getting joyful and happy physical experience, it is the power for enhancing the spiritual realm. From the outside, it is the respect and recognition to the dignity, freedom, personality and rights of society and others; From the inside, it is the pursuit to the ultimate value, is the aesthetic experience, moral pleasure and happiness experience. The meaning of the existence of life is that it can make people live beyond the fatigued life and material. The expression of human ecology is the characteristic of social harmony and the essence of the times. Therefore, in the process of school education, it is necessary to strengthen the cultivation of the truth, goodness and beauty of students, in addition to breaking the antagonistic relations between the existing main body and teachers and students, realizing equality of both parties, it also need to pay attention to the cultivation of students' positive emotion, enable students to have a strong sense of cooperation and willingness to help others, get more fun of learn and live. At the same time, it is necessary to build a good, positive campus culture, especially focusing on the spiritual and cultural environment, forming a positive personality traits. The important role of school spirit construction and style of the class is positive, is to respect and care for students, to achieve sincere equality, to create a good psychological atmosphere, to set up advanced individual and collective example, to promote the formation of students' positive psychology using the power of example.

4. 3 Establish a Positive and Effective Organization and Management Framework

From the perspective of groups, positive psychology mainly studies the positive organizational system, involving public and personal qualities, including a person's social status, altruistic behavior, treat others with tolerance, professional ethics, social responsibility and healthy family members. Positive psychology believes that school management should be in place, advocates the school management to have the strategy, must have a complete system. From the perspective of positive psychology, the focus of higher vocational college management should start from motivating and guiding higher vocational college students, higher vocational colleges should try their best to create various conditions to help students form positive thoughts, so as to improve their learning motivation and self-development goals, create a happy development environment for students, using incentive mechanism to cultivate positive personality and creative ability of students, enhance students' frustration ability, help students build self-confidence and find their own place in the group, encourage and respect students in a loving way, then stimulate students' talent and potential, let students have more room for development, allow them to choose independently, help students develop in the right direction, promote the students to grow healthily. Positive psychology provides a new perspective for student management of higher vocational colleges, education administrator of higher vocational college students should establish a positive attitude, change traditional ideas. We should pay more attention to students' emotion and experience, so that students are happier, more confident, learn and develop more optimistically. At the same time, it is necessary to pay attention to fostering students' cooperation ability, interpersonal ability, learning ability, innovation ability, responsibility and other positive psychology, cultivate the personality of higher vocational college students, let them become qualified personnel, who can meet the needs of society.

5. Conclusion

Different from traditional psychology, positive psychology opens a new window for higher vocational education in the new period, brings a new perspective for student management of higher vocational colleges.
Positive psychology is not just focusing on the growth of students, but to cultivate students' individual level and group ability by increasing students' positive experience, therefore, we should actively study and apply these principles of positive psychology, help the students to tap their potential from a positive perspective, realize the all-round development of human beings. From the perspective of students, in order to make their future life more wonderful, in the study and the life students must experience constantly, actively adjust their mentality, have positive psychology, achieve a happy life ultimately.

Acknowledgement
Fund project: "research on comparison of quality assurance system of higher vocational education", which is the general project of Baoji Vocational Technology College, subject number:2013049Y

Reference