The Problem Research of College Students’ Ideological and Political Education in View of the Positive Psychology

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Abstract. Positive psychology is a psychological thought which applies of the current advanced measurement methods for studying the positive force and excellent quality of Man. There are the similar characteristics of education concept, the essence of education and education functions. Therefore, the perspective of positive psychology research for studying the ideological and political education in colleges in China, which can help students experience the positive emotions, foster positive personalities and create a positive educational environment, to strengthen the effectiveness of ideological and political education of college students.

Introduction: The Current Circumstances of Positive Psychology and Ideological and Political Education

Positive psychology is a psychological movement that arose in the early American psychological field. The famous American psychologist King Laura and Sheldon put forward that positive psychology is the science of studying the virtues and the potential of human. The research object of positive psychology for the general population, it advocates to treat people with a positive and open attitude, appreciation potential, and actively stimulate the quality and ability of human beings, so as to help people get the sense of happiness and joy. Positive psychology is the effective way of studying the active power of mankind and the excellent quality of a psychological trend of thought.

Positive psychology is a new field which is paid attention closely in the whole field of psychology nowadays. Positive, posted perspective by positive psychology is to help people explore their own faith and virtue through paying attention to their positive energy and playing their potential abilities to help people form a cognitive quality with the conscious of positive psychology. At the very moment, people have a positive perception of life, and easier to get a sense of happiness. In the process of ideological and political education, guiding students to foster positive psychological quality, and make the positive attitude to be their dominant psychological state. All these processes are not only the destination of the ideological and political education of college students, but also the convincing and effective guarantee of the theoretical course of Ideological and political education.

The traditional educating way of ideological and political is lagging behind, which makes it unable to play its positive role, mainly shown in the following three aspects. Firstly, since the ideological and political education of college students is based on the “Two Courses” as their main channel for students’ patriotism, collectivism education, ideal faith education and citizen
moral education, the educating form is single and the pertinence and application is not strong. Secondly, the implementation path and way of the ideological and political education is still the indoctrination, most of the students are taught and guided by teachers in class or the propaganda by their texts. Which is relatively simple, lack of diversity and paid no attention to the students' subject status. Thirdly, the content of Ideological and political education in Colleges is not close to the social reality, and lack of meaningful social practice, lack of content pertinence and no convincing to students.

**The Combining Feasibility of Positive Psychology and Ideological and Political Education**

**The Concept of Consistency: Emphasis on Individual Value and the Subjectivity of People**

Positive psychology mainly studies three aspects. The first aspect is the research of positive emotional experience. The second is the research of positive characteristics of the individual. The third is the research of positive environment. Not only the self-direction, self-management and self-survival cognition of evaluating individual to happiness, joy and healthy, but also the positive experience of evolutionary environment to groups, all can be seen the interaction of humanistic psychology. Positive psychology emphasizes the importance of self-realization of life significance, and gives attention to humanistic care and humanistic value. The ideological and political education is the social and social groups impose on its members in a planned and purposeful influence to meet specific requirement by certain political views and ethics, ideology, which makes people form social practical activities to meet certain social requirements. It is through the moral quality of people to get the purposeful activities of achieving the ideals and value. Makes the positive psychology combine with the ideological and political education, takes their essence, which can stimulate their positive personal traits and form the positive energy, and establish a correct and positive outlook of life and values. It also contributes to improve the scientific, pertinent and practical natures to the Ideological and Political Education in colleges.

**The Essence of the Equivalent: Committed to the Comprehensive Development of People**

Positive psychology advocates the view of open and positive to others with positive energy, emphasize the theme of the human development, fully embodies the people-oriented ideology and really regain the true mission and function of the original psychology, which is the embodiment of human and social sense of fraternity to develop people’s intrinsic potential and live their happy lives. Simultaneously, the basic purpose of Ideological and Political Education with guidance of Marx is bound to return to the issue of Marx's theory about human nature, human development and human liberation. The fundamentals of ideological and political education is mainly focusing on human development, and its ultimate goal is to achieve their freedom and fully development of human. Similar to psychology, people not only solve the moral and thinking problems with the ideological and political education, but also use the advanced culture to guide the individuals to accept the requirements of the entire society's political views and ethics and ideas. In addition, the positive qualities and positive power which are emphasized by positive psychology, are also acknowledged the initiative of individuals, and certain association initiative also respect the existence and the ideological and political
education process. Therefore, in essence, the positive psychology and the ideological and political education are committed to the pursuit of the overall development of people.

**Functional Similarity: Emphasize the Positive Orientation**

Positive psychology suggests that modern education should inherit the positive outlook on life, and advocate the positive explanation of the social or individual problems, and make people get the positive meaning from the society. It emphasizes on people's intrinsic motivation to stimulate people's intrinsic positive factors, and help people develop their potential. The courses offered by Ideological and political education in college are also actively adhere to the positive education as the guiding principle. In educational practice, we should guide the students to make a positive interpretation of the problems what they encountered, and help them actively show their excellent qualities and their potential abilities to change the crisis into an opportunity. Therefore, the perspective of positive psychology advocated, plays an important role to improve the ideological and political education, it also requires teachers of Ideological and political education to make a positive interpretation for the growing confusion and problems of college students. The final destination of positive psychology and ideological and political education is to develop the inherent potential and creativity of the students themselves with the appreciation education.

**The Problem Analysis of the Ideological and Political Education in Colleges from the Perspective of Positive Psychology**

**Ignoring the Positive Emotional Experience of College Students in Education Process**

In the theoretical and practical process of ideological and political education, there is generally lying the phenomenon of neglecting the positive emotional experience, thus affects the effectiveness of ideological and political education, which is the main reason of why there is a large gap between the ideal and the reality of Ideological and political education. Knowledge-feeding education is a traditional way of Ideological and political education, which has achieved good results in different periods, but ignoring students’ emotional experience and blindly instilling knowledge. Thus will lead to reducing learning efficiency and emerging the psychological conflict of education contents and learners. According to the research data, the biggest problem to evaluating the efficiency of ideological and political education is the Rebellious Psychology. At present, Chinese college counselors are the backbone of Ideological and political education, they mostly adopt the management model of caring for the minorities and ignoring the majorities. Educators are busy dealing with different kinds of students problems, while neglecting to care for their inner hearts and cultivation of College Students' positive emotions. Therefore, in terms of guiding value, educators lack of the discourse power of the ideological work, they are difficult to walk into the inner hearts of college students. In the way of value realization, they always ignore the internal needs of the learning individuals, it will hinder the changing process of students from heteronomy to self-discipline.

**Lacking the Portrayal of the Positive Personality in Education Content**

At present, Chinese academic researchers think that the main content of ideological and political education is the ideological education, political education, moral education, psychological education and legal education, while the personality cultivation belongs to the
category of psychology. After Gordon W. Allport, an American educator, had tested fifty kind of definitions of personality in 1937, researches posted that personality was a dynamic organization proposed in the body's physiological and psychological system, and it determined the unique ability to adapt to the environment of the individual. Generally speaking, personality is influenced by environment and genetic factors, meanwhile, perseverance, optimism, concentration, honesty, courage, diligence, sincerity and other personality traits still are positive personality traits. Positive psychology advocates to face practical and psychological phenomena in a positive state, and recognize the connection of the reality and psychology to stimulate the positive energy. However, Chinese educators usually pay more attention to counseling and helping students with psychological barriers or psychological problems, while lacking of or even ignoring the positive psychological training on shaping the normal college students and positive personality.

Neglecting the Three-party Interaction of College, Families and Society in Education Environment

Marx proposed that people are the product of the common role of education and environment. Positive psychology emphasize that the growth of the human body and getting of the life experience are reflected in the positive interaction with the environment, and good environment helps to shape the positive personality traits and get a positive life experience. Studies of famous psychologist William showed that if provided more positive social support to college students by teachers, classmates, friends and the environment, they are likely to get a good mental health and interpersonal relationship. On the contrary, college students are prone to lead to unhealthy psychological behaviors and problems. Over the years, the ideological and political educators always appeal to unite families and social forces, but in concrete educational practice they still only rely on the force of the colleges. In general, educators ignore the effective interaction between families and society in the ideological and political education.

The Solutions to the Problem of Ideological and Political Education in Colleges in the View of Positive Psychology

Educational Ideas are Changed from the Problem Perspective to Advantage Perspective

The results of positive psychology research show that people who have positive concept will be stronger social moral level and will be easier to meet the social development, compared with the ordinary people, and they usually can be more relaxed in the face of adversity and stress. In the process of ideological and political education, if educators focus on the educational points from problems to advantages, they must pay attention to the following three points. Firstly, paying more attention on the cultivation of college students' positive emotion, and making the educational importance change from negative emotions to exploring the positive personalities for majority of students. Secondly, fostering the positive personalities of most students, and striving to improve the self-educational abilities. Working emphasis is to solving the problems of prevention work for the problem students. Thirdly, policymakers should care for students' emotion quotient education when they develop the ideological and political education content. It should not only make students happy in the process of education, but also enable students to master the ability to obtain happiness happy. Through the cultivation of good interpersonal relationships, healthy attribution styles and the establishment of more social support system to
help them cultivate good stress abilities, positive psychological defensive capability and make them form positive and healthy personalities, less influence of negative emotions, so that students can be more active, feel healthy and have a happy life.

**Education Fields of Vision are Reversed from Single Subject to the Integration of Multi-disciplines**

Positive psychology began in 1998, which has a short history and long past, it combines the theoretical accumulation of different western countries and became the useful complement to traditional psychology. Ideological and political education in colleges is a kind of special social activities that involves the cognition, emotion, consciousness, behavior and belief of college students. It still is a type of educational theory which takes cognitive psychology as the starting point, and comprehensively use other disciplines of different tools, ideas and methods. Ideological and political education is the job to communicate with different students, the particularity of the educational objects determines it must be based on education, psychology, political science, management science, sociology, ethics and other disciplines of knowledge as the foundation. Especially in the science and technology being developed modern society, the problems which exists in the ideological and political education of college students and its causes have been more and more complex, if we unable to fully and effectively solve the related problems of college students from the pure theory of Ideological and political education. Therefore, we should examine the various ideological problems of current college students from the multidisciplinary perspectives and combine with other discipline advantages. Only doing this we can not only learn from other disciplines of nutrition, and can further expand and enrich the ideological and political work methods to improve the effectiveness of ideological and political education of colleges.

**Education Environment is Improved from Negative Response**

Ideological and political education environment is generally divided into micro environment and macro environment. Micro environment is including family environment, school environment, social environment and peer group environment. The macro environment mainly includes the social economic system and the economic living conditions, the social political system and the political situation, the social cultural activity as well as the mass media and so on. About current Chinese ideological and political education, it is closely linked with the families, colleges and peer groups in three aspects of the micro environment and social culture, mass medium in two aspects of the macro environment. Despite the traditional ideological and political education emphasizes the educational resultant forces of colleges, society and families, it is only staying in the level of ideas. The educational way is usually intervened passively in the communication and contact with students and their families, only when students in colleges have psychological, political or academic problems. It is often lacking of proactive construction mechanism of families, colleges and society. Positive psychology is conducive to form the positive minds and foster the positive personalities. Which is starting from experience of positive emotion, the creation of positive characteristics and setting up of the positive environment. Therefore, we need to focus on constructing the positive colleges, families and social environment, and creating the positive network environment. We should build the network public opinions and network discourse power to make it play the guiding role for the ideological and political education. We should enable students to form the positive and affirmative ideals to enhance the effectiveness of ideological and political education constantly.
Summary
With the rapid development of Chinese economy, college students are constantly subject to the impact of various information and pressure, they need the support and guidance of colleges, society and families. But they need to form more positive outlooks on life and values in their early life. Cultivating positive personalities, inspiring positive emotional experience and ultimately establishing connections between better things, college students should explore their own strong spiritual potential to join to their learning lives with more positive aspiration and behaviors. This research attempts to break through the way of traditional education, which innovates to adopts more nuanced view of the micro for advocating specific positive viewpoint, such as optimism, potential interest, achievements and positive interpersonal relationships to strengthen the humanistic care and humanistic education thoughts. This study of ideological and political education has deep significance to the instilling teaching mode, which is changing the rigid and boring situation to stimulate students to experience the positive emotions and foster the positive personalities for improving the efficiency of ideological and political education in colleges.

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