Study on College Students’ Psychological Health from the Perspective of Positive Psychology

Tian-Lin CHEN¹,a, Zhen Li²,b and Lan LUO³,c,*

¹Psychological Counseling Center, Jiangxi University of Traditional Chinese Medicine, Nanchang, Jiangxi, China
²Graduate School, Jiangxi University of Traditional Chinese Medicine, Nanchang, Jiangxi, China
³School of Humanities, Jiangxi University of Traditional Chinese Medicine, Nanchang, Jiangxi, China

ₐ88110440@qq.com, ᵇ493819785@qq.com, ᵆ13132814@qq.com

*Corresponding author

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Abstract. Based on the concept of positive psychology, this paper probes into the psychological basis of the integration of positive psychology into college students' mental health curriculum, and puts forward the main contents and implementation methods of positive psychological health curriculum education.

Introduction

Positive psychology is a new research field in psychology, psychology should be advocated to interpret the human psychological phenomenon in a positive way, in the negative aspects of psychological problems at the same time, more should pay more attention to mining of individual positive potential and excitation, that individual positive psychology itself has the role of prevention and treatment of psychological problems[1]. However, the current college mental health curriculum as the main position of mental health education in Colleges and universities, the traditional "pathological" mode of education, mainly for the mental illness and basic adjustment problems, which makes the students think that mental health education only for those people with mental illness, so do not want to actively participate in, and cannot play a very good education effect.

How to improve college students’ mental health course? Positive psychology, psychological health courses should stimulate students' inner and positive power as a goal, to enhance students' positive emotional experience, and ultimately form a stable positive personality [2]. Therefore, it is a supplement to the traditional mental health education to study the mental health course of college students from the perspective of positive psychology.

Positive Psychology into the Psychological Basis of College Students' Mental Health Curriculum

Positive psychology focuses on the positive qualities of human beings and the potential of human beings. Therefore, only the concept of positive psychology into the college mental health curriculum, construct positive psychological education mode of college students, in order to make the students' mental health education target balance, the development of College Students’ positive psychological factors in the treatment and correction at the same time, so they get a real health. It is also based on the positive psychology into the college students' mental health curriculum and the construction of positive mental health education model.

First, college students are in the transition from late adolescence to adulthood stage, itself contains huge psychological potential and positive psychological education mode has the potential of the human identity, and take it as its logical starting point, the potential development and cultivation of creativity as an important task of college students, secondly, positive, had success and
knowledge happiness, happiness, etc. These needs are their behavior of the internal driving force, is their main motivation for the pursuit of health, success, happiness, happiness, is a source of enthusiasm generated. Positive mental health education and the basic needs of people admitted, based on satisfying the basic needs of the students, as far as possible to stimulate college students' positive psychological needs, so that students have a positive intention, desire, motivation, aspirations, interests, beliefs and values; third, the importance of university students self development. They are eager to know themselves and evaluate themselves objectively, they are eager to be independent and self-restraint, self-determination and self-realization. Positive psychological education of college students recognize the desire and ability of self development, and take it as the premise of psychological education, by providing the opportunity to create the conditions and other ways to make students form a correct sense of self, and promote their healthy growth and development. Therefore, in the course of College Students' psychological health education, the positive psychological education.

College Students' Positive Mental Health Curriculum

According to the theory of positive psychology and Chinese Contemporary College Students' physical and mental characteristics, life and learning content, positive mental health education curriculum of college students can emphasize the following four aspects: positive personality, emotional education, interpersonal relationship guidance, develop tolerance ability.

Positive Personality Cultivation

As the driving force of personality, positive personality can not only prevent the destructive effects of negative personality, but also promote the development of people's ability to adapt to the situation, and maintain their physical health and mental health. Some scholars in our country have done some research on the level of College Students' mental health and their positive quality. The study of Juan-Juan WEN [3] showed that the subjects with high optimism and low pessimism had the highest level of mental health, while those with low optimism and high pessimism had the lowest level of mental health. These similar studies have strongly proved that the positive personality traits, as the driving force of personality, have an important influence on the mental health of College students. If our mental health education is to help people eliminate the problems existing in the character or personality of the negative, even if all his problems are eliminated, the active power he itself has also won't get growth. Only to form students' positive personality quality education as the main content of college mental health curriculum, in order to make students get a positive force for cultivation and growth, promote their ability to adapt to the development and maintenance of mental health.

Emotional Education

In the past, the focus of the study of psychology is the negative emotions and the mental illness caused by it. Epps’s research shows that when the positive emotions are experienced, the behavior of college students is often positive and vivid [4].Emotional education is to make students feel happy physical and mental education, college students' emotional and emotional development in a period of rapid development, they have a rich and complex emotional world, emotional experience quickly and strongly. Once their emotions trigger, easy to resonate, and emotional frustration, then immediately depressed depression, pessimistic disappointment. Therefore, emotional education is of great significance to the healthy growth of College students. Emotional education should first guide college students to regulate and control their own emotions, learn to maintain a peaceful state of mind, to avoid the emergence of negative emotions. Second, we must pay attention to stimulate students' positive emotional experience, especially the experience of self-esteem and self-confidence. This is the full understanding and self evaluation of the self value and the formation of emotional experience, is the inherent source of personality development. Third, we should pay attention to the cultivation of College Students' social emotion. Because social emotion reflects people's social relations, social conditions and social and cultural characteristics of the attitude and inner experience.
Interpersonal Guidance

Interpersonal communication is the basic condition for the healthy growth of young people, to develop their identity and maintain a positive interpersonal attitude. Interpersonal relationship is of great significance for the healthy growth of College Students' psychology. The pursuit of self-worth and sense of security is the most fundamental of the people go. Optimistic mood is a symbol of physical and mental harmony, is an important indicator of mental health. Modern science also further proved that optimism can function in the best state of automatic adjustment makes the body of the nervous system, the endocrine system, is conducive to the promotion of health, but also conducive to the promotion of human perception, memory, imagination, thinking, will the psychological activity. While the negative emotions such as anger, secretion to fear and anxiety will make the body side inhibition of adrenal cortical hormone, which reduced immunity of the human body, if long-term negative emotions cannot be alleviated, will cause various neurosis, resulting in daily life disorder, disruption of normal social function.

Ability to Develop Frustration

With the continuous development of society and the reform of the higher education system, some students are frustrated by the subjective desire and objective reality, ideal and reality. Frustration can easily lead to their negative behavior, such as withdrawal, sensitive, attack and so on, this will tend to develop their personality. For college students to encounter setbacks, we must first look at the right, because the setback for college students have a positive impact: first, frustration can enhance the psychological benefits of College students. Frustration is a kind of internal drive, it can promote the individual to achieve the goal and make greater efforts to spend more energy. Second, frustration can enhance the tolerance of College students. The individual's tolerance to frustration is related to the frustration experience in the past. If a person from small to large, smooth, never encountered failure and misfortune, or a setback on the escape, then its tolerance is very small, such people rarely achieve success. The individual suffers the setback the exercise to be many, will enhance the tolerance to the setback. Third, setbacks can improve the level of awareness of College students. When a person is faced with setbacks and failures, often sum up experience and lessons, change strategy, to achieve the ultimate goal, the so-called "live and learn".

College Students Positive Mental Health Curriculum Implementation Method

Positive psychology holds that it is the most effective way to develop positive personality, positive power and positive quality by enhancing the positive experience of the individual. When the individual has more experience, he will put forward higher demands on themselves, and at the same time, because of the demand from the internal of the individual, it is easier to form a certain personality characteristics. Therefore, the teaching and scientific research and practice in the course of the positive psychological health of college students, teachers should adopt a positive attitude to education and teaching methods, improving college students' positive experience, to provide quality education services for students.

To implement the positive mental health of college student’s curriculum, we should pay attention to create a positive classroom, in the classroom teaching and learning activities, to create a positive classroom atmosphere, make students get good enough, and positive emotional experience in classroom learning. Focus on personalized teaching, so that students gain the success of learning, so that students in the completion of the task at the same time get the main emotional pleasure.

At the same time, the teachers themselves should have a positive psychology and good mood, pay attention to their mental outlook and words and deeds, to their own practical action to win the respect and love of students. As long as all teachers can bring positive psychological education as one of their mission, always pay attention to, improve their psychological quality in the process of education, develop their ability to tap their own potential, to improve their psychological quality, in turn, can use certain methods, pay attention to adjust the students' psychology the state, often in a positive situation, actively thinking and learning, so that teachers and students can do between the effective communication and interaction, forming a virtuous circle. In this process, the curriculum is
mainly for students to find or create an environment, so that the best quality of the students in this environment can be fully expressed and play.

In short, the mental health of college students into the curriculum should be positive psychology idea to cultivate students' good psychological quality, promote the full development of college students for the purpose of psychological knowledge, psychological quality training and psychological counseling for the content, according to the characteristics and laws of students physical and psychological development, by the specialized curriculum with psychology literacy educators the design and organization, its purpose is to promote the mental health of college students, cultivate students' good psychological quality, promote the all-round development.

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Reference

