

The practical shackles and relief ways of mental health education in colleges and universities from the perspective of positive psychology

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Abstract: *The country prospers when the youth prospers, and the country is strong when the youth is strong. As a young generation, college students must have ideals, ambitions and responsibilities, so that the country can have a future and the nation can have hope. Mental health is the basic condition for the all-round development of college students, which determines the improvement of students' ideological quality and comprehensive ability. But in fact, in the face of multiple pressures such as learning, life and society, students will face many difficulties in their growth stage, and gradually evolve into mental health problems. Therefore, colleges and universities should change and start from things, rely on positive psychology, carry out mental health education, solve students' psychological problems, cultivate students' positive psychological quality and promote students' all-round development.*

Keywords: *Positive psychology; Colleges and universities; Mental health education*

1. Introduction

In the new era, the continuous development of society not only brings many conveniences to college students, but also some challenges. Therefore, colleges and universities have carried out mental health education, emphasizing the individual mental health status of college students, and building a good educational environment. However, it is still in its infancy to explore mental health education from the perspective of positive psychology. Although colleges and universities are actively promoting it, there is still some room for exploration. Therefore, from the perspective of positive psychology, colleges and universities urgently need to be deeply involved in the theoretical research and practical exploration of College Students' mental health, help college students form a positive and healthy mentality, and promote college students to truly become elite talents for national development and social construction.

2. The value of positive psychology in college mental health education

2.1 Positive psychology extends the way of mental health education in Colleges and Universities

In the teaching system of colleges and universities, in the past, psychological education was subordinate to the independent operation mechanism, and the teaching mode and teaching approach were single. Basically, knowledge explanation was carried out with the help of classroom teaching and psychological counseling room. This kind of educational means is boring and monotonous, the interaction between teachers and students is not obvious, and the teaching effect and quality get half the result with half the effort. With the increasing enrichment of educational content, colleges and universities urgently need to expand educational channels to facilitate the faster realization of literacy education. Under the background of positive psychology, to carry out mental health education activities in Colleges and universities, it is necessary to promote schools, families and society to form a joint force of joint management, and promote the normal development of education by means of experience activities or behavior training. In this process, relevant educators should also pay attention to give full play to the main role of college students, guide college students to shape and improve their personality, shorten the psychological gap between teachers and students, help college students better absorb and internalize the content of psychological education, and construct an all-round way of education.

2.2 Positive psychology enriches the content of mental health education in Colleges and Universities

In the past, the implementation of psychological education in Colleges and universities only paid attention to guiding college students to solve psychological problems. This modular teaching content, to a certain extent, ignored the differences between College Students' psychological development conditions and positive factors, and failed to fully meet the diverse needs of college students. Based on the background of positive psychology, the development of college mental health education activities should not only pay attention to college students' mental diseases, but also pay attention to how to give full play to college students' individual advantages, and pay attention to the positive role of mental health education activities in promoting the development of College Students' ability. To this end, mental health teachers should clarify the laws and characteristics of College Students' psychological development, design targeted teaching content in combination with the actual needs of college students, so that psychological education can truly enter the brain and heart, lead the three moral concepts of college students, enlighten their minds, improve their personality system, and help them develop healthily.

3.The practical shackles of mental health education in Colleges and universities from the perspective of positive psychology

3.1 There are some deviations in carrying out mental health education in Colleges and Universities

Mental health education occupies a core position in the quality education system. However, some higher education workers still lack due attention to mental health education, emphasize exam oriented education, measure college students by their academic achievements, and think that mental health education activities are teaching work at the formal level, so they choose to be perfunctory. Although some schools have carried out mental health education activities and established psychological counseling institutions, they are still in the awkward stage of "treating head pain and foot pain". Generally speaking, colleges and universities are more inclined to educate college students on how to eliminate psychological barriers, ignoring the cultivation of College Students' positive personality. The teaching ideas are old-fashioned, the content is single, and the methods are old-fashioned, which can not obtain the best educational effect. In addition, in order to perfunctory the inspection of the upper leadership, some schools have simple teaching measures, passively carried out mental health education activities, failed to truly understand the internal mechanism and value of psychological education, and there are many loopholes in the management system and the overall investment of educational resources, resulting in the failure to effectively improve the psychological quality of college students.

3.2 College Students' cognition of mental health education has deviation

Facing the pressure of study and employment, college students are prone to psychological confusion. If they fail to solve it in time and effectively, they will develop into psychological problems, even depression. ^[1]According to the survey, most college students believe that their psychological status is good and there are no psychological problems. Even if psychological problems occur, they are reluctant to seek professional help and prefer to ask for help from friends. However, because friends lack professional knowledge reserves, they are unable to enlighten college students positively, let alone help college students form positive psychology. The fundamental reason is that college students lack objective cognition of mental health education in Colleges and universities and their own psychological status, have poor subjective initiative, and do not pay attention to mental health education activities, which will certainly reduce the quality and effect of education, and cannot guarantee the due value and effectiveness of mental health education. Therefore, the teachers of psychological education in Colleges and universities should guide college students to correctly understand the importance of psychological health education, objectively understand their own psychological health status, and give full play to their individual initiative, which is also the best way to improve the quality and effectiveness of psychological health education.

3.3 There is a deviation in psychological guidance education of college students by families

Parents' behavior, ideological quality and upbringing methods directly determine their children's moral character and psychological quality. ^[2]As a matter of fact, due to the influence of family conditions and educational environment, some parents lack educational awareness, fail to play their

role as role models, and spoil their children too much, which makes their children lack the ability to resist setbacks. In life, parents attach great importance to their children's performance, but lack of attention to their mental health. Even, some parents' education methods are unscientific, mainly rough education, which is very easy to make their children form negative behaviors such as paranoia and anxiety. As we all know, family education belongs to continuous education. After taking their children to university, most parents just provide them with living expenses support, lack of interaction with teachers, and fail to pay attention to their children's campus life and psychological problems, making the parent-child relationship more and more embarrassing. In addition, in recent years, with the increasing divorce rate in China, there are more and more college students from divorced families. These college students are prone to various psychological problems due to lack of family warmth and serious psychological trauma, which to a certain extent affects the role of mental health education and is not conducive to the positive development of college students.

4.The way to relieve mental health education in Colleges and universities from the perspective of positive psychology

4.1 Consolidate the main channel and position of the school in Education

First, attach importance to the construction of teachers and improve the overall level of the teacher team of psychological education. The construction of teachers' team directly affects the quality of psychological counseling and education in Colleges and universities. However, due to the late start and imperfect development of mental health education activities, the number and quality of teachers are difficult to fully meet the actual teaching needs. On this basis, the starting point to solve the above problems is to strengthen the construction of teachers' team and improve the professional quality and comprehensive ability of serving teachers. On the one hand, the school authorities should actively develop professional teacher training programs, create training bases, and provide policy assistance and financial support. At the same time, the specific contents and assessment methods of teacher training are clarified, unified management is carried out, and relevant special training is regularly carried out for college counselors and teachers of mental health education, so as to further improve the level of teacher team education. On the other hand, we should attach importance to the mental health of educators. As we all know, teachers take pedagogy and cultivating talents as their own responsibility. They should not only master solid teaching methods and professional skills, but also guide students through self-improvement, self-cultivation and adjustment of mentality. Moreover, teachers' mental health should be included in the assessment content system, which can not only improve the teaching quality of teachers' team, but also strengthen teachers' awareness of mental health care, which is of positive significance to the normal development of mental health education in Colleges and universities. Finally, schools should cooperate with local governments to deepen educational innovation, appropriately increase the overall investment in education, create a complete competition mechanism, protect teachers' rights and interests, and improve teachers' salaries. With the help of the above measures, it will help to improve teachers' sense of educational mission and social status, create a good atmosphere of respecting teachers and valuing education, mobilize teachers' work enthusiasm and autonomy, improve teachers' professional satisfaction, ensure the stability and growth of the mental health education team, and provide teachers' guarantee for the effective implementation of mental health education. Second, with the help of community activities, help college students shape positive psychological quality. The so-called community is an organization that takes the hobbies and specialties of college students as the foundation and is independently established under the guidance of college students. Rich and diverse community activities help to activate college students' thinking and strengthen interpersonal communication. They are the "second classroom" of mental health education. In the context of positive psychology, the school should first strengthen the construction of the community cadre team, select college students with excellent psychological quality and strong comprehensive ability to serve as community leaders, and train them on time, so that they can truly grow into effective helpers for teachers of mental health. Secondly, deeply excavate the mental health education function of student associations, find the combination point of mental health education and community activities, imperceptibly impart psychological related knowledge and skills in community activities, make community activities an effective "second classroom" of psychological education, and realize the benign interaction between community activities and classroom education. Third, strengthen education and teaching practice and consolidate college students' mental health literacy. Practical activities are the link between classroom and extracurricular activities, and also the bridge between school and society. Through teaching practice, college students can not only consolidate theoretical knowledge learning and improve practical operation skills, but also obtain positive emotional

experience and enhance psychological “positive energy”. In view of this, colleges and universities need to consolidate the idea of practical education, integrate theoretical education with landscape practice, integrate mental health education in teaching practice, provide practice bases for college students through school enterprise cooperation and work study combination, use teaching practice activities to accelerate the improvement of College Students' systematic thinking and knowledge comprehension, and cultivate their practical spirit and independent participation ability, so that college students can experience a sense of achievement A sense of honor and pleasure. At the same time, college students should also be encouraged to actively participate in various volunteer service activities, such as community health volunteer activities, large-scale sports events volunteer activities, nursing homes volunteer activities, etc. These activities can relax the mood, relieve the pressure of family, study and work, enable college students to form a correct understanding of life, abandon negative emotions, form a healthy, optimistic and positive sunny mood, and improve their psychological quality.

4.2 Fully mobilize the subjective initiative and enthusiasm of College Students

First of all, form positive cognition and improve self-efficacy. From the perspective of essence, self cognition is not only the core of personality, but also the standard to measure the maturity of personality, but also the basic condition for individuals to have self-confidence. ^[3]According to psychology, the closer an individual's self cognition and self judgment are to reality, the stronger his self social adaptability is. For individuals who are excessively self abased and exaggerate themselves, they often feel nervous and stressed, which is very easy to breed psychological problems. Therefore, under the background of positive psychology, college students need to make full use of other people's feedback, social comparison, self comparison, achievement accumulation and other ways to obtain information and facts, objectively and comprehensively recognize themselves, face up to their own advantages and disadvantages, develop their strengths and avoid their weaknesses, accept themselves, and constantly achieve transcendence and breakthrough. On the one hand, with the help of social comparison theory, we can correctly understand ourselves. College students should reasonably understand themselves through their social comparison with other students. In particular, parallel social comparison, that is, comparison with people close to their own conditions, is easy for college students to have an appropriate understanding of their real situation, so as to objectively judge and evaluate themselves. At the same time, we should avoid the inferiority complex and psychology caused by upward social comparison (comparing with people who are superior to us), and try to avoid the arrogance caused by downward social comparison (comparing with people who are inferior to us). In addition, college students should not only compare with others to know themselves through feedback from others, but also compare with themselves to compare their future selves and past selves. They should use summary, induction and self reflection to identify their strengths and weaknesses, and learn to accept, recognize, improve and grow healthily. On the other hand, please yourself. In fact, there are only differences in individual characteristics, and there is no distinction between high and low and noble and humble. In addition to giving full play to their own advantages, college students should make themselves more outstanding and powerful, and rationally recognize their own weaknesses. Only when there are weaknesses can they have room for development. On the way of growth and development, college students will inevitably encounter setbacks and failures. Only by calmly analyzing the causes of failure, establishing strong self-confidence, correctly treating failure, and actively looking for ways to deal with it, can they effectively improve their sense of self-efficacy, which is of great benefit to the healthy growth of College students in the future. Secondly, clarify the life goal and improve subjective well-being. The goal will not only guide the direction of individual behavior, but also stimulate individual behavior, and provide the driving force for individual development and progress. The clarity of individual goals can turn external incentives into internal needs, and then become the promoter of behavior. Based on the perspective of positive psychology, college students should rely on social development needs and their own development status to determine scientific and correct life goals. Specifically, a reasonable and correct goal should be clear and achievable. First, a clear goal is one of the basic conditions for the realization of the goal, including the content of the goal, the time limit for achieving the goal and the standards for achieving the goal. A clear and specific goal will help strengthen the sense of goal of college students, accurately grasp their own learning content and direction, and guide college students to work towards their goals. Second, the goal is achieved. The goal with appropriate difficulty can make college students keep active efforts and truly experience the pride and satisfaction of achieving the goal. ^[4]Therefore, when formulating learning and development goals, college students should follow the principle of appropriate difficulty, which can be achieved through their own efforts. On the contrary, it is easy to make college students feel frustrated and affect their self-confidence. Therefore, college students should learn to set a correct life goal, achieve the goal

through continuous efforts, strengthen their successful experience and improve their subjective well-being. At the same time, college students can fully meet their own needs and realize their self-worth in the whole process of pursuing and achieving their goals, so as to develop positive and healthy psychological quality.

4.3 Improve the psychological support and guidance function of the family

First, learn the knowledge related to mental health education. Parents bear the dual responsibility of raising and educating their children. Parents' educational activities can positively guide their children, and can also have a negative impact unconsciously. Under the background of positive psychology, mental health education activities are not only carried out for college students, but also for parents to improve themselves through learning, master the knowledge of raising children, learn mental health education methods, adjust their words and deeds, create a communication bridge with their children, positively affect their children, and implement scientific and reasonable family education. As far as college students are concerned, their psychological characteristics include universal psychology and special psychology. Therefore, on the basis of respecting the universality and particularity of children's psychology, parents should treat specific problems concretely, and carry out education and guidance on the basis of fully mastering the characteristics and laws of children's psychological development. Specifically, parents should be good at observing their children's facial expressions and words, understand their children's psychological changes and behavioral tendencies through facial expressions and words, and then apply the right medicine to the case, and select appropriate methods for psychological intervention and psychological guidance. At the same time, parents should carefully observe, timely discover their children's psychological problems and negative emotions, and provide emotional support and guidance. Second, create a positive and healthy parent-child relationship. A positive and healthy parent-child relationship can not only create a good psychological environment, fully meet the psychological needs of college students, but also help to maintain family harmony.^[5] In daily life, the parent-child relationship faces many problems and challenges due to different living habits and behavior styles, which requires parents to adjust their own educational attitude and mode and create a positive and friendly parent-child relationship. According to the survey, most parents are used to communicating with their children from the perspective of authority, but this authoritative parent-child relationship is easy to aggravate children's resistance to parents, affect the attachment between children and parents, and have a negative effect on the development of parent-child relationship. Therefore, parents should maintain an equal self-state in the family, communicate with their children with the attitude that their children are an independent personality, respect their children's opinions, allow their children to express different views, so as to establish a harmonious interpersonal relationship between parents and children, and become their children's life tutor or even friends and confidants. Only in this way can they quietly enter their children's hearts, obtain emotional resonance, and establish a two-way interactive parent-child relationship. Third, optimize the ecological environment of family upbringing. A relaxed, harmonious, warm and friendly upbringing environment is a safe haven for children and a solid guarantee for their growth and success.^[6] Families filled with tension and anxiety directly affect the establishment of children's sense of security. The lower the quality of parents' marriage, the worse the parent-child relationship will be. Therefore, under the guidance of the socialist core values, we should put an end to unhealthy lifestyles such as domestic violence, indulging in electronic equipment, pampering, extravagance and waste, and strengthen the communication and interaction among family members by means of scholarly family parent-child reading activities, family collective travel, family daily fixed activities, family meetings, etc., so as to expand the breadth and depth of emotional communication among family members, Enhance family members' sense of intimacy and belonging, and establish harmonious family relations and good parent-child relations.

5. Conclusions

To sum up, under the background of positive psychology, exploring college mental health education not only provides many favorable conditions for college students' development and growth, but also provides some help for college students' Self-worth cognition. In view of this, colleges and universities should actively adjust the psychological education system, cultivate college students' positive cognition, rely on psychological education activities, strengthen college students' positive emotional experience and psychological quality, make college students better adapt to the diverse environment, and improve their sense of self-efficacy and self-confidence.

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