

# Application of Positive Psychology Group Activity Course in Mental Health Education in Technical Colleges

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## ABSTRACT

The positive psychology group activity class is based on the concept of positive psychology, with student experience as the core, creating some experiential, interactive and educational group activities, focusing on cultivating students' positive psychological qualities, and tapping students' character advantages and Inner potential. This article analyzes the status quo of mental health education in technical colleges under the traditional model, and proposes to use positive psychology group activity classes as the carrier to promote the students of technical colleges to cultivate positive psychological qualities, and then improve the psychological quality of students in technical colleges.

**Keywords:** Positive psychology group activity class, technical colleges, mental health education

## 1. INTRODUCTION

Modern occupations have high complexity and comprehensive characteristics. As the main training base for modern vocational talents, technical colleges and universities must pay attention to changing educational concepts and improve mental health education in order to adapt to the new requirements of the job market for the comprehensive quality of talents. Pay attention to strength, so as to effectively develop their professional quality by enhancing the psychological quality of students<sup>[1]</sup>. The main research object of positive psychology is people's good character and development potential, and the research goal is to fully stimulate people's potential and discover their good qualities. Compared with the traditional negative psychology research on people's negative psychology, positive psychology helps people to form a comprehensive cognition of the self, so as to better accept and approve of themselves, and realize self-development.

Compared with students in ordinary middle schools, students in technical colleges have certain deficiencies in academic performance and learning foundation. Therefore, they also show more distinctive psychological characteristics, which are manifested by varying degrees of inferiority and extreme emotions<sup>[2, 3]</sup>. Stable and easy to fluctuate, prone to rebellious psychology, etc., this requires technical colleges and universities to practice

and apply the theoretical knowledge and methods of positive psychology in the process of mental health education, and pay attention to increasing encouragement and support to students. Strive to truly stimulate students' potential, cultivate their confidence in learning and life, and better develop their psychological and professional qualities.

## 2. THE STATUS QUO OF MENTAL HEALTH EDUCATION IN TECHNICAL COLLEGES UNDER THE TRADITIONAL MODE

From the perspective of positive psychology, mental health education does not only focus on people's weaknesses and mistakes, but on and builds people's strengths and positive strengths. Psychology is no longer only related to health and disease, but is more concerned with people's education, growth, games, love and wisdom, and uses scientific methods to study people's positive qualities. Speaking of this concept, the current mental health education of technical college students has the following problems:

### ***2.1. Limitations of problem-oriented mental health education***

The goal of school mental health education is to promote the overall and harmonious development of students, guide students to have a sound personality, and build a harmonious and healthy campus atmosphere. At present, technical colleges and universities mainly carry out mental health education activities in the form of psychological screening, carrying out mental health education courses, psychological counseling, and organizing school mental health education activities. The psychological screening at the beginning of the semester is the basis for the psychological counseling of this semester. In terms of coverage, psychological screening can test all students. However, due to the limitations of the test, students are susceptible to subjective factors in the process of psychological testing, and the assessed students will hide bad emotions, which will affect them. The accuracy of psychological screening has an adverse effect on the smooth implementation of psychological crisis intervention in schools. At the same time, the psychological condition of the tested students is also dynamically changing, and it is difficult to guarantee that there are no omissions. In the context of problem-oriented mental health education, the focus of mental health education in technical colleges and universities is to help students with psychological problems solve their problems, while ignoring the cultivation of students' positive psychological qualities.

Although the current school mental health education aims at the mental health of students, it basically follows the pattern of negative psychology in practical work. The focus of attention is mainly the problems and puzzles that college students have in their study and life. In this case, the starting point and end of the teacher's work are often the students' problems or weaknesses and defects in their psychological development, that is to say, only students with psychological problems will get attention. In the process of implementing mental health education, students are usually treated as if they have psychological problems. This kind of mental health education focusing on students' defects and problems may form a reverse psychological suggestion to students, often leading to most people who have no psychological problems. Students also begin to pay attention to their own negative aspects, forming a set mindset that focuses on their own negative aspects and ignores the cultivation of their own positive qualities. Mental health education in technical colleges under the negative psychology orientation neglects the function of helping students tap their potential and cultivate students' positive psychological qualities.

### ***2.2. The lack of experience in mental health education***

The development of mental health courses is the main position for the development of mental health education in technical colleges. The current mental health courses in technical colleges show some shortcomings. In terms of teaching form, mental health education courses focus on teaching mental health knowledge, and students have less interactive experience, and it is difficult for students to use classroom theoretical knowledge to solve problems in life. Mental health lectures are also an important form of mental health education in technical colleges. Psychological lectures can promote mental health knowledge very well. However, the form of lectures is mainly based on teachers' explanation of theoretical knowledge, and students have fewer opportunities for interactive experience. In terms of teaching content, the classroom content is mainly to teach the basic theoretical knowledge of mental health. It lacks vivid and experiential life education, happiness education and other theme activity courses, and there is no systematic classroom teaching of positive psychology, which is not very good. It arouses the resonance and attention of students. These problems often cause the mental health education work of technical colleges to not fully play its role, which is not conducive to the in-depth development of school mental health education work.

### ***2.3. The effectiveness of mental health education for students in technical colleges has been weakened***

The current mental health education in colleges and universities enumerates more negative aspects of the problem in the implementation process, and the education mode is positioned in the prevention and treatment of psychological problems. In fact, the content of mental health education in schools should be universal problems in student development, including the development of students' personality, the ability to coordinate interpersonal relationships, the cultivation of good behaviors, and the regulation of emotions. Most of the current mental health courses offered by colleges and universities are based on psychological problems. First, they list the problems that students have encountered in life, study and work, and then discuss how to overcome this problem. In daily psychological counseling and counseling, psychological tests are often used to distinguish and identify whether students are mentally healthy. Under the guidance of this educational model, the focus of mental health education is to deal with psychological problems, so that the connotation of mental health education understood by students is constituted by a series of psychological problems, and they mistakenly believe that mental health education only has psychological problems. Students only need it. Misunderstanding "psychology" as synonymous with

"mental unhealthy". Mental health education oriented towards psychological problems deviates from the goal of focusing on the development of potential and the cultivation of mental quality, ignoring the most important and positive aspects of individual development, thus weakening the effectiveness of mental health education in colleges and universities.

### **3. THE CONCEPT AND FUNCTION OF POSITIVE PSYCHOLOGY**

Positive psychology is a revolution in the history of psychology. Positive psychology mainly studies human virtues and advantages. It believes that people have character advantages and potential. It is an applied science that reveals human advantages and promotes their positive functions. Help people improve their ability to perceive a better life. Positive psychology believes that the purpose of psychology is not to solve people's psychological or behavioral problems, but to help people develop good psychological qualities and behavior patterns. The psychological problems of students in technical colleges are outstanding. Students have problems such as interpersonal anxiety, depression, and large mood swings. Some students even have self-harm, suicidal ideation and behavior. The mental health of students in technical colleges has increasingly become an important issue and a huge challenge in management and education. Mental health education under the concept of positive psychology is not concerned with the psychological trauma of students, but more to help students perceive happiness, produce happiness, and obtain happiness. Compared with the application of traditional psychology in the practice of educating people in technical colleges, mental health education under the concept of positive psychology has far-reaching significance for the smooth development of education and management in technical colleges.

The practice and application of positive psychology in mental health education in technical colleges and universities mainly has the following three important values: (1) It is beneficial to promote the improvement of the quality of mental health education. Positive psychology emphasizes the full exploration of students' inherent potential and beautiful qualities, so it helps to break through the limitations of outdated mental health concepts, help students form a more comprehensive self-awareness, encourage them to accept and accept themselves, and be effective. Enhance the effectiveness of mental health education. (2) Conducive to promoting the development of students' personal comprehensive quality. In today's society, the job market has increasingly higher requirements for talents, which not only requires talents with profound professional knowledge and good comprehensive practical ability, but also puts forward higher requirements for their ability to resist frustration and pressure. By introducing positive psychology into

mental health education, technical colleges can better cultivate these students' qualities and develop their comprehensive qualities. (3) Conducive to enhancing the overall school-running strength of technical colleges. After the introduction of positive psychology, the quality of mental health education will be improved. Therefore, students will show a more positive attitude in the process of participating in learning. This is the same for improving the quality of other courses and promoting the comprehensive strength of technical colleges. Has very important value and significance<sup>[4-6]</sup>.

### **4. THE DESIGN OF GROUP ACTIVITY CLASS OF POSITIVE PSYCHOLOGY**

Positive psychology is a school of psychology that attaches great importance to the combination of theory and practice. Therefore, mental health teachers in technical colleges must update the traditional education model and change the one-way indoctrination of psychological knowledge to students in the past. The linear teaching method emphasizes the development of a variety of positive psychology theme practical activities, so as to effectively promote students to understand the content of positive psychology in the process of participating in practical activities, and master the methods of applying positive psychology to self-regulation. In this way, you can better control your emotions in your life and form a good life attitude. When teaching the module of "recognizing emotions", teachers can teach students to understand the polarity of emotions through active psychological group activities, and then guide students to analyze the characteristics of positive emotions and negative emotions, and then organize students to expand The activity of "emotion regulator" mobilizes students to develop a solution based on their negative emotions, combined with positive psychology knowledge, and give them relevant comments and suggestions, so as to improve their ability to practice and apply positive psychology knowledge and achieve effective realization Combination of theory and practice.

The positive psychology group activity class should take the student experience as the core, create some harmonious and democratic group activities, pay attention to the inner feelings of the students, inspire the inner consciousness of the students, and promote the development of the positive psychological quality of the students. Therefore, in the design concept and content of the positive psychology group activity class, it is necessary to mobilize the students' enthusiasm for participation, stimulate the students' inner consciousness, tap the strengths and potentials of the students, improve the ability to perceive happiness, and then enhance the sense of happiness.

First of all, the design of the positive psychology group activity class should not focus on the problem-solving level, but should focus on tapping the students'

inherent potential and advantages, so that students can grow and develop. The focus of the positive psychology group activity class should be to prevent the occurrence of "bad things" and further improve "good things", that is, before a crisis event, through interactive and growth activities, tap their own potential and advantages, and improve psychological adjustment Ability to achieve preventive and protective purposes. The positive psychology group activity class is mainly based on the theory of positive psychology, and the content of the activity class is designed from five aspects: positive advantages, positive emotions, positive relationships, positive coping and positive growth. The positive psychology group activity class is not knowledge-based training. It mainly uses fun and educational game activities, student discussion and thinking, sitcoms and other experiential activities to guide students to make insights and summaries in the activities.

Secondly, the positive psychology group activity class is different from the traditional classroom teaching style. The teaching form of the positive psychology group activity class is mainly to carry out positive group activity experience, so that students can get insight and growth in the activity, and guide students to pay attention to their own character. Strengths and potentials. Students participate in active experiential activities in the growth process, which is conducive to their formation and development of positive thoughts and beliefs, thereby forming a reasonable self-awareness, learning to mobilize important internal resources, and tap their own potential.

Third, the positive psychology group activity class should benefit more ordinary students. In technical colleges, the main focus of daily psychological work is the group of students with psychological problems and obstacles, and the mental health education for general students is rarely carried out. Related research shows that problem prevention is better than problem solving. Therefore, the mental health education of technical colleges should not only focus on solving the psychological problems and obstacles of students, but also focus on the cultivation of the positive psychological quality of ordinary students, and guide students to develop positive behavior habits, so as to build a harmonious and healthy campus atmosphere. In the positive psychology group activity class, teachers can guide students to pay attention to their own advantages, look at the surrounding personnel from a positive perspective, help students form positive self-awareness, and promote the positive growth and development of students' psychology.

## 5. CONCLUSION

Compared with traditional psychology, positive psychology focuses on cultivating students' positive psychological qualities, stimulating students' inherent

potential, guiding students to recognize their own character advantages, promoting students to form a positive life state, and improving the perception of happiness and experience happiness. ability. Positive psychology group activity classes, as a carrier to achieve the training goals of positive mental health education, have the advantages of strong operability, strong experience, and high student participation, which can make up for the deficiencies of the current problem-oriented mental health education in technical colleges. Optimize mental health education methods and expand the benefits of mental health education, so as to help build a harmonious and healthy campus atmosphere and promote the development of mental health education in technical colleges. Positive psychology has had a profound impact on the development of psychology and mental health education. It is believed that there will be a broad space for development in the practice of mental health education in technical colleges and universities in the future. But its application field is still in the exploratory stage.

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