

Research of Positive Psychology on Mental Health Education of College Students

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Abstract. Positive psychology is a new trend of psychology of present time. It advocates that psychology should study the positive traits of humans, including positive emotional experience, positive personality traits and positive social environment. Since the mental health education of college students has become a very important topic in psychological study in China, positive psychology should be introduced to the mental health education of college students, with a view to enhancing the positive psychological traits and improving their psychological quality.

Keywords: positive psychology; college students' psychological quality; mental health education of college students.

1. Mental Health Conception in the Perspective of Positive Psychology

What is positive psychology? The definition of positive psychology proposed by K.M.Sheldon and Laura King reveals its essential characteristics. Positive psychology studies on the development potential of virtue and other positive qualities. There should be three historical mission of psychology: treating of mental diseases, making human life more fulfilling and identifying and developing talented people. Hence, the contents of positive psychology contains three aspects. Firstly, to be positive. Positive psychology is committed to the positive quality of people, which is a great respect for human nature and praise, at the same time it is a kind of rational understanding of human society. In the traditional mainstream psychology mode, people always pay more attention to the psychological problems that may or have already appeared. However, in the material world, human beings have not felt more happiness today. Practice has proved that the make-up after the issue cannot make a lot of change. Then, positive psychology clutching positive words, advocate with a positive outlook and philosophy to face human beings and society. So positive psychology advocates using the positive view and the idea to face the human being and the society. Secondly, to be happy. Happiness index is an important basis for measuring the quality of life in recent years. Study of positive emotions in positive psychology mainly focuses on the People's subjective well-being. Therefore, it pays great attention to study and explore the psychological problems from the positive aspects. And the subjective well-being indicators is regarded as an important basis for mental health. The main objective is to promote the individual's subjective well-being. Thirdly, to be careful. Positive psychology not only pays attention to the negative aspects of the psychological problems, but also focuses on the individual's potential. Through the individual's own strength, the problems can be prevented. Positive psychological treatment is the focus of the problem of people's psychology or behavior by enhancing the positive power or the quality of the people. Positive psychology treatment is committed to the use of people's inherent positive power which promotes the use of a positive attitude and makes a new interpretation about it. At the same time, it stimulates their positive potential and excellent quality to make the individual a healthy person.

2. Psychological status of College Students in Negative Psychology

From the perspective of positive psychology, mental health education is not only concerned about human's weaknesses and mistakes, but concerned about the advantages and the positive power of the people. Psychology is no longer concerned with health and disease, but is more concerned with the education, growth, games, love and wisdom, and the positive qualities of people with scientific methods. From this idea, the current college students' mental health education has the following problems:

2.1 Pay Close Attention to the Negative Aspects of Students' Psychology

The current goal of school mental health education is about the students' mental health, but in the actual work, it follows the pattern of negative psychology. The focus of attention is mainly on the problems and confusion caused by college students in their study and life. In this case, the starting point and goal of teachers' work are often the students' psychological problems, and that is to say, only the psychological problems of the students will get attention. In the process of carrying out mental health education, there is usually a psychological problem, which may be a kind of negative psychological suggestion. And it often leads to the negative aspects of the students who have no psychological problems. What's worse, they may neglect the cultivation of their positive qualities

2.2 Weaken the Effectiveness of Mental Health Education in Universities

The current psychological education mode is located in the prevention and cure of psychological problems. In fact, mental health education in schools should be serve for a universal problem in the development of students, including the development of students' personality, the coordination ability of interpersonal relationship, the cultivation of good behavior and the adjustment of emotion. At present, most of the mental health curriculums in colleges and universities are based on the psychological problems which appears in students' life and work. The curriculums discuss how to overcome these problems. In the daily psychological counseling, psychological test methods are usually used to distinguish the students' mental health. Under the guidance of this mode of education, the psychological health education pays attentions on dealing with psychological problems. So that students understand that the meaning of mental health education is a series of psychological problems posed by the mental health education. And the mental health education is only for the students who have psychological problems. The mental health education which is based on the psychological problem has deviated from the development of the potential and the cultivation of psychological quality, and has neglected the most important and the most positive aspects of the individual development. Thus it weakens the effectiveness of mental health education in colleges and universities.

2.3 Damage the Relationship between Educator and Mentee

The mental health education in school is now problem centered which will damage the relationship between educator and mentee. In the process of this kind of education, the mental health treatment should be separated from the students and the mental health education under the course of their positive psychology. This enables the students to think themselves or others may have psychological problems. It makes the students become psychological rejection and self-defense. What's worse, they are on school mental health education institutions at a distance and afraid to contact others.

3. Measures under the Perspective of Positive Psychology for Mental Health Education

3.1 Cultivate the Students' Positive Personality

Perfect personality is an ideal personality type. The basic purpose of mental health education is to cultivate the students' psychological quality. Positive psychology advocates that personality research should not only study the negative factors affecting the formation of personality and personality, but also strive to study the formation and development of personality traits. Positive personality as the driving force of our personality, not only can prevent the destructive effect of negative personality, but also can promote the development of our positive adaptive ability as well as maintain our physical health and mental health. Therefore, the positive personality should be the premise and guarantee of the healthy personality cultivation, and the positive personality should be the primary goal of the college students' mental health education.

3.2 Shape College Students' Positive Psychological Qualities

Positive psychology thinks that everyone has positive mental potential, and they have the ability to grow up. The emphasis of mental health education should focus on the cultivation of positive mental quality such as positive thinking activity, positive emotional experience, positive habits, positive personality, positive attitude, positive attitude, positive attitude, positive organization and group, etc. Specifically, it includes self-confidence, self-control, mental capacity, environmental

adaptation ability, emotion control ability, emotion adjustment ability, cognition, interpersonal skills, interpersonal attraction, sincere, loyal, honest, honesty, integrity, justice and sincerity.

3.3 Suggestions for Psychology Consultant

In the process of active psychological counseling and treatment, the consultant pays attention to the positive qualities and reactions of the visitors and encourages them to focus on their positive qualities. This will give the visitor a confidence to mobilize its potential. Eventually, the problem is solved, and people will become more powerful.

Universities should offer positive psychology education curriculum. Offering mental health education curriculum is one of the important methods in school mental health education. In Harvard, the most popular course for students is positive psychology. The course contains how to get more happiness experience and how to obtain the physical and mental health, sense of achievement and eternal friendship. The course aims to guide students to fully understand their own potential, shape positive psychological quality, and improve mental health and psychological quality.

Universities need to build self - psychological health education for students. The so-called self - psychological health education is that in order to meet the psychological needs, a variety of ways are used for the main body. On one hand, these ways can promote mental development and maintain the mental health of the activities. For example, let the students choose their own psychological development related topics to explore. In the course, it can meet the curiosity of students, access to psychological knowledge. What's more, through grasping the psychological methods, psychological problems can be solved and the psychological development can be promoted. On the other hand, it expands the field of mental health research, and is conducive to understanding and grasping the positive and healthy concept of mental health from a more scientific point of view. It is a positive and healthy concept, which carries out the school mental health education.

4. Summary

This paper sums up the theory of positive psychology and analyze the situation in current mental health education in China. Also, the current mental health education has a lot of problems. Based on the current situation, measures under the perspective of positive psychology for mental health education are proposed in the paper. Through cultivating the students' positive personality, shaping college students' positive psychological qualities and making suggestions for consultant, the positive psychology in the mental health education can be well implemented. Positive psychology has been studied and discussed from the positive aspects, which has developed into a new direction and the mainstream of mental health research. Positive psychological concept for college students' mental health education has opened up the field of a new vision, which creates a new situation in the mental health education for college students.

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