

Application of Positive Psychological Quality Cultivation in the Psychological Health Education in Colleges and Universities

Qiuwei Jiang^{1, a}, Qiangwei Yan^{2, b}

¹²Wuhan Textile University, Wuhan, 430200, China

^aYan.wuse@aliyun.com

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Abstract. This paper expounds the application of positive psychological quality cultivation in the psychological health education in colleges and universities from a practical point of view, and advocates to foster students' enterprising spirit, love, gratitude, integrity, self-discipline and other positive psychological qualities from various dimensions including cognition, interpersonal relationship, emotion, justice and control, so as to promote the growth of college students. Since Martin Seligmann, the former chairman of the American Psychological Association, explicitly put forward the concept of "positive psychology" in 1997, positive psychology as a science which is devoted to the study of human development potential, virtue and other positive qualities has been known to more people and widely used in all walks of life. Through the large sample survey and analysis, Meng Wanjin in China's Central Education Science Research Institute obtains the dimensions and structures of the positive psychological qualities of college students, which points out the direction for the cultivation of positive psychological qualities in colleges and universities.

Introduction

Since the development of colleges and universities in China sat the beginning of 1980s, psychological health education has made great achievements, and has made certain contributions to the psychological problems of college students and to prevent the occurrence of various unfortunate events. However, most education models are based on the traditional negative psychology, emphasizing the main service objects of the mental health education in schools are those with emotional distress, behavioral disorders and Adaptive difficulties, which rarely focuses on the majority of regular students. The working focus is severely skewed, leading to the regular students who account for the majority only know how to avoid negative emotions, but have little knowledge of how to improve their positive experience; only know how to form pessimistic, low self-esteem, jealousy and other bad personalities, but have no idea of how to develop these positive personality qualities such as optimism, self-confidence and tolerance. In this mode of education, the majority of regular students gain so little from the school education services that most people only are in a "neither healthy nor unhealthy" state, which greatly weakens the role of mental health education in schools.

In order to break this limitation, the concept of positive psychology is introduced to promote the psychological health education in colleges and universities with the positive psychology. However, in the positive psychological education, it is the core to foster the positive psychological qualities. Colleges and Universities shall cultivate students with positive quality, positive love, positive

mentality, positive image and positive habit from various dimensions including cognition, interpersonal relationship, emotion, justice and control, thus equipping the students with “enterprising spirit, love, gratitude, integrity, self-discipline” and other positive psychological qualities, so as to promote the growth of college students.

The Exploration and Practice of Positive Psychological Quality Cultivation in Psychological Health Education

With the college students after 90s becoming the subjects of the campus, the external environment of their psychological development is on a diversified trend, which injects new vitality into the university campus and brings all kinds of values. Generally, social media and school education are concerned about their indifference and extreme behaviors, lacking the cultivation of their positive psychological qualities and the cultivation of non-intellectual factors. The cultivation of positive psychological quality in colleges and universities stresses the value orientation of the students' positive factors, especially the enthusiasm of the psychological health education and the developmental function. Besides the knowledge, the colleges and universities cultivate their non-intellectual factors and the active power of their independent development to promote the comprehensive qualities of college students.

At present, some colleges and universities begin to promote the concept of positive psychological health education. Students are allowed to have a sufficient study and in-depth experience through a series of psychological health education courses, group counseling activities and the monthly activities of psychological health education, and consciously apply for corresponding courses or activities of the projects based on their own characteristics, thus making the self-cultivation and self-growth targeted and the cultivation of positive psychological qualities effective:

In the dimension of wisdom and knowledge, the positive psychological qualities include creativity, thinking ability, observation, curiosity and learning. At the platform provided by the college and under the guidance provided by professional teachers, colleges and universities open the characteristic competition projects, establish a complete management system of personnel training, and establish a team of college students science and technology innovation to encourage students to release their youthful energy, innovate actively, develop extracurricular academic achievements and create the works of science and technology. These are aimed at improving the cognitive level of college students, improving the ability of science and technology innovation and the operation level of extracurricular practice, and training the thinking and observation in breadth and depth. At the same time, the human activities including Reading Project and Sunny Cultural Forum may be conducted to enhance the personality quality, develop students' curiosity and study habit of knowledge, and form good humanistic qualities and time consciousness, thus achieving a comprehensive development and the coherence in arts and science under the unconscious influence through the activities.

In the dimension of human nature, the positive psychological qualities include the feeling of love, love and kindness, and social wisdom. Students may learn to love others and even society in practice by writing a gratitude letter to their parents, doing practical things for parents, being volunteers and participating in public welfare activities. In that process, students may feel being loved by loving others, realizing the significance of loving heart for themselves, others and even the society, integrating into the society with a loving heart, and understanding how to establish a positive and caring relationship. The group counseling activities are specially designed for harmonious interpersonal relationship to integrate the positive psychological quality education with group counseling effectively, thus passing on the social intelligence.

The positive psychological qualities of the courage dimension are sincerity, courage and enthusiasm. Through the psychological scene drama contest, students can get collective cohesion of the team. When they put energy into the game, they can develop a sincere enthusiasm and a positive attitude of courage and persistence. Schools cultivate college students' good EQ and the positive courageous life values by selecting outstanding students, setting a brave and firm, warm and sincere example and holding class group counseling activities including emotion management and life education.

In the justice dimension, the positive psychological qualities are team spirit, integrity and fairness, and leadership. Social moral consciousness is set up for college students as citizens by carrying out the planning system of class characteristic activities, and carrying out no-leader group discussion and planning activities of social practice in class. This requires the students to not only focus on their own positive images, but also equip themselves with good team spirit, implementation sense, and ability to plan and conduct class sports activities and social surveys. Finally, they shall be able to really understand how to maintain fairness and justice by coordinating the relationship among team members. In addition, fun psychological games may be conducted to enhance the teamwork and leadership decision-making capabilities under the interests and competitiveness of games.

The positive psychological qualities of control dimension are tolerance, modesty, prudence and self-control. A series of activities may be conducted to guide students to help themselves in the process. Such activities emphasize the formation principles, focus on guidance, and lie in persistence. In the whole process of choice decision, activity participation and summarization, students may develop a good sense of self-management, and cultivate the psychological qualities of prudence and self-control, and regard the positive behavior as a lifestyle. The development training of psychological health qualities may be designed to help the participants to control themselves, avoid extremes and bigotry, and become tolerant and modest.

The Effect of Positive Psychological Quality Cultivation in Psychological Health Education

Since the promotion of positive psychological quality cultivation in some colleges and universities, more and more students are participating in the activities, so a good atmosphere is formed for the school to care for the psychological and healthy growth. It helps to gradually eliminate the misunderstanding on the prevention functions of psychological health education, achieves good achievements in cultivating the positive psychological qualities of college students, and promotes the growth and success of them.

Many key students who have sought psychological counseling consulting state that they usually adjust themselves through their selected positive psychological cultivation projects. They may sharpen their characters and cultivate the spirit of group cooperation by participating in the class activities to improve the humanities accomplishment and by participating in campus development training to know new students. In addition, they can learn to have a positive attention to themselves, explore their own development issues, inspire their potential consciously, exercise their abilities, improve personal accomplishment, and promote personal growth.

The initiatives of the regular students, who are in the class of the cultivation of positive psychological qualities, are significantly improved. Students in different majors may display their unique ideas with professional characteristics, showing good coordination and execution. The individual creativity and autonomous activities of many classes are well received by contemporary college students. After a series of cultivation activities of positive psychological quality, many students begin to regard it as an activity to form their own habits and inflexible qualities, and this

activity is jointly completed by students under mutual supervision.

In the positive psychological quality cultivation project, some excellent students are selected to establish the team of college students on science and technology innovation at the platform provided by colleges and universities and under the guidance of professional teachers to fully play the college students' innovation, guide other students to expand the academic study outside the classroom, and make science and technology works by hands. In this way, student groups get a positive development, and their strong professional sense of responsibility and social responsibility helps them to have an understanding and planning of university life in the perspective of positive psychology. Finally, the cognitive force is played to effectively promote the formation of students' positive psychological quality.

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