Application of Positive Psychology Based on Multimedia Technology in Mental Health Education of College Students

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Abstract: The effect of positive psychology on college students' mental health education is to transfer the emphasis of mental health education from the explanation of negative psychology such as depression, anxiety, irritability to the transmission of positive energy emotions such as hard work, happiness and ease. Let students know more about beautiful things, improve the level of mental health of college students, relax the tension of college students in the face of life setbacks and future challenges. Multimedia technology in the teaching process can effectively describe the situation of teachers to present, so that students understand things more than a real grasp. can make the teaching process more diversified and diversified. Make the teacher teaching easier, students understand easier. Multimedia technology in mental health education can better help positive psychology to bring students more direct positive emotional perception experience, let students close to feel positive psychology in life for people to bring practical results.

1. Advantages of Multimedia Technology Teaching

The cultivation of college students' comprehensive quality is unremitting efforts, and the improvement of college's teaching quality is a bit of optimization in the long-term reform attempt under the goal of cultivating high-quality college students' talents. In order to better cultivate talents and improve the quality of teaching, multimedia technology has been widely used in the teaching process of colleges and universities, this more intuitive, clear and three-dimensional knowledge teaching method than the dry description of teachers really makes the quality of teaching have a qualitative leap. And the application of positive psychology in the mental health education of college students is to combine the growth, study, living environment and other comprehensive factors of contemporary college students to tailor for students. The combination of multimedia and positive psychology makes mental health education in colleges and universities have a higher quality teaching development.

Seeing is believing, hearing is false. Multimedia (Fig .1-1) teaching method will classroom abstract text expression through sound, pictures, video and other multiple ways to interpret knowledge points, students through multimedia display of the actual form of things to build a correct understanding. Image color composition of the picture stimulates students' sensory [1], so that students' memory of knowledge points more firmly. Sound with the picture can also attract students' attention, so that students in the learning process of concentration, knowledge absorption more quickly. Multimedia teaching shows students the contents of learning examples in the present form, while stimulating the senses of students at the same time to deepen the impression of learning, has the characteristics of increasing students' knowledge, cultivating students' imagination, through multimedia teaching, to promote the overall improvement of students' mental health quality, to help students establish a sound personality.

Figure 1 Multimedia technology

2. The Common Psychological Problems of Contemporary College Students

2.1. The Huge Gap in Treatment Creates Mental Health Problems

Contemporary college students grow up in the living environment, family, teachers care never lack, but it is in this meticulous care, let students more or less develop some overconfidence, self-centered bad psychological phenomenon. Especially in entering the university, divorced from the protection of the family, and the supervision of teachers, in more requirements for students to manage independently, natural development of the university campus, such students for a while difficult to adapt to the huge gap in daily study life. Among these differences, students who have not yet learned to take care of themselves after constantly experiencing various problems, if not timely guidance intervention, it is easy to cause depression, autistic, manic, weariness and other serious mental health problems [2].

2.2. Environmental Impacts Create Mental Health Problems

There are also some students because of the family situation, their own defects and other reasons, their own character is more cowardly, leaving the familiar living environment, in the new place to see more people and afterwards, feel that they are out of place with strange atmosphere, without the teacher will actively link the students, they will not be willing to walk out in their own world, lost confidence in interpersonal communication, in the absence of timely psychological counseling, the development of social phobia of mental health disease, in the long-term not to communicate with people, may gradually form autism, or even depression, Students in this category are often the most likely to do harm to themselves and need to be more focused on this type of student.

3. Problems in Mental Health Education

3.1. Teachers are Unable to Balance All Students and Have a Small Impact

Although schools have mental health education courses, the ability of a teacher (Figure 1-2) is ultimately limited. At the end of the semester, the teacher is not always able to remember all the students in class, let alone find out the problems that may occur among the students and guide them to correct them. One or two students' mental health problems can be found in time, but because of the heavy teaching tasks, there is no free time for effective psychological guidance and guidance.
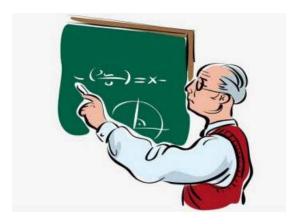
Figure 2 Multimedia technology

3.2. Teaching Priorities do Not Apply to all Students

The development of mental health education curriculum was originally aimed at cultivating more students with excellent psychological quality and excellent quality. But in the past mental health education curriculum content more tend to look at, deal with the negative emotions that have emerged, solve, prevent students psychological problems. Teachers will describe in detail how and how these negative emotions are expressed. Although students with good mental health can adjust themselves after such a course and prevent themselves from having a bad effect on themselves after the emotions mentioned by the teacher, the more vivid the teacher explains these cases, the more the spread of negative psychology is. This way of mental health education has played a certain role in solving and preventing, but it has not played a better role in improving students' mental health.

4. Positive Psychology for Mental Health Education

4.1. Changing the Direction of Students' Learning to Help Them Eliminate Negative Psychology

Positive psychology brings new strength to mental health education when mental health education falls into the bottleneck area. Mental health is a slow process [4] training, in this process, students have more contact with a certain psychological, the more will develop a certain character. For example, a student (Figure 1-3) next to another cheerful personality, generous love to laugh friends, long contact, he will also become like his friends, generous, cheerful. And another classmate's friend's character is more silent, quiet. Long time this classmate will also be influenced by friends become silent, quiet. Positive psychology advocates the development of people's optimistic, cheerful and upward psychology, through positive psychological influence, the development of human excellent natural quality. No longer pay too much attention to negative psychology, with a positive attitude to develop good quality, negative psychology will naturally disappear.

Figure 3 Multimedia technology

4.2. Improving Students' Self-Learning Ability and Reducing Teachers' Teaching Burden

Positive psychology advocates positive emotional guidance to students in an optimistic and hopeful environment, teaching students to look at problems, find problems, and solve problems with positive energy. Also let students' mental health education not only stay in the classroom, activities. but go deep into all aspects of students' study life. Let students under the guidance of positive encouragement, learn to reflect on themselves, explore problems, and self-regulation, self-solving problems. This way has greatly changed the mental health education, the student passively accepts the learning knowledge indoctrination education way, changes the student to become the mental health education leading party. Let students in this self-learning attitude, not only liberate teachers heavy teaching tasks, but also let students to their own emotional perception more subtle, but also to their own mental health training more efficient, more quality.

5. Role of Positive Psychology in Mental Health Education Supported by Multimedia Technology

5.1. Enhancing Students' Awareness and Perception of Positive Emotions

As I mentioned earlier, multimedia technology can show a certain thing that the teacher tells in a concrete image in front of the students, so that the students can not use the teacher's description of this thing out of thin air imagination but understand more fully. More precise. Active psychology [5] supported by multimedia technology, so that students have a better learning environment, for example, when teachers tell which are positive psychology, and what impact they have on our learning life, through the multimedia listening and watching effect, students can quickly enter the emotions described by the teacher, intuitively experience the benefits of this emotion for themselves. To apply the teaching contents of positive psychology supported by multimedia technology to the course of mental health education. Let students in the process of learning feelings of their own psychological evaluation has a clearer standard, but also cultivate students to express their emotions more abundant. Multimedia technology makes students' cognition of all kinds of emotions more detailed. In normal life, the emotional capture of others is more acute. Better accept other people's goodwill, or avoid others' malice in time.

5.2. Help Students Shape Positive Personality Traits

The university age is just a stage in which oneself has not been defined, fully absorbs the outside world knowledge, relies on others contrast to know oneself, affects oneself. At this stage, the teaching content of positive psychology supported by multimedia technology is applied to mental health education, so that students can be more exposed to the infection of positive emotion in the process of learning and 100% experience of positive psychology, so that they can shape positive personality quality under these positive psychological influences, which will be an important support for the sustainable development of college students' mental health to excellence.

6. Conclusion

Positive psychology broadens the direction of college students' mental health education, improves the level of college students' mental health extremely effectively, and effectively curbs the influence of negative psychology on students with positive attitude, and at the same time makes the students' psychological quality more benign development. The addition of multimedia technology makes positive psychology play 200% effect in mental health education. Let students have the most profound and intuitive feelings for the understanding and cultivation of positive psychology. For colleges and universities to train high-quality personnel to make a strong guarantee.

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