

# **A Study on the Ways of Constructing the Positive Psychological Quality Model of College Students**

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**Abstract:** The economic level of our country is developing rapidly, and people's life will be better, so the spiritual requirements are gradually increasing. In order to make college students better adapt to this society, it is necessary for colleges and universities to attach importance to the cultivation of college students' positive psychological quality, guide students to master the methods of regulating their personal emotions, and gradually form a positive and optimistic attitude and mood, and then grow into modern talents to meet the social development.

## **1. A Conceptual Analysis of the Positive Psychological Quality of College Students**

Compared with the traditional psychology, positive psychology belongs to the new subject, the development is not systematic and perfect, but it can effectively enhance the students' self-confidence, so that students can live a more positive and optimistic life, and better solve the problems they encounter in life learning. Achieving this will require the joint efforts of schools, families and students.

Positive psychological quality refers to the students in the process of learning and growing up, under the correct guidance to form a positive mood, have a good emotional experience, can maintain a positive and optimistic attitude towards life, work, future, study, etc. Experts and scholars in our country have studied foreign related education and ideas, combined with the actual situation of college students in China, to formulate a positive psychological quality scale for college students in China. These experts and scholars believe that positive psychological qualities mainly include six aspects, including courage, temperance, wisdom, transcendence, knowledge, justice, human nature, and also include 20 qualities, such as fairness and integrity, love of learning, creativity, leadership, team spirit, thinking and observation, tolerance, self-control, courage, persistence, creativity, hope and belief, spiritual touch, funny humor and so on.

## **2. Analysis on the Characteristics of Positive Psychological Quality**

First, there are differences. Influenced by the external environment and students' own genes, there are some differences in the positive psychological qualities of different students. Each student has a positive psychological quality, whether from the general category or from the quantitative aspect, there are certain differences. Some aspects of the content will be very conducive to the healthy development of students, will have a positive impact on students; second, plasticity and stability. There are certain characteristics of positive psychological quality, but also have the characteristics of cross-view, cross-time, live in a strong stability, in a short period of time it is difficult to make a big change. Positive psychological quality has strong plasticity, in a certain complex to you can gradually let students have a unique positive psychological quality; again, with adaptability and constructive. The plasticity of positive psychological quality enables it to follow the pace of development of the times and make corresponding changes and adjustments. Positive psychological quality can give full play to students' inner potential, accelerate students' growth pace, make them can correctly view the many pressures encountered in life, study and so on, and gradually turn negative emotions into positive emotions and change the passive state. Students in

the process of solving problems, their abilities and qualities will also develop, will also reap more positive psychological qualities; finally, have a latent. Positive psychological quality belongs to a kind of psychological characteristic of students' existence, which has independence, internality and stability, and dredges the influence of students' non-intelligence and intelligence factors, under the influence of certain conditions and environment, it can be revealed by students' efforts.

### 3. The Important Role of Positive Psychological Quality

Positive psychological quality will affect students' emotion, cognition and behavior[1]. Therefore, colleges and universities should pay attention to the cultivation of students' positive psychological quality, which is very beneficial to students' overall and healthy growth. First, positive psychological quality can prevent some psychological diseases of students, so that they can have a healthy psychology. Positive psychological quality can enable students to better understand and understand themselves, can face up to their own problems, learn to accept themselves, adjust themselves, have a good emotional experience, attitude will also be more positive and optimistic. In the face of problems, students can face more actively, which can avoid the probability of psychological collapse as far as possible; second, positive psychological quality can make students' mood, state and cognitive level in a better state, which can give full play to the students' psychological potential; third, positive psychological quality can make students have good interpersonal relationship, truly realize the importance of love, students' happiness will also be improved and developed; fourth, positive psychological quality can cultivate more high-quality talents. If students have positive psychological qualities, their spirit will be more uplifting, their emotions will be more positive and optimistic, and they will work harder, know how to unite and love each other, and can better adapt to the society.



Figure 1 Problems encountered by university students

## 4. A study on the Ways of Constructing the Positive Psychological Quality Model of College Students

### 4.1. From a Student's Perspective

In the cultivation of positive psychological quality, students occupy the main position. Therefore, in carrying out the corresponding classroom teaching, teachers must follow the student-oriented teaching concept and give students more help and support[2]. In daily life, college students need to improve their self-confidence, actively show themselves in the activities, find out the advantages of themselves and others, understand their own shortcomings, timely improvement and improvement. Teachers need to guide students to get along with others kindly and improve their moral cultivation, so that students can form good interpersonal relationship / students need to learn to observe their own living environment, communication environment, understand their own family environment, no matter what environment, always maintain a positive and optimistic attitude, believe that “there is a way to get to the mountains”, timely absorb the positive impact of the environment, and correctly view the problems encountered by themselves; College students need to understand their

own strength, do not exaggerate themselves, so that the mood of college students can be more perfect, emotional growth will be more positive, and this is also very conducive to the improvement of students' personal strength.

#### 4.2. From a School Perspective

College students will spend more time in the school, which is an important place for students to study and live, and also an important channel for students to understand society and society. Therefore, mental health education in colleges and universities is essential for college students[3]. First of all, schools need to update their teaching ideas in time, use flexible teaching methods, learn to use positive psychology to carry out teaching, actively guide students' classroom mood, at the same time, timely give students affirmation and encouragement, constantly enhance students' self-confidence, so that students can produce strong learning motivation, and always maintain good enthusiasm for learning. In addition, colleges and universities need to actively propagate positive psychology, carry out a variety of community activities regularly, and create a positive atmosphere in the campus, so that college students can gradually form a healthy and good psychological quality under the influence of the environment and atmosphere. Colleges and universities need to attach importance to the construction of campus culture and actively carry out a variety of campus cultural activities, such as "Campus Singers Competition "," Ten Best students "," Campus Dance Competition "," Poverty Alleviation" and other activities, to spread positive energy to students, so that students have the opportunity and platform to show themselves, which is very conducive to the healthy growth of students.



Figure 2 Actively promote positive psychology

In the course of practical teaching, teachers need to use a variety of teaching methods flexibly, optimize and perfect the strategy of positive psychological quality teaching from many aspects, renew the teaching idea, clarify the teaching goal, set the course content reasonably, understand the teaching content, choose the appropriate teaching method according to the actual situation, and optimize the activity system at the same time. At present, many teachers will adopt special teaching methods in teaching, create different situations according to the needs of different posts, provide students with a variety of cases, adopt psychological testing, activity experience and group cooperation, constantly enhance students' creative ability, ignite students' enthusiasm for learning, enrich and expand students' knowledge, and realize the simultaneous improvement of students' observation ability and thinking ability.

In addition, the school can make group psychological counseling according to the actual situation of college students, and make different psychological counseling programs for different groups and different students, so that students can see themselves correctly, learn to adjust their emotions, treat others well, but also treat themselves well.



Figure 3 Campus culture activities in colleges and universities

### 4.3. From the Perspective of the Family

Family is the initial place for students' growth and the formation of psychological quality, whether it is the family environment or parents will directly affect the students' mental health growth. Although most of the students' psychological qualities are related to the future environment and education, the importance of the family can not be replaced. Therefore, the family also needs to create a warm atmosphere, which can make college students form a good personality quality, but also enhance the communication between parents and children, so that the whole family can always maintain positive energy. Parents need to set up a correct education concept, adhere to the principle of positive education, so that the emotion of college students can be more mature, so that they can have a healthy outlook on life, values and world outlook, and finally achieve the overall development of students.

### 5. Conclusion

All in all, the cultivation of college students' psychological quality has always been a vital and important content in college education. Under the influence of positive psychology, colleges and universities need to use this subject flexibly to cultivate students' positive psychological quality, adhere to the concept of student-oriented education, integrate the school, family, students and so on, and develop the students' inner potential, so that students can gradually form a positive and optimistic attitude, have a correct three-view, so that they can correctly view all kinds of pressure and problems, and finally realize the all-round development of students.

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