

Research on the Cultivation and Exploration of College Students' Positive Social Mentality

Suning Ma

Xijing University, Xi'an, Shaanxi, 710123, China

Keywords: Cultivation, Exploration, College Students, Positive Social Mentality

Abstract: The social mentality of college students is generally healthy, but there are some real problems with the continuous development and progress of society. The healthy social mentality of contemporary college students should not only carry out correct positive guidance, but also positively analyze the causes of changes in college students' social mentality according to the current social state. While shaping a friendly and warm campus atmosphere, it is necessary to make full use of the existing educational resources to promote the formation of an active and healthy social mentality of contemporary college students.

1. Introduction

Social mentality is the psychological feeling and emotional reaction of members of society to the status quo of social life. It is not only a "barometer" and a "wind vane" of social civilization, but also a reflection of social reality. "Focus on humanistic care and psychological counseling, fostering self-esteem, self-confidence, rationality, and positive social mentality" has been written into the party's 18th National Congress report, which is enough to reflect the great importance attached by the Party Central Committee and the State Council to the issue of social mentality. This is the importance of people-oriented. The embodiment is also an important manifestation of the protection of people's livelihood. It also extends the field of people's livelihood protection from the material level to the spiritual level.

Generally speaking, the current social mentality of China's mainstream status presents a positive and upward state. People's enthusiasm, initiative and creativity have never been played before; people's open consciousness, enterprising consciousness, tolerance and rational consciousness are more intense. But we should also clearly see that the current social mentality of some people has shown an imbalance. In the context of social transformation, many people often appear to be restless, cold and indifferent in the face of difficulties in work, study, and life. Under the influence of this kind of emotion, they often form quick success and lack of integrity in social life. Emotional impetuosity, indifference, narrow thinking, lost and lost are negative factors that are not conducive to the harmonious and stable development of society. Under this circumstance, we should take appropriate measures to solve existing problems on the basis of correctly grasping the current social mentality. By solving various problems closely related to the people, we will strengthen moral integrity, pay attention to psychological counseling, demonstrate humanistic care, and foster a rational, peaceful, open and inclusive social mentality.

The mentality has a profound impact on the success and failure of a person's career, as the American successful scholar Napoleon Hill said: "Don't let your mentality make you a loser. Success is made by those who have a positive attitude. What is achieved is maintained by those who work hard with a positive attitude. "The practice also fully proves that a positive attitude makes people optimistic, confident, active, enthusiastic, helpful, accomplished, less anxious, non-destructive, Feeling full and powerful; and negative attitudes make people feel inferior, disappointed, depressed, helpless, isolated, difficult to act, and less successful. Therefore, our higher education should not only teach students the knowledge and skills, but also pay attention to the cultivation of students' positive attitude.

2. Problems in the Social Mentality of College Students

The social mentality refers to the macro social state of mind that permeates the whole society or certain social groups for a period of time, and is the sum of the emotional tone, social consensus and behavioral intention of the whole society. To put it simply, it is the cognitive tendency, psychological tendency and emotional tendency that are commonly presented in daily life, especially in the face of major events or emergencies. [1] So, what are the current social problems of college students?

During the period of social transformation, one of the prominent features of the social mentality is anxiety. The reason why college students are anxious is because they have fears and concerns, and they lack confidence and hope for the future. When these negative emotions flood the hearts of college students, they will inevitably generate anxiety. College students are worried about learning pressure, burden of life, worry about interpersonal relationships, fear of not finding satisfactory jobs after graduation, plus food and drug safety incidents, traffic accidents, natural disasters, etc., which also aggravate the anxiety of college students. College students will have “learning anxiety”, “economic anxiety”, “interpersonal relationship anxiety”, etc. After graduation, if they repeatedly hit the wall when they are looking for a job, they will inevitably produce “employment anxiety”; I can only get a small piece of the social wealth cake, which leads to “wealth anxiety”; with the accumulation of work experience, the income has increased, but I find that I can’t afford the house at all, which leads to “house anxiety” and “All kinds of anxiety, such as marital anxiety and child anxiety, ultimately bring anxiety to the students: they can't find their place in the society, they have no spiritual support, and there is no material guarantee. Loss of a basic sense of security and belonging, resulting in a negative and pessimistic attitude.

Due to changes in social status, college students generally have a feeling of weakness. In the past, college students were called “the pride of the sky”. Today, some of the college students are crowded and compete in the big city job market. It is not easy to find a job of two or three thousand yuan a month, which makes the students feel deeply. Weakness; there are even some college students who can't find a job and are unemployed. They are forced to be old, and the media reports are constantly negative. The society condemns them constantly, which makes some college students feel weak. At the same time, prices are rising and moving. The price of one million yuan, modernization, marketization, and urbanization have made college students worry about being thrown out by the society.

The gap between the rich and the poor has made some college students feel weak. As the reform progresses in the depth direction, the distribution pattern is changed from the average distribution to the distribution according to work, the distribution according to factors and the distribution according to work. The gap between the rich and the poor in society is gradually widening, and the reality of this gap between the rich and the poor is gradually expanded. Some of the college students are living for a few thousand yuan a month, and some even have problems eating. Marx once said: When everyone lives in a small house like a cottage, no one feels any dissatisfaction, but once a small house stands next to a small house, the occupants of all the small houses will feel uncomfortable. , dissatisfied and despised. In other words, the contrast between rich and poor also caused some college students to feel strongly weakened[2] .

Fairness and justice are the basic conditions for the harmony of university campuses, and also an important prerequisite for cultivating the healthy mentality of college students. Current college students are more concerned about social equity than ever before, and their demands for social equity are stronger. However, some colleges and universities are unfair and unfair, which plagues some college students and makes them feel unfair. Some students seldom go to class, and their homework is not very good, but the final grade is better than that of serious students. In particular, some humanities, open-book exams, or just write a paper... all of these increase the unfairness of some students.

In the economic life, the phenomenon of dishonesty is the most prominent. Whether it is in product credit, commercial credit, or financial credit, there are all kinds of bad performances. The lack of credibility in the field of political life is manifested not only in the leadership

decision-making and its implementation process, but also in the ideological style of the party and government organs and their public servants, such as “political achievements engineering”, “promotion project”, “digital official”, “Official figures” are not uncommon. There are also various fake institutions, fake police, fake business, and even fake marriages, fake diplomas, fake exams, fake recruitments, fake sings, etc., and the proliferation of these unscrupulous social phenomena makes the original creditworthiness of college students face serious Crisis test. The psychological problems brought by untrustworthy students can not be ignored. The successive cases of dishonesty have made college students feel that the door to integrity is getting farther and farther away. The negative social mentality of “integrity and uselessness” and “speaking about credit and loss” is in college students. [3]

3. The Countermeasures to Cultivate College Students' Positive Attitude

The positive attitude is to advocate that people should treat people and things around them with a positive attitude. Due to the influence of negative mentality, there have been many deviations in the thinking and behavior of individual college students. The main manifestation is the loss of confidence and passion for learning, life and future, and may even have more serious consequences. In this regard, we must accelerate the study of the internal factors and mechanisms that form the mentality of college students, and strengthen the controllability of college students' mentality. As one of the compulsory courses for college students, the psychological health education course for college students shoulders the heavy responsibility of cultivating college students' health psychology. As the society demands higher and higher abilities, psychology and all aspects of college students, the effectiveness of college students' mental health education courses is particularly important. At present, most colleges only focus on reducing and preventing the emergence of college students' bad psychological problems, while ignoring the long-term goals of college students' good psychological cultivation. Incorporate positive psychological cultivation into the mental health curriculum of college students, and alleviate various psychological problems of college students. The cultivation of positive psychology runs through the process of university mental health education, and establishes a curriculum system with the core attitude of cultivating college students as the core, so that college students can achieve the goal of perfecting their own personality and developing positive psychological quality through the mental health curriculum [4].

The active social mentality education of college students is conducive to cultivating the positive, optimistic and healthy psychological quality and life attitude of college students, enhancing the enthusiasm of students to actively learn, and cultivating students' self-education and self-improvement behavior habits. . As the main battlefield for cultivating talents, colleges and universities should not only focus on students' learning, but should also pay attention to students' psychology. Therefore, colleges and universities should include positive attitude education in all curriculum plans, and infiltrate the positive attitude into the daily life of each student in a subtle way. In addition, schools can use radio, television stations, publicity slogans, campus information networks and other carriers to publicize the importance of positive attitudes, construct a positive campus environment, and instill in college students a positive, optimistic, and successful belief, and stimulate college students to learn. Enthusiasm, self-motivation and the desire to succeed keep college students in a state of excitement and health.

The traditional faculty of college education is mainly concentrated in professional courses, ignoring the importance of mental health education to the psychological construction of college students, resulting in the lack of professional mental health education teachers. In addition, mental health education teachers themselves lack professional theoretical study, which hinders the development of mental health education in colleges and universities. Colleges and universities should not only carry out traditional psychological lectures and other knowledge popularization activities, but also carry out stress training and coping style training in a timely manner. Ideological and political workers can create a simulated environment, let college students face pressure, and discover the degree of stress and coping style of college students. To do a good job in the mental health education of college students, we must pay attention to the construction of the teaching staff.

College leaders must have a clear understanding of college students' mental health education, and allocate a corresponding number of mental health education teachers according to the number of schools. Instruct students to recognize themselves and help them to learn positive coping styles. This new way of working requires ideological and political workers to be able to create scenarios and control the training process. It can dynamically correct the students' negative coping styles during the training process, help students to establish positive coping styles, and thus achieve a positive attitude towards college students. Remodeling. In addition, teachers of mental health education should actively learn theoretical knowledge in their normal teaching, strive to improve their own quality, and learn together with students to make progress together. Colleges and universities should also hold regular mental health education exchange meetings to let teachers of mental health education exchange ideas and improve the professionalism of mental health education [5].

4. Conclusion

In short, a positive attitude is of great significance to the growth of college students. In the preliminary investigation and analysis, we found some problems and made corresponding suggestions. However, the research and working mechanism for cultivating college students' positive attitudes are still very weak and need to be further deepened.

References

- [1] Cao Boya. Current Affairs Report (College Student Edition) [J].2011-2012, (1).11
- [2] Xia Xuejun. Eight kinds of bad social mentality of Chinese people at present [J]. People's Forum, 2011, (7).23
- [3] Li Song. Strengthening the adjustment of "social mentality" [J]. Wang, 2011, (19).67
- [4] Shi Zhongying. Knowledge Transformation and Education Reform [M]. Beijing: Education Science Press, 2001: 115.54
- [5] Zhang Jianhong, Wei Meifeng. Analysis of the "Vulnerability" of College Students' Mental Status [J]. Contemporary Youth Research, 2000, (5).34