

## Research on the Formation of College Students' Behavior Habits from the Perspective of Positive Psychology

Yang Huanhuan

Shaanxi Technical College of Finance & Economics, Xianyang, Shaanxi, 712000, China

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**Abstract:** College students are the future and hope of our country. While mastering professional knowledge, college students' psychological quality and personal behavior habits should also be sublimated. The quality of personal behavior habits will have a significant impact on the future development of individuals. Good behavior habits can effectively improve the efficiency of personal life and enrich personal life. This paper, from the perspective of positive psychology, analyses the problems existing in the behavioral habits of modern college students and the related reasons for these problems, and explores the specific methods of cultivating good behavioral habits of college students.

### 1. Introduction

College students are the representatives of high-quality people. Therefore, in the process of Cultivating College students, we should strengthen the cultivation of their personal behavior habits. At present, whether in moral, life or learning, college students' behavior habits exceed the overall average level of society. But there are still some problems in college students' behavior habits. These problems will not only have a great impact on their own study, life and work, but also greatly reduce the quality of the whole nation's people. Therefore, it is particularly important to cultivate college students' behavior habits. The traditional way to cultivate college students' personal habits is to correct bad habits. This is a negative training mode. Positive psychology cultivates college students' behavior habits by stimulating some positive factors of their own, so that individuals can develop a good habit fundamentally. Such a way of training has made great contributions to the formation of good habits of College students.

### 2. What is positive psychology

Positive psychology originated in the United States at the end of the twentieth century. It is a new branch of American psychology. It is a subject that takes some actual and potential positive factors of human itself as the research object, and uses the positive mentality to conduct in-depth research on various human psychology. It can effectively stimulate the potential excellent qualities and potential abilities of human beings, so that human beings can exert their potential to the best effect, so that they can better live. Compared with traditional psychology, positive psychology has transformed the previous research on human psychology or behavior into the discovery and awakening of human positive factors, so as to promote people to feel happy and happy in life. With the continuous improvement of China's economy, people's living standards are also constantly improving. Nowadays, people not only seek food and clothing, but also yearn for a happy life. Thus, the emergence of positive psychology fully meets the development needs of people in modern society.

The concrete meaning of positive psychology is that everyone will encounter all kinds of unhappy things in life, when people's negative emotions will arise spontaneously, and positive psychology is to let people learn to look at social and life problems from a positive and optimistic perspective [2]. In the face of some bad things, not everyone will have the same reaction, some people may be very optimistic about the treatment, and some people will passively escape, positive psychology is to analyze the root causes of the problem, so that people can use a positive attitude to

deal with the problem and deal with it, while positive psychology is not blindly let people. They keep optimistic blindly, and positive psychology does not completely deny negative psychology. It requires people to be able to connect negative psychology with positive psychology when they encounter problems and find positive ways to deal with problems by comparing the two.

### **3. What is behavior habits**

Habits have different meanings at different levels. On the individual level, habits are an automatic and tendentious way of behavior that an individual practice over and over again on a certain thing or action. From the social level, habits refer to a common and stable way of behavior and behavior tendencies gradually formed in people's lives. Behavior habits can be divided into good behavior habits and bad behavior habits. The behavior habits mentioned in this paper refer to the tendency of changing a kind of behavior or consciousness into a long-term stable behavior through repeated training in the process of receiving education and life, which can correctly and positively guide students' future life and work.

### **4. The importance of developing good behavior habits for college students**

#### **4.1 Good habits can improve college students' personal accomplishment**

Nurturing education advocates using the role of guidance to enable college students to conduct their own behavior habits, restraint and adjustment, and apply the good behavior habits to their own study, life and work, not only can improve the personal accomplishment of College students, but also can effectively enhance the overall image of the campus and society. A person's good internal quality cannot be separated from the cultivation of moral behavior habits, and good moral behavior habits have become an important part of the comprehensive quality of College students, which has also attracted much attention in society. External evaluation of a person often depends on his own behavior. Therefore, in order to create a good external image, an individual must strive to improve and improve his own moral behavior habits, so as to improve his personal accomplishment. It can be seen that nurturing zero-related behavior plays an important role in promoting college students' personal accomplishment.

#### **4.2 Good habits enable college students to meet the needs of national and social development.**

In the process of cultivating and educating college students' behavior habits, colleges and universities should effectively combine theory with practice, so that college students can have independent effect on the basis of understanding the norms of behavior. College students themselves are a group of people with high cultural level and mature mind. After understanding the relevant knowledge of behavioral norms, they will form a sense of behavioral habits, which can effectively regulate their own behavior, help to enhance the overall image of the country and meet the relevant requirements of the state and Society for college students.

#### **4.3 Good habits can promote the sustainable development of college students**

College students are in adolescence, although the physiological and psychological aspects have reached a more mature stage, but there is still room for improvement and shaping of behavioral norms. Human development is to need a sustainable development in order to enable human beings to survive in the environment for a longer time, whispering college students are no exception. To take the current long-term view, cultivating good behavior habits will have a huge positive impact on College Students' future life and work. Although the process is not easy, it can realize the sustainability of college students themselves. Continuous development, bad behavior habits will seriously affect the physical and mental health of college students [5]. For example: college students often stay up late, it will have a greater impact on their future physical condition; some college students have no restraint on the game, leading to delays in learning and even because of sudden death and the end of their lives. Therefore, in order to achieve sustainable development, college students must rely on the cultivation of good behavior habits.

## **5. Problems existing in the behavior habits of college students**

### **5.1 Problems in moral behavior habits**

Most of the current college students are post-90s and post-90s. They have certain cognitive abilities in moral consciousness, and their moral behavior level is higher than the average level of society. However, influenced by the Internet age, some college students' thoughts have been induced by various values on the Internet, resulting in some bad moral consciousness, which eventually leads to bad moral consciousness. Moral habits, such as indifference to things unrelated to oneself, cyber violence, self-centeredness, etc. [6]. Although some college students have corrected cognitive and discriminative abilities in moral consciousness, and even show a critical attitude towards bad moral behavior, due to their poor self-restraint, it is still necessary to know whether it is wrong, so there are double standards in moral evaluation and requirements.

### **5.2 Problems in learning behavior habits**

Compared with secondary education, college students have more free allocation of time in college, most of the time is self-restraint self-study, but for some students with weak self-control in learning will develop some bad habits, such as: learning is always passive, there is a serious procrastination in learning, there is no precise learning. Learn to plan and so on. In the University classroom, the common phenomenon is that students do not follow the teacher, play games, read novels, make-up and so on. Students' participation in the classroom is low, which seriously affects the classroom atmosphere.

### **5.3 Problems in life behavior habits**

In terms of living habits, generally in a short period of time will not show adverse consequences, but after a period of time, these bad habits will bring serious consequences to the health of the individual. For example: irregular diet, lack of exercise; often staying up late and so on, often in the past will make the individual's physical condition gradually decline, appear anxiety, insomnia, headache and other symptoms [7].

## **6. The main reasons for the problems existing in college students' behavior habits**

### **6.1 Undergraduates do not pay enough attention to their habits**

Different personal values will lead to different understanding of behavior habits. At present, college students generally believe that what society needs is personal diploma and ability. The main task of college students is to study their own professional knowledge hard and get a diploma. However, the problem of behavior habits is completely ignored. Although college students have the awareness of distinguishing right from wrong in some behavior habits, some good behavior habits cannot be cultivated because of their poor self-control.

### **6.2 Lack of cultivation of students' behavior habits in families**

Habit formation is a long-term process. College students are influenced by their families from an early age. Family plays an important role in the formation of College Students' behavior habits. But in most families, parents will only blindly let their children to learn, use all the time to learn, and pay no attention to the formation of habits. Because children have strong curiosity and imitation, all kinds of behaviors of parents in life will make children develop the same habits, and it is difficult to change.

### **6.3 School neglects to cultivate students' behavior habits**

Under the influence of exam-oriented education, in order to achieve better results in teaching quality and attract more students, schools use their effective time in school to impart relevant textual knowledge to students and neglect the cultivation of students' behavior habits. This kind of education mode causes students to study blindly and will not produce any effect on their future life and work. Good influence.

## **7. The importance of positive psychology in the formation of college students' good behavior habits**

Positive psychology education refers to the use of potential positive factors of College students, so that students continue to increase positive experience, and ultimately cultivate individuals with positive personality. Traditionally, education aims at correcting the problems in students' behavior habits by imposing intervention. Such a way will often lead to students' rebellious mentality and create another obstacle to the formation of good behavior habits [8]. The use of positive psychology can effectively enable students to make use of their own positive factors, constantly improve their own determination, give full play to their subjective energy efficiency, and have an important significance for the formation of good behavior habits.

## **8. Specific ways for college students to form good behavior habits from the perspective of positive psychology**

### **8.1 Improving college students' attention to behavior habits**

In order to cultivate good behavior habits under the threshold of positive psychology, college students need to understand themselves correctly and comprehensively, analyze their own advantages and disadvantages, combine with the actual situation of social development, constantly improve their moral quality and develop good behavior habits. Secondly, college students need to constantly improve their self-control, starting from small things, through the reward and punishment system to urge them to constantly improve their self-control, so as to foster a better quality firmer [9]. Finally, college students need to be able to adjust their own emotions. Only by adjusting their own emotions, can they become calm and calm in dealing with things and effectively improve their external literacy.

### **8.2 Family and school work together to cultivate students' behavior habits**

In the university, the time for students to go home is becoming less and less, and the time leaves for contact with their parents are correspondingly reduced. In the perspective of positive psychology, it is necessary for the students to develop good habits and habits. In the university, parents should take the initiative to communicate with the students, care and encourage them from time to time, accompany them to grow up together, and constantly guide them. Develop correct ideological and moral connections, so as to promote the formation of good behavior habits of College students.

### **8.3 Strengthening the cultivation of behavior habits of college students**

At present, most colleges and universities in our country are influenced by film and television education. They pay too much attention to students' academic performance and neglect the education of students' behavior and habits. This will have a negative impact on students' future study, life and work. From the perspective of positive psychology, in order to cultivate good behavior habits of College students, colleges and universities should strengthen the cultivation of relevant knowledge of students' behavior habits, effectively combine theory with practice, and constantly guide students to develop good behavior habits, so that students can treat themselves and life with a positive attitude.

## **9. Conclusion**

To sum up, positive psychology is indispensable to cultivate college students' good behavior habits. From the perspective of positive psychology, college students cannot develop good habits without three factors: students themselves, schools and families. Only through the joint efforts of these three aspects can we effectively cultivate talents with good habits.

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