

# Research on the Construction of Collaborative Model of Mental Health Education in Colleges and Universities Based on Positive Psychology

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**Abstract:** In colleges and universities, the mental health problems of college students are becoming more and more serious. Strengthening the mental health education of college students has become a major and difficult point in the process of college education. Positive psychology changes the situation that traditional college students' mental health education pays attention to people's psychological problems and deviates from educational goals, attaches importance to the development of people's potential, fully emphasizes positive self-experience, provides new ideas to the current college students' mental health education, and becomes an important part of the future college students' mental health education. This paper analyzes the main modes and existing problems of mental health education in colleges and universities in our country. Aiming at the existing problems of mental health education in colleges and universities, it puts forward the cooperative mode of mental health education in colleges and universities constructed by positive psychology.

## 1. Introduction

At present, there are some problems in school mental health education, such as narrow educational content, monotonous educational form, unidirectionality of educational approach, and prominent negative tendency, which greatly weakens its positive role and cannot meet the needs of students' psychological development, thus leading to mental health education entering the bottleneck area [1]. In recent years, major colleges and universities in our country have done a lot of work in the field of mental health education for students. However, relevant research results show that more and more college students have mental health problems, and the psychological problems are gradually aggravating, which can indicate that there are certain problems in mental health education for colleges and universities in our country today [2]. Most colleges and universities not only set up psychological health education and consultation institutions, but also set up psychological courses to assist college students to strengthen their own psychological health construction, and then formed their discipline system framework and theory, and obtained research results and related branch disciplines [3]. The traditional collaborative model of mental health education follows the previous pathological psychology model and focuses on preventing and correcting various psychological problems of students. In the field of psychological education, more and more mental health educators in colleges and universities begin to study and apply this concept, and positive psychology has been widely favored.

## 2. The Meaning of Positive Psychology

Positive psychology emerged at the end of the 20th century and is a new branch of psychology research in the United States. It uses relatively perfect and effective experimental methods and means to study those positive, creative, adaptive and emotionally satisfying factors in human behavior. It is a science dedicated to studying the positive qualities of human development potential and virtue [4]. According to the requirements of positive psychology, the selected research object is the positive power of human beings, hoping to solve the psychological phenomena of human beings through a positive mentality, to stimulate some potential or actual positive power and quality of all

people themselves, and to maximize the potential of human beings. The goal of positive psychology is to make life more prosperous “[5]. Vigorous life has three core characteristics: positive emotions; Investment and interest; The research focus of positive psychology is the positive factors of human beings. Starting from the potential, fixed, practical and constructive power and virtue possessed by people, people's vitality is effectively stimulated and their self-confidence is established. Positive psychology is also consistent with the purpose of mental health education. Therefore, the effective combination of positive psychology and mental health education is not only theoretically possible, but also practically necessary.

### **3. The Influence of Positive Psychology on Mental Health Education in Colleges and Universities in China**

#### **3.1 It Has Changed the Direction of Mental Health Education in Colleges and Universities**

The traditional mental health service objects in our country's colleges and universities are those individuals who are troubled by emotions and thus cause behavioral disorders, ignoring the popularity of mental health education in colleges and universities. The emergence of positive psychology has adjusted this wrong orientation. At the same time of transferring knowledge, teaching skills and cultivating students' good behavior habits, we should pay attention to the internal mental health education resources in subject courses, activity courses and environment courses, and introduce a curriculum form of mental health education methods and techniques [6]. Positive psychology holds that people's mental health should meet three requirements: (1) they should have enthusiasm, that is, the positive factors existing in individuals are far greater than the negative factors; (2) Subjectivity, external objective conditions cannot have a major impact on people's subjective emotions; (3) multifaceted, all aspects of people's life should be summed up within the scope of mental health. Judging from the current situation, the current mental health education for college students has only completed the first of the three missions, but not the latter two. Positive psychology not only attaches importance to the mental health education of ordinary college students, but also tries to help individual students with psychological problems to face and deal with problems. On the basis of critical opinions on traditional mainstream psychology, it proposes that mental health education should highlight the positive aspects of individuals and groups and pay attention to the subjective feelings of individuals.

#### **3.2 The Connotation of Mental Health Education in Colleges and Universities Has Been Improved**

Different from the traditional mental health education, which focuses more on the prevention and treatment of mental problems, the mental health education standard under the guidance of positive psychology is not only the reduction of negative emotions. It advocates that psychology should use a practical, potential, constructive force, virtue and kindness as its starting point, and that a positive attitude should be used to make a new interpretation of many psychological phenomena (including psychological problems) of human beings, so as to stimulate the inner positive force and excellent quality of human beings. It also includes the increase of some other positive emotions such as satisfaction and happiness. Its main goal setting and work content are to pursue subjective happiness and cultivate positive psychological quality. For example: positive thinking quality, positive emotional experience, cultivation of positive habits, shaping of positive personality, formation of positive cognitive style, tempering of positive will quality, adjustment of positive mentality, establishment of positive organization and positive relationship, etc “[7]. The application of positive psychology in colleges and universities is mainly to cultivate students' positive qualities. It is believed that a person with mental health should cultivate and develop his own positive qualities, thus effectively integrating the mental health education in colleges and universities.

#### **3.3 Enrich the Content of Mental Health Education in Colleges and Universities**

Traditional mental health education in colleges and universities focuses on descriptive problems

such as the causes of problems and the exploration of countermeasures, and pays less attention to how to meet the psychological needs and positioning of students, which hinders the development of students to a certain extent. The university stage is a period when the personality of college students is formed, and it is also an important period when the self-consciousness develops vigorously, the social life field expands rapidly and moves towards adults. Positive psychology holds that the contents of mental health education for college students are everywhere, and there are positive contents in every mental health educator or educated person. For example: positive emotions, positive cognition, positive thinking and positive living habits. Everyone has positive psychological potential and the ability to adjust their own psychology, only some of which are temporarily hidden. Under the guidance of this theory, the mental health education in our country's colleges and universities will start from a brand-new perspective.

### 3.4 Innovating the Theory, Working Concept and Working Methods of Mental Health Education in Colleges and Universities

The working mode of mental health education in our country is formed under the influence of the negative psychology of the traditional “problem-oriented” mode [8]. Positive psychology is a science whose main content is to study the positive power and virtue of human beings. It gradually changes from negative to positive. This is a theoretical innovation. At this stage, tapping the potential of college students and cultivating a positive attitude play a key role in college students' confidence in moving towards society, putting their talents into the industry and building a better life. Positive teaching objectives mainly refer to helping college students develop their potential through a series of educational work, forming good positive qualities and behaviors, and then having good psychological adaptability. Using appropriate measurement and evaluation criteria to explore the positive forces within individuals, adopting vertical research to explore the formation stages and methods of positive forces, and using effective methods to intervene and prevent the breeding of negative forces, thus better shaping the positive qualities within individuals. Therefore, mental health education should not only pay attention to the prevention and treatment of college students' psychological problems and mental diseases, but also pay attention to the cultivation of students' positive personality and happiness ability, so that the connotation and goal of education can be balanced.

## 4. The Construction of Cooperative Mode of Mental Health Education in Colleges and Universities Based on Positive Psychology

At present, there are many theoretical discussions in the research works on the ways and methods of implementing positive mental health education in colleges and universities, but there are few practical measures. Based on the experience of active mental health education in our university, our research group has summed up five ways of implementation from the aspects of universal education, counseling and experience. Among them, there are three ways to popularize education, namely classroom teaching, psychological training and psychological lectures; There are two approaches to counseling and experience: one is school psychological counseling; The second is the student activity experience, as shown in Figure 1:

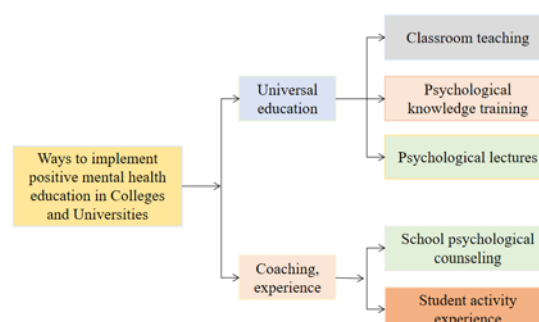


Fig.1 Ways to Implement Positive Mental Health Education in Colleges and Universities

#### **4.1 Clarify the Goal of Positive Mental Health Education for College Students**

In order to effectively carry out positive mental health education work, educational objectives should be clearly defined. In order to better carry out positive mental health education for college students, we should make the education work clear in purpose, rigorous in plan and orderly in organization. The change of knowledge view needs to popularize the knowledge of positive psychology to all teachers and students, so that teachers and students can know what positive psychology is, why positive psychology is needed, the corresponding skills related to positive psychology and who can do what positive psychology can do. Positive psychology believes that to make the world a better place, we can eliminate the bad environment, and we can also discover and shape character [9]. Under the guidance of the overall goal, different levels of sub-goals should be set according to the age and development of college students. If college students have positive personality, they can effectively prevent the destructive effect of negative personality, and can also effectively promote the development of college students' positive adaptability, thus maintaining the physical and mental health of college students. The goal of adaptability is to cultivate the social adaptability of college students from the actual needs of all college students so that they can form correct cognitive concepts. The change of curriculum view requires teachers and students to re-understand the curriculum requirements under the concept of positive psychology, as well as the organizational form and evaluation methods of the curriculum. Colleges and universities should gradually let teachers and students accept the concept of positive psychology through a large number of training, extensive publicity and teaching methods, and then practice this concept.

#### **4.2 Follow the Development Principle of Positive Mental Health Education**

Human neural activity is dominated by two modes of consciousness and subconscious. The subconscious mind is characterized by accepting the same kind of information for a long time and the subconscious mind will accept it. Positive psychology holds that human life system is developmental and self-determining, so people's internal values can guide people's thoughts and behaviors, and at the same time, individuals can make self-determination about their future development. They provide social support for the formation of positive personality traits and the acquisition of positive emotions. At the same time, through scientific and reasonable ways to guide students to give full play to their positive power, so that students can consciously pursue a better life; To carry out mental health education in colleges and universities, the main consideration is to fully tap the positive psychological potential of college students, cultivate positive personality, positive will quality, positive emotional experience and other psychological qualities. Through a positive way to make a reasonable explanation of the psychological problems of students, so that students can find positive significance from the problems, and then obtain positive emotional experience from the problems. Students can improve their positive experience and self-esteem in the learning process, thus gradually forming a positive personality. Mental health education resources loaded with disciplines can be used for mental health education.

#### **4.3 Expanding the Ways of Positive Mental Health in Colleges and Universities**

Positive psychological education in colleges and universities should be effectively expanded on the basis of making full use of the traditional cooperative mode of psychological health education, and make full use of modern information technology to carry out psychological health education. Positive emotions can improve subjective well-being and promote mental health. Positive emotions are also conducive to physical health and have preventive and rehabilitative effects on diseases [10]. Professional psychological teachers, counselors and class psychological committee members will become the main force to carry out positive mental health education. Positive mental health education in colleges and universities can be carried out on the Internet. Such as the use of university micro-blog, through micro-blog to guide students to establish correct positive values, so that students' behavior can be more standardized. At the same time, microblog can also play stories with positive energy, which can affect students' inner dynamics and enable students to stay in a positive environment at all times. To make them realize that tapping their own positive potential is

the most effective resource. By fully exploiting the rich resources of mental health education, mental health education can be infiltrated into schools and various activities of disciplines. In teaching, positive and equal words are often used to show respect, sharing and happiness and to create a harmonious atmosphere for the healthy growth of students. Positive experience in class can be extended to extracurricular study and life.

#### **4.4 Building a Team of Positive Psychology Education**

Building a team of college students' mental health education and psychological counseling with full-time teachers as the backbone, combined with specialized and complementary specialties, relatively stable and high quality is the guarantee of human resources for building a cooperative model of positive mental health education. Professional psychology teachers are responsible for carrying out positive psychology classroom teaching, providing psychological counseling to individual students, planning positive mental health education programs, and participating in the implementation and supervision. In the course teaching, we should also pay attention to the students' self-initiative, enhance the students' intrinsic motivation of learning, and at the same time, pay attention to the cultivation of self-efficacy and give full play to their positive potential. By developing various sports, cultural and artistic activities and social practice activities, the positive experience mode of cultivating college students' comprehensive qualities such as art, literature, philosophy and music is adopted. Counselors carry out group counseling and role-playing activities for classes or groups after systematic mental health education-related knowledge training. After systematic training, the class psychological committee members provide peer counseling to classes or groups and become powerful assistants to student counselors. Each member of the mental health education team needs to identify with and accept the concept of positive psychology, and practice positive psychology in working life to enhance their positive energy and quality and create a sunny image. On this basis, different educational roles correspond to corresponding requirements.

#### **5. Conclusion**

Positive mental health education in colleges and universities is a systematic educational project, which is gradually replacing the traditional political and ideological education curriculum. The construction and implementation of its model are currently in the exploratory stage. It can not only meet the needs of all students' mental health development, but also create a good environment. Students can internalize their knowledge effectively instead of learning theory to deal with the examination when they study actively and psychologically, and their mental health level can also be truly developed. More research on positive psychology will permeate the theory of positive psychology into all aspects of mental health education in colleges and universities, and continuous innovation in practice is bound to create a new situation for mental health education in colleges and universities.

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