



Analysis of the Connotation and Characteristics of Positive Psychology in the New Era

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Abstract. With the development of the new era and the continuous progress of society, people are facing more and more pressures in their daily lives. Most people experience negative emotions such as doubt, anxiety and restlessness, and lose confidence in life. This is a red flag that should be heeded. Positive psychology plays an indispensable role in the new era. It can help people get out of the psychological haze. In the new era, positive psychology has become the first choice for most people to deal with mental illness. From the perspective of positive psychology in the new era, this paper uses the SPSS analysis method to analyze the number of samples, and analyzes the connotation and characteristics of positive psychology.

Keywords: New Era · Positive Psychology · Connotation · Characteristics · SPSS

1 Introduction

Positive psychology helps people achieve a sense of well-being. Making everyone feel happy is the main goal of positive psychology. It is important to expand the research subjects and research methods to advance the understanding of mental health. There is a new psychological trend, and the future development trend of positive psychology is to improve, expand and deepen the theoretical system of positive psychology [3]. In the new era, with the rapid economic development and the accelerated pace of people's lives, in a high-pressure environment, most people will find that they become unhappy. For someone with anxiety, whenever he wants to relax, there are always negative emotions that come to mind. Therefore, they must fight against their own consciousness to get rid of their inner fears and insecurities. In the new era, people no longer have material shortages, and spiritual needs are particularly important at this time. It is important to be able to endure more pain and actively use positive psychology to study the positive psychological qualities in people's lives.

2 Connotation

Positive Psychology (Positive Psychology) is a new field researched by American psychology. Positive psychology uses the current relatively complete psychology and effective experimental means to measure and study the psychological research of human

beings in positive aspects such as strength and virtue. Positive psychology focuses on the whole process of life. It believes that everyone's life will have good and bad experiences, which means that there will be periods of setbacks and bad times. The perfect life is constructed from these good and bad experiences. Positive psychology advocates a multifaceted study of the conditions under which the average person should grow better, how to live and how to maximize their potential. Positive psychology mainly includes three levels, and the research of these three levels is its specific meaning. From the perspective of subjective experience, positive psychology mainly focuses on people's positive emotions and subjective happiness and other positive experiences, with good positive emotions such as individual feeling happiness, psychologically positive and smooth experience, and subjective well-being. Positive psychology refers to the individual's positive feelings of their own living conditions and their own living conditions. Researchers believe that each person's personal feelings when judging whether their life is meaningful or not is an important component of high and low happiness. It is directly related to the cognition and understanding that constitutes well-being and the individual, and the feeling of happiness is directly related to personal cognition and understanding. Depression can be reduced by individuals using positive information to judge the meaning of life. In a sense, psychologists define people's perception of happiness as "subjective happiness". This is to emphasize that happiness is not determined by the outside world, but given by personal feelings, it mainly focuses on subjective well-being, psychologically positive feelings, and flowing inner experiences, and it is characterized by an emphasis on strengths, advantages and their mutual relation. The relationship in composition is an organizational element, a hierarchical relationship such as respect, motivation, hope, and achievement [7]. Subjective psychological experience derived from overall evaluation. Interactions based on positive emotions, such as "subjective well-being," help build and strengthen relationships between people, and people who experience positive emotions are more satisfied in all areas of their lives and their sense of well-being increases.

Mental fluency refers to the experience of maintaining a balance of personal abilities and appropriate challenges, and the ongoing psychological comfort that comes from an individual's whole-hearted dedication. Based on the observation of the artist's whole-hearted painting works, some people have come up with the concept of mental fluency, explaining this immersive unconscious feeling as the feeling of flowing like water. However, the balance between personal abilities and challenges can be balanced, and in the case where difficult challenges and excellent abilities can be consistent, that is to say, challenges are an individual's "proximal development zone", which can only be inspired by one's single-minded devotion. Mental fluency experience (Fig. 1).

It is an important method to create a positive environment to cultivate the environment and students' happiness, and then form a positive learning atmosphere, the basic theory of positive schools, systematic research on positive school education, hope, contribution to society, care and trust in this. Respect is an important value factor that teachers must have for students, and it is also the first element of positive school education. Educational goals, plans, and motivations are procedural factors, and consequential factors are hope and social contribution. It is the result of a positive school education in which students are trained to be hopeful explorers, happy individuals with merit and virtue, and Contribute

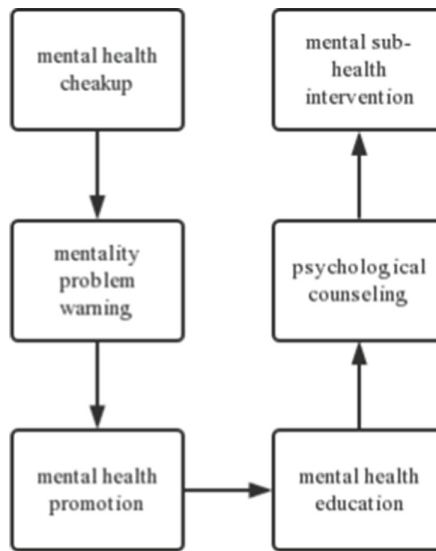


Fig. 1. Flow chart of mental health education

Table 1. 6 Great Virtues Positive Psychological Qualities

| | | | | | |
|------------|---------|-------------------|------------|----------|----------|
| wisdom | courage | benevolence | just | control | beyond |
| creativity | Brave | good | cooperate | forgive | Grateful |
| curiosity | Will | Socialskills | fair | humble | hope |
| judgment | Upright | Love and be loved | leadership | cautious | humor |

to domestic development and social progress. Positive school education requires six virtues; wisdom, courage, benevolence, justice, moderation, and transcendence. The psychological qualities corresponding to each virtue are shown in Table 1.

2.1 Meaning

The main idea of positive psychology is to pay attention to the positive factors originally possessed by people, to pay attention to personal values and humanitarian care, and to study psychology based on people's specific conditions, inner potential, constructive strength and virtue, and to be "good". As a starting point, use a positive attitude to describe people's psychological phenomena, and then look for rules. The positive forces in people are stimulated to find their own excellent qualities, so as to help ordinary people or people with special talents realize their greatest potential and happiness. The development of psychology has had a great impact after the emergence of positive psychology. Its founder selected more than 1,000 employees of insurance companies in the United States as observation objects. After five years of tracking, they found that brokers with positive emotions performed better than negative ones. People with more

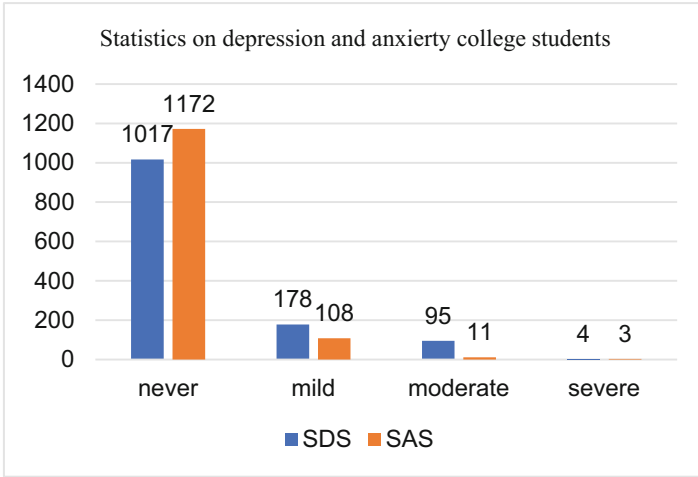


Fig. 2. Depression and anxiety detection in college students

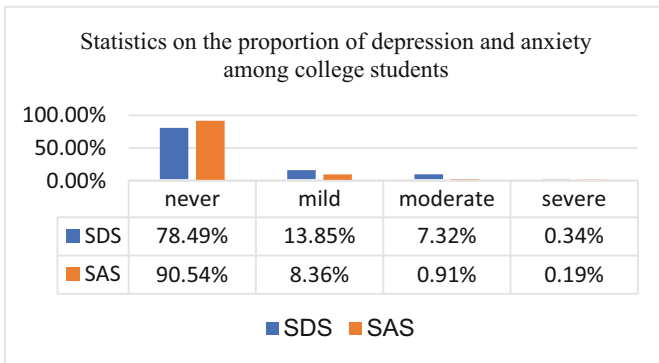


Fig. 3. Statistical chart of depression and anxiety detection in contemporary college students

emotions outperformed by more than half, and those with more often negative emotions turned three times as likely as those with positive emotions [1]. By randomly selecting 1348 students for psychological evaluation test, and then evaluating and analyzing the data through SPSS analysis method, a conclusion is drawn, as shown in the following figures (Figs. 2 and 3).

It can be seen from the above data that 21.51% of the students have different degrees of psychological problems in the SDS test. SAS test results show that 9.46% of the students have psychological problems and need timely manual intervention and psychological counseling to help students restore their normal state of mind [2].

Over the past century, pessimistic views of human nature have dominated the study of negative psychology. Especially after the Second World War, Western psychologists focused their research on psychology. In the study of problems, psychology became a

specialized study to correct the problems existing in human life, such as mental disorders, drug abuse, self sense of achievement, etc. [2]. Seligman believes that this kind of negative psychology is divorced from the main mission of psychology, making ordinary people live a more meaningful and happier life, focusing too much on “problems” and forgetting that the positive forces of human beings are divorced from psychological existence. Essential quality. Positive psychology adheres to a positive value orientation and believes that the human life system is open and self-determining. The body generally determines the final state of self-enlightenment, living a relatively satisfying, dignified life. Therefore, positive psychology is a research method that focuses on positive cognitive processes, positive emotional experiences, positive character traits, and creativity. As long as it is a specific research object, the research of positive psychology consists of 3 levels. The study of positive subjective experiences of subjective dimensions such as happiness, contentment, hope, and optimism. On the personal side, study positive personal characteristics, capacity for love, courage and interpersonal skills, capacity for beauty, creativity, endurance, and focus on the future, spirituality, talent, and wisdom. In a group that studies public aptitude, responsibility, altruism, thoughtfulness, and a civil society group with professional ethics, more and more psychologists truly and comprehensively understand that the research model of negative psychology is unable to understand human character. Psychology pays attention to the positive aspects of human character and contributes to a deeper understanding of human character. A growing body of research shows that happiness, prosperity, and contentment are the primary motivations for human achievement. Quality is the core element of human survival and development. Psychology requires the study of human strengths and values. This is for the purpose of rebuilding the theoretical basis and research ideals of psychology, and has important enlightening significance.

3 Features

3.1 Have Direction

From the relationship between strengths and virtues and then back to virtues, positive psychology can see that human personality traits are systematic and structural. In particular, it is necessary to pay attention to the following points. Positive psychology is an interdisciplinary study of Eastern and Western cultures, religions, philosophy, and history. After research in this field, virtue is generally recognized as the concept and core expression of superiority. This is a great contribution of positive psychology, summarizing human personality from a cultural and religious point of view. And, this is the definition of virtue, content analysis from the point of view of psychology and the specific psychology of virtue. This contribution contributes to further exploration of the relationship between the meaning and merit of virtue, virtue and the internal mechanisms that generate it.

3.2 Have a Process

Positive psychology pioneered the detailed study of subjective well-being and experiences of mental fluency, re-understanding, understanding, and integrating earlier fields

of unsystematic subjective experience research within a systems framework. By sorting out and reorganizing people's positive states and feelings in many fields, it emphasizes the decisive role of people's subjective leading role. Special citation is needed. Also, Positive Psychology presents the concept of schizophrenia and applies it to this balance of own abilities and appropriate topics are explained, the learner's whole body through an investment in the heart that brings ongoing psychological comfort experience [5]. This is one of the main contributions of positive psychology. The process triggers the creation of a spiritually smooth experience not from the outside, but from the inside. From the educator's point of view, the learning process is composed of multiple "develo- ped proximal areas" The path of externality support goes beyond the "closest field" to the educational process. This contribution is a refined design of useful educational processes, both internal learning paths and incorporating external support paths.

4 Development

Positive psychology opens a new door to the transformation from "correction" function to "development" function, pays attention to the changes of the positive psychological quality and psychological quality of ordinary people, promotes the development of the whole society, and creates the psychological research from negative to positive development, more It is important to promote personal development. Positive psychology is a new way of integrating human development with the development of society is as a whole [6]. In particular, in the new era, positive psychology is increasing and focusing more on personal and social development, focusing on the interrelationship of personal development and social development and social progress. This is a great contribution of positive psychology, combining personal development and social forward develop- ment, not only to develop a positive society, but also to generalize the virtuous circular relationship between the two environments on the impact and motivation of positive development of the individual, and the impact on the positive development of the indi- vidual. Personal positive development promotes and supports social development. This contribution helps to recognize that individuals should not be analyzed superficially when evaluating the positive development of individuals, but to comprehensively ana- lyze the transmission and leading roles of families, communities, and society on the positive development and impact of individuals. Evaluating the products of society in extremely developed situations, the positive development of individuals can be used as examples and evidence [4].

5 Conclusion

Positive psychology is now in a developmental stage, and it is too early for a full evalua- tion. However, positive psychology does deserve careful attention. Positive psychology is the direction and new theoretical structure of new research in psychology. The science is being supplemented by the pre-existing content and form of mainstream psychology. The long-term importance of positive psychology may not lie in the specific assump- tions and rules it promotes, but in the relationship between psychology and society as a whole. In the new era, the stressful human life reduces psychological pressure, increases

happiness, and provides a new method to solve the troubles of human life [5]. Then the emergence of new methods and new ideas is one of the driving forces behind the progress of positive psychology, and positive psychology can drive the development of psychology.

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