

# Application of the Theory and Practice of Positive Psychology in Mental Health Education

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**Abstract**—Positive Psychology is the rise of the late 20th century in the United States an important psychological force, which advocates that human psychology should study their own positive qualities. To further improve the mental health education work, it is necessary to introduce the concept of positive psychology and mental health of college students in the teaching. Explore the application of positive psychology practice in mental health education in order to promote positive mental quality of college students to improve their mental qualities.

**Keywords**- Positive Psychology; College Students; Mental Health Education

## I. INTRODUCTION

The late 20th century in the United States saw the positive psychological quality person to study the contents of positive psychology movement; this was the first time the development of psychology in morbid paradigm is as the main content of correction. The man's optimism, happiness, curiosity, altruism, courage, wisdom and creativity, etc., are as the subject of empirical research, which focus on human virtues and potential of psychology called positive psychology. It advocates an open look at and appreciates everyone by developing or expanding people's own positive energy and positive qualities, helping to create a strong psychological immune system. It can reduce sickness even when they are sick they quickly can better, and they can cope the inevitable difficulties of life to be healthy and happy, and this is fully in line with the development needs of the individual.

## II. POSITIVE PSYCHOLOGY FUNCTIONS

### A. Active Promotions

If psychologists want to improve the human condition, the idea that just to help those who are sick is not enough. Most 'normal' people need role models and advice to live a richer and more satisfying life. That is why researchers are interested in exploring the spirit of extreme excitement and entertainment, creativity and peak experience of reasons. When these interests are masked by medical treatment and covered by medical physics, psychologists will ignore its agenda as an essential component. "Positive psychology is to rectify this omission to help" normal "to live a richer and

more satisfying life as the primary task of psychology into psychology agenda. This positive psychology actively promotes the function.

### B. Active Prevention

Positive psychology attaches great importance to the prevention of mental illness. Most psychologists focus on treatment to help those who have once problems become unbearable and seek treatment. However, "in my opinion, treatment is usually too late. If a good time is to take action in the human condition, it will save a lot of tears." Mental illness can be prevented, and positive psychology is the prevention of psychological intervention that is the main effective means for diseases. There is a positive personality quality or personality forces relieving psychological effects of the disease, such as interpersonal skills, courage, optimistic and rational insight, honest realism, heart next and so on. By identifying and enhancing the positive force of personality of people, it can effectively prevent mental diseases. After learning optimism training for children and adults, the incidence of depression and anxiety in the next two years are to reduce by 50%, 10-year-olds training optimistically thinking and action makes them the incidence of depression in adolescence reduced by 50%. "This is similar to, if we want to prevent the growth of young people in those dangerous areas of drug abuse, so that effective preventive measure is not a cure, it is to recognize and enhance the existing strength of character. Those who have their heart for the future, those who are sociable, can get comfortable things in adolescents from sports; there would be the danger of drug abuse. If we want to prevent a hazard due to genetic factors and young people are suffering from schizophrenia, repairing damage will not help. On the contrary, if he mastered interpersonal skills, with strong work ethic, perseverance in adversity learn, then, that he would reduce the risk of schizophrenia."

In psychotherapy, except for a few special effects technology, some "non-specific" factors have contributed to the effect of psychological treatment. "Non-special" factor is divided into two categories. There is a class called "strategy", and the other called "strategic depth." Good treatment includes such attention, sincere goodwill trust, authority figures, service charges and professional skills "strategy." As for the "depth strategy," good healers are using it. However, they did not name, which has not been studied, and trapped in disease patterns. At various depths strategy, Seligman pays more attention to "enhance the force of personality-relieving effect." These "mitigation have strength of

character", including interpersonal skills courage, optimistic and rational insight, honest and tough realism heart for happy future ability to find purpose and so on. Seligman noted that almost all of those who are competent treatment are to help patients enhance the strength of character in psychotherapy. It plays the role of a special treatment than found so far greater factor. In other words, positive psychology has important therapeutic function.

### III. POSITIVE PSYCHOLOGY'S SIGNIFICANCE TO MENTAL HEALTH EDUCATION

#### A. *Sublimate the Goal of Mental Health Education*

Currently, the primary task of Mental Health Education focuses on handling students' psychological problems, focusing on treatment of psychological problems, mental health education is like "fire", the aid should do where it fell into, which is ignoring the potential of students to develop and psychological quality development, there are imbalances in the mental health education goals. The positive psychology research advocates virtue and strength, the development of personal potential, developing a positive personality quality. The purpose of what it considers mental health education is not just to get rid of psychological problems, but the key is to focus on the prevention of psychological problems. Through training and development, it has a positive force for the students themselves, helps them develop a good mental or behavioral pattern, and truly becomes a healthy growth, happy life of the people. Traditional mental health education is passive, targeting the problem orientation, lacking of awareness and action proactive initiative, while targeting positive psychology is more universal, initiative and development, and is the inheritance and sublimation of traditional psychological health education goals.

#### B. *Enrich the Content of Mental Health Education*

Currently, it is a phenomenon that mental health education and the majority of college students are in inner needs and requirements of the community. Because for most students, their own mental health and mental health education are needed to help improve their quality rather than positive mental, which is to grasp passive prevention of psychological problems. Society for the personnel requirements will not be any psychological problems, and should be a good psychological quality talent.

### IV. BUILD A POSITIVE MODE OF MENTAL HEALTH EDUCATION

Students' goals of positive mental health education

Based on the educational goals, positive mental health education is to promote well-being of college students as the main target. Subjective well-being refers to the individuals for their own happiness and quality of life, "happiness" indicates feeling. Negative psychological problems are targeting at the elimination of human psychology and society, in order to prevent the occurrence of various adverse events, and expect the problem to be eliminated at the same time to give human beings and human society bring prosperity. It is

concerned not with the man himself, but the person, or the problems of human society, which deviated from the community that must be people-oriented basic principles. Today's society, all human activities are no longer in order to survive, but to survive happier.

### V. CONTENT OF STUDENTS' ACTIVE PSYCHOLOGICAL EDUCATION

According to the theory of positive psychology and the characteristics of contemporary college students, college students' active mental health education is primarily aimed at:

Positive personality as dynamic personality, not only can prevent the damaging effects of passive personality, but also can actively promote the development of people's ability to adapt and maintain their physical health and mental health. Individuals possess positive qualities help to improve the physical health of human beings.

Students of different levels of mental health differences in subjective well-being are significantly higher subjective well-being index value, the higher the level of mental health, the lower the value of the index of subjective well-being, and the worse mental health.

The high optimism and low pessimism mental health subjects of the highest performance with higher life satisfaction, the more positive emotional experience, fewer negative experience emotions and depression. In contrast, low optimism and high pessimism is the lowest level of mental health test, the performance has a lower life satisfaction, less positive experience, more experience negative emotions and depression.

Students' self-awareness and mental health

The lower levels of adolescent self-concept, the higher the level of psychological symptoms and the lower the degree of mental health.

### VI. COLLEGE STUDENTS POSITIVE CHARACTER EDUCATION SHOULD BE BASED ON THE FOLLOWING ASPECTS:

Self-concept actually refers to his own personal experience everything from perception, understanding and feelings, including "Who Am I?", "What kind of person I am?" In addition, other issues of possible answers. The answer is to bring together the individual's self-concept formation.

Interpersonal communication is essential for the healthy growth of young people to develop their identity to others, maintain a positive interpersonal attitude. Everyone has a basic need: He needs to belong to a certain social group, he needs to get the care and respect for others, these are social needs and physical needs such as food and clothing as important. If it should not have to be met, and otherwise, the loss of a sense of security will make the body affect mental health.

When the experience of positive emotions behavioral targeting college students tend to be positive and vivid; when it comes to experience negative emotions, emotions become negative part of the college students, while another part of the behavior of college students did not translate to the

negative side, but the draw lesson is ready to stay for another. Emotional education is to make students feel good mental and physical education, college students' emotion in rapid development period; they have a rich, complex feeling in the world and fast and intense emotional experience. Once the triggered their emotions easily resonate, and emotional frustration, then immediately depressed depression, despair. Thus, emotional education of college students has healthy growth and significance.

Mental attitude is the current individual psychological processes, personality psychology, and overall performance in a specific time and the experience of the individual causes of mental activity occurs in a period of relative stability in the continuous state. It is human psychology that tends to make all kinds of information to stimulate reactions. As for the composition with the same attitude, the mentality consists of cognitive, emotional, and other three parts. The psychological attitude of the people is thinking, behavior-oriented and has a dominant role. We can look at a story in mind is how to influence behavior and bring different results.

Frustration and frustration tolerance capability, also known as frustration tolerance, refer to the individual that can tolerate frustration in an acceptable level of size. With the continuous development of society and the reform of higher education system attendant, it is disjointed frustration caused some students to take place in subjective and objective reality, the ideal and reality.

Students' positive personality, mainly through the ability of students is to a variety of real and potential ability to stimulate and strengthen, when excited, and strengthen the ability to make some kind of real or potential ability to become a habitual way of working, positive personality is formed. In this process of self-esteem, it plays an important role. Students develop self-esteem in the process of the first applications may be appropriate to compare the way the community college students in learning and in life, it will consciously or unconsciously take their comparison with the people around, by comparison to see their strengths and values, so as to enhance self-esteem. When their relationships are more successful than others, more time advantage are, they will narrow the distance with their self-esteem in social comparisons; while not as good as their own relationship to others, they will pull the proper distance from each other, reducing the comparability, while the use of alternative resources strategy and gain self-esteem. Second, seek positive feedback or evaluation to guide students through the initiative to boost self-esteem. Under normal circumstances, people will by seeking positive feedback or evaluation to enhance a sense of self-worth. However, compared with a positive self-concept of the people, those who have a negative self-concept are more inclined to collect positive feedback or evaluation to improve their sense of self-worth. When college students suffered setbacks and external threats, teachers should guide them to take the initiative to seek some impression management strategies to protect self-esteem. Impression management strategies under normal circumstances people usually have a self-

handicapping and self-expression. Self-handicapping is through deliberately set in the pursuit of success on the road barriers, so that they cannot achieve the results and finds an excuse for the behavior strategies of self-expression that people are conscious of the impression. In real life, people often consciously go according to a certain pattern to express themselves in order to leave the desired impression on others, thereby maintaining self-esteem.

## VII. CONCLUSIONS

Positive Psychology is to enhance the quality of human life, committed to make human life more happily responsibility. Currently, research in the field of positive psychology is constantly expanding, some in the past to negative psychological research-based theme is also positive and psychology paradigm got a new understanding. This paper aims to explore the idea of implementing the positive psychology of mental health education in colleges and universities in ways and means to inject more positive factor for mental health education in order to improve the effectiveness of mental health education. This paper describes the background of the rise of positive psychology and its main theoretical results. It then discusses some of the issues in a positive psychology perspective of mental health education colleges; and it finally explores the positive psychology applied to the practice of mental health education of college students' ways and means that can be applied. It is embodied in the use of active measurement techniques, positive psychological intervention and three aspects of positive psychology education. Due to the late start of positive psychology research, theory and practice compared to traditional psychology are obviously immature, imperfect in. Positive Psychology is applied to mental health education that needs to be improved and there are some problems.

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