Research on innovative development path of college mental health education considering positive psychology

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Abstract: *Conventional mental health education in colleges and universities mainly focuses on the teaching of theoretical knowledge, but has not yet innovated the practical education model under the perspective of positive psychology, which leads to certain limitations of mental health education in colleges and universities. Therefore, it is necessary to study the effective innovative development path of mental health education in colleges and universities under the perspective of positive psychology. That is, based on the current educational situation, this paper expounds the effective innovative development path of college mental health education from three aspects: setting course content according to the actual situation, strengthening the cultivation of students' personality and personality, and improving the mechanism of psychological counseling.*

Keywords: *From the perspective of positive psychology; Colleges and universities; Psychology; Healthy; Education Innovation-driven development*

1. Introduction

Mental health education is an important part of college education, which can solve students' mental health problems [1] and promote students to form good values. At present, the content of mental health education in colleges and universities can be divided into four categories. The first is to publicize relevant mental health knowledge and improve college students' attention to mental health [2]. The second is to learn psychological adjustment skills, that is, to transfer negative emotion adjustment skills to college students, so that students can effectively control their emotions, so as to effectively face setbacks and solve their psychological crisis [3]. The third is to understand psychological problems, analyze the source of psychological problems, and propose solutions according to the performance of problems [4]. The fourth is targeted psychological education, that is, according to the characteristics of college students' mental health education to carry out special education to meet the educational needs of different groups.

In the context of the new era of education, all colleges and universities have begun to attach importance to internal mental health education [5] and put forward many education optimization plans. However, research shows that most colleges and universities still use the original education model for teaching, focusing only on the teaching of theoretical knowledge, and not correctly guiding students from the perspective of positive psychology [6]. Therefore, many related education development problems have arisen. In view of the above educational development problems, this paper starts from the role of positive psychology and combines the current educational situation to elaborate an effective path for the innovative development of college mental health education, which can serve as a reference for the innovative construction of college follow-up mental health education model.

2. Positive psychology and current situation of mental health education in colleges and universities

2.1 Positive psychology

Positive psychology is a discipline devoted to the study of human development potential, individual virtues and other positive factors, aiming to help people to achieve subjective happiness, so that people can live a positive attitude. Based on humanism, positive psychology pursues the goal of cultivating people's positive psychology and improving people's character. This theory also plays a positive role in

promoting the development of college students' mental health education.

2.2 Current situation of mental health education in colleges and universities

In the background of the new era of education, various colleges and universities have begun to pay attention to psychology education, but because the current education model and education system is outdated, so faced with a lot of mental health education problems:

First, the curriculum is divorced from the reality of students' study and life. With the rapid development of science and technology, people's lives also have great changes, and the psychological state of students is also very different from before. However, the current curriculum of mental health education in colleges and universities is still used in the past. The mental health education of college students is superficial, and the theoretical knowledge taught by teachers fails to penetrate deeply. It has gradually become difficult to play a role in the actual study and life of students, and it is difficult to help students solve practical problems, resulting in poor educational effect.

Second, the lack of student personality and personality cultivation. Mental health education in colleges and universities is different from other subject education because of its subject characteristics. However, the current mental health education in colleges and universities fails to teach students with different personalities according to their aptitude, but adopts unified teaching methods to exert influence on students' mental health, and pays little attention to students' mental health status, so it is difficult to achieve good mental health education effect.

Third, the psychological counseling mechanism is not perfect. Most colleges and universities lack related mental health teaching resources, the internal education mechanism is also very outdated, psychological counseling services cannot really help students with psychological problems, do not meet the current needs of mental health education in colleges and universities, students do not pay enough attention to it, is not conducive to the optimization and development of mental health education in colleges and universities.

3. Innovative development path

3.1. Set the course content according to the actual situation

Through analysis, it is found that the educational content of most Chinese colleges and universities fails to combine with the reality of students' life, and the teaching methods of teachers are relatively creative, which leads to the limitation of educational innovation and development. Therefore, it is necessary to fully combine the reality of students' life to set the curriculum content and improve the effectiveness of the innovation and development of mental health education.

In fact, at present, the mental health education of students in various colleges and universities is mainly affected by two aspects [7]. The first one is the self-cognition of college students. Many college students lack correct self-cognition. The second aspect is the daily life of students. In the learning process of college students, there are often many uncontrollable factors [8], which affect their emotions and even face psychological crisis, such as learning environment and friends. There are many practical problems, which are not conducive to the follow-up mental health education in colleges and universities.

Positive psychology emphasizes focusing on the positive aspects of a problem from a positive perspective and cultivating a positive attitude with a positive thinking mode. Therefore, in order to solve the above problems, we can start from the perspective of positive psychology. When setting the course content, we can fully consider the problems that students may encounter in their actual life and study. By explaining practical cases, we can enhance students' sense of inclusion and integrate the "positive" educational concept into it, teaching students to face the problems with a positive attitude unconsciously. So as to improve students' subjective initiative, cultivate students to face the problem actively, actively solve the problem spirit.

A specific situation can also be set up to guide students to improve their mental health knowledge in this situation. For example, in the entrance stage of freshmen, colleges and universities can set up the situation of admission, and actively promote mental health knowledge in the situation, so that students can learn the relevant theoretical knowledge in a simple way, and help students adapt to the entrance environment. After students gradually adapt to it, students need to understand that mental health is an

important part of education, even if there is no mental health problems, but also to effectively learn mental health knowledge, finally can create the relevant mental health innovation development model, design a new mental health evaluation system, students can determine their own mental state in real time according to the system. To solve their own possible psychological crisis.

Classroom is an important carrier of college education. Therefore, when mental health education is carried out in colleges and universities, theoretical classroom can also be used. For example, positive psychological knowledge can be integrated into ideological and political courses and college students' employment guidance courses to enable students to learn skills such as interpersonal communication, which can be applied in actual communication scenarios to improve their psychological quality. In addition, students can also find their own psychological problems with the help of teachers, and actively solve them to ensure that their psychology is in a normal state. Teachers can regularly create teaching situations in the classroom, so that students can experience the scene of mental health education and improve students' enthusiasm for learning.

3.2. Strengthen the cultivation of students' personality and personality

For students' mental health education, the most fundamental purpose is to help students develop a good mental state, so that students can better cope with study and life, as well as the future into the society of employment and family problems. Under the guidance of positive psychology theory, colleges and universities should pay full attention to the individuality of students, carry out individualized training for students, and teach students according to their aptitude, so as to strengthen the infiltration effect of mental health education on every student. For example, when facing timid and introverted students, teachers need to fully consider the psychological state of students, open their hearts by sharing relevant experience, encourage students to reveal their inner hidden problems, and help students to face with a positive attitude. When teachers are confronted with students who rebel against themselves, they can help students to know their own heart by asking them, gradually let down their psychological guard, and then carry out in-depth communication and exchange, so as to help students sort out the correct attitude of doing things.

In the process of the development of higher education today, college students' life is difficult, study and other aspects, which are more likely to induce various psychological problems. It is very important to cultivate college students' positive personality and develop good habits of doing things. Positive psychology advocates eliminating the negative and negative influences in the growth process of students, and using positive factors such as subjective feelings, happiness, self-confidence and sense of responsibility to help college students form a sound personality. Therefore, in order to effectively stimulate the positive psychology of college students, teachers should take the responsibility to guide students to experience positive emotions, help students to cultivate positive concepts, so as to form a good personality quality.

3.3. Improve the mechanism for psychological counseling

Mental health education in colleges and universities is not an independent education, but also needs multiple influences from teachers, students and families. Therefore, multiple subjects need to cooperate with each other, so as to better guide students to cultivate healthy mental state, set lofty goals, and achieve positive life values.

From the perspective of positive psychology, colleges and universities can actively improve the mechanism of psychological counseling, carry out students' psychological counseling services, and regularly organize interactive activities that can relieve students' psychological state and make them positive. Based on the actual life needs of students, carry out more guiding psychological guidance, promote students to achieve all-round development. Closely combined with the reality of students, including students' difficulties in daily life, love and marriage ideas, employment needs and so on, through the application of positive psychology education knowledge, students' self-affirmation degree, enhance their sense of confidence and happiness, play a good supporting role for their psychological bearing capacity when they encounter practical difficulties in the future, reduce the negative impact of their negative thoughts. The psychological counseling process is shown in Figure 1.

Figure 1: Psychological counseling process

Actively promote the school's psychological counseling function among students, advocate students to chat with psychological counseling teachers, do not wait for psychological problems to take root, just want to improve the degree of attention. Even if there is a psychological problem, but also to actively face the problem, cannot bolt. Can also set up students and students to persuade each other mental health education activities, create a relaxed and happy atmosphere, students help each other, found which students recent mental state is worrying, can help persuade, or tell psychological counseling teachers to jointly carry out psychological counseling, psychological education deeply, really achieve the purpose of improving students' mental health quality.

If we want to fundamentally improve the effect of mental health education in colleges and universities, we also need to strengthen the educational power, that is, to train various high-quality mental health teachers, to lead students to learn effectively by excellent teachers, and to innovate the original model of mental health education. In order to improve students' attention to mental health education, colleges and universities should establish a new examination system to give students comprehensive guidance.

Through the above process, an effective model of mental health education can be innovated, so as to improve the effectiveness of mental health teaching.

4. Conclusion

To sum up, mental health education is of great significance to the study and life of college students. Under the new educational background, various colleges and universities have begun to upgrade their internal education system in order to improve the effect of mental health education and meet the educational needs of students. However, the development of mental health education in China started late. Most colleges and universities still use the previous education model for education, and many educational problems have emerged, which have seriously affected the final educational effect. In order to improve the effect of mental health education in various colleges and universities and meet the follow-up development needs of colleges and universities, this paper starts with positive psychology, studies effective innovative development paths, and makes certain contributions to promoting the development of moral education in colleges and universities.

Acknowledgements

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