

Research on the Cultivation Path of College Students' Positive Psychological Quality

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Abstract: At present, our country is facing the critical period of social transformation, the society has higher and higher demand for the comprehensive quality of talents. Improving the positive psychological quality of college students is not only beneficial to the improvement of the mental health level of college students, but also an important prerequisite for training innovative talents with sound personality. This paper analyzes the positive psychological quality of contemporary college students, and expounds the countermeasures on how to cultivate the positive psychological quality of college students, that is, from the perspective of three-whole education, the role of school leadership, family upbringing and social support, and the joint cultivation of positive psychological quality.

Key words: college students; positive psychological quality; Cultivation Path

1. Overview of positive psychological quality of college students

1.1 The concept of positive psychological quality of college students

The so-called "positive psychological quality" refers to the positive psychological characteristics and optimistic psychological orientation formed by individuals under the mutual influence of education environment and innate personality. Generally, these psychological characteristics and psychological orientation have a certain stability, and will produce positive guidance for individual emotions, thoughts and behaviors, and help to promote individual happiness and success. The "positive psychological quality of college students" refers to the positive attitude formed through the influence of education in the growth and development process of college students on the basis of their psychological characteristics and actual development, including the attitude orientation of being able to correctly recognize themselves, be strong and brave in the face of setbacks, and have a strong sense of social identity. College students with positive psychological qualities can more easily obtain self-efficacy and subjective well-being, which has positive significance for their future growth and development.

1.2 The characteristics of college students' positive psychological quality

1.2.1 Positivity

According to the law and characteristics of psychological development of college students, the formation of positive psychological quality can make them play their positive attitude, work hard and enterprising, stimulate their potential positive ability, form positive thinking, and be able to take a positive way to solve problems.

1.2.2 Creativity

The construction of positive psychological quality of college students can effectively stimulate their inherent creativity and imagination, so that they can exert creative thinking to think about the solution of problems, and then better promote their own progress and adapt to social development.

2. The importance of cultivating college students' positive psychological quality

2.1 To promote the healthy physical and mental development of college students

College students are in the critical stage of transition from adolescence to adulthood, and most of them have not yet completed their psychological development. When facing academic pressure or life setbacks, they are easy to produce some bad emotions and stressful behaviors, which will have a serious impact on their future development. Cultivating the positive psychological quality of college students can make them form an optimistic and positive attitude towards life and learn to self-regulate their emotions, which can effectively prevent the emergence of psychological crisis of college students and promote their healthy development of body and mind.

2.2 Enhance the social adaptability of college students

Social adaptability refers to the adaptability of students to integrate into society. In the current environment of increasingly fierce social competition, college students need to face great employment pressure and competition pressure after graduation. This requires them to have a strong social adaptability and be able to adjust their role positioning in the society in time. Cultivating students' positive psychological quality in college education can effectively improve students' ability to resist pressure, enable them to face all kinds of pressure with a positive and optimistic attitude, adapt to the competitive environment, and then realize the effective enhancement of their social adaptability.

3. The dilemma of cultivating students' positive psychological quality

3.1 The negative factors of social environment affect the psychological situation of college students

With the development of The Times, China's social environment is becoming more and more complex, severe employment situation and bad social mentality have caused serious impact on the psychological situation of contemporary college students, which is not conducive to the cultivation of their positive psychological quality. On the one hand, China's society is currently facing a critical period of

transformation, the comprehensive requirements of society for talents are getting higher and higher, coupled with the surge in the number of college students in recent years, which seriously reduces the competitiveness of college students in employment, many college students are facing the pressure of unemployment after graduation, which makes some college students may be confused about the future. Then appear lack of confidence, blind employment and other employment psychology. On the other hand, the opening degree of the current society is getting higher and higher, all kinds of ideas and cultures are pouring into China, and the spread of bad mentality such as individualism, hedonism and utilitarianism also has a strong negative impact on the mentality of college students, resulting in the imbalance of values and behaviors of college students, which is not conducive to the cultivation of positive psychological quality.

3.2 School mental health education is difficult to meet the needs of college students' psychological development

At present, the methods of mental health education adopted by many colleges and universities are mainly mental health courses, various psychological lectures, class meeting activities, etc., the teaching method is single, and lacks of penetration in the teaching of other disciplines. In addition, in the actual education, schools and teachers pay more attention to the correction and treatment of students' existing psychological problems, but lack of prevention of college students' psychological crisis, and neglect the integration and guidance of "positive psychological quality", which is difficult to meet the psychological development needs of contemporary college students.

4. Ways to cultivate college students' positive psychological quality

4.1 Give play to the leading role of schools and improve the campus education environment

School education has an important impact on the cultivation of positive psychological quality of college students. Therefore, for colleges and universities, it is necessary to give full play to the leading role of school, provide students with high-quality campus environment and educational environment, and further promote the cultivation of positive psychological quality of college students.

4.1.1 Strengthen college students' ideological and political education

Ideological and political education plays an important role in the cultivation of college students' positive psychological quality, which can form a positive guidance for students' ideological values and lay an ideological foundation for the formation of their positive psychological quality. Therefore, schools should give full play to the role of ideological and political education in the cultivation of positive psychological quality of college students, strengthen ideological and political education, in order to achieve training goals. Specifically speaking, first of all, we should strengthen the "three views" education of college students, from the perspective of world outlook, outlook on life and values, through diversified ideological and political education activities, mobilize students' positive potential, imperceptibly cultivate students' positive attitude towards life and strong will quality, so that they can maintain tolerance and open-minded mind, and realize the effective cultivation of positive psychological quality. Secondly, the school should attach importance to the positive experience of students in ideological and political education, such as in the ideological and political class to take the suggestive relaxation method, sunshine therapy, meditation therapy and other ways to guide students to vent bad emotions, relax mood, at the same time through these experiences to stimulate students' positive emotions, cultivate optimistic attitude. In addition, the school should build a professional team of ideological and political teachers to ensure that the teachers' ideological and political awareness and ideological and political ideas keep pace with The Times, set a positive example for students, form a positive influence for students, and promote the effective cultivation of their positive psychological quality.

4.1.2 Pay attention to college students' mental health education

In order to achieve the cultivation of positive psychological quality of college students, it is indispensable to the mental health education of college students. In the past mental health education, most teachers only pay attention to the psychological development of a few problem students, but ignore the guidance of students' overall positive psychological quality and self-value realization, which leads to the limitation of college students' psychological development. In this regard, the school should give play to the role of mental health education in the cultivation of positive mental quality, promote the stimulation of the psychological potential of college students, so that they can face various social problems with a positive attitude, shape the positive quality of the heart, and promote their physical and mental healthy development. First of all, the school should pay attention to the setting of mental health courses, with the help of relevant theoretical courses, Form positive guidance for students' psychological problems and psychological development, so that students can correctly understand themselves and evaluate themselves, so that they can control their emotions, and then improve their positive psychological quality. Secondly, the school can organize psychological practice activities so that students can experience positive emotions and cultivate positive psychology in practice. For example, through relevant speech activities and mental training activities, the school can make full use of psychological education resources inside and outside the school to guide students to find their own psychological problems in time, form a correct self-cognition, and strengthen positive psychological suggestion. In addition, the school should pay attention to the infiltration and integration of mental health education in various disciplines, so that teachers of each subject can integrate the content related to positive psychological quality in teaching, improve students' personality imperceptibly, and achieve the cultivation goal of positive psychological quality.

4.2 Pay attention to the influence of family upbringing and improve the level of family education

Family upbringing has an important impact on the psychological development of college students. Therefore, if we want to cultivate the positive psychological quality of college students, we should not ignore the role of family education and pay attention to improving the level of family education. The investigation and practice found that many students belong to the authoritarian and drowning parenting style

in their families, which will seriously affect the cultivation of students' positive psychological quality. In this regard, it is necessary to give full play to the role of family education from the perspective of parents, so as to promote the effective cultivation of positive psychological quality of college students.

4.3 Create a good social atmosphere and form positive and widespread support

4.3.1 Encourage society to cultivate a positive social psychology

The Party and the state have always attached importance to the development of a positive mentality in the national society. In the report to the 18th National Congress of the CPC, it is proposed to "pay attention to humanistic care and psychological guidance, and cultivate people's self-esteem, self-confidence, rational peace and positive social mentality." The whole society should vigorously advocate and cultivate the positive attitude of social members, create a good social atmosphere, and provide extensive and powerful social support for cultivating the formation of positive psychological quality of college students. We should optimize the cultural environment and public opinion environment, and actively carry forward the national theme; Provide more public welfare recreational and sports activities for college students. Such as elegant art into the campus, to enrich the campus cultural life, nourish the spiritual world of college students, guide college students with a positive attitude to face problems, in order to promote their positive psychological quality cultivation.

4.3.2 the positive public opinion guidance of the social mass media

In the network era of "everyone has a microphone", the mass media is closely connected with people's lives, which is a double-edged sword. Positive information can convey positive values and promote a positive and uplifting social mentality. On the contrary, negative information about renewing vacation will cause negative, pessimistic and depressed emotions, which will have a certain impact on physical and mental health, and even distort people's values. As the darlings of the Internet era, post-00s college students are the ones who accept new media most quickly and use the media most frequently. Therefore, mass media has a more significant impact on college students. Therefore, the works selected by the mass media should be strictly controlled, the negative thoughts of "false", "big" and "empty" should be eliminated, and the positive and positive energy should be transmitted, so as to create a good public opinion environment for cultivating the positive psychological quality of college students. Make college students feel the warmth of the society, use positive, optimistic, rational and peaceful attitude to understand the society and social problems, establish correct values on the basis of good social network public opinion atmosphere, and become social individuals full of positive energy.

Epilogue

To sum up, college students are in the critical stage of transition from adolescence to adulthood, which is also a critical period for college students to form stable personality and gain self-development. After entering college life, students' living environment and life form have undergone great changes. Faced with the influence of diversified values in society, rich temptations and setbacks in study and life, some college students may have some bad psychology and emotions, which seriously affect their healthy psychological development and may even form hidden dangers for their future life development. In this regard, we should give full play to the leading role of the school, attach importance to the subtle role of the family, create a good social atmosphere, explore the multiple paths of the cultivation of positive psychological quality of college students, build a good psychological development environment for college students, promote the all-round cultivation of positive psychological quality, and ensure the healthy development of their body and mind.

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