

# Practice and Exploration of Mental Health Education for College Students from the Perspective of Positive Psychology

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**Abstract:** The application of positive psychology in the work of mental health education in colleges and universities can help students better face setbacks, enable students to face learning and life with a positive attitude, and promote students' future development and promote students' healthy growth. Based on positive psychology, this paper analyzes and discusses its practice and exploration in college students' mental health education.

**Keywords:** Positive Psychology; University Student; Mental Health Education

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## Introduction

The application of positive psychology in college students' mental health education can not only innovate and optimize college mental health education, but also strengthen attention to students' daily learning activities, daily life, and future growth, and discover the negative emotions generated by students in these processes. For example, in the face of greater study pressure and anxiety generated by employment pressure, etc., prevent and solve these problems, change the lack of formal and simplistic mental health education, and enable students to establish a positive and healthy attitude.

## 1. The current situation of mental health education in colleges and universities in the new era

### 1.1 Single forms of mental health education

At present, the mental health education of college students is mainly carried out through educational evaluation and the point system. The point system analyzes students' mental health, attendance rate in professional courses and academic performance, and provides assistance for the implementation of this education. Generally speaking, this method is more suitable for cultivating professional talents, and it is not ideal for improving the mental health of college students. Educational evaluation is mainly to monitor college students' behavioral habits or questionnaires and other measures, grasp students' mental health, and formulate targeted psychoeducation plans. Although this method is helpful, it has little effect for students with more serious psychological problems. These two measures are not highly applicable to college students' mental health education in the current era, and risk control is also difficult. In this regard, colleges and universities should take the initiative to apply positive psychology to innovate the mental health education of college students.

### 1.2 Mental health education interventions lack timeliness

Mental health education is very important, and once delayed, it will lead to further expansion of students' psychological problems. In this regard, colleges and universities should carry out mental health education interventions in a timely manner to help them effectively solve psychological problems. However, in the current stage of mental health education in colleges and universities, it lacks the timeliness of intervention, and there are some detailed deficiencies. For example, the mental health intervention of some colleges and universities mainly focuses on remediation after the occurrence of the incident, and there is no corresponding early warning prompt and emergency treatment plan, resulting in the work not being able to play its original value. In addition, some colleges and

universities do not pay much attention to mental health intervention, and the work is too formal, and there is no in-depth study and analysis of the problem. For example, some college students have experienced depression and anxiety due to the burden of work and study. However, mental health intervention in colleges and universities is more about providing psychological counseling, and there is no long-term education mechanism and plan.

## **2. Teaching Practice Strategies of College Mental Health Education from the Perspective of Positive Psychology**

### **2.1 Accelerate the educational innovation of positive psychology in colleges and universities**

Mental health education based on positive psychology needs to be further innovated. In detail, positive psychology education and teaching will be used as a medium, and it will be integrated into mental health education in different ways and angles, and at the same time some of the concepts in psychology will be applied to build a sound mental health education mechanism and system, so as to promote colleges and universities to face up to and attach importance to college students' mental health problems, and then improve their ability to deal with students' mental health problems. First of all, the innovation of positive psychology in colleges and universities should be further strengthened. Colleges and universities should enhance the interaction between teachers and students, so that teachers can grasp the dynamic thoughts and psychological conditions of students, and provide assistance for teachers to effectively formulate solution plans. Second, reasonable means should be used to make the forms of mental health education more diversified and give full play to the value of positive psychology. The application of positive psychology should not follow the traditional educational evaluation, but should be reflected in all aspects of college students, so that college students can fully contact positive content, and then ensure their excellent and healthy learning attitude <sup>[1]</sup>. Finally, the analysis of mental health education for college students should be strengthened. In detail, teachers analyze the mental health of college students based on non-private information such as students' life behavior characteristics, performance and attitude in learning, daily behavior habits and social direction, and build mental health models for college students through information and dataization, so that colleges and universities can judge the impact of various external factors on college students' mental health through environmental simulation, and then compile effective solutions with the help of positive psychology to enhance the guiding role of positive psychology.

### **2.2 Establish educational intervention evaluation mechanisms based on positive psychology in colleges and universities**

Taking positive psychology as a foothold, building a mental health education intervention evaluation system for all college students is of great help to improve its timeliness and timeliness. The educational intervention and evaluation mechanism refers to the establishment of a relatively sound early warning system based on various psychological problems that may arise from students at different stages, and to do a good job of guiding college students before they have this problem, so as to help students enhance their mental health and construction, so that they can face life and learning happily and positively. In order to implement the construction of the intervention early warning mechanism, colleges and universities should be guided by the potential and existing psychological problems of college students, formulate more than two psychological intervention emergency strategies, help college students solve psychological problems, and free themselves from quagmire and dullness. In addition, the educational intervention evaluation mechanism based on positive psychology should also take long-term mental health education as the starting point, do a good job in educational layout, and must ensure that the education is not a phased intervention, but can help college students for a lifetime. In this regard, colleges and universities should take students' employment direction, learning situation, family background and environment as the starting point, conduct comprehensive mental health education assessment, analyze students' potential psychological problems, and then scientifically apply positive psychology concepts and methods to improve the mental health level of college students <sup>[2]</sup>.

### **2.3 Strengthen online education and counseling on positive psychology**

Through online course teaching, strengthen online education and guidance on positive psychology, improve students' learning level of online classes, and make online classes a petition room for teacher-student communication, so as to provide assistance for the

implementation of positive psychology education. Colleges and universities should further strengthen the development of online positive psychology resources, build online learning and interactive platforms, enhance teacher-student interaction, expand the teaching channels of positive psychology, and become leaders in online college students' mental health education in the new era. In addition, teachers can also communicate and interact with students through Internet socialization, understand and master students' psychological problems at this stage, and change the boring teaching methods in the past. For example, colleges and universities can implement online mental health education through the interaction of multiple professional disciplines, and form educational synergy through the linkage of teachers of different professional courses, so as to improve the effectiveness of the application of positive psychology in college students' mental health education.

## **2.4 Actively carry out offline practical activities based on positive psychology**

The fundamental goal of carrying out positive psychology online practice activities is to develop the interests of college students, improve the acceptability and interest of mental health education, integrate the content that college students are curious and want to explore into mental health education, and make interest the guardian line of college students' mental health. For example, colleges and universities can use travel, e-sports, animation, and various DIY as the guiding content of online activities, and by understanding students' preferences and characteristics, formulating competition activities, and then enhancing the fun and richness of practice, so that students can get rid of boring learning and actively face life and learning. In addition, when carrying out relevant activities, students' feelings and emotional experiences in such activities should be well considered, and the guiding value of positive psychology should be enhanced by enhancing the pleasure and satisfaction of college students participating in activities, so that positive psychology can become an important guide and medium for contemporary college students' mental health education, correct their wrong cognition of psychology courses, form a healthy and positive attitude to learning and life, get rid of the disturbances of trivial matters, and help college students become active and healthy, love life and learning in the new era and new youth.

## **Conclusion**

College students' mental health education from the perspective of positive psychology should be analyzed based on its characteristics, and scientific planning and layout should be implemented. Give full play to the value and advantages of positive psychology education, so that it can start from different angles and different contents, comprehensively protect the mental health of college students, and lay a solid foundation for the effective development of college students' mental health education.

## **References**

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