

Analysis of the Path of Integrating Positive Psychology into College Students' Ideological and Political Education

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Abstract

The ideological and political education is an important part of moral education in colleges. In the new era, with the continuous improvement of social economy and living standards, the number of college graduates is increasing year by year, and the huge pressure of study and employment has led to the increasingly prominent psychological problems of college students. Combining the psychological characteristics and realistic needs of "post-00" college students, integrating positive psychology into the college students' ideological and political education is of great significance to promote the healthy growth of college students, optimize the relationship between teachers and students, and innovate the ideological and political education model of colleges.

Keywords

Positive Psychology; The College Students' Ideological and Political Education; Path.

1. Introduction

In the new era, as an important carrier of national talents, colleges are gradually occupied by "post-00" college students. They are full of vigor and mission, and they are the main force in the development of a new batch of countries. Therefore, it is an important issue for ideological and political education workers to explore ideological and political education measures suitable for the "post-00" college students, improve the overall quality of the "post-00" college students, and make them become builders and successors who meet the requirements of socialism with Chinese characteristics in the new era. [1]

2. The Psychological Characteristics of "Post-00" College Students

The "Post-00" college students were born after the reform and opening up. Most of them are only children, with a rich material foundation and relatively advanced information. Therefore, the "post-00" college students are generally burdened with high expectations from their families, and their motivation to become a talent is very strong. Various factors have caused "Post-00" college students to have different psychological characteristics than before .

2.1. Strong Individual Awareness, But Poor Collective Awareness

Most of the "post-00" college students are only children. They have a better growth environment, a richer material life, higher self-evaluation, and are overconfident to a certain extent. Therefore, after entering the collective life, some college students tend to think about problems from a personal perspective, without considering the feelings of others, and are prone to have the characteristics of strong personal consciousness but poor collective consciousness.

2.2. Strong Sense of Competition, But Poor Resistance to Pressure

Due to the limitation of excellent educational resources and the high expectations of parents, the "post-00" college students have developed a strong sense of competition in a subtle way. After entering college, whether it is an unfamiliar environment, unfamiliar "excellent classmates" who are on the same starting line, or the continuously deepened and extended

course content, the pressure of life and study of "post-00" college students has gradually increased. Once they encounter problems such as poor academic performance and conflicts with classmates, they often lack the ability to deal with problems independently, and they are unwilling to ask teachers for help. They just hide problems in their hearts or look for solutions online, which are prone to serious psychological problems.

2.3. Strong Theoretical Knowledge, But Weak Practical Ability

The "post-00" college students grow up in an era of diversified information. The popularization of high-tech products such as computers and mobile phones and the education of school teachers have made them rich in theoretical knowledge. Before entering the college, they were carefully cared by their parents and rarely had the opportunity to exercise alone. They were highly dependent on their parents and had poor hands-on ability. After entering the college, although the environment has changed, their thinking has not changed, and some students with "high scores and low abilities" have also begun to emerge.

2.4. Strong Virtual Social Awareness, But Weak Ability to Deal with Things in Reality

In today's information age, the Internet has fully penetrated into our daily life. The popularity of new media such as QQ, WeChat, and Weibo has enabled "post-00" college students to make friends in the virtual world without leaving home. However, some college students' over-reliance on the Internet has caused them to gradually lose touch with real life and drift away from their family, friends, and teachers around them.

3. The Necessity of Integrating Positive Psychology into the College Students' Ideological and Political Education

3.1. Cultivating High-quality Talents

In the new era, complex knowledge, broadened horizons, and convenient information continue to shape the thinking and cognition of college students, inspiring them to pursue their dreams and realize their values. At the same time, the year-on-year increase of college graduates and the increase of study pressure and employment pressure make many "post-00" college students confused and anxious, which in turn causes psychological problems. In the new era, China's social environment is becoming more and more complex, which has greatly increased the country and society's demand for high-quality compound talents. College students should not only have solid professional knowledge, but also have good psychological quality and correct values. The application of positive psychology to the college students' ideological and political education can promote students to be happy with themselves, face up to life, correct their learning attitudes, set up correct goals, and deal with various competitions and pressures in study life with a positive attitude, and then lay the foundation for the realization of the Chinese dream of the great rejuvenation of the Chinese nation. [2]

3.2. Optimizing the Relationship between Teachers and Students

At present, most colleges pay more attention to the ideological and political education of counselors. Therefore, they are also willing to hire young counselors to facilitate better communication between counselors and students. However, due to the working mechanism, many counselors and students are still in a manager-manager relationship, which makes the ideological and political education work in colleges still have many problems. Integrating positive psychology into the college students' ideological and political education can make counselors clearly recognize their own position, adjust their attitudes, and communicate better with students in a more scientific way, thereby changing students' understanding of counselors.

During this process, the relationship between the counselor and the student will gradually improve, allowing the student to become more proactive in self-management.

3.3. Promote the Reform and Innovation of the College Students' Ideological and Political Education

The object of the ideological and political education in colleges is students, and the content of education is very complex, involving all aspects of college students' thinking, study, life, interests, emotions and so on. When counselors carry out ideological and political education, they generally educate students about bad behaviors that have already occurred, but post-event education cannot effectively prevent the occurrence of these bad behaviors. Incorporating positive psychology into the college students' ideological and political education, counselors can provide effective psychological counseling to students in advance, and help students to check their own psychological hidden dangers, find out problems, find out the reasons, and curb the occurrence of bad behaviors from the root through mental health education. At the same time, as an emerging field of psychology, positive psychology can provide college counselors with diverse educational perspectives and novel teaching methods. In the process of using positive psychology to help students solve problems, counselors also convey positive and correct ideas to students, which is beneficial to correcting students' mentality and promoting the continuous innovation of the college students' ideological and political education.

4. The Path of Integrating Positive Psychology into the College Students' Ideological and Political Education

4.1. Innovative Working Mechanism

First of all, college administrators should increase material investment and innovate working mechanisms. On the one hand, college administrators should strengthen the inspection of the effectiveness of the college students' ideological and political education, and increase material investment and improve the talent allocation system in combination with the actual situation of colleges. On the other hand, college administrators should establish a scientific and complete ideological and political education evaluation system, and combine it with positive psychology to innovate the reward and punishment mechanisms, so as to have a more comprehensive understanding of the psychology and behavior of college students. Secondly, counselors should strengthen professional quality training, deepen the study of positive psychology, improve their comprehensive ability, and flexibly do a good job in ideological and political education. For example, in life, counselors should pass on positive psychology knowledge to students and help students realize their uniqueness. In the education process, counselors should stand on the student's standpoint and choose appropriate entry points to communication according to the individual differences and personal needs of students, so as to put forward more reasonable suggestions.

4.2. Create a Positive Environment for Ideological and Political Education

Positive psychology not only focuses on the individual's inner emotions and dispositions, but also focuses on the positive construction of external organizations. Positive social organization can not only cultivate an individual's positive personality, but also provide the most direct positive experience for individual growth. Colleges can create a positive environment of ideological and political education by completing the college's management system, creating a good campus atmosphere, and adopting advanced educational methods, and then cultivate students' positive personality. Counselors can introduce academic spirit into ideological and political education, continuously motivate students, and create a positive learning atmosphere, so as to promote students to think independently, actively study academic issues and social

events, maximize self-improvement and create value. From class ethos to school ethos, a positive educational environment will subtly affect the growth of students.

4.3. Set Appropriate Educational Goals

The individual uniqueness of students determines that the educational goals of colleges cannot cultivate all students into the same outstanding talents. Positive psychology advocates respecting students, paying attention to the development of students' personality, and formulating corresponding teaching goals according to students' personality and interests. The Chinese scholar Zhu Jiguang proposed that the personality of college students should be classified according to the types of college students' participation in ideological and political education, which can be divided into three types: task orientation, development orientation and inspiration orientation.[3] The three types of personalities have different expectations of participating in ideological and political education activities. Some students only focus on the process of participating in activities, while others consider ideological and political education as a necessity of college life, a spiritual food, and a motivation to move forward, and in the process of participating in ideological and political education, they will have a sense of mission and responsibility. Therefore, the setting of educational goals should meet the developmental needs of students and should not be too difficult or too easy. When setting educational goals, counselors can refer to Vygotsky's "zone of proximal development" concept, and set the activity difficulty of ideological and political education within the range that students can complete through hard work, so as to achieve better results.

4.4. Changing the Concept of Ideological and Political Education

Efficient ideological and political education requires advanced and scientific educational concepts, while traditional ideological and political education limits the effect of ideological and political education to a certain extent, so as to restrict the development of students. From the perspective of positive psychology, the key to improving the current situation of the college students' ideological and political education is to change the negative educational concept and establish a positive educational concept.

In the process of carrying out ideological and political education, first of all, counselors should establish a people-oriented education concept, focus on the healthy growth of students, and do a good job in ideological and political education according to the development characteristics of students, the needs of students' growth and the needs of society for talents, which can solve the problem from the psychological aspect and enable students to develop in an all-round way. On the one hand, counselors should teach students in accordance with their aptitudes, respect students' personality differences, and help students to understand themselves and find a correct position, so as to affirm themselves and build confidence. On the other hand, counselors should strive to excavate the potential of students, so that they can constantly surpass themselves and contribute to the society. Counselors can regularly distribute some positive psychology brochures to students, hold psychological lectures and other methods to guide students to conduct self-psychological adjustment and treatment, so as to better adapt to the society. Secondly, counselors should establish the concept of humanistic education. Humanistic education plays an important role in the development of students' thinking and the improvement of their personality. Counselors should combine positive psychology to expand students' humanistic knowledge, enhance students' humanistic qualities, enrich students' understanding of the world, and improve students' ideological realm, so that students can view themselves with a positive attitude, and promote their continuous progress. Finally, counselors should establish an individualized teaching concept. Every student has a unique personality and the right to develop freely. In the process of ideological and political education, counselors can make students grow up healthily and happily only if they fully respect the individuality of students and attach importance to the all-round development of students. Counselors should

pay attention to students' subjective initiative, so that students can establish positive values and cultivate good moral character. At the same time, counselors should also deal with the relationship between students' personality development and comprehensive development, and gradually guide students to form a more sound personality through effective education, thereby improving the effectiveness of ideological and political education.

4.5. Excavate the Positive Qualities of Students

The essence of education is not to correct mistakes, but to fully excavate the strengths and potentials of individuals through teaching students in accordance with their aptitude. A positive view of education believes that sometimes retaining students' shortcomings and corresponding advantages in a certain can better promote students' development. For example, low self-esteem makes people lack self-confidence and make people unhappy, but people will be more aggressive and forge ahead only after they realize their own shortcomings.[4] Therefore, positive psychology requires counselors to look at students positively, explore their advantages, and praise students' strengths, so that students can grow more confidently.

The traditional ideological and political education in colleges focus on the minority problem students, this malpractice has restrained the effect of ideological and political education to a certain extent. The ultimate goal of the college students' ideological and political education is to enable the majority of students to establish correct values and develop healthily and comprehensively. To integrate positive psychology into the college students' ideological and political education, it is necessary to change the "problem" orientation of ideological and political education into a "development" orientation. On the one hand, counselors can use the educational concepts of gratitude and tolerance in positive psychology to focus on excavating the positive qualities of students, thereby enhancing the appeal and effectiveness of ideological and political education, and improving students' learning happiness. On the other hand, counselors can improve students' enthusiasm for learning and stimulate students' potential by innovating ideological and political education methods and adopting appropriate rewards, so as to achieve the purpose of promoting students' healthy growth.

5. Conclusion

With the changes of the times, the educators and educated are also constantly changing, which requires that the college students' ideological and political education work must keep pace with the times. As General Secretary Xi said: "To do a good job in the ideological and political work, colleges must change due to the events, advance due to the times, and be new due to the situation. Colleges must follow the laws of ideological and political work, the laws of teaching and educating people, and the laws of students' growth, so as to continuously improve the ability of their work." The issue of effective application of positive psychology in the college students' ideological and political education and continuous innovation of educational models needs to be further explored in the future.

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