

Ideological and Political Education of College Students From the Perspective of Positive Psychology

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Abstract

With the development of social diversification, the important position of ideological and political education for contemporary college students is highlighted. Starting from the overview of positive psychology and ideological and political education, this paper sorts out and analyzes the current problems of ideological and political education in colleges and universities, and proposes to carry out college students' ideological and political education from three aspects: the spread of positive power by educators, the cultivation of positive characters of educated people, and the construction of positive systems.

Keywords

Positive Psychology; College Students; Ideological And Political Education; Positive Character.

1. Introduction

General Secretary Xi Jinping emphasized at the National Conference on Ideological and Political Work in Colleges and Universities: "We must persevere to promote harmony and stability in colleges and universities, cultivate a rational and peaceful mentality, strengthen humanistic care and psychological counseling, and build colleges and universities into a model place of stability and unity." The ideological and political education of college students should fully implement the people-oriented educational concept, enrich and improve the educational content, rationally use educational methods, and further improve the role of educating people. Students in pharmaceutical colleges are the core elements to revitalize the pharmacy career, and also the backbone to promote the deepening development of the pharmacy career and implement the general plan of Healthy China 2030. This requires innovation of educational ideas and practical methods, more emphasis on ideological education and psychological education, cultivating students to establish firm ideals and beliefs, and training qualified builders and successors for the development of pharmacy.

Positive psychology is an emerging discipline that originated in the 20th century. It is a discipline that pays attention to, explores the positive factors in individual thoughts and behaviors, stimulates and solidifies them, and promotes the positive and healthy development of individuals. Positive psychology aims to promote the formation of an individual's positive character by improving the accumulation of individual positive emotional experience. When the accumulation of positive emotional experience changes qualitatively, it promotes the formation of an individual's positive character[1]. The positive interaction between the individual and the environment will consolidate the individual's healthy psychological state, improve the ideological and moral level, and ultimately enhance the individual's practical ability.

Combining the methodology of positive psychology to study the ideological and political education of college students can not only discover and effectively solve the individual problems of the ideological and political education of pharmaceutical college students, but also help to solve the common problems in the ideological and political education of college students.

From the perspective of positive psychology, starting from the objective reality of ideological and political education in pharmaceutical schools, this paper deeply analyzes the existing problems, draws on the theoretical content and practical experience of positive psychology, and tries to find a way to combine positive psychology and ideological and political education. to adapt to the development requirements of college students' ideological and political education in the new era.

2. Problems in the ideological and political education of college students

2.1. Backwardness of the educational concept

First of all, pay attention to the instillation of theoretical knowledge and ignore the main position of students in education. The role of theoretical indoctrination is undeniable, but a single theoretical instillation method has the situation that theory is out of touch with social reality and students' real life, which makes students uninterested in political theory, and even has feelings of resistance and disgust; second, the form of education is relatively monotonous. The proper status and role of other education methods are ignored. Equating the training process of ideological and political quality with the teaching and transmission of knowledge, rather than gradually infiltrating the content of ideological and political education in teaching and research. It has not been able to truly penetrate the ideological and political education into the colorful campus life of contemporary college students, and it has failed to truly realize the combination of education and entertainment, knowledge and action.

Secondly, the traditional concept of respecting teachers and valuing Tao makes students in a passively accepting role. Under the guidance of the absolute authority of educators, students need to master the knowledge and experience summarized by their predecessors, and use this to arm themselves and adapt to the society. Under the circumstance that traditional concepts are deeply rooted, the current teaching practice still inevitably maintains the absolute authority of educators and suppresses the individuality of college students, which not only hinders the realization of individual values of college students, but also restricts the free and comprehensive development of college students.

Thirdly, the educational evaluation mechanism ignores the people-oriented educational thought. People are not only the object of ideological and political education, but also the ultimate service purpose of education. Ideological and political education should always pay attention to respect, understand and care for people. In education and teaching, we should always start from meeting the educational needs of college students, follow the objective law of their physical and mental development, and focus on the all-round development of college students to realize the social value of people[2].

In the practice of ideological and political education of students in pharmaceutical colleges, the school mainly focuses on the punishment system, and has more detailed punishment rules for students who violate the law, school rules and disciplines. Although at present, many positive and effective reward mechanisms have been formed in colleges and universities in China, such as scholarship evaluation, outstanding student cadres and so on. However, some departments mainly take students' academic performance as the main reference coordinate in the process of practice. If scores are taken as the ordinate and other comprehensive performance is taken as the abscissa, the ordinate obviously exceeds the reasonable weight of students in comprehensive evaluation. The unreasonable reward and punishment system dispels the enthusiasm of college students to a certain extent, which may increase the negative emotions of college students. In many cases, it is not that students are inaccurate in judging their own behavior. From a psychological point of view, this is a behavioral deviation that proves their own existence and cannot be used as a criterion for judging students.

2.2. Negligence of positive character development

The educational idea is the educational value orientation and pursuit formed by the educational subject in the educational practice, educational thinking activities, cultural accumulation and communication. The educational concept has been continuously improved with the needs of students' physical and mental development and the demands of the changing times. However, in view of the actual educational activities of the current ideological and political education of college students, there are still some concepts that have not been updated in time, and a relatively lag and one-sided concept continues to be used. In the process of education, ideological and political educators are accustomed to treating the growing college students with the vision of finding problems and ignoring their positive factors, thus neglecting the original positive qualities and internal virtues of college students. At the same time, the ideological and political education of college students pays more attention to those students with problems, ignoring how to guide those college students in a good environment to become better and explore their positive qualities while correcting problems.

Most pharmaceutical schools take mental health education as a general course, which is often taught in large classes, only once or twice a week, and lack of effective communication with students. As a result, it is difficult to implement mental health education into practice, not to mention the mining of the positive psychology of college students. Although many pharmaceutical colleges and universities now incorporate mental health education into their ideological and political education courses, due to insufficient mutual cooperation, educators have failed to find the convergence point of the combination of the two, ignoring the mining of positive psychology, which greatly reduces the effectiveness of education. The highest level of the five levels of needs theory proposed by American psychologist Maslow is self-realization, which is also the goal that colleges and universities guide students to pursue throughout their life in ideological and political education, but it is unconsciously missing in reality.

2.3. Lack of systematic synergy

From the perspective of the development history of positive psychology and ideological and political education of college students, from the early attention to the teaching relationship between teachers and students in theoretical courses of ideological and political education and the relationship between full-time counselors and students, to the relationship between management and being managed[3]. The time-sensitive research on the ideological and political education of pharmaceutical college students under the framework of the meta-subject theory has not formed a systematic concept.

Pharmaceutical college is the last station for pharmaceutical students to work in the health cause, is the last testing ground and laboratory. The urgent objective needs make the ideological and political educators in pharmaceutical colleges seize the day with a positive attitude, take steady and steady actions to reform ideological and political education, and truly cultivate talents who can fully meet the needs of the new era. The administrators of pharmaceutical colleges are closely combined with ideological and political education teachers, full-time counselors and educational subjects as a whole. The administrators of colleges and universities are responsible for the construction of the institutional system, that is, to serve the ideological and political teachers and full-time counselors, and to serve more educated subjects. Pharmaceutical students should strengthen the internalization and ownership consciousness of ideological and political education, give full play to the reaction force, so as to promote the establishment of ideological and political pattern in pharmaceutical colleges.

The social environment involved in ideological and political education mainly includes school, family and society. In the development of ideological and political education, in addition to the benign operation of these components, they must interact with each other in certain ways to maximize their functions. Although the traditional ideological and political education also

advocates the mutual cooperation of these factors, there are many deficiencies in the exploration of their mutual promotion and benign development. In most cases, they are still in a state of independent division of labor, especially schools are placed at the center and given too much attention; while the role of family and social factors is relatively weakened, which is unscientific and unreasonable. Ideological and political education is closely combined and inseparable with these elements. If any link is missing, the overall system synergy will be affected. Therefore, to explore ways to change the current negative situation, it is necessary to further strengthen and improve the mechanism construction, establish the concept of overall planning, find ways and means to promote their benign development, and carry out effective integration and innovation.

3. Countermeasures to strengthen the ideological and political education of college students from the perspective of positive psychology

3.1. Spread positive power by educators

First, the cultural literacy and positive qualities of an ideological and political educator directly determine his values and code of conduct. While college students grow and develop, educators must constantly develop and improve themselves, constantly update knowledge, and put forward new requirements, so as to adapt to the pace and rhythm of students. In ideological and political education, we should not only pay attention to the persuasive role of instillation education, but also use heuristic teaching methods and pay attention to students' emotional experience. The emotional communication between teachers and students is helpful to further mobilize the enthusiasm of students, so that students can change from passive receiving to active learning. At the same time, ideological and political educators must impart knowledge in accordance with the physical and mental development and cognitive ability of college students, determine the content and form of education suitable for them.

Secondly, ideological and political educators need to not only teach by words and deeds, but also demonstrate by example. The unique personality charm plays a unique role in the process of education. In excellent educators, some of the personality characteristics required by the teaching profession are more concentrated. People with good personalities and qualities, their speech, behavior, cultural quality, and personality quality all play an exemplary role for students, which can give students great inspiration and encouragement, and arouse students' positive emotional experience. Students all have the imitation mentality of "towards the teacher", and the teacher's words and deeds will have a certain influence on the students. Educators with noble charisma will educate and infect students with sincere and rich emotions, making students feel more amiable, thereby enhancing the enthusiasm for self-management and education, and then internalizing this positive energy into conscious actions.

3.2. Cultivate the positive character of the educated

From the self-level analysis, the factors closely related to the development of positive personality are mainly self-esteem and self-efficacy. Cultivating good self-esteem and enhancing self-efficacy is one of the ways to promote positive personality development. Self-esteem is an individual's recognition of one's own abilities, importance, and worth. The formation of good self-esteem is based on self-affirmation and recognition. Individuals should strengthen self-suggestion, self-confidence and courage. In addition, the opinions of others can also affect the attitude of the self, and self-esteem will also increase when you are often praised, appreciated, and valued. Therefore, educators should focus on cultivating students' good self-esteem from a positive and praised perspective. Self-efficacy is a guess and judgment about whether the self has the ability to perform a certain behavior[4]. People with high self-efficacy are calm and willing to meet challenges with high expectations. To improve self-efficacy,

students should strengthen their abilities and exercise their quality, pay attention to their own strengths and potentials with a positive perspective and attitude, and improve their self-confidence.

At the level of external factors, it mainly focuses on enhancing positive emotional experience. The first is to explore and adopt the educational concepts and methods recognized by college students, to be good at discovering the positive power of students, to guide them to use these advantages and potentials to further develop themselves, to stimulate their inner positive orientation, and to promote the development of positive personality. And for the negative power they show, give positive attribution and correct it appropriately, so that rewards and punishments are clearly defined. Second, by enriching the activities of cultivating positive personality, colleges and universities should develop special studies and activities centering on the goal of moral cultivation, such as consciously carrying out publicity and lectures of personality theory; organize and carry out all kinds of practical activities, such as mutual help among students, serve the citizens and other forms, let students know personality, enter personality, experience the role of positive personality, and then develop self-healthy personality.

3.3. Build a positive system

Positive psychology believes that the environment affects human development. Educators should build a positive and effective educational environment to encourage college students to accept the positive factors in the environment.

First of all, it is necessary to establish a positive and good campus cultural environment, and focus on strengthening the formation and promotion of positive personality traits of college students. Educators should vigorously promote the construction of healthy and active class groups, community services and network culture, strive to achieve an all-round, multi-level, and large-coverage campus cultural system, and focus on creating a group of thoughtful, fun, knowledgeable, and service-oriented self-media platform, as the main position for disseminating ideological and political education and promoting the main theme, while training and enhancing the ability and awareness of college students to identify and resist bad information. Schools should pay attention to comprehensive management of campus, publication of campus works and exhibition of campus cultural festivals, so as to provide students with a harmonious campus cultural environment. Secondly, a positive family environment atmosphere is also indispensable. Parents' parenting styles and attitudes play a decisive role in shaping children's characters, and a harmonious and democratic family atmosphere is conducive to children's growth[5]. Finally, foster a good social atmosphere and provide a good social environment guarantee for ideological and political education. The healthy growth of college students deserves the attention of the whole society, especially in the main theme positions such as literature, art, theory, and news, to create a good social public opinion on ideological and political education. The whole society must adhere to lofty morals and strive to create a vibrant social atmosphere. This is the result of an excellent educational environment and the necessity of social progress. It matters to provide richer and more interesting cultural services for college students, so as to enrich and improve the cultural life and cultivation of college students.

At the same time, we should vigorously promote and implement the integration of family and society into the overall environment of ideological and political education in colleges and universities, so as to promote a better connection between the three and enhance the effectiveness of education.

4. Conclusion

The key purpose of ideological and political education in colleges and universities is to educate students, and to improve students' ideological accomplishment. Positive psychology focuses on cultivating people's mind and cultivating people's psychological quality actively, which complement each other. The positive psychology methodology guides the ideological and political education of college students, and further promotes the effective combination of ideological and political education and psychological education, thereby effectively enhancing the effectiveness of education. Whether from the perspective of educators or the system, the quality of college students can be cultivated from a positive level, thereby providing new directions for enhancing the effectiveness of ideological and political education for contemporary college students.

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