

A Study on the Path and Mechanism of Cultivating Psychological Quality of Post-2000 College Students Based on Positive Psychology

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Abstract: In today's rapidly developing and constantly changing era, post-2000 university students are gradually becoming the backbone of social development with their unique personalities and distinct characteristics of the times, facing unprecedented psychological challenges. The cultivation of psychological qualities, as a crucial part of higher education, is crucial for shaping their healthy psychology and enhancing their social adaptability. Post-2000 university students grew up in an era of information explosion, with a complex and diverse psychological world. Factors such as social competition and academic pressure have increased their psychological pressure. Therefore, it is necessary to establish a scientific and systematic mechanism for cultivating psychological qualities, clarify cultivation goals, design targeted educational content, and innovate cultivation methods, such as using online platforms. Building a mechanism for cultivating the psychological qualities of post-2000 university students is a systematic project that requires us to start from multiple aspects and form a joint force of family, university, and society in education. Through these efforts, we hope to cultivate more post-2000 university students with healthy psychology and excellent qualities, and contribute to the prosperity and development of society.

1. Introduction

In today's rapidly developing era, post-2000 university students are gradually becoming the backbone of social development[1]. They carry the hopes and dreams of the new era, but also face unprecedented psychological challenges and pressures. How to build a scientific, systematic, and innovative mechanism for cultivating psychological qualities to promote the comprehensive development and healthy growth of post-2000 university students has become an urgent problem that we need to solve[2].

The cultivation of psychological qualities is an indispensable part of higher education, which is of great significance in shaping the healthy psychology of university students, improving their psychological quality, and enhancing their social adaptability[3]. University students born in the 2000s grew up in an era of information explosion, receiving massive amounts of information and diverse values, which made their psychological world more complex and diverse. The intensification of social competition, the increase of academic pressure, and the complexity of interpersonal relationships also make their psychological pressure constantly increase[4]. We need to have a deep understanding of the psychological characteristics and challenges faced by post-2000 university students in order to carry out more targeted psychological quality cultivation work.

In the construction of the mechanism for cultivating psychological qualities, we need to clarify the cultivation goals, which are to cultivate university students with positive psychological qualities, healthy psychological states, and good social adaptability[5]. We also need to focus on cultivating the scientific and practical nature of the content, and design targeted educational content based on the actual needs and psychological characteristics of university students. The innovation of cultivation methods is also crucial. Traditional mental health education methods often fail to attract the interest of university students, so we need to actively explore new cultivation methods, such as using online platforms to carry out online education, organizing psychological quality expansion activities, etc., to enhance the effectiveness and fun of cultivation[6].

The construction of a mechanism for cultivating psychological qualities is not a task that universities can accomplish unilaterally[7]. It requires the joint participation and cooperation of families, society, and other aspects. Family is an important environment for the growth of university students, and family members should attach importance to building harmonious family relationships, providing warmth and support for university students; Society should also create a good mental health atmosphere and provide necessary psychological assistance and support for university students. Only by forming a trinity of family, university, and society can we more effectively promote the cultivation of psychological qualities among university students.

Building a mechanism for cultivating the psychological qualities of post-2000 university students is a systematic project that requires us to deeply understand the psychological characteristics and challenges faced by university students, clarify cultivation goals, design scientific cultivation content, innovate cultivation methods, and form a joint effort of family, university, and society in educating students. Through these efforts, we hope to cultivate more post-2000 university students with healthy psychology and excellent qualities, and contribute to the prosperity and development of society.

2. The psychological characteristics and challenges faced by post-2000 university students

In the current social context, as the main force of the new era, the psychological characteristics and challenges faced by post-2000 university students are increasingly receiving attention. These university students grew up in an era where material conditions were relatively superior and information was highly developed. Their cognition, emotions, values, and other aspects showed unique characteristics.

The family conditions of post-2000 university students are generally better, which makes them more self-reliant and have a strong sense of self-awareness during their growth process[8]. When facing conflicts of interest, they often tend to prioritize their own interests and lack understanding and tolerance towards others. This selfish and selfish characteristic is particularly prominent in collective life. When conflicts arise with others, they often find it difficult to find reasons from themselves, but instead blame others.

Post-2000 university students also have certain cognitive biases. They are often easily influenced by personal emotions and cannot objectively and rationally understand, analyze, and solve problems. This emotional way of thinking not only affects their learning and life, but also brings considerable troubles to their interpersonal relationships[9].

Post-2000 university students still face many challenges of negative emotions[10]. For example, new students may experience anxiety due to their lack of adaptation to the environment, disharmony in interpersonal relationships, academic difficulties, and high pressure in employment and entrepreneurship during enrollment. Losing interest in their profession or life, and having a high level of self-evaluation may lead to their low mood and depression. Being too confined to the illusory online world and unwilling to engage in interpersonal communication may also make them indifferent and lonely.

The psychological characteristics and challenges faced by post-2000 university students cannot be ignored. They need to learn to adjust their mindset, improve their cognitive abilities, and enhance their emotional management skills during their growth process in order to better cope with various challenges in life. Society and schools should also strengthen their attention and support, provide them with necessary help and guidance, and promote their healthy growth and comprehensive development.

3. Construction of a path for cultivating psychological qualities among university students born after 2000

3.1. Setting goals for cultivating psychological qualities

In today's society, as the youth force of the new era, the cultivation of psychological qualities

among post-2000 university students is crucial. The cultivation of psychological qualities is not only an important part of psychological education, but also a key factor in their healthy growth and comprehensive development. Constructing an effective path for cultivating psychological qualities is of great significance for improving the psychological quality of post-2000 university students and promoting their comprehensive development.

The setting of psychological quality cultivation goals is crucial. We need to cultivate positive psychological qualities among university students, including optimism, confidence, resilience, cooperation, etc. These qualities will help them maintain a positive attitude when facing challenges and difficulties, and better cope with various challenges in life and study.

We should fully leverage the joint efforts of universities, families, and society in educating people. As the main battlefield for cultivating university students, universities should help students establish correct mental health concepts and improve their psychological quality by setting up mental health education courses and conducting mental health activities. As an important environment for individual growth, parents should pay attention to their children's mental health, provide them with warmth and support, and help them establish a healthy psychological state. As a vast stage of individual life, society should also create a good mental health atmosphere and provide necessary psychological assistance and support for university students.

Promoting self construction among university students is also an important part of cultivating psychological qualities. University students should learn self-awareness, self-regulation, and self-development, and continuously improve their psychological qualities through self reflection and self-improvement. At the same time, they should actively participate in various social practice activities, and improve their psychological quality and coping ability through practical exercise.

Building a path for cultivating the psychological qualities of post-2000 university students requires the joint efforts of universities, families, society, and other aspects, as well as the active participation and self construction of university students themselves. Only in this way can we effectively improve the psychological quality of post-2000 university students and promote their comprehensive development.

3.2. Innovation in Cultivation Content Design and Cultivation Methods

Psychological education, as an important component of the "Top Ten Education Systems," plays a crucial role in promoting the shaping of psychological qualities and the cultivation of good moral character among university students. In this process, the design of cultivation content and the innovation of cultivation methods are particularly important.

In the process of psychological education, universities should first deepen their understanding of positive psychological qualities through ideological and political education. This is not only the popularization of psychological knowledge, but also a deep interpretation and guidance of qualities such as positive mentality, healthy emotions, and resilient willpower. At the same time, in mental health education, it is necessary to increase the knowledge transmission and energy supplementation of positive psychological qualities for university students. Through case analysis, psychological testing, role-playing and other forms, help students better understand and apply positive psychological qualities.

The construction of campus culture is also an important part of psychological education. Universities should create a positive, harmonious and harmonious campus cultural atmosphere. By organizing various cultural activities, psychological lectures, psychological salons, etc., students can experience and experience the charm of positive psychological qualities through participation. Such a campus cultural environment can not only help students establish healthy interpersonal relationships, but also enhance their teamwork skills and sense of social responsibility.

Family members also play an indispensable role in psychological education. Family members need to attach importance to building harmonious family relationships and provide students with a warm, supportive, and understanding growth environment. A democratic parenting style can encourage students to express their thoughts and emotions, cultivate their independent thinking ability and confidence, and thus form positive psychological qualities.

The design of cultivation content and innovation of cultivation methods for psychological education is a systematic project that requires the joint efforts of universities, families, society, and other aspects. Only in this way can we better promote the shaping of psychological qualities and the cultivation of good moral character among university students, laying a solid foundation for their comprehensive development. Table 1 clearly demonstrates the importance and implementation path of psychological education in shaping the psychological quality and cultivating good moral character of university students.

Table 1 The Importance and Implementation Path of Psychological Education

Psychological education process	Concrete content	Implementation methods	Educational role
Ideological and political education	Deepen the understanding of positive psychological qualities	Popularize psychological knowledge, interpret positive attitudes, healthy emotions, resilient willpower, and other qualities	Guide students to form correct values and outlook on life
Psychological health education	Imparting knowledge of positive psychological qualities and supplementing psychological energy	Case analysis, psychological testing, role-playing, and other forms	Help students better understand and apply positive psychological qualities
Campus cultural construction	Creating a positive and harmonious cultural atmosphere	Organize cultural activities, psychological lectures, psychological salons, etc	Help students establish healthy interpersonal relationships and enhance teamwork skills
Family education	Building harmonious family relationships and providing a warm environment for growth	Democratic parenting style, encouraging expression and cultivating independent thinking ability	Cultivate students' self-confidence and positive psychological qualities

4. A Study on the Mechanism of Cultivating Psychological Quality among Post-2000 College Students

In today's society, as the new generation of university students, the cultivation of their psychological qualities is particularly important. Building a scientific and effective mechanism for cultivating psychological qualities is of great significance for promoting the comprehensive development of post-2000 university students and enhancing their psychological quality.

The mechanism for cultivating psychological qualities needs to establish clear goal orientation. This includes cultivating positive psychological qualities among university students, such as optimism, confidence, resilience, etc., as well as improving their mental health level and preventing the occurrence of psychological problems. These goals should run through the entire cultivation

process as the starting point and foothold for mechanism construction.

The mechanism for cultivating psychological qualities should focus on the scientificity and practicality of the content. This requires us to cover the basic knowledge of psychology and design targeted educational content based on the actual needs and characteristics of university students in terms of cultivation content. We also need to pay attention to updating and iterating the cultivation content to adapt to the development of the times and the changes in the psychological qualities of university students.

The mechanism for cultivating psychological qualities requires innovative cultivation methods. Traditional mental health education methods are often too simplistic and boring, making it difficult to attract the interest of university students. We should actively explore new cultivation methods, such as using online platforms to carry out online education, organizing psychological quality expansion activities, and conducting mental health lectures, in order to enhance the effectiveness and fun of cultivation.

The mechanism for cultivating psychological qualities should also establish a sound evaluation and feedback mechanism. By regularly evaluating the psychological qualities of university students, we can understand their psychological status and development trends, and adjust cultivation strategies and methods in a timely manner. We also need to pay attention to collecting feedback from university students in order to continuously optimize the cultivation mechanism and improve the effectiveness of cultivation.

The construction of a mechanism for cultivating psychological qualities requires the joint participation and cooperation of universities, families, and society. Universities should play a leading role by providing necessary resources and support; Families should actively participate in the cultivation of children's psychological qualities and create a good family atmosphere; Society should create a good mental health atmosphere and provide necessary psychological assistance and support for university students.

Building a mechanism for cultivating psychological qualities among post-2000 university students is a systematic project that requires us to start from multiple aspects such as goal orientation, content design, method innovation, evaluation and feedback, and multi-party participation, in order to jointly promote the improvement and development of this mechanism. Figure 1 clearly illustrates the key elements, specific content, and measures of the mechanism for cultivating psychological qualities.

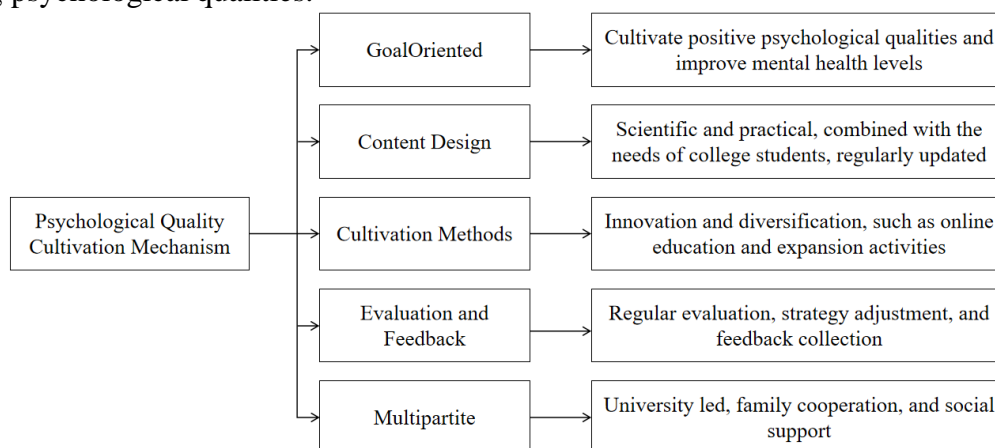


Figure 1 Key elements and specific content measures of the mechanism for cultivating psychological qualities

5. Conclusions

In the current era of rapid development and constant change, post-2000 university students are gradually becoming the backbone of social development with their unique personalities and distinct characteristics of the times. They are also facing unprecedented psychological challenges and pressures. Building a scientific, systematic, and innovative mechanism for cultivating psychological

qualities is urgent and important for promoting the comprehensive development and healthy growth of post-2000 university students.

The psychological world of post-2000 university students is complex and diverse, influenced by the massive amount of information and diverse values in the era of information explosion, as well as multiple factors such as social competition, academic pressure, and interpersonal relationships. This increases their psychological pressure and requires us to have a deep understanding of their psychological characteristics and challenges in order to carry out more targeted psychological quality cultivation work.

In the construction of the mechanism for cultivating psychological qualities, we need to clarify the cultivation goals, pay attention to the scientific and practical nature of the cultivation content, and design educational content based on the actual needs and psychological characteristics of university students. At the same time, innovation in cultivation methods is also crucial. Traditional mental health education methods are no longer able to meet the needs of modern university students. Therefore, we need to actively explore new cultivation methods, such as using online platforms to carry out online education, organizing psychological quality expansion activities, etc., to enhance the effectiveness and fun of cultivation.

The construction of a mechanism for cultivating psychological qualities requires the joint participation and cooperation of families, universities, and society. Family is an important environment for the growth of university students. Parents should attach importance to building harmonious family relationships and provide warmth and support for university students; Universities should help students establish correct mental health concepts by setting up mental health education courses and conducting mental health activities; Society should also create a good mental health atmosphere and provide necessary psychological assistance and support for university students.

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