

The Change and Countermeasure of College Students' Ideological and Political Education from the Perspective of Positive Psychology

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Abstract: Positive psychology is a new research field in psychology, and its research results are applied to the ideological and political education of college students. Faced with the development of the times, through the study of positive psychology, it is necessary to enhance the positive emotional experience of College students, shape their positive personality, and construct a positive ideological and political education environment. Enhancing the effectiveness of ideological and political education is a problem that ideological and political educators must attach importance to and urgently need to solve. In the process of ideological and political education of college students, the positive psychology of college students is guided and shaped, and the positive psychology becomes the dominant psychological state of college students. This is the purpose of ideological and political education. Positive psychology is conducive to promoting the free and all-round development of college students, enhancing the effectiveness of college students' ideological and political education, and promoting the development of a socialist harmonious society, renewing the ideological and political education concept of college students, innovating educational methods, improving the quality of teachers, increasing their positive cognition of ideological and political education, using positive psychology, improving the level of mental health education in colleges and universities, and optimizing the educational environment.

1. Introduction

Positive Psychology is a new research field in American psychology at the end of the twentieth century. It refers to the use of relatively perfect and effective experimental methods and measurement methods in psychology [1]. To exert educational influence on college students purposefully, systematically and systematically, so that they can form practical activities that conform to the ideological and moral character of the socialist core value system [2]. Integrate positive psychology with ideological and political education of College students. Advocating the theory of positive human nature, advocating that psychology should start from the inherent, practical, potential and constructive power, virtue and good end of human beings, and interpret the psychological phenomena of human beings from a positive point of view [3]. Improving the ability of moral practice, especially consciously practicing ability, guides people to yearn for and pursue a life of morality, morality, and morality, and to form an upward and good-spirited force. Positive emotional experiences provide people with resources from thought to behavior. This accumulation of resources from thought to behavior has formed a sustainable personal resource. Mental health education is an indispensable part of ideological and political education. The formation of good ideology and morality is inseparable from the healthy and stable psychological state. To improve the effectiveness of ideological and political education, it is also based on mental health education [4]. At the individual level, positive psychology mainly studies the positive personality characteristics of individuals, and this is also an important basis for the establishment and development of positive psychology. In the process of ideological and political education, educators give new meaning to ideological and political education of college students in the new era background, and introduce the theories and methods of other subject knowledge into the ideological and political education methods of college students, forming the thought of college students under the interdisciplinary basis. Political education method. From the preaching of ideological and political education to the conscious pursuit of the value and meaning of life in the depths of the

students, it is the different effects brought about by positive psychology [5].

There is a close relationship between mental health education and ideological and political education. The contents and requirements of mental health education are included in the ideological and political education of College students [6]. The combination of positive ideas in positive psychology and ideological and political education provides a new direction for how to promote the development of mental health education in college students' ideological and political education [7]. Compared with traditional psychology, we pay more attention to and advocate a more positive rather than negative attitude to attach importance to and treat their inherent positive qualities. Good social environment, family environment and school environment and other social organizational systems work together on people's thoughts and behaviors, affecting people's personality and emotions [8]. In order to maximize and explore their inner potential. By discovering and focusing on the power of the people in distress, systematically shaping the abilities within the individual can effectively prevent the occurrence of mental illness. It has expanded the positive psychological content, namely positive emotional experience, positive personality traits, and active social organization system; it has formed a positive psychological goal [9]. In the ideological and political education of colleges and universities, the moral quality of college students is cultivated, a good virtue is cultivated, a positive and optimistic attitude is formed, and the cultivation of interpersonal harmony and creativity is directly related to the development of society and the future of the country. Emphasize the main position of students in ideological and political education, and regard them as the main body of education with autonomy, initiative and creativity, trust them, enable them to self-manage and self-service [10].

2. New Ideas on Ideological and Political Education of College Students from the Perspective of Positive Psychology

The ideological and political education of college students is a very important subject in the management of College students, a support for teaching work, a basis for the harmonious and stable campus, and a prerequisite for the healthy development of campus culture. Today's college students are under a lot of pressure, such as academic pressure, emotional pressure, communication pressure, family pressure and future pressure. Because there are too many sources of stress, it is difficult to solve them for a while, and they do not know how to alleviate it. Many students suffer from different degrees of mental illness. Educators should first guide college students to establish correct attribution methods, so that college students can learn to correctly resolve the failures and difficulties encountered in life. Introducing positive psychology into the ideological and political education of college students is not only conducive to the professional development of positive psychology, but also effectively promotes the optimization and innovation of Ideological and political education in Colleges and Universities under the new situation. Positive psychological counseling is to let students find positive factors themselves, so that students can introspect, self-knowledge and self-heal from the inside out. Therefore, college students' ideological and political educators should urge college students to pay attention to their own positive forces, pay attention to their existing and potential advantages and virtues, and mobilize the advantages and potentials of students. To enable students to build their own strength, overcome problems and difficulties, and achieve the goal of helping students to help themselves through ideological and political education.

Ideological and political education is embodied in paying attention to and valuing the potential and value of self, in giving full play to the positive personality of self, and in excavating and improving the excellent quality of self in an all-round way. Ideological and political education for college students requires necessary indoctrination and infiltration, and cannot be separated from "self" regulation and control. The consciousness and enthusiasm of college students are the leading factors. To improve the positive rate of college students, so that college students can maintain a good emotional state and form a "psychological homeopathy", that is, a psychological state that accepts and conforms to the trend of external influences. It is required that the ideological and political education of college students should establish the educational concept of cultivating

students' advantages and take cultivating students' positive psychological quality and virtue as the goal of ideological and political education of college students. Teachers should give students psychological and physical care, take students as the main body, and use mutual help and self-help as the mechanism to carry out psychological counseling, enhance students' ability to make friends, practice, organize, and establish correct ideas. It is also necessary to use positive ideological and political ideas to guide them to accept political concepts, ideological ethics and values that conform to social norms, so as to achieve the educational goals of the all-round development of college students. College students' ideological and political education should draw on the achievements of positive psychology, integrate it into the theory of college students' ideological and political education, enrich the ideological and political education theory of college students, and guide the development of ideological and political education for college students.

Positive psychology advocates a positive, open and appreciative view of human potential, motivation and ability, which fully reflects the idea of people-oriented. All the psychological barriers are due to the fact that in different cultures and environmental conditions, the ability to recognize and love can not be differentiated into everyone's current practice. Ideological and political educators should pay attention to arousing students' cognitive ability and love ability in the process of mental health education. The fundamental purpose of Ideological and political education is also to promote the all-round and free development of human beings. This requires colleges and universities to pay attention to humanistic care in Ideological and political education. It is an innovation of Ideological and political education for college students to enhance their positive rate from the perspective of positive psychology and keep them in good mood and positive spiritual outlook. Let students find their own advantages, and teach them to be good at discovering and utilizing these positive forces and qualities, and to accept knowledge autonomously and happily. It is necessary to attach great importance to the educational function of university campus culture, and strive to build a campus culture that reflects the characteristics of socialism, the characteristics of the times and the characteristics of the school, and continuously meets the growing spiritual and cultural needs of college students. Teachers are required to create a healthy and uplifting atmosphere for university campuses. Teachers, counselors, and education administrators should fully mobilize the enthusiasm and subjective initiative of students in the classroom, in their hearts, in class meetings, and in campus activities to create positive and dynamic Campus atmosphere. Humanism, which is based on humanistic care, is an important source and key foundation of positive psychology. Positive psychology emphasizes the improvement of individual values, the cultivation of positive quality of people, and the realization of individual self-education.

3. The Necessity of Innovating Ideological and Political Education Methods for College Students from the Perspective of Positive Psychology

Through the excavation of the positive personality traits of the individual, students can face life through positive forces. In the responsibility education for college students, we should focus on strengthening the sense of responsibility, complete the leap of responsibility from Heteronomy to self-discipline, and make them consciously obey responsibility. In the ideological and political education of College students, we can incorporate some ideas and activities of life education, and carry out various gratitude experience activities through thematic class meetings and volunteer services. The ideological and political education of college students from the perspective of positive psychology should constantly improve their social wisdom and personal wisdom in social practice, and give full play to their skills and interests. In the course of teaching, we should increase the interactive mode so that students can really experience, feel and understand, and find their true selves from the bottom of their hearts. Schools should attach great importance to the construction of campus culture, including the construction of a beautiful and beautiful campus material environment, the improvement of an advanced and rational institutional culture, the formation of a strong and excellent academic atmosphere, and the establishment of a united and harmonious relationship between teachers and students and classmates. Let school education, family education and social education form a joint force to build a positive ideological and political education system.

The concept of positive psychology education should be infiltrated into the classroom and link practice of all disciplines to create a positive campus education environment.

In the process of education, teachers and students are no longer simply the relationship between education and being educated. They are the individuals who grow and develop together. They are both the subjects with potential and advantages. Positive Psychology, as a discipline that pays attention to and cultivates the positive qualities of individuals in practice, refers more to the function of self-initiative of individuals. A good and high sense of self-efficacy is more likely to stimulate the intrinsic motivation of College Students'ideological and moral cultivation, because college students will think that he has the ability to do so, as long as his own efforts will be successful, so it is easy to generate motivation for action. It is also the inevitable requirement of Ideological and political education for college students to give full play to their subjective function. Many college students use extreme ways to solve problems, which can not change the consequences for themselves and others. This is related to their negative cognitive style. Therefore, the ideological and political education of college students should focus on cultivating positive cognitive styles of college students. Teachers should use their hearts to experience satisfaction, happiness and happiness, and enhance their sense of self-efficacy; bring the passion and creativity of seeking knowledge to work, influence and edify students; avoid the negative impact of apathy, burnout and other negative emotions on students. Guide college students to face their shortcomings, accept themselves, believe in themselves, and avoid the adverse effects brought about by various negative situations. It is necessary to respect the independence of students' personality and protect students' self-esteem. Students should be guided to self-cleaning, self-reflection, and self-exploration. It is necessary to look at the problem with a developmental perspective, understand the opposite of contradiction, and allow students to grow up individually.

Active ideological and political education of college students must start with the cognition and psychology of contemporary young college students, give them the content they care about, actively create the corresponding educational environment, and then provide more self-learning opportunities to guide contemporary young college students to find their own needs. In classroom teaching, we should be brave to try multi-interactive and open teaching, combine the characteristics of curriculum and students'reality, take students as the center, selectively organize thematic speeches, classroom discussions, debates, performances and other teaching forms, and create a relaxed, democratic and equal teaching atmosphere. Special activities can also be carried out in special time to enrich students'positive emotional experience. In the activities, we should improve the students'positive qualities and make them develop healthily and comprehensively. We should adhere to unity, stability and positive propaganda, reflecting the advanced models of Ideological and political education in Institutions of higher learning and the advanced deeds of excellent college students. All kinds of websites should firmly grasp the correct orientation, take the initiative to assume social responsibility, and actively develop educational resources. Become active and creative, easier to accept the content of Ideological and political education and internalize in mind, externalize in action, and cultivate good moral character. Enhance students' positive and optimistic emotional experience, cultivate positive qualities such as willpower, self-confidence, interpersonal communication and emotional management ability of college students, stimulate the inner positive orientation of college students, meet the spiritual needs of college students and grow into talents, and promote the goal of ideological and political education. achieve. The ideological and political education of college students not only must shape and cultivate the positive cognitive and psychological strength of college students, but also cultivate the positive behavior habits of college students, in order to realize the ultimate goal of ideological and political education of college students, that is, to shape the good morality and psychological quality of college students.

4. Conclusion

This paper studies the changes and Countermeasures of Ideological and political education of college students from the perspective of positive psychology. The innovation of Ideological and political education methods of college students from the perspective of positive psychology is

actually a correction and adjustment to the traditional ideological and political education, which pays too much attention to students' problems and neglects students' advantages and potential tendency. To guide the ideological and political education of college students with the concept of positive psychology, to promote the integration of Ideological and political education and mental health education, and to help college students tap their potential from a positive level. To improve the ideological awareness and moral quality of contemporary students. Correctly understand the roles and roles of teachers and students in the ideological and political education, and fully understand and respect the subjectivity, creativity and initiative of young college students. "Comprehensive development" is the philosophy that modern education needs to uphold. The essence is that when educators are required to treat every student, they always adhere to a positive, development, and comprehensive vision. Give full play to the overall educational function and create a good social atmosphere. Strengthen the media literacy of college students. Education, paying attention to the correct guidance of college students in a new media environment and a complete educational environment.

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