

# Exploration of enhancing positive mental qualities of college students under the threshold of positive psychology

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**Abstract:** Positive mental resilience plays a crucial role in positive psychology. Actively cultivating the psychological resilience of contemporary college students not only helps promote their physical and mental well-being but also enhances the effectiveness of ideological and political education, which integrates relevant resources and lays a solid foundation for their successful integration into society. In line with the principles of positive psychology, the cultivation of college students' mental resilience requires not only the establishment of comprehensive external support and protection mechanisms but also the continuous enrichment and enhancement of their internal resources.

**Key words:** positive mental qualities; positive psychology; cultivation path

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## 1 Introduction

Higher education institutions are the main cradle for cultivating high-tech and interdisciplinary talents, and they are also an important stage for college students to transition from campus to society. During this period, each college student will face a series of issues, such as improving moral cultivation, tapping into personal potential, enriching professional knowledge reserves, and enhancing personal qualities. Universities bear the noble mission of moral education, and they must consider the cultivation of college students with good moral character as a top priority. Universities should be guided by scientific theories, comprehensively and multi-dimensionally integrate the spirit of the 19th National Congress of the Communist Party of China into the cultivation of positive mental resilience among college students in the new era. The concept of positive psychology provides highly creative guidance for the mental health and ideological and political education in higher education institutions, and only by doing so can the potential and inner drive of college students be maximized and the cultivation of positive psychology be fully promoted.

## 2 The value of cultivating positive mental qualities of college students in the threshold of positive psychology

### 2.1 A positive attitude toward learning

Actively and skillfully engaging with knowledge and using it cleverly play a crucial role in influencing an individual's positive mental resilience. The college years are a golden period of abundant energy and rapid intellectual development for students, as well as the best time to expand their knowledge reserves. Therefore, students should maintain an active pursuit of knowledge, wisely accumulate knowledge, and develop good study habits. Based on their individual circumstances, they

should choose the most suitable learning methods in order to enhance their personal knowledge system and enrich their knowledge content. Additionally, students should continuously improve their ability to internalize the knowledge they have learned, bridge theory with practice, and maintain creative thinking while studying. Only by doing so can they efficiently solve problems encountered in practice, constantly enhance their practical abilities, and lay a solid foundation for future development [1].

## 2.2 A stable and positive state of mind

Emotions are the most direct emotional experiences in our daily lives, representing a state of stability, tranquility, and positivity. According to the principles of positive psychology, cultivating positive emotional experiences in college students becomes an important component of their positive mental resilience. College students need to cultivate keen emotional perception, be adept at recognizing their own and others' emotional changes, and express their emotions in appropriate ways. Additionally, they should possess effective skills to regulate and control their emotions. When facing external difficulties, stress, and setbacks, they should learn to absorb external information, timely dissipate negative emotions, and transform them into positive ones. Only through such efforts can individuals truly feel more positive emotions and maintain a pleasant and optimistic mindset. With long-term persistence, they will attain greater happiness. Such positive emotional experiences will also become an important pillar for the comprehensive development of college students, laying a solid psychological foundation for their future [2].

## **3 The specific path to cultivate positive psychological qualities in college students from the perspective of positive psychology**

### 3.1 Building a sound external support system to cultivate positive psychological qualities in college students

Firstly, creating a relaxed and harmonious campus environment is essential in providing an ideal learning atmosphere for all teachers and students. According to the principles of positive psychology, the cultivation of positive psychological qualities is influenced by various factors, including genetic predisposition, continuous learning, growth environment, and subjective emotions. Therefore, universities should combine the cultivation of positive psychological qualities in college students with a favorable campus environment to exert a positive influence on students. In particular, educational management departments should enhance the construction of campus culture, as a conducive environment can promote the formation of positive psychological qualities in students. Over time, college students will naturally integrate their studies into their lives. Teachers should lead by example and play a demonstrative role in establishing a positive and optimistic model for students, as the saying goes, "respect your teacher and believe in their guidance". Additionally, schools should actively organize and hold a series of distinctive cultural and educational activities, such as professional competitions related to career development, enabling students to accumulate more successful experiences and gradually cultivate qualities of hard work and striving for excellence. Furthermore, students should participate in cultural activities that align with their interests and hobbies to discover and understand themselves better [3]. By considering life as a priority, students can develop a passion for life and work, cultivate good daily habits, and enhance their resilience. In summary, both actively creating an external support system and guiding educational management can promote the cultivation of positive psychological qualities in college students. Secondly, it is important to fully leverage the leading role of classroom teaching and establish a "comprehensive" curriculum system. All schools should consider the classroom as the primary teaching venue and timely set educational courses that cater to the psychological characteristics and developmental needs of college students at different stages. Domestic scholars in positive psychology have also pointed out that the emphasis on cultivating students' psychological qualities will vary during the higher education process. For example, in the first year, it is important to focus on developing innovative ways of thinking; in the second year, leadership skills and awareness of

love should be emphasized; in the third year, teamwork and firm beliefs should be fostered; and in the fourth year, communication skills should be prioritized. Additionally, schools need to provide differentiated adjustments based on the characteristics of each grade to minimize potential psychological issues that students may encounter. Thirdly, it is necessary to integrate morality, knowledge, aesthetics, and labor, and establish a multi-level and collaborative education model. Undoubtedly, both school education and previous life experiences directly influence the cultivation of individual positive psychological qualities. Therefore, universities should effectively integrate various teaching methods to create a synergistic effect [4].

### 3.2 Continuously enriching the psychological inner resources of positive psychological qualities of college students

Cognition is a major factor that influences the emotional and behavioral development of individuals, and thus it needs to be positively and correctly cultivated. According to the perspective of positive psychology, when people are able to have an objective and positive cognition of oneself, others, and the environment, they will gain more positive experiences and handle themselves and their surroundings more effectively. Over time, this will inevitably enhance personal mental health. Specifically, firstly, college students should be encouraged to conduct objective and comprehensive evaluations of themselves, recognize their strengths as well as their weaknesses and shortcomings, and continuously improve those areas to promote their overall development. Secondly, guiding college students to practice empathy, understand and respect others' perspectives, and properly deal with interpersonal relationships. Finally, college students should be guided to approach the real world with a grateful attitude, face the challenges of life with a positive attitude, without clinging to the disappointment of people and things, focus on the future to fully develop their positive energy and potential, thereby enhancing their sense of satisfaction and achievement, and allowing individuals to obtain more positive experiences. At the same time, it is important to continuously cultivate college students' practical abilities, self-planning awareness, and self-control abilities. Every university should guide students to develop their short-term, medium-term, and long-term plans, conduct regular check-ins and adjustments during the execution process to improve their abilities and experience the joy of success, and move towards the next goal. This will help shape a positive and upward mentality in college students and lay a solid foundation for their personal growth [5].

## 4 Conclusion

In general, positive psychological quality is vital to the development of college students. It not only helps them shape a sound personality and improve their mental health, but also contributes to realizing the goal of quality education and creating a harmonious and good teaching environment. Therefore, effective psychological quality education needs to be carried out seriously in all universities in order to cultivate socialist successors who are physically and mentally healthy and comprehensively developed, which is an important mission of the current educational work.

### Conflicts of interest

The author declares no conflicts of interest regarding the publication of this paper.

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