

Research on the Innovation Path of Ideological and Political Education in Colleges from the Perspective of Positive Psychology

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Abstract

Positive psychology is a science to cultivate positive emotions and tap excellent qualities, which is of significance to the innovation of ideological and political education in universities. This paper expounds the concept of positive psychology and analyzes the correspondence between positive psychology and ideological and political education. It explores the innovative path of ideological and political education in colleges from the perspective of positive psychology, so as to improve the effectiveness and pertinence of ideological and political work.

Keywords

Positive Psychology; College; Ideological and Political Education.

1. Introduction

Report to the 20th CPC National Congress proposed: to promote the construction of a healthy China and give priority to the protection of people's health, we need to pay special attention to mental health. Positive psychology is a subject that focuses on people's positive factors and excavates people's positive quality and excellent potential. As the main field of ideological and political education, colleges take moral education as their fundamental task and cultivate people with the party's innovative theory. Innovating ideological and political education in colleges from the perspective of positive psychology is conducive to breaking the shackles of mental health education in colleges, perfecting the ideological and political work system, and improving the affinity and effectiveness of ideological and political work.

2. The Overview of Positive Psychology

Positive psychology originated in 1980s, and was founded by famous contemporary American psychologists Martin E.P. Seligman, Sheldon and Laura King. They believe that "positive psychology is a science devoted to studying the vitality and virtue of ordinary people." Positive psychology is directed at the traditional "negative psychology", devoted to studying people's positive emotions, excellent qualities and internal potential, and paying attention to people's health and harmonious development.

In January, 1998, at the Akumal Conference, positive emotional experience, positive personality traits and positive social organization system were identified as the three pillars of positive psychology research. Positive emotional experience refers to people's subjective happiness and satisfaction. Adequate positive emotions can arouse people's enthusiasm and initiative, which is the core content of positive psychology[1]. The other is positive personality traits, which aims to stimulate people's internal positive potential and inhibit the intermittent outbreak of negative personality through the continuous accumulation of positive emotions. The third is a positive social organization system, which emphasizes the influence of environment on

people's positive emotions. A harmonious social organization system is inseparable from the joint efforts of families, communities and schools.

Positive psychology provides a new idea for ideological and political education in colleges[2]. Strengthening the theoretical guidance of positive psychology is conducive to narrowing the psychological distance between educators and students and improving the appeal and affinity of education.

3. The Correspondence between Positive Psychology and Ideological and Political Education in Colleges

3.1. The Consistency of Educational Objectives

Positive psychology is consistent with the goal of ideological and political education in colleges , both of which are to promote people's all-round development. Positive psychology advocates people to feel positive emotions, stimulate their inner potential, and thus realize individual value. Ideological and political education aims to improve people's ideological and moral quality and cultivate students who are responsible for national rejuvenation. Both of them are based on the all-round development of human beings.

Positive psychology advocates starting from the truth, goodness and beauty of human nature, praising students' bright spots, excavating and stimulating students' promotion points and improving students' initiative. In the positive emotional experience, the interaction between education and self-education is formed, thus creating a harmonious and stable educational environment. In the process of education , teachers can meet the psychological needs of the students, stimulate their subjective initiative and self-innovation, thus completing the fundamental task of educating people by virtue and shouldering the mission of arming teachers and students with Xi Jinping Thought on Socialism with Chinese Characteristics for a New Era. It can be seen that the goals of positive psychology and ideological and political work are caring and educating people, and it is fully feasible to integrate positive psychology into ideological and political education.

3.2. The Commonality of Educational Ideas

Positive psychology and ideological and political education are in common in the concepts of people-oriented and teaching students in accordance with their aptitude. Firstly, both emphasize people-oriented and attach importance to individual needs and values. Positive psychology pays attention to the individual's ability, quality, advantages, etc., and is good at excavating the individual's versatility[3]. Ideological and political education advocates respecting and understanding students and promoting their individualized development. Secondly, they pay attention to following the law of individual physical and mental development and advocate gradual education. Ideological and political education follows the law of maintaining moderate tension between educational requirements and the ideological and moral development of the educated, and the law of the unity of education and self-education, so as to help the educated grow scientifically and reasonably. Positive psychology follows the law of coordinating and controlling various influencing factors to make them work in the same direction, tapping individual potential from multiple angles and promoting individual's all-round development. Finally, they pay attention to teaching students in accordance with their aptitude. Positive psychology is good at discovering everyone's unique personality, thus stimulating the individual's potential. Ideological and political education pays attention to respecting the independence of students, gaining insight into the dynamics of education process, and teaching students in accordance with their aptitude and time.

3.3. The Complementarity of Educational Methods

Positive psychology can broaden the working channels of ideological and political education and enhance the sense of the times of education. It reminds educators to change the traditional teaching mode and methods, strengthen students' dominant position in the class, and stimulate students' learning motivation and interest. The teaching content should focus on being close to reality and students, carry out education in combination with the practical problems encountered by students in study and life. It must answer students' concerns and help them solve the urgent problems[4]. The emphasis of positive psychology on positive emotions also reminds the ideological and political education to take the bright spot of the educated as the key point of education. It should enhance students' self-confidence and self-motivation, make them consciously overcome their shortcomings, and constantly improve their ideological and moral level. In addition, the introduction of positive psychology into ideological and political education is conducive to building an emotional bridge between students and teachers, enhancing the flexibility and consistency of emotion, words and deeds between them, and achieving a "win-win" educational experience.

4. The Innovative Path of Ideological and Political Education in Colleges from the Perspective of Positive Psychology

4.1. Enhance Students' Positive Emotional Experience in Ideological and Political Education

Positive emotional experience can improve college students' initiative, change their attitude towards negative events and face life healthily and optimistically[5]. If students consciously use positive emotions to overcome difficulties, it will have a chain reaction, and when they encounter difficulties next time, they can recall the last good experience to tide over the difficulties.

Therefore, colleges should increase the teaching of positive emotional experience in ideological and political education. Firstly, we should establish a positive evaluation system. Adopt positive evaluation methods such as democratic encouragement, example encouragement, emotional encouragement and reward and punishment encouragement to improve students' learning satisfaction and establish self-confidence. Teachers need encourage students' excellent performance; euphemistically criticize students' bad performance, and maintain a dialectical attitude towards students' change. In the process of teaching, educators should answer questions with a positive and patient attitude, solve students' needs in time, guide students by persuasion, and enhance students' ability to think independently. Secondly, teachers need update the teaching methods according to the times. Most students like to put forward their own opinions on the network platform. Ideological and political education should take the form that students love to see and hear, make good use of multimedia platforms, build a platform for communication with students to enhance students' interest in learning and desire for expression. The use of new media teaching allows students to show themselves in the way they are used to and like. It enhances the positive experience of ideological and political learning, which is conducive to generating optimistic emotions. Thirdly, improve the teaching content according to the students' reality. Ideological and political education should respect students' personality and conform to students' ideological reality. Educators should pay attention to students' inner emotional world and satisfy students' desire for independent development and self-education. Educators should integrate students' daily concerns and urgent problems into the teaching content reasonably to enhance the effectiveness of teaching. What's more, teachers should maintain political firmness and vigilance of teaching content. When improving the teaching content, educators should adhere to the guidance of Marxism and take Xi Jinping

Thought on Socialism with Chinese Characteristics for a New Era as weapons to cultivate students with ideals, courage to take responsibility, hardship and willingness to struggle.

4.2. Carry out Ideological and Political Practice in Positive Psychology.

Ideological and political education actively carries out practical activities, which is conducive to the application of the knowledge to daily activities, deepening the perception of knowledge, and enhancing the ability of improvisation and practice.

The positive psychology urgently needs the auxiliary teaching of a series of activities to make up for the disadvantages of theoretical teaching in ideological and political education in colleges. Firstly, carry out life meaning education activities to help students understand life correctly. Man is a life existence seeking meaning, and it is meaning that determines the existence and development direction of man's life. Teachers need to carry out educational activities on life values, so that students can improve their sense of life value and dignity, actively seek and discover the meaning of life, and realize and create the meaning of life in practical activities. Secondly, carry out happiness education activities to cultivate students' happiness ability. Carry out happiness values activities such as "feeling happiness" and "happiness classroom" to let students know how to pursue happiness, realize happiness and enjoy happiness. Rich and sincere emotions are the foundation of a happy life. In the practice of talking and sharing with others, students experience happy life feelings, feel the truth, goodness and beauty, and become young people with optimistic self-esteem. Educators should encourage students to pursue a personalized life, protect students' unique pursuit of happiness, and encourage students to form the ultimate value of their own lives in the process of knowing and constantly reflecting on themselves. At the same time, educators should guide students to get happiness through reasonable means. Only when students have a peaceful and rational attitude towards the pursuit of happiness can they not lose themselves in the face of material desires and secularism, and can they gain a healthy and pure positive emotional. Thirdly, carry out voluntary service activities to cultivate students' spirit of public welfare dedication. Actively organize students to participate in voluntary practice activities, such as giving love to nursing homes, protecting the environment and other public welfare activities. In the process of helping others, we can get the double satisfaction of personal value and social value, and improve our sense of happiness and responsibility. Students can set up a correct life value goal and evaluate life value correctly in voluntary service. They can help others gain a lasting positive experience with its own skills, which can stimulate them to continuously improve its own ability, and improve their ability to understand and solve problems. At the same time, colleges should carry out more voluntary activities such as recalling bitter experiences and thinking sweet thoughts, and guide students to carry forward the spirit of hard struggle. Let them consciously resist decadent ideas such as money worship, hedonism and individualism, consciously overcome the backward state of coveting comfort, satisfying the status and not making progress, and establish an optimistic spirit of being proactive, hardworking and selfless.

4.3. Construct a Positive Educational Environment for Family, School and Society to Co-educate.

Family, school and society should cooperate with each other to form a joint force of education and jointly promote the positive and healthy development of students. Firstly, we should establish positive family education. Family is the first school where people are born and the cradle of personal growth[6], which has the functions of foundation, permanence and permeability. Parents should care about the all-round growth of their children, advocate democratic and scientific family education, create a harmonious and friendly positive family atmosphere, and be the strong backing for the formation of students' positive psychology. Parents should establish a healthy and optimistic attitude, set an example for their children and impose positive values education. Parents subtly influence their children through their daily

words and deeds, teach their children in a targeted way. They need to communicate with their children on an equal footing, be lenient and moderate, and create a tolerant and healthy family atmosphere for their children. The second is to build a positive campus environment. On the one hand, increase investment and optimize the campus material environment. Green, purify and beautify the campus, build buildings with humanistic feelings, and create a clean, beautiful and comfortable campus environment, so that students can feel the spiritual and cultural heritage of colleges comfortably and stimulate the pursuit of a better life. On the other hand, take effective measures to strengthen the construction of campus spiritual and cultural environment. Strengthen the construction of class spirit and school spirit and strengthen the influence of positive psychology on ideological and political education in colleges. At the same time, colorful second-class activities are carried out. According to students' needs and characteristics, extracurricular activities such as science and technology competitions and sports competitions are widely carried out to stimulate students' creativity, creating a strong positive campus cultural atmosphere. Thirdly, create a positive social atmosphere. Vigorously publicize good social morality and excellent behavior quality, and resolutely criticize immoral behaviors and misconceptions that violate public order. In a good social atmosphere, students' thoughts are edified, their spiritual life is enriched and moral realm is sublimated. At the same time, encourage students to learn from the role models around them and strive to be a new learning benchmark in the new era. Xi Jinping wrote back to Li Peisheng and Hu Xiaochun, the "good man in China", stressing that the most valuable thing of "good man in China" is to create extraordinary achievements in ordinary work. We should actively spread the truth, goodness and beauty, transmit positive energy, drive more people strive to be good citizens of society, good employees of units and good members of families, and dedicate our light and heat to the great rejuvenation of the Chinese nation. Students should actively learn the spirit of model pioneers, so that youth can bloom in the fiery practice of building a socialist modern country in an all-round way.

5. Conclusion

Ideological and political education is a comprehensive education project that needs to integrate related disciplines. Innovating it by learning from the relevant knowledge of positive psychology is conducive to enhancing the effectiveness and pertinence of ideological and political education and making up for the shortcomings. In the perspective of positive psychology, colleges carry out ideological and political education to help college students improve their mental health quality and self-education ability, carry forward socialist core values, and cultivate young people in the new era with all-round development in morality, intelligence, physique, beauty and labor.

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