Journal of Humanities, Arts and Social Science, 2023, 7(2), 444-447
https://www.hillpublisher.com/journals/jhass/
ISSN Online: 2576-0548
ISSN Print: 2576-0556

Expanding the Direction of Psychological Education from the Perspective of the Law of Personality Construction

Siting Yao

No.9 Zhong Third Section, Guanglu, Zhongcun Town, Panyu District, Guangzhou, Guangdong, China.

How to cite this paper: Siting Yao. (2023) Expanding the Direction of Psychological Education from the Perspective of the Law of Personality Construction. *Journal of Humanities, Arts and Social Science*, 7(2), 444-447.
DOI: 10.26855/jhass.2023.02.036

Received: January 30, 2023
Accepted: February 26, 2023
Published: March 30, 2023

***Corresponding author:** Siting Yao, No.9 Zhong Third Section, Guanglu, Zhongcun Town, Panyu District, Guangzhou, Guangdong, China.

Abstract

In the context of the new era, more and more experts and scholars have realized the necessity and importance of mental health education, and have incorporated mental health education into the category of moral education, and built special institutions such as psychological counseling and psychological education. Our government also provides necessary support and help for mental health education in policy formulation. It is very important to conduct personality shaping education for young students, because the youth stage is an important stage for shaping a sound personality and life values, which can affect a person's basic integrity and behavior paradigm. The shaping of personality has a positive impact on the healthy growth of young students. It can strengthen the shaping of young students' personality with a strong ideological, guiding and targeted nature to achieve their healthy growth and development, so that young students have a broader development world. At this stage, although schools in China have made many achievements in the level of mental health education, the problems of traditional mental health education still exist, leading to the phenomenon of college students suffering from mental health diseases, which is difficult to be effectively controlled. However, by introducing positive psychological concepts and optimizing the students' mental health education system, we can better help college students form good psychological quality and reduce the probability of psychological obstacles and mental diseases, which has a distinct meaning and value in promoting the development of school mental health education. Based on this, this article studies the direction of psychological education in the perspective of personality construction law for reference.

Keywords

From the perspective of personality construction law, Psychology, Education direction

1. Introduction

Psychology involves perception, cognition, emotion, thinking, personality, behavior habits, interpersonal relations, social relations and many other contents, while educational psychology is a discipline formed by connecting pedagogy and psychology, which points out the direction for the development of education. In the classroom organization, it is necessary for teachers to understand the development law of educational psychology (Zhang Tiantian, 2020, pp. 23-24), apply the knowledge of pedagogy and psychology scientifically, improve teaching, and ena-

ble students to obtain high-quality education.

2. Analysis of the connotation of positive personality

2.1 Positive connotation

The word "positive", derived from the Latin word "positum", originally meant to mean "practical and constructive" or "potential". In this interpretation, we can see that the word "positive" includes both the external positive and the internal potential positive. The word "positive" in contemporary psychology generally means "positive" or "active". Ren Jun and Ye Haosheng further explained the word "positive" from the perspective of positive psychology, and believed that positive in positive psychology mainly includes the following three connotations: first, positive is a reaction to pathological psychology that focused on psychological problems in the earlier stage; Second, it advocates that psychology should study the positive aspects of human psychology; The third is to emphasize the proper interpretation of psychological problems in a positive way and obtain positive significance from it.

2.2 Elements of positive personality

2.2.1. Subjective well-being

Subjective well-being is one of the important concepts often mentioned in positive psychology. It is not only a personality, but also a kind of experience. It mainly refers to the individual's satisfaction with himself. The individual makes an overall evaluation of his own life status according to the standards set by himself, that is, the individual's affirmation of his own life state is his ideal life state (Zheng Fang, 2018, pp. 134-136). Subjective well-being is an emotional experience of an individual, a self acceptance of the state of life, an internal recognition of the present self, and a degree of satisfaction with the current situation of life through comprehensive judgment. Based on this, subjective well-being is a subjective, overall, general and relatively stable concept.

2.2.2 Optimism

Optimism refers to an individual's positive experience of his environment and his own behavior. Some scholars pointed out that "optimism is the natural nature of human beings". Seligman, the advocate of positive psychology, et al. believed that "optimism is mainly a personality trait formed after tomorrow. Although it has different manifestations in different people, most people can form learned optimism through learning." In the face of difficulties in life, optimism can help people deal with them well. It is an important internal resource to regulate people's mental health and physical health, and helps to strengthen individual self-confidence. How to have the quality of optimism has become one of the indispensable survival skills in today's society. Optimism can be learned and cultivated, or acquired.

3. Problems in the integration of positive psychology into students' mental health education

As far as the current application of positive psychology is concerned, some schools still have the following problems. First of all, the mode of students' mental health education is relatively backward, which fails to meet the students' actual learning needs for mental health education, and the existing education content involves less scope and fields. It is necessary to carry out simple mental health education and solve mental health problems for students, which fails to guide students' psychological quality, literacy, positive quality, etc. in an all-round way. In addition, some schools lack scientific and planning education, and do not guide students' psychology in a timely manner (Hou Qian & Qin Weiwei, 2018, pp. 50-52), which shows that students' mental health education problems need to be remedied on the whole. Positive psychology can improve the original teaching state. Schools should seize the advantages and effects of its ideas and methods of education on students' training and actively carry out mental health education.

4. Expanding the direction of psychological education from the perspective of the law of personality construction

As a young group with a higher cultural level in China, students are full of youth and vitality, but they also shoulder the heavy task entrusted by the new era, which requires them to have an optimistic attitude and healthy personality to face the rapidly changing society, increasingly fierce competition, and pressures from learning, profession, employment, economy and emotion. In order to help students develop healthy personality and optimistic

attitude, the following aspects can be added to students' mental health education.

4.1 Maintain a respectful, sincere, understanding and tolerant attitude in interpersonal relations

Human is a social animal. We all need to live in a certain collective, and we need to get the care and respect of others in this collective. This is what we usually call the sense of belonging. For example, when freshmen just enter the school, they will feel extremely uneasy and at a loss. Until the small collective in the dormitory and the large collective in the class are established, the freshmen will slowly adapt to the new life in the collective. If they do not belong to a collective, the students will lack a sense of security (Wu Shuang, 2018, pp. 137-138). In students' words, they cannot find an organization, and interpersonal communication is a necessary condition for people to belong to a collective. Good interpersonal relationship is very conducive to students' mental health. It can not only help students find organizations as soon as possible, belong to a certain group, and meet their psychological development needs; It can also promote the psychological maturity of students, and students can constantly improve themselves from others' praise and criticism in interpersonal communication; It can also maintain students' mental health. When students encounter various psychological problems, they can talk to their good friends to avoid extreme emotions.

4.2 Strengthen the cultivation of positive personality of teachers and students

Although everyone has a good character, it doesn't mean there is no character problem. The key is to be able to identify and highlight advantages and bring them into play in practice. From the perspective of positive psychology, the work of ideological and political education is not to ignore the shortcomings, but to find the bright spots of students on this basis, enhance their self-confidence, and let students learn to tolerate and live more optimistically. In addition, teachers should strengthen the cultivation of students' personality in ideological and political education, and use their own personality to influence students, so as to promote students to shape good personality.

4.3 Strengthen the young students' subjective consciousness and stimulate the inner power of personality building

When shaping students' personality, teachers should pay attention to the strengthening of young students' subjective consciousness as a driving force. At this stage, young students have abundant energy, rich imagination, strong thirst for knowledge and flamboyant personality, which are the advantages and characteristics of young students. However, this does not mean that these contents can help young students gradually form a good personality. Therefore, we should further strengthen the subject consciousness of young students, gradually improve their rational cognitive level of good personality, let them recognize the importance of good personality shaping from the level of consciousness, and stimulate the internal driving force of self shaping to form a good personality.

4.4 Infiltrate mental health education into the teaching of professional courses

Mental health education should not only be the task of mental health education courses and mental health teachers, but also play an active role in students' mental health education for all courses and teachers of all subjects. For example, some courses are boring, and teachers can guide students to play their own initiative and guide students to complete learning activities in a positive way. This will not only increase the vividness of the course teaching, but also help students gain positive learning experience, thus promoting the formation of their positive personality.

5. Concluding remarks

To sum up, educational psychology embodies the wisdom of relevant researchers. If we can rely on educational psychology to build a perfect classroom organization system, it is easy to ensure the effectiveness of classroom teaching. Therefore, we must not neglect the role of educational psychology in classroom organization. Educational psychology is in a state of development and change. For teachers, they need to actively learn educational psychology, update their knowledge system in time, and master advanced educational psychology knowledge. Students are the objects of teachers. Teachers need to focus on students, use educational psychology reasonably, and do a good job in classroom teaching. In order to ensure the effect of classroom teaching, it is necessary for teachers to take students as the center of the application of educational psychology in classroom organization, use the knowledge of educational psychology to guide students and encourage students to improve and develop themselves.

References

Hou Qian, Qin Weiwei. The construction of harmonious interpersonal relationship in student dormitories from the perspective of personality psychology [J]. Journal of Lanzhou University of Education, 2018, 32(12): 50-52.

Wu Shuang. Research on the Path of Constructing the Positive Personality of Rural Left behind Children from the Perspective of Positive Psychology [J]. Enterprise Technology Development, 2018, 32(Z3): 137-138.

Zhang Ruina. Expansion of School Psychology Education from the Perspective of Personality Construction Law [J]. Asia Pacific Education, 2020, (22): 69-70.

Zhang Tiantian, Chen Xu. Research on the Expansion of Psychological Education Direction in Higher Vocational Colleges from the Perspective of Personality Construction Law [J]. Comparative Research on Cultural Innovation, 2020, 4(13): 23-24.

Zheng Fang. Directional Expansion of School Educational Psychology from the Perspective of Personality Construction Law [J]. Heilongjiang Higher Education Research, 2018, (02): 134-136.