
The Path of Integrating Positive Psychology into Psychological Health Education for College Students

Yifan Lu, Yan Liu*

Wenzhou Medical University Wenzhou 325035, Zhejiang, China

**Author to whom correspondence should be addressed.*

Copyright: © 2025 Author(s). This is an open-access article distributed under the terms of the Creative Commons Attribution License (CC BY 4.0), permitting distribution and reproduction in any medium, provided the original work is cited.

Abstract: Psychological health education is an education that uses psychological methods to cultivate students' good psychological qualities and promote the comprehensive improvement of their overall quality based on the laws of their physiological and psychological development. In the process of talent cultivation and education in universities, teachers can integrate positive psychology into the mental health education of college students, which can fully improve the quality of education, help college students build confidence, alleviate their psychological pressure, and promote the common development of their physical and mental health. This article combines the psychological health characteristics and development needs of college students to analyze the ways in which positive psychology can be integrated into mental health education for college students, providing reference for talent cultivation in the new era.

Keywords: positive psychology; Universities; college student; Psychological Health Education

Introduction

Online publication: November 26, 2025

1. Introduction

Positive psychology is a revolution in the field of psychology and a new milestone in the history of human social development. It is an emerging science that studies traditional psychological research from a positive perspective. Positive psychology emphasizes the exploration of human potential and the stimulation of students' own positive power, which is the key to unleashing students' initiative and improving the effectiveness of curriculum education and teaching. Therefore, in the process of psychological health education for college students, teachers can integrate positive psychology to help students understand their own mental health problems and provide support for the development of their psychological qualities^[1].

2. The problem of psychological health education for college students

In the process of talent cultivation in universities, some universities do not attach importance to preventive management in mental health education, and there is insufficient solution to developmental psychological problems of college students,

and the education methods are not adjusted according to student differences. At the same time, the insufficient participation of families and society in education has led to inadequate implementation of mental health education for college students, seriously affecting the development of students' literacy.

2.1. Psychological health education does not attach importance to preventive management

Under the traditional mode of mental health education for college students, the education model overly focuses on problem orientation and neglects preventive management. There is a lack of targeted mental health education and prevention work for students with normal mental health status, resulting in certain limitations in educational work. At the same time, inadequate prevention of psychological problems can make it difficult for college students to obtain sustainable development support, which affects the stable development of their mental health^[2].

2.2. Insufficient solution to developmental psychological problems among college students

The inadequate resolution of developmental psychological issues among college students is also one of the main problems in current talent education and training. Some teachers do not attach enough importance to the developmental psychological problems of college students, and have not actively carried out targeted educational activities, resulting in the inability to alleviate students' mental health problems. Meanwhile, due to inadequate resolution of developmental psychological issues, the physical and mental state of some college students is deteriorating day by day, which also affects their learning and life, hinders the cultivation and development of students' literacy, and makes it difficult to cultivate high-quality talents that conform to the spirit of the times^[3].

2.3. Not adjusting education methods based on student differences

Different students have varying levels of mental health and acceptance abilities, and therefore require different levels of education, guidance, and support. Therefore, differentiated educational content and methods have become the key to students' mental health education. However, some university teachers do not attach enough importance to differentiated education, and have not adjusted the content, methods, and standards of mental health education according to the actual situation of college students. There is a problem of homogenization in specific educational activities, which leads to unresolved psychological problems for students and affects their normal development. At the same time, due to insufficient differentiated mental health education, some students have insufficient understanding of their own psychological state and problems, which affects their initiative and hinders talent cultivation.

2.4. Insufficient participation of families and society in education

In the process of psychological health education for college students, the participation of family and social forces can fully enhance the educational effect and ensure the development and progress of students' literacy. However, some schools and teachers have outdated educational concepts and have not actively implemented a management model of "home school community" collaborative education, resulting in inadequate utilization of family and social forces, making it difficult to provide support for students' mental health education in multiple aspects, and affecting the development of students' literacy^[4].

In response to the current problems in mental health education for college students, schools and teachers should attach importance to positive psychology, innovate teaching methods, enrich educational content, so that students can build confidence under the influence of positive psychology, gradually solve their own mental health problems, and promote the common development of students' physical and mental health.

3. Ways to integrate positive psychology into mental health education for college students

Combining positive psychology, universities and mental health teachers should attach great importance to preventive education of students' mental health, actively intervene in the developmental psychological problems of college students,

adjust psychological education methods according to students' needs, and promote the participation of families and society in mental health education, so as to steadily improve the effectiveness of education and teaching, and promote the sustainable development of college students' mental health^[5].

3.1. Preventive education that values students' mental health

In response to the needs of college students' mental health development, universities and teachers should establish a normalized management mode, actively implement preventive education on students' mental health, and provide support for the mental health development of all students. Firstly, universities should establish a mental health education system for all students, including sufficient course content, innovative teaching methods, and optimized campus mental health environment, so that students can steadily develop their psychological qualities in the process of learning and living, thereby promoting the sustainable development of students' literacy. Secondly, teachers should establish a sound psychological health education management platform, provide support and assistance to students with sub-health through a psychological problem warning mechanism, so that students can timely understand their own psychological state and steadily improve the effectiveness of education and teaching. Finally, teachers should build a comprehensive mental health education framework based on positive psychology and developmental orientation, allowing both the teaching staff and students to contribute to the construction of a mental health education environment and promote the physical and mental health development of college students.

3.2. Actively intervening in the developmental psychological problems of college students

College psychologists should pay attention to students' developmental psychological problems, increase their intervention in students' mental health issues, help students gradually relieve psychological pressure, and improve the effectiveness of mental health education. Firstly, teachers need to divide mental health education into stages and assign appropriate mental health development tasks for students of different grades and psychological situations. Secondly, teachers should ensure that mental health education is closely related to daily life, using experiential and interactive teaching methods. Through practical activities such as situational simulation and role-playing, students can enhance their experience of participating in mental health education, fully understand their own mental health problems, and promote the upgrading of educational and teaching effectiveness. Finally, teachers should actively implement the cultivation of daily psychological skills, help students transform the mental health knowledge in the curriculum into daily life skills, enable students to better cope with psychological pressure, thereby improving educational effectiveness and avoiding the aggravation of their psychological problems^[6].

3.3. Adjusting psychological education methods based on student needs

On the basis of mental health education, teachers should transform their teaching mode, flexibly adjust the psychological education methods according to the development status and psychological education needs of different students, change students' actual experiences, and ensure the pertinence of mental health education. For example, universities can focus on building intelligent psychological service platforms based on positive psychology, integrating psychological self-assessment tools, micro course resource libraries, online mutual aid communities, and other functional modules to help students independently relieve mental health problems, provide differentiated educational support for students, and promote the sustainable development of students' physical and mental health.

3.4. Promote family and social participation in mental health education

The participation of family and social forces can provide assistance for the upgrading of the level of mental health education in universities. Therefore, universities should actively build a mental health education environment, establish a family school community collaborative mental health education system, provide systematic mental health literacy training for parents, and enable parents to participate in students' physical and mental development. At the same time, schools can

collaborate with communities and businesses to provide students with rich mental health practice activities, helping them develop confidence and mentality in social and interactive activities, thereby steadily improving the effectiveness of mental health education, promoting the play of positive psychology, and contributing to talent cultivation and education.

4. Conclusion

In the current era, some universities do not attach importance to preventive management in mental health education, and there is insufficient solution to developmental psychological problems among college students, and there is no adjustment of education methods based on student differences. At the same time, the insufficient participation of families and society in education has led to inadequate development of students' literacy, seriously hindering their progress. Therefore, universities and mental health teachers should combine positive psychology, attach importance to preventive education of students' mental health, actively intervene in the developmental psychological problems of college students, adjust psychological education methods according to students' needs, and promote the participation of families and society in mental health education, making contributions to the development of students' mental health.

Disclosure statement

The author declares no conflict of interest.

References

- [1] Ma XT, Li D, 2025, Theoretical Logic, Value Implications, and Practical Paths of Psychological Health Education for College Counselors. *Research on College Student Work*, (02): 3-13.
- [2] Hua LS, 2025, Research on Innovative Models of Psychological Health Education for Undergraduate Students in Private Universities from the Perspective of Positive Psychology. *Public Relations World*, (20): 14-16.
- [3] Song Q, 2025, The System Construction of the "Five Education" Psychological Health Education Activity in Colleges and Universities from the Perspective of Positive Psychology. *Modern Vocational Education*, (29): 29-32.
- [4] Sun HP, 2025, Research on the Ideological and Political Construction of Mental Health Education Courses in Open Universities from the Perspective of Positive Psychology. *Journal of Tianjin Open University*, 29(03): 78-82.
- [5] Han XY, Chen WF, 2025, Exploration of Reform Strategies for Psychological Health Education in Higher Education Institutions from the Perspective of Positive Psychology. *Society and Public Welfare*, (16): 264-266.
- [6] Zhang L, Liao JR, 2025, Research on Strategies for Graduate Mental Health Education from the Perspective of Positive Psychology. *Journal of Huainan Vocational and Technical College*, 25(04): 37-40.

Publisher's note

Whoice Publishing remains neutral with regard to jurisdictional claims in published maps and institutional affiliations.