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# Thoughts on Mental Health Education of Vocational College Student in the Era of We-Media from a Positive Psychology Perspective

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**Abstract:** In the era of “we media”, vocational college students are faced with multiple challenges such as information explosion and social pressure. How to effectively deal with these challenges and maintain physical and mental health has become an urgent problem in the field of education. Positive psychology emphasizes on the positive characteristics and strength of individuals, advocates to stimulate the inner potential of individuals to cope with the challenges in life, and provides valuable inspiration and guidance for the mental health education of vocational college students. By paying attention to and cultivating students’ positive emotional experience, exploring and stimulating their positive potential and building a comprehensive positive support system, we can better promote the development of vocational students’ mental health, effectively cope with the challenges brought by the era of “we media”, and train them to become high-quality skilled talents with healthy psychological quality.

**Keywords:** Positive psychology; We-Media era; Vocational college students; Mental health education

Mental health education plays an important role in the education of vocational college students, which can not only promote the all-round development of students, but also help to cultivate high-quality skilled talents. With the rapid development of the Internet and the advent of the era of “we media”, the mental health education of students in vocational colleges faces certain challenges. Studies have shown that vocational students use “we media” more for interpersonal interaction and entertainment, and are generally characterized by poor media literacy, vulnerable to negative cultural trends, social anxiety and impaired self-esteem. At present, there is relatively little research on psychological education in higher vocational colleges in the we-media era. Therefore, it is of great significance and value to explore the development path suitable for psychological education in higher vocational colleges in the We-media era.

Positive psychology, which arose in the United States at the end of the 20th century, is a psychological trend of thought that studies the positive aspects of human strength and virtue. Positive psychology emphasizes the stimulation and cultivation of human positive internal and external forces, and provides a new perspective for the transformation of the passive solution of psychological problems and the active development of positive psychological quality of mental health education model, which has important enlightenment and application value for the construction of mental health education model for vocational college students in the era of we-media.

## 1. The challenge of vocational college students' mental health education in we-media era

The We-media era, with its characteristics of fast information dissemination, strong interaction and diversified content, has a profound impact on the mental health of vocational college students. In this era background, vocational college students mental health education is facing many challenges.

### 1.1 The flood of we-media information makes vocational college students face the problem of information overload

They are exposed to a huge amount of information every day, many of which are false and negative information, which is easy to cause their anxiety, confusion and other psychological problems. Therefore, how to guide vocational students to correctly select and distinguish information has become one of the important tasks of mental health education.<sup>[1]</sup>

### 1.2 The anonymity and virtuality of the we-media platform make it easier for vocational college students to have network dependence and social barriers

They may be overly addicted to the virtual world and ignore interpersonal communication in real life, leading to a decline in social skills and even psychological problems such as loneliness and depression. Therefore, how to help vocational college students establish healthy In-

ternet usage habits and improve their practical social ability is also a problem that mental health education needs to pay attention to.

### **1.3 The values of vocational college students in the we-media era are diversified and personalized**

They are faced with more choices and temptations, and are also more susceptible to external influences and shocks, which will affect their sense of self-identity and value, which is not conducive to the development of personal potential and positive personal characteristics. How to guide them to establish correct values and cultivate their sense of self-identity and social responsibility is also an important aspect of mental health education that cannot be ignored.

## **2. The significance of positive psychology to mental health education of vocational college students**

At the end of the 20th century, American psychologist Martin Seligman first proposed positive psychology, and built a theoretical system of positive psychology under the development and improvement of psychologists such as Christopher Peterson. The theory revolves around three aspects: the subjective level of positive emotional experience (happiness, pleasure, satisfaction, fulfillment); Positive personal traits at the individual level (character strengths, talents, interests, values); Positive social relationships at the group level (family, school, work, social circle, social circle). [2]This paper analyzes the positive power and virtue of people from the aspects of cognition, emotion, ability and environment. The introduction and application of positive psychology is of far-reaching significance in the course of mental health education for vocational college students.

### **2.1 Positive psychology emphasizes the attention to the positive characteristics and potential of individuals, which helps vocational college students better understand themselves and explore their own advantages and strengths**

In the process of learning, students often ignore their own advantages because of various reasons, and pay more attention to their own shortcomings. The application of positive psychology can make students look at themselves from a positive perspective and realize their own value, thus enhancing their self-confidence and self-esteem.

### **2.2 Positive psychology focuses on people's positive emotions and experiences, which is helpful for vocational college students to cultivate an optimistic attitude**

Vocational college students are in the critical stage of life, facing the pressure from many aspects such as study, employment and interpersonal relationship. Positive psychology advocates the cultivation of positive emotions, which enables students to maintain a positive attitude and face life with a more optimistic attitude when facing difficulties and challenges.

### **2.3 Positive psychology focuses on people's positive social support and relationship, which is helpful to the development of prosocial behavior of vocational college students**

While focusing on individual positive emotional experience and positive personality traits, positive psychology also emphasizes the establishment of family, school, society and other social environment systems that are conducive to cultivating and developing people's positive strength and positive quality.[3]In this system or organization, individuals can feel the positive atmosphere, goals and direction, so as to stimulate the motivation for progress and positive behavior.

## **3. The enlightenment of positive psychology on the mental health education of vocational college students in the We-media era**

Positive psychology advocates the use of positive subjective experience, positive personal characteristics and positive social relations to explore the potential building power of individuals and society, hoping to give play to the positive advantages and potential of human beings to achieve prosperity and a better life. It changes the traditional model of mental health education which focuses on solving problems and relieving symptoms, not only provides us with a new perspective, but also brings profound enlightenment for the construction of mental health education model for vocational college students in the era of "we media" in practice.

### **3.1 Pay deep attention to and cultivate the positive emotional experience of vocational college students**

This experience is not only a simple pleasure or pleasure, but also a deep psychological satisfaction and a positive attitude towards life. In the era of "we media", vocational college students are faced with multiple challenges such as information explosion and social pressure. In the process of mental health education, we should strengthen the construction of mental health education curriculum, integrate the concept and method of positive psychology into curriculum teaching, and guide students to establish correct mental health concepts. Organize and carry out diverse activities, such as vivid and interesting mental health lectures, interactive group counseling, creative psychodrama performances, etc., so that students can deeply experience the power of positive emotions in the participation, release psychological pressure, and improve self-efficacy. These activities can not only improve students' mental health level, but also help them better face setbacks and negative emotions in daily life or online life, and actively cope with challenges and pressures.

### 3.2 Deeply explore and stimulate the positive potential of vocational college students

In the era of we-media, vocational college students' mental health education should pay more attention to cultivating students' positive psychological quality, helping them establish correct values and self-cognition, and improving self-adjustment ability and anti-setback ability. Lectures and workshops are held to popularize knowledge of Internet use and reasonably plan time for students, guide them to establish a correct concept of Internet and conduct we-media literacy education, guide students to correctly use we-media platforms, avoid the interference of bad information and negative impact, improve media literacy, and cope with the impact of multicultural trends of thought. By publishing articles on mental health knowledge popularization and making short videos on mental health topics through the we-media platform, we can attract students' attention in a more vivid and intuitive way, improve their psychological literacy, and enhance their sense of identity and value. Vocational college students are in the golden age of life growth, they have unlimited potential and possibilities, only to be explored and stimulated, we should actively guide students to self-exploration, find their own advantages and strengths. By participating in social practice, volunteer service and other activities, students can show their positive potential, and gain a sense of accomplishment and realize their self-worth. So out of the network, put down the mobile phone, get rid of the network addiction avoidance behavior.

### 3.3 Build a comprehensive and multi-level active support system

Build a benign social support system that integrates family, school and society in all aspects, and jointly create a positive, caring and supportive growth environment for students. The positive relationship between individuals and organizations and between individuals can bring students positive subjective experience, entrusting students with love, trust and security, regulating students' behavior, and giving students encouragement. So as to enhance the students' psychological adjustment ability and psychological bearing ability. At the same time, a multi-level and diversified positive growth environment is constructed online and offline. For example, various forms of team building activities are organized offline to encourage students to actively participate in social interactions in real life. Help them improve their communication and interpersonal skills, self-confidence and sense of belonging through teamwork and role playing. The establishment of peer mutual aid stations and network communication mechanism of counselors can effectively enhance the network interpersonal interaction of vocational college students and achieve the purpose of mental health education. Such a support system can not only provide students with necessary psychological assistance, but also stimulate their inner positive power and help them better cope with challenges and difficulties.

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