A Study on the Characteristics of Positive Psychological Quality of Poor College Students and Its Cultivation Strategies

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Abstract: In the current higher education of mental health education, the positive mental health education for students is the core content of mental health education. It is of great significance for college students to cultivate students' positive psychological quality, which is conducive to the healthy psychological state and the normal study and life, and has great significance to the future development of the students. So this paper is aimed at colleges and universities in China at the present stage among poor college students positive psychological characteristics were analyzed, and the method of positive psychology to the students how to take the psychological education and guidance are analyzed and discussed.

Key words: poor college students; positive psychology; characteristics; training strategy

Introduction:

College students are the hope and future of national development, the overall quality of college students and our nation's destiny and future are closely related, so that is the first task of contemporary college education is necessary to improve the overall quality of College students. Positive psychological education is a new subject in recent years. It is mainly about the cultivation and development of people's positive mental consciousness and potential. For the psychological education of college students in modern colleges and universities, you can use this theory to correct guidance of positive psychological quality and training of students, shaping the contemporary college students healthy psychological quality, in addition, can also improve students' health effectively maintain good mental state in the face of the ability to resist pressure to live and work in learning and. The positive mental quality has three characteristics, stability, construction and potential.

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It should be paid more attention to the important value orientation of mental health education in Colleges and universities. In this paper, the characteristics of positive psychological quality are introduced, and the necessity and concrete measures of developing positive psychological quality are analyzed and discussed.

1. **Characteristics of positive mental quality**

   Positive psychological quality refers to different individuals in different growing environment and the growth process, the positive health arising from the interaction between the surrounding environment and under the long-term optimistic emotional feelings and emotional attitude. College Students' positive psychological quality including healthy emotion, perception of things right and strong willpower and positive psychological feelings, and has a good ability, motivation and other psychological health good individual character. The characteristics of positive psychological quality include, stability, construction and potential.

   1.1 stability

   Each individual's psychological qualities are under the influence of family environment and social environment to a certain extent, and the formation of the days and months multiplying slowly. The forming process of the positive psychological quality is its long, which is the characteristic of the positive psychological quality. If it is difficult to be changed, the positive psychological quality has certain stability.

   1.2 constructive

   Positive psychological quality can effectively stimulate human potential ability and creative ability, can make themselves into full play, constantly looking for ways to solve problems and think positive and solve the problem, and then better to work and life. And it is also able to strengthen the awareness of the self, and then continue to improve their personal life, work and growth is of great significance.

   1.3 potential

   Positive psychological quality in every individual's heart, is not a stable and independent psychological characteristics, the potential exists in the individual, because each individual character formation environment is different, its potential and the individual, can only be truly reflected in the outside world under the conditions of guidance and stimulation.

2. **The necessity of positive psychological training for poor students in Colleges and Universities**

   On the contemporary college students, physical health is important, mental health is more important, only have the mental health was able to correctly face the life of study and work, not learn health knowledge, also can not get full use, everything is meaningless. At present, there are some
psychological problems of poor college students in Colleges and universities. It is necessary to strengthen the psychological health education of the poor students.

2.1 to carry on the positive psychology training to the poor students is the inevitable request of social development and progress.

In the college poor students, with the family of their own high expectations and economic burden, work hard to complete their studies in the University, which makes the poor students is much bigger than the general students' psychological pressure, easy irritability, depression, loneliness and anxiety, negative mood, the mood if not timely the troubleshooting and grooming words is very easy to cause the poor students' psychological problems. So the poor students in Colleges and universities to carry out mental health education in the social development needs, can make their health in the face of life and learning, to greet the arrival of the challenges bravely, so that they can have a place to live in a changing society and development.

2.2 to carry out the cultivation of positive psychological quality is the basic requirement of implementing quality education.

With the further deepening of China's reform and opening up, the society is also in constant change and transition stage, so that the poor students when these conditions influence by these negative conditions, there are many social injustice events, give them psychological caused a great burden, with the accumulation of time it is easy to make, they have some psychological problems, so that poor students should be treated more respect and care and give correct guidance. Through mental health education to effectively alleviate poverty students' psychological pressure, to guide the students' positive psychological health of impoverished students and cultivate good psychological quality, so that students can have courage and a positive attitude toward life work and learning. So it is very necessary to carry on the positive mental health education to the impoverished university student in the University.

3. Concrete measures to strengthen the education of mental health of poor college students

3.1 to eliminate the inferiority of the inferiority of the psychological, the positive psychological quality of the poor students to protect

Increase propaganda and the correct guidance of the positive psychological quality of poor students, teachers and students to eliminate the poor students' stereotype". Can teachers and students wearing colored eyes to see the poor students, poor students can not let others hurt by mocking words. The school can use external media publicity, lectures and health education and other courses such as mutual penetration of education, vigorously publicize and promote poor students positive psychological quality, so that poor students can
become a learning model and the action model and provided the other students.
To guide the poor students to establish healthy and positive view of poverty, should not let the economic reason is poor students have restricted psychological burden and action, so that poor students have a correct understanding of the causes of poverty, the poverty of the family is not its own, poverty is not a shame, poverty is only temporary, should face the poor bold, poor environment to create the excellent quality of the talents, to make them believe that through their own efforts and hard work will change their poor situation, the future life is full of bright and beautiful. Through the organization of community activities and "Reading Festival", encourage poor students to read good books, read more, experience a variety of good feelings and great ideas from the book, keep in good health state of mind to face the poor life and learning.

3.2 to strengthen the cultivation of the poor students' positive psychological quality
Students have the positive qualities which include: leadership, humor and wit, interpersonal relationships, innovative ability and other good quality, these qualities in poor college students are relatively weak aspects. In a comprehensive way to enhance the mental health education, the quality of the other students and poor students also need to further strengthen. The school can carry out some rich social activities or volunteer volunteer service activities, strengthen the poor students' social sense of participation and improve the students' ability to deal with problems and challenges, through the practice of let it grow slowly, reflected in the support of his value, through some things not worth mentioning around to make it come to poverty the eyes of students meaningful, encourage students to participate in collective activities, feeling the warmth of the collective and collective strength and sense of belonging in the community activities. Enhance the cultivation of students' positive psychological quality is poor weakness, poor students to guide the establishment of positive and optimistic life attitude.

3.3 the enhancement of the positive psychological quality of the poor students by the hierarchical classification
First of all, psychological investigation work on the first grade newly enrolled students, timely grasp and understand the students' psychology, do freshman adapt to education, the creation of mental health education class, encourage poor students to keep the new school play a positive psychological quality; secondly, to analyze the different gender in Chinese, in the traditional culture of men and women, social opportunity inequality and other sensitive psychological factors, female students are likely to poverty in its growth process is more tortuous and difficult than male poverty than male, poor students experience of life and good care less, so the school can be a
psychological health the establishment of education to cultivate healthy mental quality, through books or video works to correctly guide the female poor students can really open your heart, Let them see more positive energy in the society, the positive face of life and adapt to the needs of the development of modern society. Finally, the students elected to the students will be beneficial to improve the quality of students in all aspects of the. Therefore, students should be encouraged to participate in the activities of the organization, in their own position to exercise their ability to deal with problems. And among the student cadres, for outstanding performance, outstanding work ability of the student cadres, giving incentives to set an example. Really play a role model of student cadres.

3.4 the opening of psychological courses and psychological lectures first, colleges and universities should actively offer a compulsory course of mental health education, and strive to penetrate the psychological health education in the teaching of various subjects. Psychological health in Colleges and Universities The ultimate goal of the compulsory education is to let all the students in the school study, Apply healthy psychological knowledge and correct understanding of yourself and society, and enhance the, Their ability to adapt and self-development, to further eliminate the psychological discomfort, improve their psychological quality, to achieve all-round development, so that the rural poor college students are also in the common study of education.

Secondly, according to the characteristics of the psychological development of the rural poor students, the school education department Self care health standards and actively carry out some targeted psychological lectures. For example: Shaoxing, college students psychological conflict and psychological adjustment; personality traits and personality test; emotion recognition and self adjustment; environment coordination and interpersonal relationship and so on a series of topics, and the focus is placed on a sound personality and emotion regulation Education Personality and quality concept, efforts to help the poor to update the health concept,
To help them understand the importance of mental health education, a comprehensive understanding of sound personality and emotional well-being is an important indicator of a person's mental health, help the rural poor students a correct understanding of the current difficulties and solutions, to cultivate their healthy personality, enhance their collective consciousness and participation, improve the ability to regulate their emotions, and to help them learn self-reliance and the unremitting self-improvement.
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