

# A Study on the Happiness Promotion of Contemporary College Students

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**Abstract:** The sense of happiness, put forward by western psychology, refers to a subjective experience that people are satisfied with their own state. At present, because of the higher requirement of the talents, schools at all levels focus on the all-round development of students' physical and mental health. Improving college students' sense of happiness will promote their mental health and lay a good foundation for their future employment and life. From the perspective of positive psychology, this paper discusses the strategies of how to improve college students' happiness.

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## 1. Introduction

Positive psychologists believe that the higher a person's mental health level has, the stronger his/her ability to handle and perceive things and the deeper his/her happiness will be. College students, as future successors of motherland, have difficulties in enhancing happiness due to employment, work, school, life and other factors. University leaders and teachers should pay attention to these factors and actively and correctly guide students, in order to promote students' happiness.

## 2. The Specific Performance of College Students' Lack of Happiness at Present

### (1) Improper handling of interpersonal relationships

At present, many college students are the only child in their family. Their parents and old people love them very much so that many of them are still self-centered in school. Many students cannot properly handle the relationship with schoolmates and teachers since they hope that others could pay more attention to their inner feelings. However, they are unwilling to respect others, which will eventually affect their interpersonal communication skills. When they face difficulties, they will be depressed

and have the tendency of self-denial, which in turn will affect happiness, and some serious mental diseases will occur<sup>[1]</sup>.

### (2) Poor performance under pressure

College students are mainly the only child in their family, so their living conditions are very superior. Generally, parents will plan for their children in advance, and when they encounter setbacks, they take parents as shield. However, when they encounter some setbacks on campus, some students will give up on themselves and be narrow-minded, which will affect the promotion of happiness.

### (3) Unclear life planning

After graduation, college students will enter the society and participate in work. Therefore, they should formulate career planning in school. However, many college students are shiftless and muddle along in the university. Some students have no target because of the influence of their studies, and when their needs cannot be met, they cannot form happiness.

### (4) Higher study pressure led by severe employment situation

With more and more students taking part in the college entrance examination, the base of college students

has also begun to rise. After graduation, students will face more fierce competition in working, and many students can even feel the competition during their school years. Every year, there are many students who can't find jobs after graduation, and some college students will be anxious and self-contemptuous. As time goes by, their sense of happiness will gradually decrease.

### 3. From the Perspective of Positive Psychology, the Factors Affecting the Improvement of College Students' Happiness

#### (1) Whether they form good values

In order to become the talents needed by the society, college students should form correct outlook on the world, life and values, so that they can get enough happiness. Therefore, college students should pay attention to the promotion of self-worth in school, participate in various activities, and improve their various abilities. With the growth of age, the accumulation of experience, the increase of self-confidence, they can get in touch with happiness facing all the problems in life during studying and working.

#### (2) Whether they have strong emotional control ability

Happiness is the external manifestation of a person's emotion. If you want to be happy, you must have a good emotional state at first<sup>[2]</sup>. Emotional experience from the perspective of positive psychology refers to be optimistic, cheerful and positive. Therefore, college students should set up a goal, make continuous efforts towards this goal, improve the ability to resist setbacks, and constantly inject motivation into themselves. No matter what difficulty they encounter, they take it head on, so that they are more likely to get happiness.

#### (3) Whether they have a healthy body

Healthy body is the necessity for studying and living. The establishment of happiness is based on good living and behavior habits. Therefore, in daily life and study, college students should pay attention to their words and deeds, improve both mental and physical health, and implement the National Fitness programme, and improve their inner happiness while exercising.

#### (4) Whether they have good communication skills

Everyone needs good interpersonal relationships to gain a foothold in the society. Through interpersonal communication, we can gain respect and recognition, and at the same time meet our inner needs. The sense of security, belonging and happiness will follow. To this end, college students should emphasize the establishment of good re-

lations with family, friends, teachers. They should satisfy their emotional needs while meet others' communicative needs, so that they and others can gain the ability to perceive happiness<sup>[3]</sup>.

### 4. Specific Strategies for Improving College Students' Happiness from the Perspective of Positive Psychology

#### (1) Offering happiness education courses related to positive psychology

To achieve a certain teaching goal, colleges and universities should carry out corresponding courses. To promote college students' mental health education and political identity, students need to acquire it through theoretical knowledge and practice. Teachers should make students understand what happiness is and how to acquire it through cases and scientific methods. From the perspective of positive psychology, only when an individual cultivates good psychological quality and healthy physical condition, he/she can get enough happiness. Therefore, colleges and universities should introduce happiness education courses related to positive psychology through teaching materials, teaching methods and curriculum system, so as to not only cultivate students' good virtues, but also teach students how to acquire happiness, thus improving their ability to acquire happiness. Colleges and universities should also combine the characteristics of running schools and the direction of personnel training, formulate relevant education systems, find out the mental health problems of college students in time and solve them, and adopt positive intervention methods to effectively improve students' happiness.

#### (2) Through the positive emotional counseling system to cultivate students' sense of happiness

Mental health is as important as physical health. Colleges and universities should attach importance to the development of students' mental health. At present, students' psychology is extremely fragile, which is in the process of development and improvement. Any factors from outside world may stimulate students' mental health, resulting in emotional fluctuations<sup>[4]</sup>. At this time, a good emotional counseling mechanism is very important. An emotional dredging group could be set up by professional psychological teachers to carry out psychological health education courses to students regularly. Teachers should encourage students from the perspective of students, help solve their psychological problems and promote their happiness. Teachers should also educate students that when problems arise, they should control their emotions

properly, and tell students to regulate themselves and get help from others and face all difficulties in life actively and bravely, in order to promote the all-round development of students' physical and mental health.

(3) Through cultural activities to build a happy atmosphere of life

Campus cultural activities are an indispensable part of students' life in university. To some extent, campus cultural activities are the second classroom to cultivate students' good character. Therefore, colleges and universities should set up scientific and healthy cultural activities for students by introducing hardware facilities and improving software equipment for related activities, and encourage students to actively participate in them and gain a sense of accomplishment from them. Via cultural activities, students can improve their interpersonal skills, communication skills, cooperation and mutual assistance, etc. It can be seen that a good campus cultural activity system can help students form correct values and humanistic feelings in the world, enable students to view the issues from different aspects, cultivate their ability to think independently, broaden their horizons, and inject enthusiasm into their future work and life, so as to obtain enough happiness.

(4) Cultivating and improving the independent personality of college students

Everyone is an independent individual. Due to the differences in family background and social experience, the differences in study and life are also different<sup>[5]</sup>. With the principle of teaching students in accordance with their aptitude, teachers should adopt targeted educational methods for each student, respect students and cultivate their independent personality. Whether in class or in activities, teachers should stimulate students' potential and cultivate students' good qualities such as optimism, patience, diligence and honesty. Independent personality is an important prerequisite for students to form self-confidence, and it is also the first step to enhance self-satisfaction, self-awareness and happiness. In view of the lack of self-confidence of many college students, schools can make students realize the importance of independent personality through environmental construction and inviting experts to give lectures. Of course, in study and practice, teachers should also find a breakthrough point to educate them, so that they can realize the importance of independent personality and gain a sense of accomplishment through various channels.

(5) Cultivating college students' ability to live independently

Necessary independent living ability is also an im-

portant way to promote college students' happiness. The process of enjoying life and feeling life is the process of cultivating happiness. Colleges and universities should help students develop the concept of healthy life through diet, routine, nutrition matching, balanced diet and good health. In addition, college students should have a clear understanding of themselves. First of all, they should establish development goals that are in line with their own abilities, have a correct assessment of their abilities, and do not set difficult goals. Otherwise they will give up themselves because they can not achieve the goals. It is also necessary to develop the good habit of physical exercise to face challenges. College students should learn to be grateful, be tolerant, and cultivate the good qualities of being strict with oneself, being lenient with others, loving the motherland, the society and the family, so as to help them build the good interpersonal relationships<sup>[6]</sup>. College students should also cherish the present, realize that a happy life is not come easily. They should independently accomplish what they can do in life, and be good students abide by school rules and disciplines.

(6) Helping students make scientific and reasonable career planning and life development directions

College students should make a good career planning from the first day of school, and strive for it in the following study and life. However, in the early stage of study, many students lack knowledge and understanding of career planning. Therefore, college teachers should help students design in accordance with their self-expectations, and then cultivate their good study habits and learning attitudes. Do not aim too high. Students should set goals according to their professional interests, hobbies, specialties, work abilities, life needs, etc. At the same time, setting up a clear life ideal for themselves. In the later study, they should constantly adjust the direction with their efforts to make themselves closer to the goals<sup>[7]</sup>. Of course, in this process, if students encounter psychological problems or study and work problems, teachers should provide necessary help, explaining cases to students in class, and giving one-on-one guidance, to clear students' learning goals, and help students achieve their ideals.

(7) Exercising and developing a healthy state of mind and body

After General Secretary Xi Jinping put forward the thought of National Fitness programme, people from all walks of life began to join the ranks. College students should also focus on the importance of exercise. In addition, college students should also pay attention to their

mental health. Whether they can handle things calmly; when their emotions are difficult to control, whether they adopt reasonable solutions; and whether they establish good interpersonal relationships with others? Colleges and universities should also set up mental health counseling rooms to facilitate psychological counseling for college students. Traditional psychology focuses on college students' personality weaknesses, while positive psychology pays more attention to each student's happiness, good moral character and independent ability. In short, positive psychology is to stimulate people's potential, so that everyone is willing to form a healthy personality, so as to obtain happiness. As a result, students should study the related knowledge of psychological and physical health, enrich their study and life forms, and build a growing sense of happiness.

(8) Showing personal charm and expanding access to happiness

Happiness comes not only from one's own demand, but also from others' initiative<sup>[8]</sup>. In order to make more people pay attention to themselves, college students should create more opportunities for self-expression, show their personal charm to schoolmates and teachers, and enrich the ways of acquiring happiness by participating in school cultural activities and building various display platforms. College students' life and learning forms are rich and colorful, with various learning competitions, community activities, public welfare activities, etc. When encountering similar activities, every student should actively participate in, show their unique charm in front of teachers and students, and form their own exclusive famous brand, so that more and more teachers and schoolmates pay attention to them. In addition, in career planning, we should show our abilities to enterprises, and improve our self-worth through others' recognition, so as to gain happiness.

## 5. Conclusions

To sum up, college students should have a correct understanding of themselves, improve their knowledge, ability and cultural accomplishment, accumulate experience in study and life at college, be positive and optimistic, keep healthy and upward living state, properly control their emotions. Combining various mental health activities and social practice, they can improve the humanistic accomplishment and be qualified successors of motherland.

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