

Original Paper

The Popularization and Promotion Strategy of Horticultural Therapy in College Students's Life Education

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Abstract

Horticultural therapy is a nature-oriented therapy that has great application value and practical significance in the life education of college students. This article first explains the significance of horticultural activities in life education from the perspective of physical and mental health, observation and thinking ability, and social interaction ability. Then, it explores the ways to popularize and promote the application of horticultural activities in the life education of college students through the establishment of relevant courses and horticultural societies, strengthening teacher training, carrying out practical activities, and strengthening publicity. These measures will help improve the physical and mental health level of college students, cultivate their observation and thinking ability, enhance their social interaction ability, and also contribute to improving the quality of college students' life education.

Keywords

Horticultural Therapy, Life Education, College Students

1. Introduction

Life education is a broad field that encompasses human life, survival, and existence, focusing on the interaction between individuals and their natural, social, and self-environments, with the goal of helping people better understand the nature and value of life, enhancing their awareness of life, and strengthening their sense of purpose in life. In today's society, with the increasing focus on people's physical and mental health and quality of life, the importance of life education is becoming more prominent.

As the future pillars of society, the life views, values, and physical and mental health of college students have a significant impact on individuals and society. The implementation of life education among college students not only helps to improve their life awareness and sense of meaning, but also enables them to better face the challenges of life. Through education, college students can better understand themselves, grasp the value and meaning of life, and thus face the difficulties and challenges of life more actively (Li, 2011).

Through horticultural therapy, college students can establish a personal bond with nature and appreciate the intrinsic beauty and significance of life through the observation of plant growth. This practice enhances students' perception of life and fosters their compassion and gratitude. Furthermore, horticultural therapy cultivates an individual's observation skills, patience, dexterity, and teamwork ability. Improving these qualities is not only beneficial to their personal growth and development, but also helps them play a positive role in the future society (Li, 2021).

In summary, life education focuses on educating individuals about human life, survival, and the relationship between oneself, society, and nature. By implementing life education programs in colleges, students can enhance their life awareness and gain a deeper sense of meaning, better equipping them to tackle life's challenges. As a natural therapeutic approach, horticultural therapy provides a new method and perspective for advancing life education among college students. Horticultural therapy can enhance college students' understanding of life, cultivate a sense of responsibility and patience, and improve their mental health and social adaptability. This form of therapy contributes positively to the all-around development of students, ultimately boosting their overall quality of life.

2. Application Value of Horticultural Therapy in College Students' Life Education

1. Horticultural therapy promotes physical and mental health. By participating in horticultural activities, college students can effectively relieve psychological stress, improve emotional stability, and enhance self-confidence and self-esteem. Horticultural therapy also emphasizes the importance of exposure to natural environments, enabling college students to improve their physical condition, enhance physical fitness, and improve immunity through interaction with the natural environment. In addition, horticultural therapy focuses on improving aesthetic ability and enhancing cognition and appreciation of natural environments through planting and flower arrangements. All of these contribute to promoting the physical and mental health of college students, enhancing their quality of life and sense of happiness.

Horticultural therapy is a natural, safe, and effective treatment that combines the theory and practice of horticulture and psychology. Through horticultural therapy, college students can relax body and mind in a relaxed and enjoyable atmosphere, improving self-awareness and a sense of self-worth. At the same time, horticultural therapy can help college students establish positive life attitudes and emotional management skills to better cope with the challenges and pressures of life (Lu, Liu, Xu, & Xu, 2023; Oh, Lee, An, & Park, 2020; Ascencio, 2020). Consequently, it is essential to promote horticultural

therapy at universities to offer more mental health services for college students.

2. Horticultural therapy improves observation and thinking skills. Through participation in horticultural activities, college students can focus on the process of plant growth and cultivate their observation and thinking skills by observing and recording plant growth changes. Horticultural therapy also emphasizes practical ability and creativity in college students, enhancing their practical skills and innovative thinking through activities such as planting and flower arrangements. These help college students achieve better academic and personal growth outcomes. Horticultural therapy is a natural, safe, and effective treatment that combines the theory and practice of horticulture and psychology. Through horticultural therapy, college students can relax body and mind in a relaxed and enjoyable atmosphere, improving self-awareness and a sense of self-worth. At the same time, horticultural therapy can help college students establish positive life attitudes and emotional management skills to better cope with the challenges and pressures of life (Li, Zhai, & Liu, 2022; Hagai, 2023; Hogg & Terry, 2000). Therefore, promoting horticultural therapy in universities can provide additional mental health services for college students.

3. Horticultural therapy enhances social interaction skills. In horticultural activities, teamwork is often required, which helps to cultivate college students' communication skills and teamwork spirit. By participating in horticultural projects together, college students can establish good cooperation relationships with their peers, enhancing mutual trust and respect. At the same time, in interacting with the natural environment, college students can pay more attention to environmental protection and ecological balance, improving their environmental awareness and ecological values. These help college students better adapt to society in future life and career development, achieving the dual promotion of personal value and social value (Lin, 2016; Chu, 2022). Therefore, universities should be encouraged to conduct horticultural activities, which can offer college students the chance to improve their social interaction skills through various opportunities and platforms.

3. Popularization and Promotion Strategies of Horticultural Therapy in College Students' Life Education

1. Establish relevant courses: By offering elective or required courses on horticultural activities, college students can be introduced to the principles and methods of horticultural activities and acquire relevant knowledge and skills. Additionally, horticultural activities can be integrated with other disciplines such as psychology, education, and art to expand students' knowledge horizons.

2. Establish horticultural societies: Establishing horticultural societies can attract college students who are interested in horticultural activities. Through society activities, various forms of horticultural activities such as flower therapy and plant cultivation can be organized to promote the physical and mental health development of college students. Additionally, societies can also expand the influence of horticultural activities by conducting inter-school exchanges and participating in various competitions.

3. Strengthening Teacher Training: Universities should enhance the training of teachers to improve their understanding and implementation ability of horticultural activities. Through teacher training, a team of competent teachers who are able to teach horticultural activities can be cultivated to provide quality educational resources for college students. In addition, experienced horticulturists can be invited to give lectures or workshops for college students, sharing practical experience and skills.

4. Conduct practical activities: Universities should organize college students to participate in various forms of practical horticultural activities such as plant cultivation, flower exhibitions, and environmental protection activities. Through practical activities, college students can more deeply understand the applied value and practical significance of horticultural activities. In addition, college students can be encouraged to participate in community services or rural teaching support activities, bringing horticultural activities into communities and rural areas, bringing physical and mental health and a sense of happiness to more people.

5. Strengthen promotion and advocacy: Universities can promote the importance and advantages of horticultural activities in college students' life education through multiple channels. For example, horticultural activity knowledge can be popularized to college students through campus broadcasts, poster advertisements, lectures, etc.; the university's website, social media platforms, etc., can be used to strengthen promotion; cooperation with related institutions can be conducted to promote activities. In addition, horticultural activity weeks, exhibitions, or competitions can be held to attract more student participation (Xu & Deng, 2021; Wang, 2023).

4. Conclusion

Horticultural therapy has extensive applications and practical significance in college students' life education. It combines plant growth with human physical and mental health to help college students understand, cherish, respect, and love life, enhancing the quality and value of life. To popularize and promote the application of horticultural activities in life education, the following measures can be taken: offering relevant courses such as horticulture, floriculture, and pomology; establishing horticultural societies to organize various horticultural activities; strengthening teacher training; conducting practical activities such as plant cultivation, flower exhibitions, and horticultural design; and enhancing promotion and advocacy. These measures can help improve college students' life awareness, enhance a sense of life's meaning, promote physical and mental health, and have important significance and value.

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