

Original Paper

The Exploration of the Classroom Ideological and Political Mode Based on Positive Psychology

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Abstract

With the deepening of education reform, classroom thinking and politics has become an important part of higher education. This paper aims to explore the classroom ideological and political model based on positive psychology, in order to improve the effectiveness and attractiveness of ideological and political education. Positive psychology emphasizes the advantages and potential of people, and focuses on the cultivation of positive emotions and positive behaviors, which coincides with the goal of classroom ideological and political thinking. By introducing the concept and method of positive psychology, the teaching content and form of classroom ideological and political education can be innovated to stimulate students' interest and initiative in learning, and then improve the quality and effect of ideological and political education. This paper will elaborate from theory and practice, to provide new ideas and methods for ideological and political education in colleges and universities.

Keywords

positive psychology, ideological and political education model

1. Introduction

In 2016, General Secretary pointed out at the National Conference on Ideological and Political Work in Colleges and Universities that to do ideological and political work well in colleges and universities should be practical, progressive and new according to the situation. We should follow the law of ideological and political work, the law of teaching and educating people, and the law of students' growth, and constantly improve our working ability and level. In the new era, the traditional ideological and political education has been the traditional ideological and political education mode can not adapt to the cultivation of moral sentiment of higher vocational college students, how to build a new education mode has become an urgent problem to be solved in the ideological and political education field of colleges and universities. In 2011, the Ministry of Education of "Basic Requirements for

Mental Health Education Curriculum Teaching for Students in Regular Institutions of Higher Education" took "College students' life education and psychological crisis response" as an important content of mental health education. In 2023, the Special Action Plan for Comprehensively Strengthening and Improving Students' Mental Health in the New Era (2023-2025) also clearly proposed to "cultivate students' psychological qualities of loving life, cherishing life, self-esteem and self-confidence, rational and peaceful, optimistic and optimistic". It can be seen that the country has always attached great importance to the life education of college students, which also provides policy guarantee for universities to carry out life education in universities. As an important theory in psychology, positive psychology believes that the study of positive psychological characteristics is more meaningful and valuable than psychological illness, and advocates that psychology will focus on the research from mental illness to human positive psychological quality.

2. Overview of Positive Psychology Theory

As a discipline with just over 20 years of development, positive psychology has established a relatively complete theoretical system. It was first proposed by the American psychologist Martin Seligman and emerged in the late 1990s, rapidly growing into one of the important research fields in contemporary psychology. Significant achievements have been made in the study of individuals' positive qualities. Positive psychology has not diverged from traditional psychology; it still employs the mature experimental and measurement methods of psychology. However, its research focus has shifted to the positive factors within individuals, breaking away from the traditional psychology model that has focused on "failure, problems, and disorders" for over a century. Instead, it emphasizes uncovering individual potential and enhancing well-being. When addressing various psychological issues, positive psychology starts from the constructive, positive forces, virtues, and strengths that individuals inherently possess or have the potential to develop. It adopts a positive attitude in researching and interpreting psychological phenomena and problems, aiming to uncover and activate the positive qualities and strengths within individuals, thereby providing them with the motivation to move forward. At the same time, it seeks to cultivate, develop, and utilize these positive qualities to help those facing difficulties overcome their challenges, inspire ordinary individuals and those with talent to continuously explore their potential, and enable them to achieve a fulfilling life and contribute to social harmony. In summary, the main research areas of positive psychology include: positive emotional experiences such as happiness, joy, and satisfaction; positive personality traits such as love and wisdom; and positive social environments characterized by responsibility and care. This positive perspective offers new insights for ideological and political education, presenting a positive educational approach. Specifically, the process of ideological and political education can stimulate students' latent energy and virtues, enabling them to achieve more comprehensive development.

3. Overview of Ideological and Political Education in Colleges and Universities

Since the concept of ideological and political education was put forward, its theoretical system and research framework have become more and more mature, and occupy a central position in China's education system. Ideological and political education in colleges and universities, as one of the key links, its reform and innovation has been an important responsibility of educators, aiming at adapting to the rapid development of society and cultivating the youth of the new era. An in-depth understanding of ideological and political education and its application in colleges and universities has important theoretical value and practical significance for promoting educational reform, and at the same time provides a theoretical basis and guidance for the integration of the theory of positive psychology into college and university education. Ideological and political education is a kind of educational activity that synthesizes ideological education, social groups and practices, and is put forward by our party according to the national conditions to meet the needs of social development. This education has clear political and party characteristics, and in the context of the new era, it plays a key role in uniting people's hearts and minds, helping the Chinese dream and promoting the construction of socialism with Chinese characteristics. As society progresses, the definition of ideological and political education is constantly enriched and improved. Scholars have put forward the theories of "exertion theory", "cultivation theory", "internalization theory", "need theory", etc., from different perspectives. Mr. Zhang Yaocan's "Need Theory" has become the mainstream view in the academic world. According to this theory, ideological and political education is the systematization of ideological and moral concepts, political concepts and other ideological requirements in line with the development of society based on the analysis of the laws of social development and personal growth in order to safeguard the social order and interests of society or a group of people, to form an educational system, and to guide the ideology of the members of the society in the direction of the established direction through the practical activities in an organized, planned and phased manner. This social practice activity meets the needs of social development as well as personal development, and covers five aspects of education in political outlook, moral outlook, legal system outlook, outlook on life, and world outlook, in which the education of ideals and beliefs is the core, the education of patriotism is the main focus, the cultivation of ethical norms is the foundation, and the promotion of comprehensive and free development of human beings is the purpose.

Ideological and political education is a discipline with the theme of cultivating, shaping, transforming, developing and perfecting human beings, and its object of study is the real human being, aiming to take into account the spiritual world and realistic development of human beings, and to realize the unity of personal value and social value. This education is strongly humanistic, committed to the comprehensive development of human beings, respecting the subject position of human beings, and helping people to establish self-consciousness and moral norms that meet the needs of social development. In essence, ideological and political education is a kind of humanistic care, concerned with the survival and development of human beings. Its goal is to maximize the satisfaction of human development needs,

pay attention to people's inner needs, cultivate a positive spiritual world, and realize the free and comprehensive development of human beings. In the content and educational process, ideological and political education emphasizes humanistic care and advocates knowledge sharing, character co-progression, emotional resonance, and consciousness coexistence in order to achieve educational purposes and effects. Ideological and political education is a systematic project involving demand inspiration, rational interpretation, emotional guidance, and behavioral guidance, in which humanistic care and psychological guidance are important aspects of current educational work. The relevant theories of positive psychology, with the goal of realizing the happy life of human beings, emphasize the importance of emotional experience, positive personality shaping, inherent positive qualities and positive environment, which provide a reference for strengthening the humanistic care of ideological and political education.

4. The Necessity and Feasibility of Integrating Positive Education into Ideological and Political Education in College

Integrating positive education into ideological and political education in College is not only an inevitable requirement for fulfilling the fundamental task of fostering virtue through education in the new era but also a crucial approach to constructing a comprehensive "Three-Wide Education" (全员全程全方位育人) framework. Moreover, it serves as an effective means to enhance the affinity, relevance, and effectiveness of ideological and political education. Positive education and ideological and political education share highly aligned service targets and goals, complementing each other to provide strong support for College to better achieve their educational objectives.

4.1 The Necessity of Integrating Positive Education into Ideological and Political Education in College

4.1.1 The Need to Fulfill the Fundamental Task of Fostering Virtue through Education

The core of ideological and political education in College is to cultivate well-rounded socialist builders and successors with moral, intellectual, physical, aesthetic, and labor development. Positive education aims to unlock students' inner potential, focusing on cultivating positive personality traits and a healthy outlook on life, which aligns closely with the educational goals of ideological and political education. Through positive education, College can better guide students to establish correct values, enhance psychological resilience, and improve overall quality, thereby providing strong support for fulfilling the fundamental task of fostering virtue through education.

4.1.2 The Need to Construct a Comprehensive "Three-Wide Education" Framework

Currently, ideological and political education in College has shifted from a single focus on ideological and political courses to a comprehensive "Three-Wide Education" model involving all staff, the entire process, and all aspects. The concepts and methods of positive education can effectively enhance the ideological and political capabilities of 专业课 teachers, helping them integrate value guidance into knowledge imparting and achieving the organic integration of professional education and ideological and political education. This integration not only enriches the forms and content of ideological and

political education but also provides new ideas and methods for constructing a comprehensive "Three-Wide Education" framework.

4.1.3 The Need to Enhance the Affinity and Relevance of Ideological and Political Education

Traditional ideological and political education models often rely on one-way indoctrination, lacking attention to individual differences and growth needs, which leads to unsatisfactory educational outcomes. Positive education emphasizes a student-centered approach, focusing on stimulating students' positive emotions and inner motivation, helping them gain positive emotional experiences during the learning process. This educational approach can enhance the affinity and relevance of ideological and political education, making it easier for students to accept and internalize the educational content.

3.1.4 The Need to Adapt to the Development Requirements of Ideological and Political Education in the New Era

Against the backdrop of unprecedented global changes and the overarching strategy of the great rejuvenation of the Chinese nation, ideological and political education in College faces more complex environments and higher demands. Traditional "flood-irrigation" educational methods can no longer meet the needs of the new era, while positive education, through scientific methods and empirical research, can provide more scientific and precise support for ideological and political education, thereby enhancing its effectiveness.

4.2 *The Feasibility of Integrating Positive Education into Ideological and Political Education in College*

4.2.1 Alignment of Goals Between Positive Education and Ideological and Political Education

The goal of positive education is to explore and cultivate students' positive character strengths, help them master positive emotion management methods, enhance psychological resilience and recovery, and achieve comprehensive physical and mental health development. This goal is highly consistent with the objective of ideological and political education to cultivate well-rounded talents, providing a solid foundation for their integration.

4.2.2 Positive Education Provides New Pathways for Curriculum Ideology and Political Education Construction

Curriculum ideology and political education is a new paradigm for ideological and political education in College under the new situation, emphasizing the integration of value guidance into knowledge imparting and ability cultivation. The concepts and methods of positive education can help teachers enhance their ideological and political capabilities and educational awareness, broadening their educational perspectives and methods. For example, by popularizing the knowledge and application techniques of positive psychology, teachers can integrate elements of positive education into professional courses, stimulating students' interest in learning and inner motivation, and achieving synergistic effects between professional education and ideological and political education.

4.2.3 Positive Education Has a Scientific and Practical Foundation

The theories and methods of positive education are based on empirical research in psychology, such as the classic studies on delayed gratification (the Marshmallow Test) and the Stanford Prison Experiment, which provide scientific foundations for educational practices. These studies focus on human behavior, cognition, and emotions, possessing significant educational and practical value. Introducing the scientific methods of positive education into ideological and political education can enhance the scientific nature and effectiveness of educational work, while helping students understand themselves more objectively and comprehensively, and establish positive life goals.

4.2.4 Positive Education Promotes Innovation in Ideological and Political Education Models

Traditional ideological and political education models often emphasize politicalization over knowledge, socialization over individualization, and idealism over practicality. Positive education, through scientific empiricism and case guidance, can effectively address these shortcomings. For example, through positive emotion management and character strength cultivation, students can experience and understand the connotation of values in practice, thereby enhancing the appeal and influence of education.

5. The Innovation Path of Ideological and Political Education Based on Positive Psychology

5.1 Build a Positive Educational Environment, so that Ideological and Political Education Can bring Positive Emotional Experience to Students

In the process of education and teaching, teachers should bring positive emotional experiences to students from the perspective of teaching content design and application of teaching methods. At the same time, colleges and universities should create a positive campus cultural atmosphere, encourage students to participate in social practice and volunteer service, and develop a sense of responsibility and care for others in practice. In the classroom, teachers should pay attention to the creation of classroom atmosphere. They try to avoid rigid and single theoretical knowledge inculcation and consider knowledge transfer and emotional education so as to bring certain positive emotional experience to students. For example, they are good at utilizing real cases in life to elaborate knowledge points, so that students can actively contact the reality of life and form correct values while acquiring knowledge, thus enhancing their positive mental qualities in dealing with life problems. In addition, teachers should actively communicate with students and be good at encouraging them so that they can obtain positive emotional

5.2 Innovate the Discourse System of Ideological and Political Education, and Explore Students' Positive Personality Characteristics through Ideological and Political Education

Positive education emphasizes student-centeredness, emotional experience and intrinsic motivation. However, it is difficult for students to explore and present students' positive personality traits on their own, and educators need to adopt appropriate educational means to explore them so that students can have a positive mental state to deal with problems in life and learning. Colleges and universities need to

innovate the discourse system and expression of ideological and political education to enhance the affinity and attractiveness of education. For example, through case teaching, interactive discussion and practical experience, ideological and political education is closer to the actual needs of students. For teachers to explore the positive personality traits of students, it is necessary to innovate the teaching methods of ideological and political education. Teachers can fully carry out practical teaching, plan and design practical activities with positive psychological characteristics, so that students can be able to contact, experience, feel and identify positive psychological characteristics in practical exchanges

5.3 Create a Positive Campus Environment System Based on Ideological and Political Education, and Strengthen Scientific Empirical Research

Positive psychology emphasizes the important role of the environment on the human psyche. Colleges and universities can draw on the scientific method of positive education to carry out empirical research on ideological and political education and test the effectiveness of educational practice. Through data analysis and case studies, they can continuously optimize the content and methods of education and improve the science and effectiveness of ideological and political education. Schools and teachers should make full use of campus media resources to build a positive campus public opinion space and discourse field, so that students are always infiltrated by positive culture and ideas, and realize the educational effect of promoting psychological development through environmental construction. To this end, schools and teachers should make full use of various campus media platforms to disseminate and promote positive energies so that students can have positive emotional experiences in campus life, thus improving their psychological conditions and increasing their psychological enthusiasm. In addition, schools can regularly organize campus cultural activities.

6. Discussion

Combining positive education with ideological and political education in colleges and universities is not only an inevitable choice to realize the basic task of cultivating virtues through education in the new era, but also an important way to improve the quality and effectiveness of ideological and political education. Through the concepts and methods of positive education, colleges and universities can better unleash the inner potential of students, cultivate their positive qualities and healthy outlook on life, and cultivate more excellent talents with moral integrity and professional competence to serve the great rejuvenation of the Chinese nation. At the same time, the scientific and practical foundation of positive education provides strong support for the innovation of ideological and political education, so that it exudes new vigor and vitality in the context of the new era.

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