

research methods of artistic creation will expand the means and possibility of artistic expression in the new era. The course of “appreciative aesthetics” combines the eyes of aesthetes to examine the two major fields of art and science, integrates the aesthetics in art works with the literacy of natural science and technology, helps art students look at the creation of art works with a new vision, improves their aesthetic psychology, and stimulates their innovation ability of art works.

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RESEARCH ON THE INTEGRATION PATH OF POSITIVE PSYCHOLOGY IN COLLEGE STUDENTS’ MENTAL HEALTH EDUCATION

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Background: Positive psychology is a new branch of psychology that looks at the content of traditional psychological research from a positive perspective. Specifically, it studies the positive psychological quality of human beings based on scientific principles, and advocates human beings to interpret their psychological activities and behaviors with a positive and optimistic attitude, so as to live a happy and beautiful life. Different from negative psychology, which focuses on psychological diseases and psychological diagnosis and treatment, positive psychology focuses on human psychological weaknesses and negative emotions instead of human good qualities. Its research direction is mainly to explore the physiological mechanism and path of obtaining positive subjective experience. For individuals, positive psychology specifically studies the roots and effects of good qualities such as courage, ability to perceive beauty, creativity, toughness and kindness. For groups, positive psychology specifically studies the conditions for harmonious families, harmonious communities, enterprises with a sense of social responsibility and promoting individuals to grow into social organizations with altruism, solidarity and professional ethics. According to the research results of positive psychology, individuals will have different views on the same problem due to different mental health conditions. Individuals with positive psychology can face pressure and adversity optimistically and firmly, and better adapt to the social environment. The goal of positive psychology is not only to help people in trouble solve negative psychological problems in order to seek their own survival and development, but also to help people in normal environment stimulate their potential positive quality and strength to achieve sustainable individual development and high-quality social life.

Mental health refers to a positive psychological state, that is, individuals not only have a sense of stability to the familiar internal environment, but also can adapt to the changes of the external environment through self-regulation. No matter what adversity they encounter, they will not have disorder. Mental health is related to the sustainable and healthy development of individuals. It is the basis for a person to achieve success, live a happy life and grow healthily. With the continuous development of social and economic level and the acceleration of the overall pace of society, people are facing all kinds of life pressures and psychological conflicts. College students are in the transition period of life identity, that is, from students to social people. It is very important for college students who are about to leave the “ivory tower” to learn to maintain psychological stability in a complex and changeable social environment. Offering mental health education in universities can help students improve their personality structure by teaching moral norms, social expectations, behavior patterns, socialist core values and so on. The organic integration of mental health education and positive psychology can guide students to pay attention to positive and healthy things in a positive and optimistic way, and help students internalize their good character in the face of the complex society with intensified competition.

Objective: College students in the period of life transformation are facing multiple pressures such as learning, life, emotion and employment, which will inevitably lead to anxiety, inferiority and psychological disorder. The purpose of introducing positive psychology into college students’ mental health education is to help college students improve their personality in a positive and optimistic way, correctly understand themselves, strengthen self psychological adjustment, and make full preparations for entering social life in the future.

Subjects and methods: The study conducted a one-month course teaching of mental health education and positive psychology for college students of different grades. Before and after the teaching experiment, it was evaluated with happiness scale, and finally used SPSS23.0 software makes comprehensive statistics and comparative analysis on the results. The experimental results are shown in Table 1.

Results: It can be seen from the table that before the experimental teaching, with the growth of grade, the score of college students’ group happiness scale decreased, indicating that senior students’ ability to

perceive happiness decreased and had strong negative psychology. After the experimental teaching, the scores of happiness scale of each grade increased. The scores of happiness scale of different grades before and after the experiment were statistically significant ($P < 0.05$). Among them, the scores of senior students before and after the experiment were significantly different, indicating that the teaching effect was the best.

Table 1. Scores of happiness scale before and after the experiment

Grade	Score before experiment	Score after experiment	<i>P</i>
Freshman	128.1	148.8	0.04
Sophomore	120.3	154.9	0.03
Junior	117.4	159.6	0.02
Senior	109.7	160.2	0.00

Conclusions: In the complex social environment of ideological and cultural agitation and diversified values, college students, as high-quality talents of the country, should successfully complete the identity transformation from students to social people, and psychologically continue to strengthen the shaping of their own good qualities such as adaptability, willpower and self-confidence. College mental health education combined with positive psychology can effectively help college students improve their personality development and guide students to face life adversity optimistically in a positive and healthy way.

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A COMPARISON OF THE SENSE OF COMMUNITY OF SHARED FUTURE BETWEEN CHINESE AND BRITISH AND AMERICAN WRITERS IN THEIR CLASSIC WORKS FROM THE PERSPECTIVE OF PSYCHOLOGY

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Background: The purpose of building a community with a shared future for mankind is to build a global unified value goal. The realization of this goal requires the understanding of the common interests of mankind and the awareness of common governance for the sustainable development of the earth’s environment. From the perspective of social psychology, the sense of community with a shared future for mankind can be interpreted as the construction of common legal system and common ethical values. In literature, the consciousness of human destiny community is generally embodied as an image beyond individual human beings, or an image with the most typical characteristics of all human beings. This kind of image represents the ability to surpass human individuals, or has values worthy of permanent pursuit. It is Christ, Tathagata, Socrates and Confucius. From the perspective of social psychology, the most influential community consciousness of human destiny in the west is the doctrine of original sin in Christianity, while the most influential community consciousness of human destiny in China is the value system of Confucianism. Both contain the psychological and ethical elements of the construction of social order and the construction of human moral value. They also experienced the beginning and end of the feudal system and played an almost equal position in the history of the East and the West. The difference is that one served the feudal monarch and the other served the autocratic Pope. At this stage, the construction of a community of shared future for mankind cannot be separated from the comparison of their consciousness. Only by taking the common essence of both sides can we receive the common recognition of the masses of both sides. In terms of their classic works, the Bible and the Analects have a common consciousness about the initial good and evil of human nature, different interpretations of benevolence, and an ethical theme that takes maintaining social stability as the common goal. The elaboration of the similarities and differences between the two cultures is conducive to the construction of the community of human destiny and the unity of social