

On cognitive Changes Brought by Positive Psychology to College Students Based on PERMA Model

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Abstract: With the development of social economy and the increase of employment pressure, currently college students are generally trapped in the dilemma of being unable to overcome negative emotions due to the pressure of admission and schoolwork. This paper is based on the reading of the optional course Positive Psychology and related books. PERMA model is used to explain that positive psychology can give college students in the positive emotion, wholehearted involvement, positive interpersonal, life meaning, sense of achievement five aspects of cognitive change, provide enlightenment to obtain happiness and happiness.

Keywords: Positive psychology, College students, Happiness, Stress.

1. Introduction

Positive psychology started in 1998 with Martin Seligman. Positive emotion is a major aspect of positive psychology research, which advocates the study of individuals' positive experiences in the past, present and future. In terms of dealing with the past, positive experiences such as satisfaction and satisfaction are mainly studied [1]. In the aspect of dealing with the present, the main research is happiness, happiness and other positive experiences; In terms of thinking about the future, positive experiences such as optimism and hope are studied.

PERMA is a famous theory in the field of positive psychology to study happiness. It refers to the five essential elements for creating a full, happy and meaningful life [2], which are positive emotion, total commitment, positive interpersonal relationship, life meaning and sense of achievement. to use the paper for the book or journal in question.

2. Organization of the Text

2.1. Positive emotions

Positive emotions are an important element of a happy life, including happiness and life satisfaction, such as joy, ecstasy, comfort, warmth, etc. Be positive, not negative, active, not passive, and recognize that you are primarily responsible for your happiness. Positive emotions make us feel good and change our thinking and our future. The most important thing in suppressing negative emotions is our desire to increase our positive emotions through effort.

Considering their own school life experience, there are always many college students think that they are a "negative energy" person. Where do negative emotions come from? Most of the negative emotions of college students mainly come from the pressure of daily schoolwork, college entrance pressure...

The negative feelings of many college students start with the gaokao. They often believe that they have failed in their performance and got into an unsatisfactory university. At the same time, some highly educated parents also put pressure on them, for example, telling their children to go to graduate

school before they officially enter college, or they will have no way out after graduation. Given the current "threshold" standard of education for work, highly educated families will have higher expectations for their children's studies, while ordinary families will also expect their children to obtain high-quality diplomas, in order to improve their chances of entering the upper society.

After entering college, I found that there is no shortage of hardworking students around me. They usually have the goals of changing their major, recommending for graduate school, applying for offers from foreign universities and so on. They may fall behind one place in their major, so they can't sleep for several days. Or spend a night worrying about seeing a "competitor" studying in the library. Or because today's learning task is not finished, still dragging the tired body stay up late, the next day but so the spirit is not good; Obviously are tomorrow, next week, next month, or even a year later, but to sleep every night when planning carefully, because some "to do in the future, now did not do" things, and anxiety can not sleep all night. These students in order to the goal of college, day and night anxiety, will all the mind all poured into the college, this is an unhealthy "internal volume" phenomenon. We don't have a natural resistance if we get bogged down in negative emotions. During this process, they feel miserable and often break down emotionally.

Smart students will also take some measures to adjust their emotions in this process: for example, they will not open the score page of the academic administration system for one semester at school, so as to reduce their attention to the changes in their own scores; Try to buy flowers every half a month, raise in the dormitory, let oneself see the mood better; Try to go out with your roommates every week, explore food, etc.

When we seek positive emotions, when we take action, we will find that it is not difficult to achieve "positive emotions". Most college students feel pressure to go to college, but not all of them feel anxious. College entrance and anxiety are not necessarily causal. Through observation without participation and questionnaire survey analysis, I found that some anxious college students have the following significant characteristics

2.1.1. Always pay too much attention to others

Seeing progress in others creates feelings of self-doubt;

Seeing others learning, even if tired today, will be forced to keep trying; When someone else wins a prize in a competition, he or she worries that his or her overall test score will fall behind them... Such pointless mental internal friction makes them focus too much on others instead of improving themselves.

2.1.2. Always worrying too much about the future

Many students also from the freshman, sophomore began to prepare for college as early as possible, which is to prepare for a rainy day, but if too much worry about the details of the future on the road to college, but will fall into the attention, unable to concentrate on the current dilemma. This not only kills the enthusiasm and energy of the present, but also does nothing for the future. Life is nowhere else, to do the best, is the most important. More often than not, we should teach ourselves that "don't worry about a thousand miles, the wind will come", rather than always playing the role of an anxious future planner. In addition, the water flow more, when we turn "sorrow" into "thinking", more to think about the reasons behind, rather than simply to worry about, to worry about, will get more harvest.

2.1.3. Single life pattern

Some of my classmates forgot to wash their clothes because they had been studying for a week and found a mountain of clothes waiting to be washed. As if their college life is only "study". The author suggests that college students should learn to reasonably allocate their limited time to sleep, sports, books and nature instead of wasting time on boring people and things [3]. When we learn to be masters of time, a quiet life can erupt with extraordinary power. Listen to your favorite music while walking alone; Watch variety videos while eating; Run laps on the playground to exercise your body; Join some student organizations and clubs. Doing your best in a colorful life will make all anxiety and restlessness vanish.

The way to pursue happiness is to pursue positive emotions every day. Positive emotions are renewable, no matter where you are. We can write down three things that make us happy every day. When we actively look for the little things that make us happy, we find that it's not as hard as we think to achieve positive emotions. For example, today to eat barbecue, such as today flowers bloom, such as today to my roommate's birthday..... Taking a few minutes each day to write something you're thankful for can also significantly increase feelings of happiness and well-being. In the process, we develop the ability to give ourselves positive suggestions:

Instead of worrying about the bad, expect the good. Worry is a kind of internal consuming emotion [4]. In serious cases, it may even lead to a waste of time to do the right thing, insomnia, and affect physical health. And according to Murphy's law, the more you worry about something bad happening, the more likely it is to happen. This is because: on the one hand, there is the possibility of worrying about things, and worry internal friction, will affect the enthusiasm to do things, the more negative the more likely to lead to the occurrence of bad situations; On the other hand, according to the law of attraction, negative, negative emotions make people attractive. From this thought, crack Murphy's law similar people, things, things. There are also two points: one is to work actively, relax your mind, calmly accept the results of things. The second is positive psychological suggestion, with "what I want, what I hope" instead of "what I don't want, what I don't hope", and to find a way to achieve the goal. For example, "I don't want to have problems in my study" can be

replaced with "I can solve all the problems in my study". When we college students use positive thinking to face various problems in life, it can relieve anxiety and obtain positive emotions:

- ① I believe in my ability to solve all kinds of problems, and do not shrink back and be discouraged.
 - ② Can strengthen their own heart, have a calm state of mind.
 - ③ Can self-discipline, healthy diet, exercise.
 - ④ I can make every day full and happy.
- ...

2.2. Engagement

Engagement means when you are doing something, are you completely immersed in the task? Do you feel time stop? It's a state of flow, a state of oneness and transparency brought about by new engagement.

For college students, I often find that after two hours of wholehearted study, I will feel satisfied. Although I did not learn a lot of knowledge, I feel enriched. Take a break every two hours for 15 minutes while studying. This pattern can make our mood more fulfilling and satisfying. Not only when we study, but also when we relax and go out to play, we can also try to reach an agreement with our partners, that is, we don't look at our phones when having fun or eating, and try to play wholeheartedly and have a good time! A full and happy day like this often leads to a good night's sleep.

2.3. Relationships

Man is the product of social relations, and social relations are the foundation of man. All human strength comes from the empowerment of social relations. Good interpersonal relations are not only the support and guarantee, but also the source of significance and achievement.

In order to achieve positive interpersonal relationship, I think the most important thing is to be sincere and respect others. Inner emotion is like a subtle signal, it is transmitted. Respect and sincerity, will show in the eyes and words, will be reflected in the action, so as to send signals to others.

As for the establishment of friendship, not out of thin air, is the joint efforts of both sides, sincerity, kindness, trust. Sincere friendship is also very important to our happiness. Friendship allows us to get positive feedback from friends and feel the warmth of being encouraged, affirmed and missed. At the same time, when we learn to love my friends and give them the best help we can, it will also make us feel warm and happy, and "needed".

2.4. Meaning

In a way, people are "meaning animals". People live because of meaning, meaning is the purpose and motivation of human behavior. A person who has a rich spiritual world is a person who has a rich meaning system; The richer and more varied the meaning in your life, the more sources and opportunities there will be for happiness.

The world seems to die as soon as it is born, but that is not the meaning of life. Life is a great and powerful topic that no one can talk about in generalities. But we should remain in awe of life and actively explore its meaning.

Since everyone has to die, what's the point of living? Life comes into the world, there will be a lot of pain, life is not easy, only you really experience the pain, you will really understand the ordinary happiness of how happy. For us college students, getting full grades of courses will bring

happiness, and getting scholarships will bring happiness. I attribute them to the happiness of success.

But there is always a temptation to self-destruct, to subconsciously destroy the ordinary, quiet happiness that you already have. My eyes can see colors, my ears can hear wonderful sounds, my skin can feel the gentle wind, warm sunshine, my nose can breathe fresh air, delicious food, fresh flowers, this is not happiness? In fact, "eat, drink and sleep" is a kind of happiness, are worthy of gratitude. Now I talk about how to find the meaning of life. I think to open every day of life with gratitude can bring happiness to people around us every day, and we can own, build and cherish the ordinary happiness around us. I came to this world, not to reproduce, not for fame and fortune, but to see how flowers and water flow how the sun rises when the sun sets. We live in this world, just want to understand some truth, meet some interesting things.

Although going to school is part of the meaning of our life, it is only a very small part. In order to see how flowers how water how to flow how the sun rises when the sunset sets, is also the meaning of life. To understand some truth, meet some interesting things, to enrich the meaning of their life, the opportunity to get happiness naturally more and more.

2.5. Accomplishment

Achievement is the result of action, the end and externalization of the entire happiness creation process. With the support and encouragement of good social relations, people actively devote themselves to something meaningful and finally get a satisfactory sense of achievement.

Success in starting a business, winning a competition, getting started quickly, overcoming difficulties and challenges, etc., can be a sense of achievement, which is not equivalent to achievement, but recognition of the value you have produced.

Research shows that the concept of achievement, satisfaction and happiness in life is the basic condition of healthy psychology. And in the field of positive psychology, psychologists have shown that learning gratitude, developing a zest for life, and practicing self-control can effectively increase fulfillment in life.

2.5.1. Learn gratitude

Being grateful may reduce the objectification of people and things and enhance the integrity of the individual. There are plenty of things you can be grateful for in your life, such as

taking notes of things you enjoy (favorite books, movies, etc.) every day. Express gratitude to others.

2.5.2. Develop a zest for life

It means living each day fully and meaningfully. Studies have shown that incorporating "enthusiasm" into your life can lead to higher life satisfaction, more motivation, and a sense of appreciation for the people and things around you. The easiest way to boost your enthusiasm is to focus on something you're passionate about and motivated to do. Focus more on the goals you want to pursue, the things you enjoy doing most, or the people or things that give life meaning. Learning to be grateful makes the individual feel whole. A zest for life gives us the ability to put our heart and soul into whatever it is we want to pursue.

2.5.3. Achieve self-control through self-consistency

Being able to control our desires and act on our impulses in certain situations brings fulfillment to our lives. Psychologist Michael Robinson explains self-consistency as "the relationship between the ability of an individual to know what he should do in a given situation and the right action he actually takes" [5]. When a person's actions and decisions in life are in line with their values, they face less "conflict." Therefore, the greater the sense of accomplishment in life.

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