

# *The Cultivation Path of College Students' Literacy from the Perspective of Positive Mental Health Education*

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**Abstract:** The development of core literacy of students is the basis for deepening the curriculum reform and implementing the task of morality and talent cultivation. Its proposal and construction have opened a new era of curriculum reform and education model reform, and has become a key factor in implementing the goals of quality education and improving talent training key to quality. The purpose of this paper is to study the cultivation path of college students' literacy from the perspective of positive mental health education. Explore and propose countermeasures for the cultivation of college students' ideological and political identity. The political literacy of college students in the new era is mainly improved from the aspects of sticking to the main position of educating people; strengthening the construction of training teams and consciously improving their own political literacy. On the basis of the questionnaire, the present situation of college students' political literacy and its cultivation is analyzed one by one. This paper focuses on the analysis of the good results obtained in the cultivation of college students' political literacy and the shortcomings that still exist. The results of the experiment showed that 9% of the respondents clearly expressed their reluctance to participate in political activities.

## 1. Introduction

Contemporary college students, as the most sensitive and active special group in the social group, have undergone some subtle changes in their political psychology under the influence of the wave of comprehensively deepening reform and the multicultural trend sweeping China [1-2]. As the group that is most adept at accepting new things and has the courage to try new things, the political behavior of contemporary college students is reflected by their own political psychology. The political psychology of contemporary college students is generally in a healthy trend, but a small number of college students also have some political psychological problems, such as a few college

students' poor political cognition, indifference to political emotions, low political motivation and depression, and radical and depressed political attitudes, etc. The political and psychological health of contemporary college students is the basis of the vitality and vitality of a country and even a nation.

The research on the cultivation of political identity literacy is to provide a strong basis for improving their personality and enriching their political emotions. Based on the current situation of college students' reading, Sortwell A discusses the important role of university libraries in cultivating college students' reading literacy and the measures taken by university libraries to cultivate students' good reading behavior, and points out that university libraries should make full use of their own resource advantages to serve college students' reading [3]. Carless D believes that through the teaching organization model composed of modular and diversified teaching activities, watching relevant videos, organizing teacher-student symposiums and various students' practice in environmental and chemistry elective courses, traditional teacher teaching is similar to traditional teacher teaching [4]. According to the requirements of quality education, combined with the content sections stipulated by the current curriculum standards, mental health will become an indispensable indicator of the core literacy of ideological and political disciplines [5-6].

Starting from the concept of positive mental health education, this paper deeply analyzes the point of convergence between positive mental health education and the cultivation of college students' literacy, and discusses the purpose, content, method and environment of college students' ideological and political identity cultivation under positive mental health education. The cultivation of identity literacy provides a new theoretical perspective, further expands the theoretical basis and research dimension of the cultivation of ideological and political identity literacy of college students, gives college students a new entry and field for the cultivation of ideological and political identity literacy, and promotes the continuous innovation and development of ideological and political identity literacy cultivation of college students.

## **2. Research on the Cultivation Path of College Students' Literacy from the Perspective of Positive Mental Health Education**

### **2.1. Contents of Ideological and Political Identity Literacy**

The knowledge content of ideological and political subjects is closely related to the development process of my country's modernization and the changes of social life, and has a strong timeliness. Therefore, the knowledge content involved in classroom teaching should also be enriched and adjusted accordingly [7- 8]. Political identity literacy, as the primary literacy of the core literacy of ideological and political disciplines, is the correct literacy that students must possess. Only by keeping pace with the times can we accurately grasp the future development direction of the society. Therefore, the cultivation of student literacy needs to keep pace with the times and make it more scientific [9-10].

### **2.2. The Relationship between Mental Health and Political Identity Literacy**

A person's mental health is closely related to political identity literacy. Mental health is the psychological basis for the formation of good political literacy, and good political literacy contributes to people's mental health. A person's political literacy is gradually formed in the process of socialization, and it reflects the requirements of a certain social ideology [11].

Good political literacy is the identification of the mainstream ideology, which can enhance the social adaptability of college students, enable them to better adapt to social development and changes, predict the future direction of social development, clarify the future direction, reduce the

pressure of the real environment and the future. The anxiety of college students can improve the cognitive judgment ability of college students, and reduce the occurrence of psychological problems [12-13].

Good political literacy points out the direction of life for college students, inspires college students to study hard, abandon their ego, contribute to the country, and realize their own life value [14-15].

Good political literacy makes college students more harmonious physically and mentally. The world view is at the highest level of the ideological and moral structure. It plays a general guiding role in psychology, thought and behavior. People with good political literacy have a more positive view of the world, have a more positive attitude towards life, and actively solve problems in life [16].

### **2.3. The Realistic Path for the Cultivation of Political Identity Literacy**

#### **(1) Teachers should strengthen basic education and consolidate students' political foundation**

Political cognition refers to the deep understanding and mastery of theories, paths, systems, cultures and values related to political identity formed by individuals through learning. Once formed, it has a certain stability. Different from primary school students and junior high school students, high school students will also receive various information fed back by the society while they are in contact with the society. The content of this information is complex and diverse, with advantages and disadvantages, and it is not easy for them to correctly grasp valuable information [17]. At the same time, while increasing their own experience, high school students also learn to use the evaluation standards in society to evaluate everything around them, and this standard is not uniform. Teachers should make high school students face up to their own weak political foundation and combine them with Real political life to more reasonably and accurately understand and grasp the theory, road, system, culture and values of socialism with Chinese characteristics, and consolidate the political foundation of students from the source [18].

#### **(2) Families should pay attention to value education and enhance the primacy of political identity cultivation**

Family education is a very important way to promote and realize the political socialization of students. The cultivation of students' political identity literacy often has the initiative, and its educational effect and influence are very far-reaching. Guiding family members to educate students about political identity plays a very important role, and a good family atmosphere is conducive to cultivating students' correct values and strengthening their political beliefs. Families can carry out political identity education starting from creating a good family education environment and paying attention to the value guidance of family members themselves.

#### **(3) High school students should improve their own consciousness and enhance the initiative of political knowledge learning**

Marxism believes that the internal cause is the root of the change and development of things. Senior high school is a special period for students' physical and mental development, and students go from immaturity to maturity. When they enter the high school learning stage, their thinking is relatively active, and their self-awareness and independent thinking are rapidly increasing, but their ability to judge various things and social phenomena in society still needs to be improved. When seeing some bad social phenomena, it is easy to be misled by other people's remarks and do wrong things. Therefore, you should improve your awareness, increase your initiative in learning political knowledge, and take the initiative to improve your own quality.

### 3. Investigation and Research on the Cultivation Path of College Students' Literacy from the Perspective of Positive Mental Health Education

#### 3.1. Investigation Method

This paper designs a questionnaire on the political literacy and cultivation of college students in the new era. There are mainly 10 questions. The first three questions are mainly based on the grade of the research object, the location of the university, the political outlook, major, gender, and whether they are class cadres. The purpose of understanding this information is to analyze the problem of cultivating the political literacy of college students in the new era from different levels and directions. Understand the basic situation of college students' political literacy from political cognition, political attitude, political belief, political discrimination ability, etc., and learn about college students in the new era from the feedback of college students on the current political theory courses in colleges and universities, as well as ways and deficiencies in cultivation. Political literacy cultivation status quo.

#### 3.2. Data Collection

This article will be released and data will be collected from the end of June 2022. For the authenticity and reliability of the data, the questionnaires in this paper were mainly distributed to several universities in M city. The questionnaires were anonymously distributed among the Polytechnic University, Forestry University and Medical University, and 606 questionnaires were effectively recovered.

#### 3.3. Data Processing and Analysis

This paper uses SPSS 22.0 software for statistical analysis. The t-test formula is as follows:

$$t = \frac{\bar{X} - \mu}{\frac{\sigma X}{\sqrt{n}}} \quad (1)$$

$$t = \frac{\bar{X}_1 - \bar{X}_2}{\sqrt{\frac{(n_1 - 1)S_1^2 + (n_2 - 1)S_2^2}{n_1 + n_2 - 2} \left( \frac{1}{n_1} + \frac{1}{n_2} \right)}} \quad (2)$$

Where s is the sample standard deviation and n is the number of samples. n1 and n2 are the sample sizes.

### 4. Analysis and Research on the Cultivation Path of College Students' Literacy from the Perspective of Positive Mental Health Education

#### 4.1. Good Performance of College Students' Political Literacy

The political literacy of college students is generally healthy and positive. Judging from the results of the questionnaires, most of the college students who participated in the survey had a good political knowledge reserve. Among the students who participated in the survey, when they understood the basic political cognition in our country, the respondents had a common sense of current political knowledge points. Most of the students were able to give the correct answer. It can

be seen that the overall trend of college students' political literacy is positive in terms of basic cognition. Through continuous educational accumulation, we have reason to believe that students' political cognition will get better and better. From the perspective of political participation, the survey results are still relatively optimistic in terms of enthusiasm for participation and motivation to participate. As shown in Figure 1, only a small number of students clearly expressed their unwillingness to participate, and the proportion of students whose motivation to participate is positive is still relatively high. High specific gravity, up to 69%, as shown in Table 1.

Table 1. Participation positivity survey results

Options	number of people	proportion
unwilling	58	9
It doesn't matter	122	20
willing	314	51
Very willing to	112	18

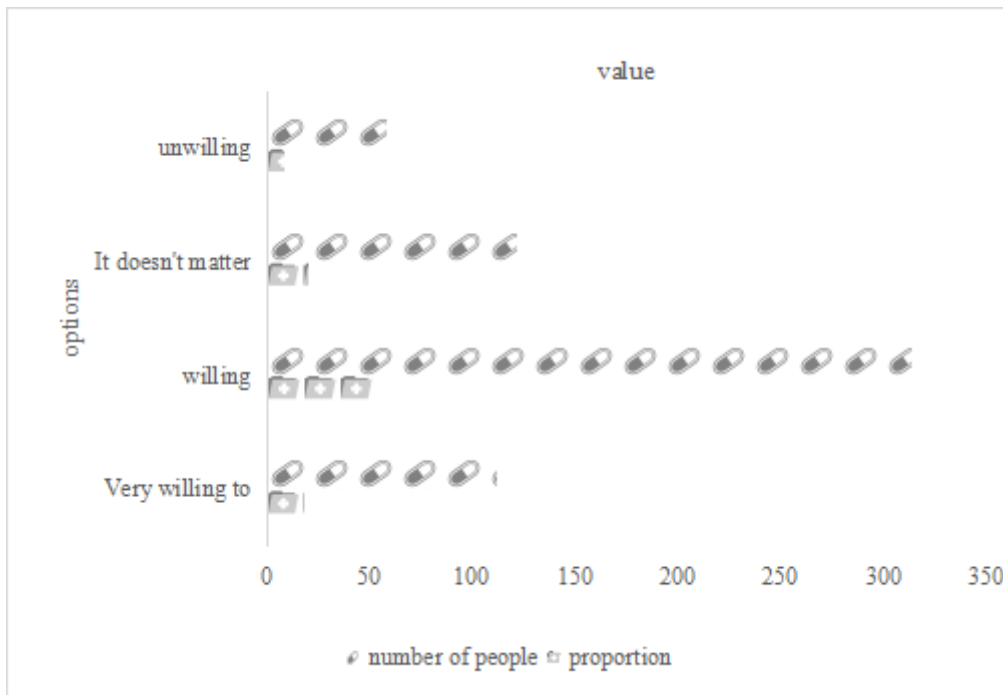


Figure 1. Are you willing to engage in political activity

Figure 2 is a survey on the question "Do you know the core socialist values? What are the contents of the core socialist values?". From the table, we can see that students have a certain understanding of the content of socialist core values, and their awareness of "prosperity, democracy, civilization, and harmony" at the national level is higher than that of the individual level and the social level. At the same time, we can also find that the understanding of liberal arts students is better than that of science students.

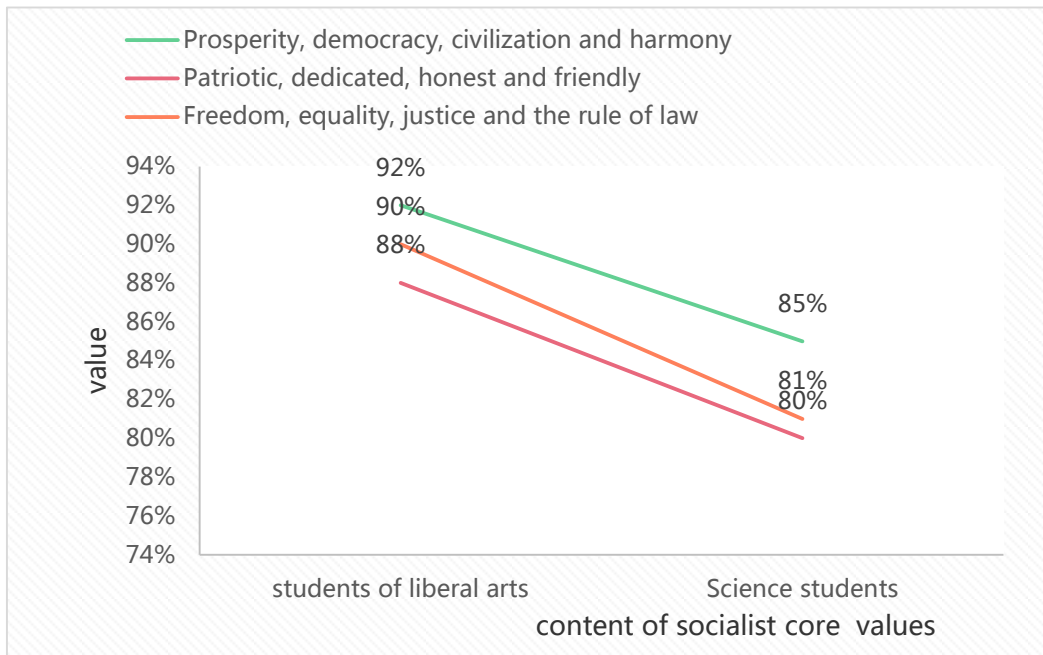


Figure 2. Investigation on students' political cognition

#### 4.2. Insufficient Political Literacy of College Students

Some college students show that their political attitudes are not positive and their political beliefs are not firm when participating in political activities, and they are easily affected by external factors. The survey structure shows that there are still some students who think that politics has nothing to do with them, and politics is a very distant thing. When asked "what do you think about the Marxist theoretical system", the statistical results show that 15% of the students still think that this is just one of many theories, and a very small number of students think that this theory is basically outdated, and they are not interested in the current new Times no longer apply, and 6% of the students still expressed vagueness about it. In addition, with the development of the Internet, when learning about the current college students' views on online participation in politics, although most of the respondents think it is necessary and meaningful, 20% of the students are still skeptical, as shown in Figure 3.

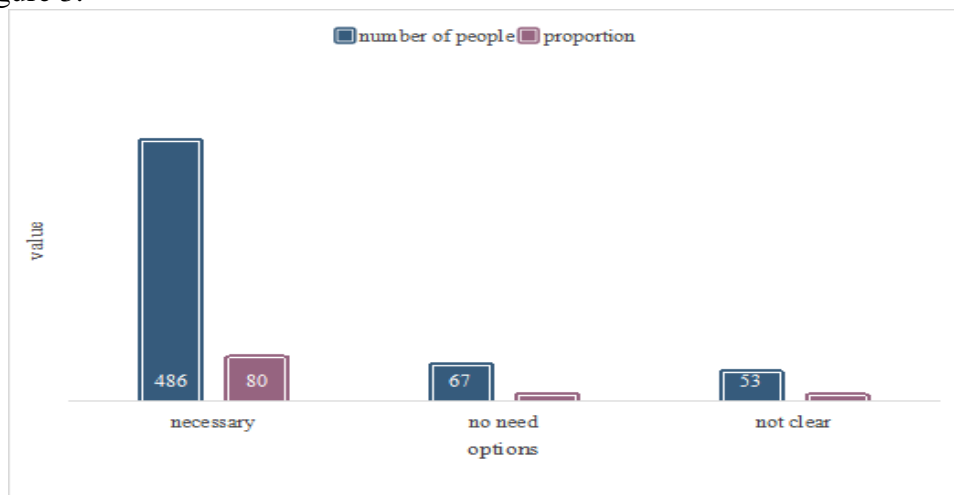


Figure 3. What do you think about online political participation

Figure 4 is a survey of the answers to the question "What criteria do you think the school uses to judge whether a student is excellent or not?". Among them, 377 people (62.3%) thought it was the "test result" standard; 27% (164 people) considered "classroom performance" standard; There are 65 people (10.7%) who think of "quality level". We can see that the "test results" account for a large proportion of the evaluation criteria for judging whether students are excellent or not, so the evaluation criteria for students' literacy still need to be optimized.

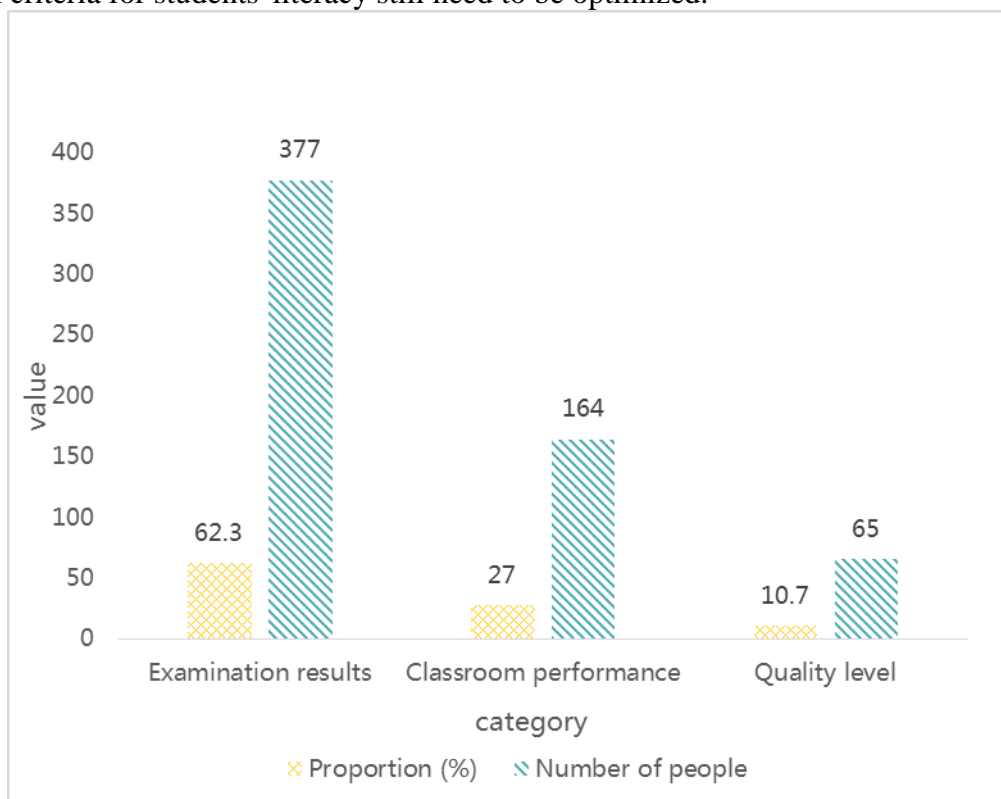


Figure 4. Investigation on school evaluation mechanism

## 5. Conclusion

The research of this paper takes the problems existing in the current ideological and political education and teaching as the entry point, and then explores the reasons and proposes corresponding solutions. Through research, we have sorted out the combination of core literacy and ideological and political mental health education, extracted the core literacy goals to be cultivated in ideological and political education, and focused on exploring the path of cultivating college students' ideological and political identity literacy from the perspective of positive mental health education. Since the research and practice of literacy cultivation are mainly carried out abroad, and the history of domestic research is not long, the current research combined with specific disciplines, especially ideological and political teaching, is still in the exploratory stage, and the research combined with mental health education is almost blank. Literature and data collection are relatively difficult. In view of the lack of objective conditions such as environment, resources, and practice, the scientific nature of the implementation path proposed in this paper needs further exploration.

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## Data Availability

Data sharing is not applicable to this article as no new data were created or analysed in this study.

## Conflict of Interest

The author states that this article has no conflict of interest.

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