Research on Psychological Health Education Strategies of Contemporary College Students Based on Perspective of Positive Psychology

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1. Introduction Abstract

The psychological health of college students is related to the study and growth of college students. The model of psychological health education of college students is constructed under the active vision, and the evaluation of psychological health education of college students is carried out by combining the statistical data analysis method. This paper presents a model of psychological health education for contemporary college students based on the perspective of positive psychology. According to the connotation of positive psychology and the inner potential of college students, this paper excavates the characteristic information of college students' psychological health quality and combines the descriptive statistical analysis method to construct the positive psychological health education goal for college students. The multiple regression analysis method is used to analyze the personality characteristics of the contemporary college students' psychological health level, to shape and strengthen the personality traits and emotions of the college students, and to extract the recessive personality traits of the college students by the method of feature mining. According to the extraction results of personality characteristics, it can guide the psychological health education of college students, take positive psychology as the guide, utilize the three-dimensional and diversified educational methods to excavate the students' inner potential, and realize the optimization of the psychological health education mode of college students. The results of empirical analysis show that the confidence level of psychological health education of college students is higher and the effect of psychological health education is improved by using this method in the perspective of positive psychology.

With the development of society and the formation of multiple values, the psychological health and quality of college students have become an important concern of the education sector. In order to meet the requirements of economic and social development and quality education for college students, it is necessary to actively carry out psychological health education for college students, deeply analyze the application of positive psychology in the work of psychological health education in colleges and psychological medical education, it can cultivate college students' ideal values and improve their psychological quality.

universities, improve the system of psychological health education for college students and improve the psychological health level of contemporary college students[1]. The psychological health education of college students belongs to the category of psychology. Combining political education with As the main mode of psychological health education at this stage, positive psychology combines with the psychological characteristics of college students to optimize the mode of psychological health education for

college students, explore the positive role of positive psychology in promoting college students' health education, and construct a sound evaluation system of psychological health education. Encourage education mode is used to stimulate the potential of college students, interpret the complex psychological changes of human beings and further enhance students' social adaptability[2].

The study of contemporary college students' psychological health education from the perspective of positive psychology is based on the information mining of college students' psychological health characteristics. Positive psychology is a science that studies the development potential and virtue of human beings. The information mining of college students' psychological health characteristics from the perspective of positive psychology uses big data analysis and feature extraction methods to mine the virtue and quality information reflecting college students' psychological health characteristics, adopts the positive psychology guidance mode, clears up the psychological barriers of college students, promotes the improvement of college students' psychological health level, and introduces positive psychological perspective to broaden new ideas for the construction of college students' psychological health education system[3]. Document [4] proposes a technology for mining the characteristics of college students' psychological health quality based on fuzzy directional clustering. Descriptive statistical analysis method is used to quantitatively analyze and code the characteristics of college students' psychological health association rules, and the association rules knowledge set of data is mined from largescale data sets, which improves the level of psychological health education of contemporary college students. However, this method is not systematic enough in the construction of college students' psychological health education system. In Document [5], a method based on Lyapunov exponents bifurcation mining is proposed to mine the psychological health characteristics of college students and to optimize the improvement of their psychological health education level. It mines the psychological health quality characteristics of college students in a positive psychological perspective. Due to the sensitivity of this mining method to initial characteristics, the mining effect is not good when there are few samples of the psychological health quality characteristics of college students.

In view of the above problems, this paper proposes a model of psychological health education for contemporary college students based on the perspective of positive psychology. According to the connotation of positive psychology and the inner potential of college students, the characteristic information of college students' psychological health quality is excavated, and a positive goal of psychological health education is constructed for college students by combining descriptive statistical analysis. By using multiple regression

analysis methods, this paper analyzes the personality characteristics of contemporary college students' psychological health level, extracts the hidden personality traits of college students by using feature mining methods, and mines the extraction results according to the personality characteristics to guide college students' psychological health education. Finally, empirical data analysis shows the superior performance of this method in improving the psychological health level of contemporary college students.

2. The connotation of positive psychology and its important value to college students' psychological health education

2.1 The connotation of positive psychology Positive psychology is a research trend rising in western psychological circles at the end of the 20th century. It is different from traditional psychology. The positive significance of positive psychology is to study the potential psychological characteristics of human nature. Positive psychology is different from traditional psychology. Positive psychology uses positive and optimistic psychological analysis methods to test and excavate the psychological health of college students in an allround way. Combined with statistical analysis and feature mining methods, it constructs an index system for psychological health testing and adopts positive encouragement methods so that students can more actively recognize themselves and improve their enthusiasm in life and learning. Under the positive psychology, encouraging teaching mode is adopted to stimulate the knowledge potential of college students, so that contemporary college students can better understand their inner world. The analysis platform integrating big data provides a better communication platform for psychological research. Therefore, it is of great guiding significance to construct the psychological health education system for college students from the perspective of positive psychology[5]. In order to adapt to the economic and social development and improve the psychological health of college students, under the perspective of positive psychology, cultivate the positive and happy psychologicality of college students, conduct psychological health assessment of college students under the guidance of virtue and quality mining, and make use of more perfect and effective methods and measurement methods in the field of psychology, such as statistical analysis method, regression analysis method and quantitative recursive analysis method, to carry out mathematical modeling of college students' psychological health education, improve the psychological health education level of college students, strengthen the construction of college campus culture, create a good social atmosphere, establish an equal, trust and harmonious campus environment, and promote the formation of college students' positive personality.

2.2 Countermeasures of Introducing Positive Psychology Concept into College Students' psychological Health Education

Positive psychology is of great significance to psychological health education in colleges and universities. From the perspective of positive psychology, big data mining method is introduced to mine the potential features of psychological health of college students, respect their subjectivity, cultivate their positive outlook on life and values, and work hard from the following aspects:

(1) Committed to shaping positive student character. The concept of positive psychology is to use positive guidance to conduct psychological counseling, to introduce positive psychological perspective into college students' psychological health education, to look at things from a positive and optimistic perspective, and to adopt positive guidance to cultivate college students' good character so that students can become optimists in life. From the perspective of positive psychology, college students' thinking has been further expanded and the system of psychological health education has been comprehensively improved.

(2) Committed to broadening the channels of psychological health education for college students. The key to psychological health education for college students is to introduce a positive psychological perspective, build a harmonious campus environment, and strive to build a beautiful campus culture. By broadening the channels of psychological health education for college students and adopting positive guidance, the psychological course will be extended to the construction of the whole campus culture. The psychological course has evolved into the cultural construction of students, combined with the education of ideals and beliefs and the cultivation of values, fundapsychologically analyze the psychological characteristics of the freshmen, actively broaden the channels of psychological health education for students and penetrate the psychological education of students into their lives.

(3) Committed to carrying out culture course with psychological elements. In the perspective of positive psychology, we should strive to build a distinctive campus culture course, combine the resource sharing mode of psychological health education, optimize the allocation of campus culture features and optimize the scheduling of teaching resources, and build a system of psychological health education for college students in the perspective of positive psychology to shape students' positive life character. By offering a distinctive and positive campus culture course, looking for a good opportunity to guide psychological health in teaching, and adding positive psychological elements to the boring culture course, students will love life more, love school and eventually love themselves[6].

3. Feature information and mining of psychological health quality

3.1 Multiple Regression Analysis

In order to realize the research of contemporary college students' psychological health education based on the perspective of positive psychology, this paper uses descriptive statistical analysis to mine the characteristic information of college students' psychological health quality[7-9]. This paper also constructs a statistical analysis structure model of the distribution of personality recessive characteristics and psychological health quality characteristics of college students, and obtains a fixed effect evaluation decision function for the evaluation of psychological health quality of college students:

$$x_n = a_0 + \sum_{i=1}^{M_{AR}} a x_i \quad n_i = \sum_{j=0}^{M_{MA}} b_j n_{n-j} \qquad (1)$$

in which, the decision-making variable function of college students' psychological health quality features contains n virtual samples, of which the internal control sample of psychological health education is x_i, $i = 1,2,\cdots,n$. a_0 is fuzzy directional clustering, a_i is the target orientation coefficient of psychological health education, M_{AR} is the order of statistical analysis and $\square_{n-j}$ is the time interval of data sampling. To construct the potential advantages and related positive factors of college students, take this as the dependent variable, organically combine psychological theory with life, and get the psychological health game control function as follows:

$$S_{ij}(,) = \frac{\sum_{u \in U} \square_{ij}(V_{ui}, \square 3)(V_{uj}, \square 3)}{\sqrt{\sum_{u \in U} \square_{ij}(V_{ui}, \square \overline{V}_{.i})_2}\sqrt{\sum_{u \in U} \square_{ij}(V_{uj}, \square \overline{V}_{.j})_2}} \qquad (2)$$

Set the full sample regression coefficient to *Y*, at 1% of the remarkable level, using the self-correlation detection method to fuse the psychological health quality characteristics of college students, so as to obtain the psychological health education quality evaluation index set $E_k \square E_k \square 1,2,\square,t\square$, thus constructing the multi-layered linear programming of college students psychological health education regression analysis model as follows:

$$C_1 \square \sum_{i=1}^{k} \exp\square\square\square S V_2(_i \square\square)_2\square\square \qquad (3)$$

4935

$$Q \square \square \exp \square_k \qquad \square 1$$
$$\square \square S_1 \, w \, T \, V_i \square \,_i \square \,_i$$
$$\square \square \square$$
$$\square \square \quad _{i \square 1}$$

In which, C_1, S_1 and S_2 are constants. Using multiple regression analysis method, the personality characteristics of contemporary college students' psychological health level are analyzed[10], and combining Benford's law theory, under the optimal game, the optimal model for evaluating the effectiveness of psychological health education is obtained as follows:

$$\min_{*} \square \underline{\quad}^1 \square\square \square \square^T \square \, c \square^l (\,_l \square \,_l^*) \qquad (4)$$
$$\square \square\square, ,_h \qquad _l, \,_l \qquad 2 \,_{i \square 1}$$

In the formula, $\square_l$ and $\square_l^*$ are the contribution coefficient from the positive psychology. $\square$ is the row correlation dimension index and c is the distribution set of psychological characteristics. According to the analysis of the number of rows, the multiple regression analysis method is used to analyze the personality characteristics of the psychological health level of contemporary college students and shape and strengthen the personality traits and emotions of college students[11].

3.2 Extraction of implicit personality traits of college students

The factor analysis fuzzy comprehensive evaluation method is used to analyze the personality characteristics of the psychological health level of contemporary college students, shape and strengthen the personality characteristics and emotions of college students, extract the recessive personality characteristics of college students[12] by the method of feature mining, and construct the fuzzy comprehensive decision function of the recessive personality evaluation of college students:

$$\square_{Bi} \square \, \square \, \square\square \, \square a_{Bi} b_{Bi} \qquad c_{Bi} \qquad (5)$$

Factor analysis is used to mine association rule data from the data set, and feature extraction is used to analyze the feature items[13] of association rule data. The extracted common factors do not have relevant hidden personality features, and the feature training subset $S\,i_i(\square 1,2,\cdots,)L$ of college students'

psychological health quality features meets the following requirements:

$$f \, x( ) \overset{l}{\underset{i \square 1}{\square\square}} (a_i \square \, a \, k \, x_i^*) \, (\, \square \, x_i) \, \square b \qquad (6)$$

By using the method of full sample regression analysis, the performance evaluation and risk estimation of teaching quality are carried out in the characteristic space of the distribution of college students' psychological health quality characteristics, and the statistical analysis characteristic quantity of the distribution of college students' personality recessive characteristics and psychological health quality characteristics is obtained:

$$Sn \, \square \, \square_{t_n} \overline{\overset{\max}{}_{n \, m^{j \square 1} t_{ij}}} \qquad (7)$$
$$\square \,_{\square 1} n_i$$
$$_i$$

$$PPV \, \square \, \frac{\square \,_{mj \square 1} \max_{in \square 1} t_{ij}}{\square \,_m \quad \square \,_n \, \square_{\square 1} \,_{i \square 1} t_{ij}} \qquad (8)$$
$$_j$$

By using descriptive statistical analysis method, the constraint parameter model[14] is established, and the principal component feature analysis model for quantitative evaluation of college students' psychological health education quality is shown as:

$$\min W \, \square \, \underline{\quad}_1^l \square \, y \, y \, \square\square K \, x \, x(\quad , \quad)$$
$$0 \square \, \square\square_{ic} \qquad 2 \,_{ij, \square 1} \,_i \,_j \,_i \,_j \qquad _i \,_j$$
$$(9)$$
$$\square\square \overset{l}{\underset{i \square 1}{\square}} \square_i \square b \square \, y_j \square\square$$
$$_{i \square 1}$$

In the formula, $(x\,x_i,\,_j)$ is initial value feature sample, b is lagrangian function. Set the psychological health quality

feature nodes of m college students are A_1, A_2 ... A_n, the association rules of each node satisfy the convergence condition and construct a linear regression model with the expression:

$$f x( )\ \square\square\square^T( )_X \square b \qquad (10)$$

Using the adaptive machine learning algorithm, the standardized function of the college students' psychological health quality feature library is as follows:

$$V_i \square \underline{\qquad\qquad} XX_{i\max i} \square\square XX_{\min i\ i} \qquad (1)$$
$$\max$$

Based on the artificial intelligence learning algorithm, the optimal decision function for mining the psychological health quality characteristics of college students is as follows:

$$\min Z(\mathbf{f\ f\ q}^{\sim}, ,^{\wedge\ w})\ \square\square\square^{x_a}\square t_a(x_a)\ \square\ v\ dx_a \square$$
$$0$$
$$a\ A\square$$

$$\square\ \overline{1}\ \square\square\ {}^{\wedge}{}_w \ln f_w \square 1 \square\square\ f_w \ln f_w \square\square\ {}_q D_{\square 1}( )w\ dw$$
$$f$$

$$\square^{\wedge}{}_w W\square\ k\ K\square\ {}_w k \qquad k\square^{\sim}{}_w W\square\ k\ K\square\ {}_w k \qquad k\quad w\ W\square\ \square_{0\ w}$$
$$(2)$$

The quantitative game function of the statistical quantitative set of data is recorded as:

$$\square\ f_k{}^w \square\ \square(1\ \square^w)q^w,\ w\ W\square \qquad (3)$$
$$k\ K\square^w$$

$$\square\ f_k{}^w \square\square^w{}^w q,\ w\ W\square \qquad (4)$$

$$k\ K\square^w$$

$$C\ \square\ \square\ \square(1\ \square\square t\ t)^3 \qquad (5)$$

Using three-dimensional and diversified education methods to tap the potential of college students, according to the statistical regression analysis results of panel data of college students' psychological health education[15], the detection of psychological health is constructed as follows:

$$p^{\wedge}{}_{kw}\ \square\ qf^{\wedge}{}_{kww}\ \square\ \square\exp(\exp(\square\square^{\wedge}\square c\square_{kw}{}^{\wedge}c)_{kw})$$
$$\overline{\qquad}\qquad\overline{\qquad\qquad}$$
$$(9)$$

$$k\ K\square^w$$

$$p^{\sim}{}_w \square f_{kw} \square\ \exp(\square\square^{\sim}c_{kw}) \qquad (10) \qquad k$$
$$q^{\sim}{}_w \square\ \square\square^{\sim}c_{kw})$$
$$\exp($$
$$k\ K\square^w$$

$$q^w \square^{\square}\square\square\square\ \square\ \square_w{}^w \square\ {}_w(1\ \square^w)^{\square}\square\square\ D^{\square 1}(q^w)\square\square\ 0 \qquad (11)$$

Combined with fuzzy prediction method, the maximum feature value $\square$ is found in subspace S, and Static Chunking method is used to match the features of college students' psychological health quality. Finally, the optimized feature mining and psychological health education evaluation model are obtained as follows:

$$\min$$
$$z_{bbw}, z_{dcp}, z_{a\ p\ a\ bdm}, z_\square\ _\square, z_{a\ d\ p}, \qquad ,$$

$$\square z\ K_{bbw\ pbw}( )\mathbf{S}\ \square\square z\ K_{dcpdcp}( )\mathbf{S}\ \square\square\square z\ D_{a\ pdm,a\ p},$$
$$b\square B \qquad\qquad d\square D \qquad\qquad a\square\ \square A\ p\ P$$

$$\square\square\square z\ M_{\square a\ b}, \square_{a\ b}, \square\square\square\square z_{a\ d\ p\square}, \quad , M\square_{a\ d\ p}, \qquad ,$$
$$a\square\ \square A\ b\ B \qquad\qquad a\square\ \square\ \square A\ d\ D\ p\ P$$
$$(12)$$

The reliability of psychological health education is evaluated by quantitative regression analysis method and full sample analysis method, and the optimized evaluation value is shown as follows:

$$st.\ . \qquad z\ R_{bbw\ bwp} \square z\ R_{dcp\ cpp} \square z_{a\ pdm}, \square z_{\square a\ b}, \square z_{a\ d\ p\square}, , \square V_p,$$

$$a\square A, b\square B, d\ \square D,\ p\square P, \qquad (13) \qquad z_{bbw}, z\ z_{dcp},\ a\ pdm, z_{\square\ \square a\ b}, , z_a$$

$$d\ p, , \square\ 0,\ a\square A, b\square B, d\ \square D,\ p\square P.$$

$$(14)$$

The cost function is optimized globally, thus shaping and strengthening the personality traits and emotions of college students, extracting the hidden personality traits of college students

4937

by feature mining method, and realizing the optimization

contemporary college students, an empirical analysis was carried

Table 1 Descriptive Statistical Analysis Results of College Students' psychological Health Assessment

Variable code	Mean value	Standard value	Minimum value
Campus culture	0.213	0.543	0.565
Personality traits	0.432	0.864	0.582
Quality education	0.654	0.324	0.642
Campus environment	0.321	0.322	0.212
Quality shaping	0.465	0.353	0.654
Independent character	0.543	0.764	0.212
Statistical average	0.212	0.433	0.354
Variance	0.132	0.032	0.091

According to the descriptive statistical results in Table 1, the characteristic information of college students' psychological evaluation and health quality is mined, and the personality characteristics of shown in Figure 1.

contemporary college students' psychological health level are analyzed by using multiple regression analysis methods. The analysis results of psychological health are health quality is mined, and the personality characteristics of shown in Figure 1.

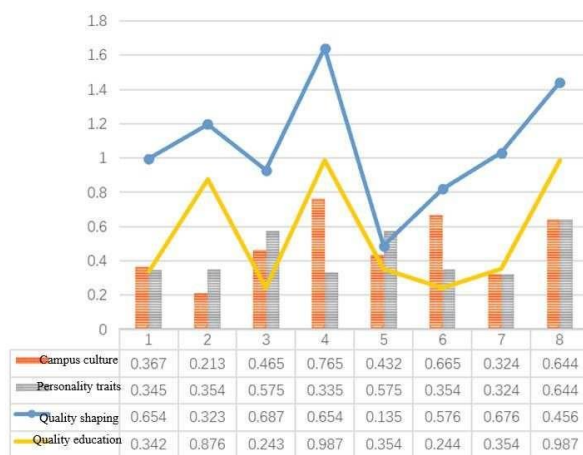|	1	2	3	4	5	6	7	8
Campus culture	0.367	0.213	0.465	0.765	0.432	0.665	0.324	0.644
Personality traits	0.345	0.354	0.575	0.335	0.575	0.354	0.324	0.644
Quality shaping	0.654	0.323	0.687	0.654	0.135	0.576	0.676	0.456
Quality education	0.342	0.876	0.243	0.987	0.354	0.244	0.354	0.987

Figure 1. Results of evaluation and analysis of psychological health education model for college students

of psychological health education model for college students according to the extracted results of personality characteristics mining.

out. FMOLS was used for descriptive statistical analysis of college students' psychological health assessment, and T test was used for sample regression analysis. The number of samples was 2000. The results of descriptive statistical analysis are shown in Table 1.

4. Empirical analysis

In order to verify the performance of this model in optimizing the psychological health education of

Analysis of Figure 1 shows that the confidence level of using this method to carry out psychological health education for college students is high from the perspective of positive psychology, which improves the effect of psychological health education.

5. Conclusion

Under the positive vision, the model of psychological health education for college students is constructed, and the evaluation of psychological health education for college students is carried out by combining the statistical data analysis method. This paper proposes a model of psychological health education for contemporary college students based on positive psychology. According to the connotation of positive psychology and the inner potential of college students, the characteristic

information of college students' psychological health quality is excavated, and a

positive goal of psychological health education is constructed for college students by combining descriptive statistical analysis. By using the multiple regression analysis method, the personality characteristics of contemporary college students' psychological health level are analyzed, the personality characteristics and emotions of college students are shaped and strengthened, the implicit personality characteristics of college students are extracted by using the feature mining method, the extraction results are mined according to the personality characteristics, the psychological health education of college students is guided by positive psychology, and the inner potential of college students is explored by using the threedimensional and diversified education methods, so as to

4938

realize the optimization of the psychological health education mode of college students. The results of empirical analysis show that the confidence level of using this method to carry out psychological health education for college students is high from the perspective of positive psychology, and this model has guiding significance in promoting the development of psychological health education for college students.

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