

# INTEGRATION OF POSITIVE PSYCHOLOGICAL RESOURCES FROM THE PERSPECTIVE OF THE EDUCATIONAL ENVIRONMENT AND EDUCATIONAL SUBJECTS IN COLLEGES AND UNIVERSITIES

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Educator Distohui said: "The art of education lies not in the ability of communication, but in a teaching art that inspires, awakens and inspires students". With the comprehensive change and development of the educational environment, the continuous deepening of the field of education and people's continuous discussion of the essence of education, dealing with and dealing with the complex and diversified educational environment, students, as the main body of education, should not only cultivate their scientific and cultural knowledge, but also have a positive and happy learning mentality. Establish correct learning values, give full play to subjective initiative, integrate and optimize learning resources and educational resources, link theory with practice, apply what you have learned, and become a learning talent with all-round development.

1. Basic concepts of positive psychology. Positive psychology is a psychological trend that uses the current relatively perfect and effective experimental methods and measurement methods of psychology to pay attention to the positive aspects of normal human nature and the study of human power and virtues. Its research mainly focuses on three aspects: positive emotional experience at the subjective level and positive personality characteristics at the individual level. Active social organization system at the qualitative and group level [1]. Positive psychology is different from traditional psychology, which focuses on negative and pathological psychology. It focuses on the positive resources of ordinary individuals and organizational systems, interprets psychological phenomena from a positive perspective, builds positive cognition, explores individual potential, and cultivates individual positive strength, so as to obtain a happy feeling and improve the quality of life [2]. Implementation of positive psychology into education and teaching can mobilize students' active learning mentality, make students interested in what they have learned, and gain a sense of achievement and self-confidence from learning. Teachers can stimulate students' interest in learning and improve the teaching effect and teaching quality by encouraging students to learn and affirming students' learning achievements.

2. Application strategies of positive psychology to students' interest in learning. Teachers always adhere to the teaching concept of positive psychology in the teaching process, reasonably use the "advantage" perspective, aiming at the actual learning situation of different students, while affirming students, helping students explore their learning potential, improving students' thirst for knowledge, making students full of interest in what they have learned, and cultivating students' curiosity and progress. Take the heart, so as to promote the improvement of students' learning level and the all-round development of autonomy and health.

2.1 Actively encourage students and give positive comments. Teachers' evaluation has a great impact on students' learning attitude. Some students are very sensitive, and teachers' words and deeds are very important in their eyes. To use positive psychology in educational and teaching situations, we must first look at students from a positive perspective, find the advantages and highlights of students, and do not hesitate to encourage students and give students positive and positive evaluations. Although sometimes teachers see that students' learning performance is not good enough, they still have to pick out the advantages and praise them, which can make students always have

confidence in learning and believe that they can face the difficulties and challenges in learning with a positive attitude.

2.2 Use positive psychological strategies to improve students' subjective motivation in learning. Learning is a process of continuous repetition and breakthroughs. With the deepening of learning, the difficulty gradually increases, and it is inevitable that students will be tired and lose enthusiasm for learning. Positive mental strategies can allow students to always maintain their enthusiasm for learning in the boring learning. First of all, teachers can play the role of role model learning to encourage students to learn. They can regularly choose the best learning role model according to their learning performance, and find the advantages of learning role models to praise and give students a demonstration, so that students will not feel that role models are out of reach, but can be praised if they work hard in a certain way. Secondly, teachers can give students positive feedback and support in time.

When students complete the more difficult learning tasks assigned by teachers, they can give appropriate rewards and affirmation. Finally, according to the characteristics and potential of each student's own development, we can regularly carry out positive psychological hints to give students the greatest trust. We believe that students are making progress every day, and every student can become a better self.

2.3 Create a good learning situation and stimulate students' enthusiasm for learning. A good learning environment is conducive to students to be more focused and conscientious in learning. It can support and guide students to build a good learning environment independently and spontaneously, such as decorating classrooms, placing green plants, etc. Teachers can apply to increase outdoor social practice and natural situation teaching, diversified scenario simulation teaching and other activities to create a lot of Extremely positive learning situation, improve students' enthusiasm for learning, and encourage students to learn independently and spontaneously.

As a result of the formation of a post-configurative culture, educational institutions of different countries are developing, the spheres of influence of various areas on the organization of education are expanding. Since society requires the mobility of specialists, the trend of introducing psychological aspects into the development of education is very relevant in different cultures and societies [3]. And we believe that it is important to adopt the Belarusian experience of introducing psychology into the education process in other countries, in particular in China.

**Conclusion.** Applying positive psychology to promote students' interest in learning should be very simple and practical for teachers. It mainly depends on whether the teacher correctly understands the meaning of positive psychology and whether the actual application is reasonable. Blind excessive praise or incorrect encouragement will make the positive psychology application strategy deviate. Correct application also requires the teacher's accurate grasp of the actual learning situation and psychological characteristics of students and the accurate understanding and practice of various positive psychological strategies.

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