

Cultivating Positive Personality of Teenage Students from the Perspective of Family School Community Education

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Abstract: *Positive personality education is an educational philosophy and practice aimed at cultivating students' positive mentality, positive personality traits, and basic social abilities. It has significant value and significance for the healthy growth of young students and the development of society. Positive emotions, positive emotions, and positive interpersonal relationships are the core elements of positive personality education. Based on the fact that family, school, and society are the three major environments that affect the formation of the personality of young students, from the perspective of family school community co education, establish a common sense of subjectivity among school, family, and society, promote mutual cooperation between family school society, form educational synergy, and effectively cultivate the positive personality of young students.*

Keywords: Positive personality, Family school community joint education, Teenage students.

1. Introduction

As the future and hope of society, the development and education of young students have always been of great concern. Especially crucial for their personality shaping. However, traditional educational models often only focus on the cultivation of academic performance, neglecting the cultivation of positive personalities among young students. In order to solve this problem, more and more scholars and educators are paying attention to the comprehensive role of family, school, society, and co education, in order to cultivate the positive personality of young students.

2. The Theoretical Basis of Positive Personality Education

2.1 The Development and Background of Positive Psychology

Positive psychology originated in the late 20th century and is a supplement and development to traditional psychology's concerns. In the 1990s, Martin Seligman proposed the concept of positive psychology and began to promote its development. The development of positive psychology has gone through a process of continuous exploration and theoretical construction, gradually forming a series of core theories and viewpoints[1].

Positive psychology emphasizes the importance of individual strengths, happiness, and positive emotions. The core theories include fluency experience theory, happiness psychology, advantage psychology, etc. Viewpoints include the importance of positive emotions, individual strengths, and potential development. The development of positive psychology has driven the development of new theories, ideas, and methods in the field of education. In education, positive psychology emphasizes the cultivation of students' positive mindset, self-regulation ability, and social skills. The application of positive psychology has been validated in educational practice and has had a positive impact.

2.2 The Concept and Connotation of Positive Personality Education

Positive personality education is an educational philosophy and practice aimed at cultivating students' optimistic mentality, positive personality traits, and social adaptability[2]. The basic principles include paying attention to the overall development of students, emphasizing individual differences and development potential, and emphasizing student participation and autonomy. The core goal of positive personality education is to cultivate students' optimism, positive personality traits, and social adaptability. Its content mainly includes the cultivation of positive psychological literacy, the shaping of moral qualities, and the improvement of social skills. Compared with traditional education, positive personality education pays more attention to students' subjectivity and individual differences. Traditional education emphasizes knowledge impartment and subject competition, while positive personality education emphasizes the comprehensive development and personality cultivation of students. Positive personality education focuses more on cultivating students' self-awareness, emotional management skills, and social skills.

2.3 The Ontological Basis of Positive Personality Education

One is the theoretical foundation of positive personality education for personality development. The personality development theory believes that personality is gradually formed and developed through social interaction and individual experience. Positive personality education can promote students' personality development by providing a positive social environment and experience; The second is the enlightenment of humanistic thinking on positive personality education. Humanistic thinking emphasizes the importance of individual self-worth and self-realization. Positive personality education advocates paying attention to students' individual needs and development potential, emphasizing the cultivation of students' self-awareness and self-worth; The third is the social constructivist foundation of positive personality

education. Social constructivism believes that individual development is achieved through social interaction and the shaping of cultural environment. Positive personality education emphasizes the importance of social environment and advocates the creation of a positive learning and social environment to promote students' positive personality development[2].

3. The Core Elements of Positive Personality Education

3.1 Positive Emotions

Positive emotions refer to a positive, joyful, and fulfilling emotional state that can promote an individual's mental health and happiness. According to the manifestation and source of emotions, positive emotions can be divided into two categories: active positive emotions and passive positive emotions. Active positive emotions are emotions that individuals cultivate through their own efforts and positive thinking, such as optimism, confidence, etc; Passive positive emotions are emotions brought about by the positive influence of the external environment and others, such as satisfaction, tranquility, etc[3]. There are three steps to cultivating positive emotions: first, positive thinking training. Promote the generation of positive emotions by cultivating positive thinking patterns and attitudes. Positive thinking training can be conducted by recognizing and exploring one's own strengths and strengths, actively evaluating one's abilities and values, cultivating optimistic explanatory methods, and learning to approach problems and difficulties from a positive perspective; The second is emotional regulation skills. By learning and mastering some emotion regulation techniques, individuals can better manage and regulate their emotions, thereby promoting the generation of positive emotions. For example, techniques such as deep breathing, relaxation training, and mindfulness meditation can help individuals alleviate stress and anxiety, and enhance their level of positive emotions. The third is to cultivate positive emotions. By cultivating positive emotions such as joy, gratitude, and care, we can promote the generation of positive emotions. Individuals can cultivate positive emotions by participating in activities they enjoy, communicating and sharing with family and friends, and helping others, thereby enhancing their level of positive emotions.

3.2 Positive Psychological Qualities

3.2.1 Confidence

Self confidence is an individual's affirmation and trust in their own abilities and values, and is an important part of positive psychological qualities. There are three key points to cultivating self-confidence: one is to actively evaluate oneself. Individuals should learn to actively evaluate their abilities and achievements, pay attention to their strengths and weaknesses, and thus enhance their confidence; The second is to set reasonable goals. Individuals can set specific and feasible goals and take effective actions to achieve them, thereby increasing confidence; The third is to overcome difficulties and challenges. Individuals should learn to face challenges and adversity, bravely face difficulties and overcome them, thus cultivating a resilient and confident mindset.

3.2.2 Optimistic Attitude

Optimistic attitude is an important component of positive psychological qualities, which can help individuals actively cope with difficulties and setbacks. Individuals can cultivate an optimistic attitude through the following methods. One is to cultivate positive thinking. Individuals should learn to view problems and difficulties from a positive perspective, find strategies and opportunities to solve problems, and cultivate a positive way of thinking; The second is to train and actively respond. Individuals should learn to actively cope with difficulties and setbacks, find methods and strategies to solve problems, and cultivate an optimistic mindset; Thirdly, learn to actively seek help. Individuals can seek support and encouragement from others, share their difficulties and challenges with others, and thus enhance their optimistic attitude.

3.2.3 Self Discipline Ability

Self discipline is an individual's ability to manage and control themselves, which is crucial for the cultivation of a positive personality. The key to cultivating self-discipline lies in three aspects: firstly, setting precise goals and plans. Individuals should set clear goals and develop detailed plans and steps to achieve these goals, thereby cultivating self-discipline habits; The second is to develop regular lifestyle habits. Individuals should cultivate good living habits, such as regular schedules and healthy eating habits, in order to enhance their self-discipline; The third is to strengthen time management. Individuals should learn to arrange and utilize their time reasonably, allocate tasks and activities reasonably, and thus improve their self-discipline.

3.3 Positive Interpersonal Relationships

3.3.1 Collaboration and Communication Skills

The ability to cooperate and communicate effectively with others is crucial for the establishment and maintenance of positive interpersonal relationships. Individuals can cultivate cooperation and communication skills through the following methods. One is to strengthen team cooperation. Individuals can participate in team collaboration activities, learn to collaborate with others, divide tasks, and work together, thereby cultivating collaborative abilities; The second is to learn effective communication skills. Individuals can learn and master effective communication skills such as listening, expressing themselves clearly, and respecting others, thereby improving their communication skills; The third is to cultivate empathy. Individuals should learn to pay attention to the feelings and needs of others, understand and experience their emotions, thereby cultivating empathy and promoting good interpersonal relationships.

3.3.2 Social Skills

Social skills are crucial for individuals to interact and interact with others. By cultivating good social skills, individuals can better establish connections, communication, and cooperation with others, thereby establishing positive interpersonal relationships. Here are some ways to cultivate social skills. Listening and Respect: Learn to listen to others and respect

their perspectives and feelings. Do not interrupt the other person's speech and give them full attention and respect Express clearly and confidently: Learn to express your thoughts and opinions clearly, and express your viewpoints in concise and clear language. At the same time, maintain a confident posture and demonstrate your confidence and determination Non verbal communication: Pay attention to your own nonverbal communication, such as facial expressions, posture, eye contact, etc. These nonverbal signals can convey your attitude and emotions, and establish better connections with others Politeness and friendliness: Maintain politeness and friendliness towards others, demonstrating sincere care and respect. Pay attention to details, such as greetings, thanks, compliments, etc., which can make your relationship with others more harmonious Resolving conflicts and resolving disagreements: Learn to handle conflicts and disagreements, and adopt appropriate methods for communication and problem-solving. Stay calm and rational, respect others' opinions, and find common solutions. Building trust and support: Establishing trust and support relationships with others, helping and supporting each other. Establish a positive interpersonal network by caring for others, providing assistance, and sharing resources.

4. Strategies for Cultivating Positive Personality Education for Adolescent Students

Hermann Haken (1976) systematically discussed the theory of synergy, stating that the family, school, and society are a whole system, and the various elements within the system are closely related to each other. Therefore, comprehensive consideration and design are needed. Family education, school education, and social education need to strengthen their own responsibilities, fully utilize their functions, and cooperate with each other in order to better play the role of overall education in the positive personality education of adolescents[4].

4.1 Early Cultivation, Casting the "Fixed Star" of Family Education

Family is the social environment that children are first exposed to, and family education plays a decisive role in their personality development. Family education can not only impart knowledge and skills, but more importantly, cultivate children's values, moral values, and behavioral norms, helping them form positive and upward personality traits[5]. One is the parents' personal demonstration. Parents, as role models for their children, should consciously establish a positive and upward image, and guide their children through their own behavior and words and deeds; The second is to create a good family atmosphere. A healthy, warm, harmonious, and friendly family environment is extremely important for the formation of a good sense of security for children; The third is to establish good family values. Families should clarify and convey positive values, such as honesty and trustworthiness, respect for others, and the pleasure of helping others, to guide children to establish a correct outlook on life and values; Fourth, encourage active participation in social activities. Families can encourage children to actively participate in social activities, such as volunteer work and community services, to cultivate their sense of social responsibility and

civic awareness.

4.2 Give Full Play to Its Functions and Make Good Use of the "Ballast Stone" of School Education

As the main battlefield of education, schools should play a leading role in the positive personality education of young students. School education can provide systematic knowledge and skill training, while also cultivating students' personality traits and shaping their character and values. One is to attach importance to the establishment of a good educational environment. Schools should create a positive and harmonious educational atmosphere to ensure that students receive good learning and growth conditions; The second is to strengthen the cultivation of students' self-discipline ability. Schools can guide students to abide by discipline and form good behavior habits by formulating rules and regulations and cultivating their self-discipline; Thirdly, encourage students to participate in various campus and club activities. Schools can encourage students to actively participate in various club activities, such as student unions, art clubs, etc., to cultivate their leadership and teamwork spirit; Fourthly, conduct lectures on personality education related courses. Schools can invite experts or set up specialized personality education courses to promote the formation of students' positive personalities.

4.3 External Support, Make Good Use of the Social Environment as a "Booster"

Social education plays an important role in promoting positive personality education for young students. Social organizations can provide rich and diverse resources and platforms, providing opportunities for active participation and helping young students develop good personality traits. One is to carry out volunteer activities for young students. Social organizations can organize various volunteer activities to encourage young people to participate and cultivate their sense of social responsibility and civic awareness; The second is to organize personality training projects. Social organizations can carry out personality training programs to impart knowledge and skills of positive personality education to teenagers through lectures, training, and other forms; The third is to establish a social support network. Social organizations can establish social support networks to provide consultation, guidance, and assistance to teenagers, helping them solve problems and confusion during their growth; Fourthly, strengthen cooperation with schools and families. Social organizations should establish close cooperative relationships with schools and families, jointly promote the implementation of positive personality education, and form a joint force.

By implementing strategies at the levels of family, school, and society, positive personality education can be comprehensively and effectively promoted. The joint efforts of families, schools, and society can provide a favorable environment and support for the personality development of adolescents, cultivate their positive and upward personality traits, and contribute to the progress and development of society[6].

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