



Research on the Expansion of Psychological Education from the Perspective of Personality Construction Law

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Abstract

Mental health education is an important part of college students' mental health education. It is an effective way to cultivate psychological quality and improve the level of life happiness. According to the characteristics of psychological education, teachers try to integrate the law of personality construction into the construction of educational thoughts and the construction of educational systems, and strive to make psychological education closer to the objective reality through the integration of reasonable educational resources and based on the basic learning situation, so as to create a good atmosphere for the improvement of professional teaching quality, the shaping of high-quality courses and the overall development of students. According to the principle of personality construction, exploring the expansion trend of university psychology teaching can better understand the development process of its social personality, and promote its rational construction through psychological education and guidance. In the past, when we carried out mental health education, we paid attention to the cultivation and cultivation of college students' social personality, but ignored the cultivation of college students' social personality. Therefore, we should change the traditional methods of psychological education, change the traditional methods of psychological education, pay attention to the cultivation and development of college students' social personality, and make it the basis for the healthy development of college psychology, so as to promote the healthy development of psychological health.

Keywords

Personality construction, Educational psychology, Directional expansion

1. Basic status of psychological education

Through a comprehensive analysis of the basic knowledge of current psychological professional education, teachers can fully grasp and grasp the weaknesses and deficiencies in psychological education, so as to achieve a deep understanding of the practice of psychological education, thus creating conditions for the further expansion and extension of psychological health education under the new situation (Liang & Chen, 2020).

1.1 The connotation of psychological education

Sorting out the basic contents of psychological education will help to improve the effect of psychological education and accelerate the improvement of psychological health system. In terms of professional structure, psychological education includes school psychological education, family psychological education, public psychological education and other aspects. It is necessary to educate all aspects of educational objects to adopt a set of teaching measures according to the characteristics of psychology, cultivate good psychological quality, improve psychological function, and promote the steady improvement of students' overall quality and personalized development. In terms of the content of the course, psychological education includes mental health and mental quality. Among them, psychological health refers to that teachers achieve psychological balance through education and guidance of various possible psychological problems existing in students' personal development, so as to achieve the purpose of analyzing and solving problems. Psychological literacy refers to the screening of students' individual psychological behaviors, the continuous exploration of their internal potential, and the continuous improvement of their spiritual quality, so as to achieve positive intervention. In this context, through the study of mental health, make their knowledge storage and application in mental health, make them continuously improve their professional skills in their career, and thus lay a good foundation for the development of mental health in China at this stage (Jin, 2019).

1.2 Problems in psychological education

At present, the work of mental health education in colleges and universities still faces a series of problems, such as lack of awareness and poor actual results. At present, due to the limitations of educational concepts and educational concepts, the current work of psychological education in colleges and universities has not correctly grasped the connotation, purpose and orientation of education, resulting in the lack of teachers' understanding of the expansion and depth of psychological education, and the lack of awareness of actively intervening in students' psychological problems and strengthening psychological quality. If this situation is not improved for a long time, it will inevitably affect the effect of psychological education in schools. It has a negative impact on the healthy development of students. There are many kinds of courses in psychology, and the students involved are also different. Therefore, on the basis of psychological knowledge and psychological characteristics, we should make full use of psychological knowledge and expand the teaching content of psychology to achieve comprehensive coverage of individual students, enhance its effectiveness, and ensure the quality of psychological education. However, at present, the domestic psychological educators in colleges and universities do not have a thorough grasp of their psychological characteristics and personality characteristics in the teaching of relevant courses, resulting in the restriction of their resource allocation. Due to the lack of scientific nature, it is difficult to carry out mental health education in depth, affecting its actual effect (Yu & Liu, 2017).

2. The Application Value of Personality Construction Law in Psychological Education

University is a major base for cultivating outstanding talents. It should not only attach importance to imparting professional knowledge and improving students' scientific and technological literacy, but also promote their personality development and improve their comprehensive quality. At present, many vocational and technical colleges still use traditional teaching methods in the development process, and lack a clear understanding of the shaping of personality, and lack of coordination between the scientific quality of students and the cultivation of personality. In order to adapt to the requirements of contemporary development and to meet the requirements of contemporary development of compound high-quality talents, we must start with traditional teaching methods, strengthen the education of personality, and improve and innovate the school teaching model from the perspective of personality construction. In the teaching of psychology, the adoption of the personality construction principle can not only change the traditional way of thinking, increase the depth and breadth of its education, but also help to cultivate the personality characteristics of college students in different periods, so as to achieve psychological differences, thus promoting the learning effect of psychology, and promoting the innovative development of psychology (Zhang, 2020).

3. The Application Effect of Personality Construction Law in Psychological Education

3.1 Overview of the law of personality construction

From a psychological point of view, personality construction is a psychological mechanism of internal regulation, which focuses on individual behavior patterns and characteristics. Some modern western researchers have deeply studied the composition and structure of personality, and summarized a series of rules of personality construction, trying to effectively intervene and dredge psychological problems from the rules, thus promoting the shaping of healthy perso-

nality. Through the analysis of Freud's personality construction theory, he divided the ego into three levels: id, ego and superego. The relationship between the three is close and coordinated, ensuring the interaction between individuals and the outside world. Under different conditions, individuals cannot handle the relationship between id, ego and superego for a long time due to their complex personality characteristics, thus causing various problems. At the same time, the diversity of personality leads to certain differences in the composition of individual personality. Therefore, to solve these problems, we must start with external factors, start with psychological problems, improve psychological quality and other aspects, establish a sound personality, connect social independent personality with social democratic personality, integrate and optimize various personality construction factors, and promote individual social development.

3.2 The Application of Personality Construction Law in Psychological Education

Teenagers are the future and hope of the country. They should not only improve their scientific and technological quality, but also maintain a good personality. At present, most universities still follow the traditional teaching philosophy, ignoring the cultivation of personality. On this basis, it is necessary to carry out a comprehensive reform, which is based on the cultivation of legal personality and moral personality, and changes the current university teaching methods with the rules of shaping personality, so as to promote the sound and perfect personality of college students. In view of the complexity of psychological education, we should make reasonable adjustments to the objectives and means of psychological education, and strive to use the principles of personality construction to fill the gaps in psychological education, so as to achieve the transformation of education center. Applying the principle of personality construction to psychological education has greatly changed the traditional mode of educational thinking, made teachers master new methods to analyze and sort out the situation of students, and promoted the transformation from theory to practice, which is an important basis for improving the breadth of current psychological education and clarifying the direction of education. In the relevant theories of personality construction, college students will have differences in personality in different periods, resulting in different mentality. In this context, if we continue to use the traditional psychological teaching mode for teaching, it will inevitably lead to the dislocation between teaching methods, resources and basic learning conditions, which will have a certain adverse effect on the effect of psychological teaching. Incorporating the principle of personality construction into psychology teaching can carry out psychological experiments and tests under the framework of positive psychology according to the various psychological conditions of college students, and promote them to effectively shape and shape their social and moral personality through emotion, experience and other resources, thus achieving the reform and innovation of psychological teaching.

4. Main strategies for expanding the direction of psychological education under the law of personality construction

4.1 Accelerate the construction of psychological personality guided by personality characteristics

4.1.1 Based on ideological independence, form the social personality influence of educational psychology research in colleges and universities

Through a detailed analysis of the common characteristics of personality in the process of its formation, we can see that the personality it presents is more concrete and has played a role in promoting and promoting the development of its social psychology. In the process of development and development, according to its own characteristics, educational psychology in colleges and universities analyzes its inevitable consequences and explores its role orientation in educational psychology in order to help it construct its social psychology. From the perspective of independent thinking, the independence of thinking stems from the differences in the development of thinking and the differences in the views on problems. In the process of developing university educational psychology, we should pay attention to the cultivation and development of college students' social consciousness, summarize the impact of various concepts on it, and then criticize its substantive trend and public personality, which provides a strong guarantee for its positive social development and psychological construction. This paper aims to explore the effect of educational psychology on college students' social personality through the research and discussion of educational psychology in colleges and universities, and then form a new development trend.

4.1.2 Focusing on the independence of consciousness, reflecting the new direction of social personality research in college educational psychology

The educational psychology of universities is a matter of concern and development. In the process of paying attention to its development, we should take it as an important entry point, and guide it correctly from the perspective of cultivation and development. With students' social awareness and sense of responsibility as its main components, fulfilling

social responsibility and sense of social development is the objective trend of their social development. However, due to the great difference between the social background and the social background of college graduates, their understanding of the social development and social responsibility of college students is also different, which leads to the formation and development of college students' social personality. The development and development of educational psychology in universities is to systematically deepen the independence of social consciousness, correctly explore the orientation of responsibility consciousness and social consciousness, and the integration of independent and comprehensive consciousness of consciousness. Through the in-depth discussion of the guiding factors of the construction of college students' social personality, this paper clarifies its psychological role in college students, thus making it a new research direction.

4.2 Enrich the perspective of psychological education based on social personality

In the development of university psychology, we should take social independence as the center, cultivate individual social independence as the goal, actively explore its role in the development, and gradually form its social development psychology. According to the basic principles of personality construction, it is believed that the independence of thought and cognition is a basic content of personality, and its fundamental reason is the difference of psychological development and the analysis of human problems. Therefore, colleges and universities should fully consider the individual differences when implementing psychological teaching, respect the independence of their social consciousness, gradually sum up and sum up experience, and sort out the factors that affect their social personality, animal instinct The recognition of common personality and other psychological viewpoints, get rid of the influence of wrong psychological theories, and thus provide theoretical support for the development of students' social personality. This theoretical transformation has objectively accelerated the transformation and application of social personality research results in psychological education.

From the perspective of students' development and career development, students must fully respect the objective laws of students' social personality development from the aspects of students' social awareness and career development, and actively participate in the construction and evolution of social awareness with the independence of social awareness as the starting point, so as to achieve the accurate output of students' social awareness, responsibility awareness and other social elements, So that students can not only realize the independence of their thoughts and consciousness, but also integrate individual independence and group integration, consciously assume social responsibility, consolidate social foundation, and establish collective consciousness. Through this psychological education, students can better deal with the relationship between individual interests and collective interests, effectively integrate into social life while highlighting personality, and enhance students' social adaptability and self-control consciousness. While realizing the independence of thought and awareness, we should also expand the requirements for free will and establish new concepts and directions. From the perspective of ideology and direction, starting from the aspects of curriculum organization, teacher collocation, curriculum setting, evaluation and personal intervention, we should carry out systematic reform on it to promote its independent values, independent outlook on life and independent social outlook, and then form its independent personality.

4.3 Taking personality democracy as the goal to promote the new trend of psychology

The democratization of personality is a major trend in the development of contemporary psychology. It focuses on the construction of the general principles of democratic psychology, and gradually excavates its internal democratic power, and cultivates its democratic actions. Theoretically, the democratic motivation of college students is an important way to realize personality democracy, and the realization of democracy is an inevitable trend to promote its development, and to carry out scientific management to deepen it and promote its social development. In psychological education, universities should take the emergence of "democratic motivation" and "democracy" as the premise, make an objective analysis of them, clarify the basic orientation of their construction, and explore new elements of their mental health, so as to provide them with a new impetus for development. In practical education and teaching, we should pay attention to the cultivation of democratic consciousness, spirit and spirit. In order to achieve this goal, in psychological teaching, we must create an objective and real psychological teaching situation, use quantitative methods, and use various methods to guide and guide, in order to realize the democratic personality of college students. Through various forms of educational measures, mobilize students' initiative and enthusiasm, build a scientific teaching platform inside the school, and create a favorable environment for the construction of college students' democratic consciousness; Through various forms of educational measures, we can mobilize students' initiative and enthusiasm to participate in psychological education independently, build a scientific teaching platform inside the school, and provide convenient conditions for subsequent psychological education reform.

5. Conclusion

In psychological education, the organic integration of the principles of personality construction and scientific mental health is conducive to improving the depth and breadth of mental health education, which is a new direction and trend of mental health education in China. After summarizing and analyzing the basic situation of the current development of college students' psychological education, clarifying its great significance for psychological pedagogy, rationalizing the overall thinking of education and teaching, taking this opportunity, taking targeted measures to continuously expand the direction of college psychological education, forming a more comprehensive psychological education system, and forming a more comprehensive psychological education system.

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