

Strategies for Cultivating Youth Social Mindset in the Perspective of Positive Psychology

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Abstract

A positive social mindset among youth plays an important role in promoting the all-round development of young people, social harmony and stability, fostering social innovation, addressing global challenges and promoting international cooperation. Currently, the social mentality of young people not only shows the positive side of optimism, responsibility, openness and tolerance, but also faces a series of problems caused by competitive pressure, cultural conflicts, environmental uncertainty and virtual social influence. Under the perspective of positive psychology, we can cultivate a positive and healthy social mindset among youth by cultivating positive emotions and personality traits, promoting cross-cultural communication, guiding youth to make rational use of virtual social interaction, and building a positive social support system, among other strategies.

Keywords

Positive psychology; Youth social mindset; Cultivation strategies.

1. Introduction

"Social mentality is a reflection of the spiritual and psychological condition of people under certain social operating conditions, condensing the emotional perception, spiritual temperament, and value orientation of social members." The formation of youth social mentality is affected by both individual subjective factors and objective environmental constraints, [1] It can reflect the degree of psychological health of the members of the society, and it is also the spiritual foundation that ensures the steady development of the country and the society. [2] In the era of information explosion brought about by globalization and intensified competition in the job market, young people are prone to feel unprecedented psychological pressure in the process of growing up. Cultivating a positive and healthy social mindset among youth is crucial to the growth and development of individual youth, and is also related to social harmony and stability, national prosperity and even the optimization of the global governance pattern. Therefore, all countries should attach great importance to and take effective measures to strengthen the cultivation of a positive social mindset among youth.

2. The Relevance of Cultivating a Positive Social Mentality among Young People

2.1. Shaping a Healthy Mentality for the Comprehensive Development of Youth

Positive social mentality is an important symbol of youth mental health, which is the key to driving the release of individual potential and realizing self-worth. By cultivating positive psychological traits such as optimism, resilience, and innovation among youth, it can effectively

enhance their ability to cope with life's challenges and promote the comprehensive development of emotional intelligence, cognitive ability and social skills. This intrinsic psychological resilience makes it a solid cornerstone for young people to maintain psychological health and stability and achieve comprehensive personal development in the face of challenges of modern life, such as academic pressure, professional competition and the complexity of interpersonal relationships.

2.2. Strengthening social cohesion and promoting social harmony and stability

Youth groups are the future force of social development, and their social mentality directly affects the overall atmosphere of society. The cultivation of a positive social mentality helps to enhance the sense of belonging, responsibility and mission of young people to society, and promotes the formation of consensual values and behavioral norms. This consensual nature is not only reflected in the identification with the country and national culture, but also in the concern and defense of social justice and public interests. It will form a strong cohesive force to unite young individuals with different backgrounds and different pursuits, and jointly contribute to the harmony, stability and development of society.

2.3. Promote social innovation and sustainable development

Innovation is the first driving force of development, and youth is the force of innovation. Young people with a positive social mentality tend to be more daring in dreaming, courageous in exploring and relentless in pursuing, injecting a constant stream of vitality into various fields such as scientific and technological innovation, cultural prosperity and institutional change of the society. Driven by a positive social mindset, young people are more likely to transcend traditional thinking frameworks, put forward novel ideas and implement innovative practices, thus promoting the overall development of society in a more efficient, green and sustainable direction.

2.4. Addressing Global Challenges and Promoting International Cooperation

In the era of deepening globalization, the positive social mindset of young people, as a bridge and link for international exchanges, is of great significance to the building of a community of human destiny. In the face of global challenges such as climate change, public health crises, and economic fluctuations, a positive social mindset can motivate young people to transcend national boundaries, races, and cultures, to seek common solutions with an open and inclusive mindset, and to strengthen international cooperation in order to deal with the common threats facing humanity. Such international cooperation based on understanding and respect is an important force for maintaining world peace and stability and promoting changes in the global governance system.

3. The Current Situation of Youth Social Mentality

Positive psychology focuses on human happiness, the experience of psychological pleasure, and the resilience and optimism of individuals in the face of adversity, [3] is committed to the study of positive psychological qualities of human beings and the promotion of individual and social well-being, and provides new perspectives and paths for an in-depth understanding of and the cultivation of youth social mentality. Under the perspective of positive psychology, the current situation of youth social mindset is a multidimensional and multilevel phenomenon, which not only reflects the psychological health of young individuals, but also maps the comprehensive effects of various factors such as social culture, educational background and economic environment. Under the background of globalization and informationization era, the social mentality of youth groups, as the backbone of social development, presents complex and changing characteristics, both positive and upward, and there are also some problems.

3.1. Positive aspects of youth social mentality

3.1.1. Overall optimistic and upward

Against the background of more global uncertainties, the youth group shows a rare positive mentality and optimism. They believe that through their own efforts and the support of society, they can overcome all difficulties and challenges and realize their personal value and social progress. [4] This positive attitude and optimistic spirit not only provide a strong spiritual impetus for the youth themselves, but also spread to a wider group of people through social media and other channels, becoming an important force to promote the forward development of society.

3.1.2. Having a sense of responsibility

In the face of global challenges such as climate change, poverty and disease, youth groups have not chosen to escape or remain silent, but have bravely stepped forward to become practitioners of social responsibility and commitment. From participating in environmental protection organizations and promoting sustainable development projects to joining public welfare undertakings and helping the disadvantaged, young people have interpreted the profound meaning of "the rise and fall of the world is the responsibility of everyone" with practical actions. Their efforts have not only contributed to the improvement of the global environment and the promotion of social fairness and justice, but also inspired more people to join the ranks and work together to build a better world.

3.1.3. More Open and Inclusive

Under the background of globalization, the youth groups are more open and tolerant, they are happy to accept different cultures and actively participate in cross-cultural exchange activities. Through various channels such as studying abroad, traveling, and social media, young people cross borders, connect with people all over the world, and share each other's stories, concepts and values. This cross-cultural exchange and understanding not only promotes cultural diversity and richness, but also deepens the friendship and cooperation between peoples, laying a solid foundation for building a community of human destiny.

3.2. Problems and challenges of youth social mentality

3.2.1. Intense competitive pressure makes young people generally feel anxious and confused

In the context of globalization, whether in academic upgrading or in the workplace, young people are facing fierce competition and increasingly intense pressure. High-intensity competitive pressure tends to breed anxiety, making young people full of worries and uncertainty about the future. At the same time, with the rapid development of the globalized economy, digitalization has deeply changed the mode of social production, and the rapid development of artificial intelligence has also made the traditional career paths and development modes no longer stable, and the rise of some emerging industries and the decline of traditional industries have left youths confused about their career choices.

3.2.2. Cultural conflict and value diversification bring value confusion and identity crisis to young people

Under the condition of economic globalization, cultural exchanges, fusion and confrontation are more frequent. After coming into contact with different cultural values, young people are faced with the problem of cultural conflict and value choice. Some young people may feel at a loss between different cultural values and find it difficult to identify the value system they really agree with, This value confusion may lead to a lack of clear guidance in their behavior, or even moral slippage. In addition, globalization also puts some local cultures at risk of being marginalized, which may trigger an identity crisis among young people about their own cultural

identity, They may doubt their own national cultural traditions and lose themselves in the sea of global culture.

3.2.3. Complex, changing and uncertain environments put heavy psychological pressure on young people

Nowadays, global problems such as climate change, terrorism, wealth gap and so on are getting more and more serious, and young people, as the masters of the future society, inevitably have to face the challenges brought by these problems. However, the complexity and enormity of these problems often make young people feel overwhelmed, helpless and desperate. For example, in the face of the ecological crisis brought about by climate change, young people may feel worried about the future of mankind; the threat of terrorism may also cause them to fear for the security of the world. These psychological burdens, if not relieved in a timely and effective manner, may have a long-term negative impact on the mental health and social mentality of youth.

3.2.4. Virtual socialization affects youth's real social interaction

In the Internet era, youth can easily communicate virtually with people around the world. However, over-reliance on virtual socialization may lead to a decline in real social skills, causing communication barriers and emotional detachment in face-to-face interpersonal interactions among youth. At the same time, information overload and false information in virtual socialization may also mislead youth, affecting their cognition and judgment of the real world and neglecting real interpersonal relationships and social interactions.

4. Strategies for Cultivating Youth Social Mentality Based on Positive Psychology

Positive psychology emphasizes the important role of individual mental toughness in coping with adversity. Cultivating youth social mentality under the perspective of positive psychology is a systematic project that requires the collaboration of family, school and society. Aiming at the current situation of youth social mentality and the problems and challenges it faces, the implementation of effective cultivation strategies can promote the healthy growth of young people, enhance social cohesion, and promote the sustainable development of society.

4.1. Cultivate youth's positive emotion experience and emotion management ability

Emphasis should be placed on positive emotion education for young people, and emotion education should be incorporated into school curricula, so that young people can understand the nature, role and changing patterns of emotions through the provision of courses and lectures, guiding them to learn to identify, express and manage their emotions, and to cope with negative emotions and regulate their emotions in positive ways, such as through meditation, exercise and artistic creation. At the same time, families, schools and society should work together to create an environment full of positive energy and a positive atmosphere, and through the organisation of colourful cultural and sports activities, voluntary services, team building and other activities, to stimulate young people's experience of positive emotions, and enhance their sense of belonging and happiness.

4.2. Cultivate positive personality traits and self-efficacy among young people

Positive personality traits play a very important role in the growth of young people, and it is possible to set up positive role models by publicising the deeds and achievements of outstanding young people, and to motivate young people to learn from their positive personality traits of perseverance and innovation. Schools and families should set up a scientific incentive mechanism to give timely and concrete affirmation and encouragement to the efforts

and progress of young people, so as to enhance their sense of self-efficacy. At the same time, young people should be guided and encouraged to engage in self-exploration and growth, to understand their own interests, strengths and potential, to formulate plans for personal growth, and, through participation in social practice, internships and practical training and other activities, to enable young people to hone their abilities and accumulate experience in practice, and to enhance their self-confidence and sense of achievement.

4.3. Promote cross-cultural communication and understanding among youths

Positive psychology stresses that the well-being of the individual is closely related to the harmonious development of society as a whole, so education for young people on the sense of a community of human destiny should be strengthened, guiding them to realise the commonality of global issues and the close link between the destinies of humankind. Through activities such as international seminars and keynote speeches, young people should be made aware of the importance and urgency of global governance, and their enthusiasm and determination to contribute to building a community of human destiny should be stimulated. Strengthening international exchanges and cooperation is important for fostering a positive social mindset among young people. Therefore, it is necessary to strengthen cross-cultural education, promote young people's understanding of and respect for different cultures, and enhance cross-cultural exchanges and friendships by organising international exchanges, cultural experiences, volunteer services and other activities that allow young people to experience first-hand the charms of different cultures. At the same time, it is important to cultivate young people's global vision and cross-cultural communication skills, enhance global awareness and international responsibility, and contribute to the building of a community of human destiny.

4.4. Guide young people to use virtual socialization reasonably

Guiding young people to correctly handle the relationship between virtual and real social interaction, make reasonable use of virtual social interaction, enhance their real social interaction skills by organising offline activities and encouraging face-to-face exchanges, and avoid over-reliance on virtual social interaction at the expense of the establishment of real interpersonal relationships. Strengthen the information literacy education of young people, improve their ability to screen and judge information, and guide them to identify false information and Internet rumours, so as to avoid being misled by undesirable information. At the same time, it is necessary to cultivate young people's awareness of cyber morality and sense of responsibility, so that they can maintain a positive mindset and behaviour in cyberspace and create a healthy and upward cyber atmosphere.

4.5. Build a positive social support system for youth development

Building a positive social support system plays a crucial role in fostering a positive social mindset among young people. Firstly, families should pay attention to the mental health and growth needs of young people, provide a warm, understanding and supportive family environment, enhance parent-child relationships through effective communication and interaction, and help young people establish positive self-identity and values. Second, schools should establish and improve a comprehensive student support system, such as psychological counselling, academic counselling, career planning, etc. Through professional psychological counselling and personalised guidance, they should help young people to solve the confusions and problems they face in their growth, and enhance their psychological resilience and adaptability. [5] Once again, society should create a positive and supportive atmosphere, encouraging young people to participate in social organisations and public welfare activities through volunteering and community participation, so that young people can feel the warmth and strength of society and enhance their sense of social responsibility and mission. Lastly, the

Government and all sectors of society should also provide more development opportunities and resource support for young people, encourage mutual support and assistance among young people, and establish a good interpersonal network through the development of youth mutual-help group activities and other means, so as to promote the common growth of young people.

5. Summary

Against the backdrop of rapid globalisation and information technology development, the cultivation of a positive social mindset among young people is of great significance in promoting the all-round development of young individuals, enhancing social cohesion, promoting social innovation and sustainable development, and coping with global challenges. Based on the perspective of positive psychology, through the cultivation of positive emotions and personality traits, the promotion of cross-cultural communication, the guidance of the rational use of virtual social networking and the construction of a comprehensive social support system, we can effectively deal with the challenges faced by young people, such as the pressure of competition, cultural conflicts, environmental uncertainty and the influence of virtual social networking, and cultivate a more optimistic, responsible, open and tolerant social mindset of young people, so as to contribute to the harmonious and stable development of society and the prosperity of the country. This will lay a solid foundation for the harmony and stability of society and the prosperity of the country.

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