

# *Research on improving college students' ability to resist frustration from the perspective of positive psychology*

Xingfang Chi<sup>a</sup>

*Philippine Christian University Center for International Education, Manila, 1004, Philippines*  
*<sup>a</sup>chi573543269@163.com*

**Keywords:** Positive psychology; perspective; college students; frustration resistance; and improvement strategies

**Abstract:** In the new era, China has put forward higher requirements for the comprehensive quality of talents, which requires talents not only to have enough professional ability and professional quality, but also to put forward higher requirements for high-quality talents and other aspects of psychological quality, moral cultivation and thought. New era due to the employment pressure, learning pressure and social pressure, lead to many college students in the process of continuous learning resistance, negative, and so on and so forth, college students' ability to resist setbacks, when the actual face of setbacks cannot quickly self emotional regulation and recovery, which leads to the impact of college students, serious even lead to psychological problems of college students. It is necessary to pay attention to the ability of college students to improve their ability to resist frustration, so as to protect the mental health of college students. Positive psychology is a commonly used teaching method in the field of psychological education. Positive psychology and college students' anti-frustration ability have some applicability and relevance, so it is a commonly used concept mode in the education of college students' anti-frustration ability. In view of the improvement effect of positive psychology on college students' ability to resist setbacks, relevant personnel need to pay attention to and study.

## 1. Introduction

The ability to resist setbacks is the key quality and ability that people must have in the growth and development. Once the lack of the ability to resist setbacks, it will lead to the inability to face difficulties and failures correctly, and then bring a huge impact on people's psychology and spirit, which will even cause psychological problems and mental illness, and have a huge impact on the future life. In the new era, with the development of China's economic level, the living conditions of each household have also been significantly improved. Many college students from the family environment is superior, a comfortable life, thus lead to college students face difficulties and setbacks is very few, college students' own frustration ability not effective training and exercise, leading to college students cannot correctly accept, in the face of setbacks, unable to adjust the attitude, improve the state, eventually lead to college students' psychological pressure and mental pressure is too large. And through positive psychology, we can assist college students in enhancing

their ability to resist frustration, thereby improving their mentality, psychological endurance, and overall comprehensive quality.

## **2. Overview of anti-frustration ability**

### **2.1 Connotation of anti-frustration ability**

The term "ability to resist frustration" was first proposed by the American psychologist Rosenzweig. The ability to resist frustration refers to the ability of individuals to deal with difficulties, pressures and blows. The ability to resist setbacks is not only an important ability for college students, but also an emotional state. It refers to that college students can control their intuitive feelings and emotional performance when they face setbacks and difficulties, so as to reduce the generation and outpouring of negative emotions as far as possible. In the new era, with the improvement of people's life quality, people's psychological endurance is getting worse and worse, and many college students' ability to resist setbacks cannot meet the basic requirements of the society for talents. How to strengthen and enhance the ability of college students to resist setbacks is one of the effective measures to improve the comprehensive quality of college students and improve their psychological quality<sup>[1]</sup>.

### **2.2 Common setbacks among college students**

In this paper, 500 college students were analyzed, a total of 500 questionnaires were distributed, and 497 questionnaires were collected, among which 491 were valid. The recovery rate and response rate of the questionnaires reached 99.4% and 98.2%, respectively. The basic picture of the composition of all investigated samples is shown in Table 1 and Figure 1 below. After analyzing all the questionnaires, it is found that the common setbacks of college students in the new era are mainly divided into as follows: 1). Environmental setbacks. Environmental setbacks are more common in freshmen and senior graduates. Environmental setbacks mainly refer to the incompatibility of students because they just enter a new living environment. At the same time, some students' cognition of future work and college life is different from the actual situation, which will also lead to environmental setbacks. Some college students come from the south to the north, from the countryside to the big cities, and the environmental maladjustment caused by various factors will bring environmental setbacks; 2). Learning setbacks. Learning frustration is one of the common types of frustration in college students. Learning frustration mainly refers to the frustration phenomenon caused by excessive learning pressure and great difficulty of learning content. Due to the increased difficulty, greater learning pressure and more learning content, many college students have learning setbacks; 3). Economic setbacks. College students need to complete their studies every day, so although they enter the society, they still need their parents to provide financial support. However, many college students have general family conditions and poor economic level, and other students have great economic differences with themselves, resulting in stimulus and economic setbacks; 4). Interpersonal relationship setbacks. Interpersonal frustration is one of the most common types of frustration among college students. Interpersonal frustration refers to the frustration caused by college students in interpersonal communication, such as communication between classmates, between lovers, between roommates and between teachers and students. Interpersonal frustration is the highest occurrence rate of all types of frustration. In this survey study, the odds of different types of setbacks are shown in Figure 2 below<sup>[2]</sup>.

Table 1: Basic information of the composition of all investigated samples

sex	freshman year	Second grade in college	junior	senior	altogether
the male sex	72(25.17%)	98(34.26%)	76(26.57%)	40(13.98%)	286(58.25%)
femininity	47(22.92%)	48(23.41%)	64(31.21%)	46(22.44%)	205(41.75%)

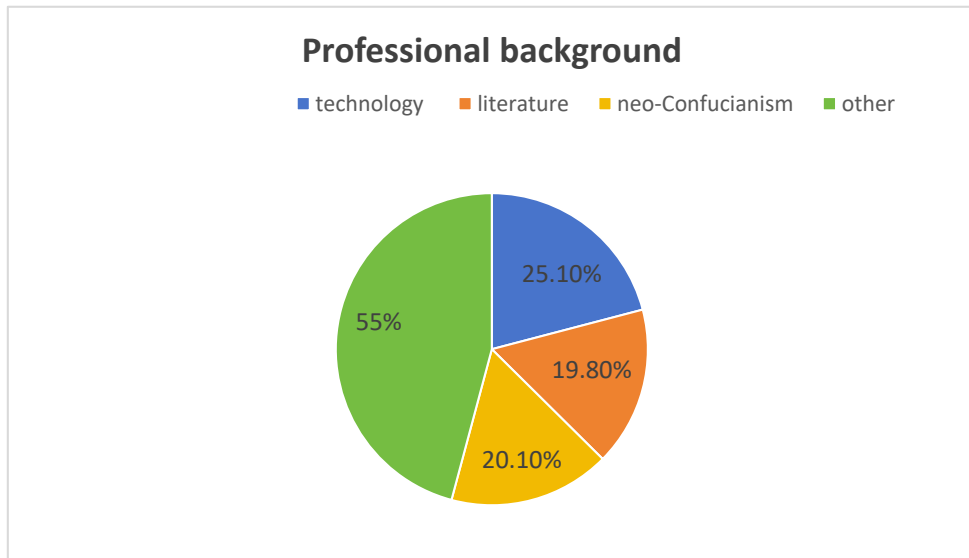


Figure 1: Investigates the professional background of college students

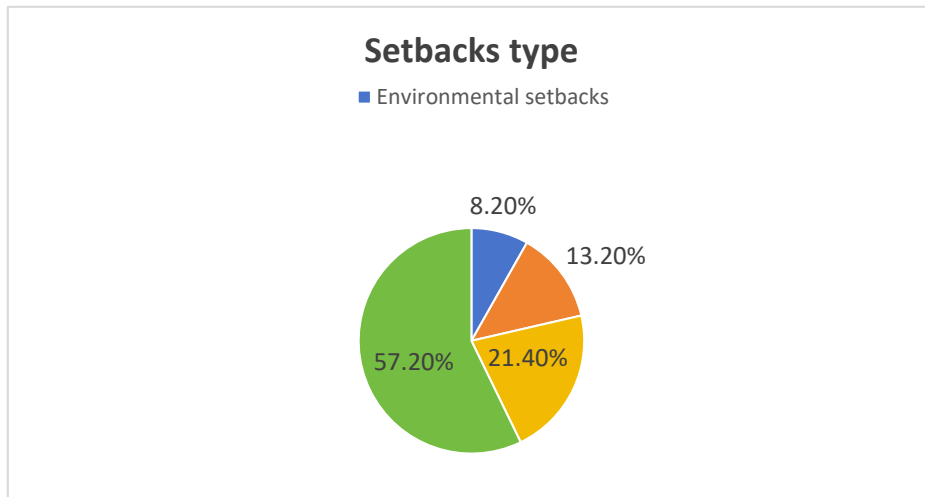


Figure 2: The odds of generating different kinds of setbacks

### 3. An Overview of positive psychology

#### 3.1 The Connotation of the positive psychology theory

Positive psychology is a psychological theory proposed by the famous psychologist Serigman at the end of the last century. Serigman believes that the psychology theory should have three important missions. They are healing the diseases of patients with psychological diseases, improving people's life happiness and stimulating the potential of the human body. Positive

psychology theory is an important research theory in the field of global psychology in recent years, positive psychology theory mainly refers to through positive attitude and perspective of things, different from the traditional psychology perspective, positive psychology theory more inclined to optimistic and positive attitude to analyze and explore, in order to improve people's enthusiasm, enable people to healthy development. With the continuous research and development of positive psychology theory in recent years, positive psychology theory has mainly formed the following aspects, including three parts: positive subjective experience, positive personality traits and active organization system<sup>[3]</sup>.

One is positive subjective experience: when a person is satisfied and recognized with his past, present and future, he will feel a positive emotional experience and thus produce a positive attitude; the second is positive personality traits: when the same stimulus source stimulates different subjects, different subjects will have different responses. People with active personality traits will face setbacks positively; third, the motivated organization system. When the environment can provide convenient conditions for the stimulated subject, the stimulated subject can use the environmental advantages to create more value<sup>[4]</sup>. The theory of positive psychology is compatible with college students' ability to resist setbacks in some aspects. Positive psychology theory requires positive and positive guidance to college students, through positive guidance to improve their ability to resist setbacks, and develop an optimistic and positive attitude. Based on the theory of positive psychology, we aim to enhance college students' ability to resist setbacks and psychological toughness. This is done to improve their coping mechanisms in the face of setbacks and difficulties, preventing them from shrinking or fearing psychological challenges. Our goal is to ensure the positive and healthy growth of college students, preparing them for the future when they enter society and start working.

### **3.2 The importance of the positive psychological perspective for the improvement of college students' ability to resist setbacks**

Positive psychology and the cultivation of college students' ability to resist setbacks in a sense is highly fit, because people in life always difficult, will encounter various setbacks and difficulties in life, thus leading to certain differences between real life and imagination, this difference will also cause stimulus to college students, thus affect frustration affect college students mentality and mental state. Positive psychology can help college students improve their ability to resist setbacks. When college students are stimulated by setbacks and difficulties, the positive psychology perspective can help college students feel more positive emotions, so as to reduce the stimulation and influence on college students' own mentality. At the same time, the positive psychology theory can stimulate college students to challenge setbacks and difficulties, so as to help college students to better overcome and overcome setbacks. Therefore, through the perspective of positive psychology, the optimization and cultivation of college students' ability to resist setbacks can play a certain positive impact on the psychological quality and comprehensive ability of college students. The internal correlation between positive psychology theory and the improvement of college students' ability to resist frustration is shown in Figure 3 below<sup>[5]</sup>.

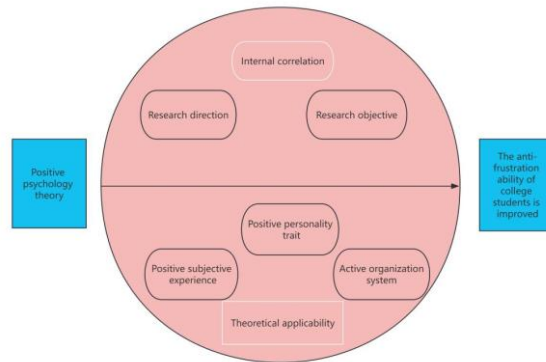


Figure 3: The internal correlation between positive psychology theory and the improvement of college students' ability to resist frustration

#### 4. Influencing factors of college students' ability to resist setbacks

To understand the influencing factors affecting college students' ability to resist setbacks, a university randomly selected college students as the survey object. In this experiment, a total of 50 college students were interviewed, and finally the model of the influencing factors of college students' ability to resist frustration is shown in Figure 4 below. According to the interview and investigation, it is found that the factors affecting college students' ability to resist setbacks can be divided into five categories, namely, college students' own quality endowment, social environment system, family support system, personal growth experience and school training mode. The five factors can be subdivided into sub-factors, the quality endowment includes the character, interpersonal skills and basic qualities of social students; the social environment system mainly includes the economic level and media resources; the family support system and the family upbringing of college students; the personal growth experience includes the frustration experience and the school training mode includes the ability to resist setbacks and the overall atmosphere. Based on the factors that affect college students' ability to resist frustration, effective strategies to improve their anti-frustration ability are presented in the following chapter [6].

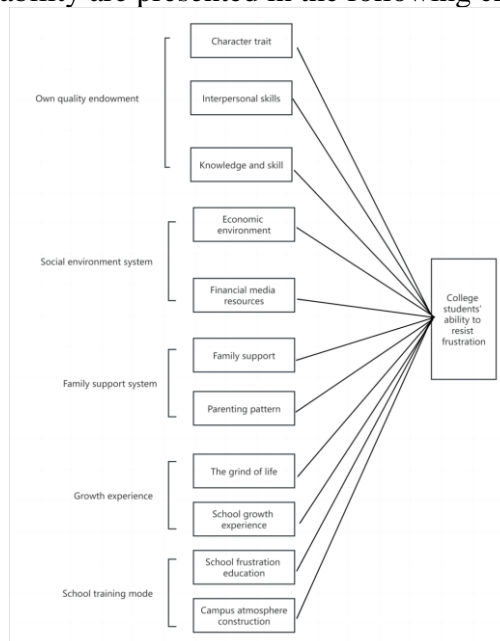


Figure 4: Factors influencing the model of college students' ability to resist frustration

## **5. Improving strategies of college students' ability to resist frustration from the perspective of positive psychology**

### **5.1 The cultivation of quality endowment from the perspective of positive psychology**

Based on the perspective of positive psychology, the quality endowment of college students needs to be cultivated, so as to improve their ability to resist setbacks. The autonomy consciousness and mentality of college students are cultivated based on the theory of positive psychology. Schools need to communicate closely with the parents of college students, guide them correctly, and guide them to develop a positive and positive character. For example, when college students are faced with the above several common setbacks, parents and teaching staff need to encourage and comfort them in time to help college students change their negative emotions. In the cultivation of college students' quality endowment, teaching personnel can start from the interests of college students, through the college students' interests and good areas to encourage college students, make college students in their favorite life value and value, to help college students better face setbacks, develop optimistic and positive attitude. In addition, teaching staff and parents should also do a good job in communication with college students, regular psychological communication with college students, understand the difficulties and setbacks facing college students in life, and give college students guidance. In the process of communication, teaching personnel and parents must pay attention to transform their identity into friends and listeners of college students, listen to college students, and avoid preaching and criticism to college students as much as possible, so as to reduce the resistance of college students, so that college students can better open their hearts and participate in communication<sup>[7]</sup>.

### **5.2 Shaping of social environment system from the perspective of positive psychology**

Colleges and universities need to shape a good social environment system for college students, and help college students improve their ability to resist setbacks through the social environment system. Colleges and universities need to pay more attention to college students' ability to resist setbacks and actively attract social resources, so as to shape the social environment system and play a positive impact on the cultivation of college students' ability to resist setbacks. In the campus environment, teaching personnel can organize regular communication lectures, let some encounter setbacks in life college students talk to each other and communication, at the same time in the lecture can also invite some psychological experts and scholars, bring college students system, the correct psychological guidance, to help college students better develop a positive attitude, improve their ability to resist setbacks. New era of information technology and financial media resources are widely popular, and in the shaping of the social environment system can also use the media resources, college students can use the existing media resources to communicate with other students, in the network environment do not need to use their real name, communication at the same time of students is not his real life classmates, thus better to eliminate college students' preparedness and resistance, make college students fully into the communication. We need to share experience through mutual communication and thereby assist college students in enhancing their resilience and strengthening the effective development of psychological qualities. At the same time, colleges and universities can also cooperate with psychological experts in the network through integrating media resources, regularly carry out online psychological counseling activities, and college students consult experts with professional experience, so as to improve their psychological state and improve their ability to resist setbacks<sup>[8]</sup>.



### **5.3 Formation of family support system from the perspective of positive psychology**

Family also has an important impact on college students' ability to resist setbacks. Colleges and universities need to communicate with students' parents and let them participate in the cultivation of college students' ability to resist setbacks. In college students' family life, parents need to create warm and happy family environment for college students, avoid giving college students too much pressure, at the same time according to the personality differences of college students to give targeted guidance, such as the inferiority, sensitive college students give some encouragement, and for some outgoing college students give communication and communication, in order to help college students improve ability to resist setbacks. When college students face setbacks, many college students dare not communicate with their parents, but parents need to take the initiative to change this phenomenon and actively seek college students to communicate, so as to give them emotional support and family support, help college students develop an optimistic attitude and improve their ability to resist setbacks<sup>[9]</sup>.

### **5.4 Rich of personal growth experience from the perspective of positive psychology**

Many college students will not adapt to the university life, difficult to accept the situation, for such problems, parents and teaching staff need to pay attention to, to help students quickly adapt to the new life mode, so as to solve the mentality of college students. College students into the society lead to their experience less, and the school needs to provide enough environment and space, such as college in daily life can use support mode, let sophomore, junior old help freshmen to adapt to university life, and arrange outstanding students for freshmen, help freshmen understand the key points of university life in the future. At the same time, teaching personnel should make full use of the example effect, set an example in the college students, through the example to drive other college students to learn, so as to effectively improve the ability of college students to resist setbacks<sup>[10]</sup>.

### **5.5 Construction of school training mode from the perspective of positive psychology**

The ability to resist setbacks is an important quality for the future growth and development of college students, so colleges and universities need to strengthen the effective training of college students' ability to resist setbacks, and take the ability to resist setbacks as an important goal of talent training. Teaching staff to help college students set up the correct frustration consciousness, college students' mental health as the focus of talent training, can open frustration ability and psychological problems related courses, and such courses as one of the required courses for all college students, through the course of college students' psychological quality and ability to resist frustration. At the same time, colleges and universities should strengthen the full use of the existing resources, actively use social resources and family resources, and create a good training mode for college students. For example, for college students with financial pressure, social resources can provide funds for the college students and students, the students can communicate with their parents to create a good family environment for college students. To enhance the scientific and feasibility of the current school training mode, linkage and common coordination must be established, thereby achieving a superior training effect on college students' resilience<sup>[11]</sup>.

## **6. Conclusion**

To sum up, the ability to resist setbacks is the key quality that determines the future development of college students and enters the society. The ability of college students against setbacks needs to

be paid attention to by students' parents and teaching staff. In view of the current problems of our country's college students in their ability to resist setbacks, it is targeted to provide them with help and correct guidance. By utilizing positive psychology theory, we can assist college students in developing an optimistic and positive attitude to better face setbacks and improve their resilience. This will provide a better guarantee for the future development and growth of college students.

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