

Pathways to Empowering Student Mental Health Education and Enhancing Innovation Capability Through Positive Psychology Approaches

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ABSTRACT

In response to the mental health issues caused by diverse factors such as rapid societal development, including high psychological pressure and limited stress management abilities among many students, as well as the demands of the rapid advancement of artificial intelligence for enhancing students' innovation capabilities, this study delves into the pathways of applying positive psychology methods to empower student mental health education and, consequently, to foster the improvement of students' innovation abilities. First, the mechanisms through which positive psychology methods empower student mental health education and enhance innovation capabilities are analyzed. Next, a positive and pleasant learning and living environment is created to enable students to gain positive emotional experiences, develop positive personalities, achieve intelligent management of stress and emotions, and enhance their intrinsic motivation and efficiency for learning. Finally, students are guided to efficiently utilize AI tools to raise questions, analyze problems, and solve complex issues, thereby improving their innovation capabilities. The effectiveness of the proposed methods has been validated through course teaching, guidance in research projects, and participation in scientific innovation competitions. Research results over the past 20 years involving more than 2,000 students in China University of Petroleum (East China) demonstrate that the proposed methods have effectively improved the outcomes of student mental health education, improved the mental health level of students and bolstered their sense of happiness, and significantly promoted the development of their innovation capabilities.

Keywords: artificial intelligence; intrinsic motivation; innovation capability; positive psychology approaches; student mental health education