

Positive Psychology Based Research on the Management of Mental Health of the Emeritus and Retired

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Abstract

Positive psychology, as a surge of psychological trend at the end of twentieth century from American focus on the positive experience that individual undertakes, trying to help one advance their development, have more happiness, have their ability, potential, motivation valued. The theory of positive psychology was incorporated into the management of mental health of the emeritus and retired, which cultivates the advantageous personalities of the elder group, help establish a positive, healthy psychological trend, enabling them feel content in the reflection of the past, enriched in the face of today and positive in the expect of future.

Key Words: Positive psychology the Emeritus and Retired Management of mental health Implication

1. Basic Concept of Positive Psychology

As an emerging discipline which changes the traditional psychological study by taking a positive view on the subject, the positive psychology observes the positive aspect of human strength and virtue with the benefit of the sound and effective way and measures provided by the traditional psychological study, establishing a new mode for the mental study. The main content of positive psychology is mainly about the inherent positive factors in any human beings, humanistic value and care, morality and potential, aiming to help people find happiness. In 2000, E P.Seligmanh and Csikszentmihalyi co-authored an essay Introduction on Positive Psychology published on American Psychologist and argued that at the transition age of contemporary psychology, the psychologist plays a vital role and carries with new missions which are about how to make the people and community progress, how to make people happy, how to satisfy the needs of family, children, employees and the publics. Meanwhile, the theory also advocates the person who engages in the mental health management to treat one's potential, ability and motivation with a more open and appreciative view.

According to the American psychologist E.P. Seligman, there should be three missions for the psychology science to do: to treat mental diseases, enrich our life, select and cultivate the talented. But after the Second World War, the latter two missions are discarded gradually, and the science become only on mental treatment, focusing on the evaluate and treat of mental disease, including the cause of mental problems, marriage crisis, substance abuse and youngster crimes. It brings with a consequence that the great number of psychologist had no idea about how normal people can seek their happiness in normal psychological state. Eliminating mental illness doesn't mean the gain of happiness and cheerfulness. For instance, American though at the end of last century having a much higher level of technology for fighting depression than it did forty years ago, has the number of patient suffering depression multiple over dozen and there is a trend of effecting the younger which tends to confuse us. On the other hand, the research statics shows that for the past two century, the psychology spend most attention on the negative side, making the ratio of research on the two opposite side as 1 to 17. The result suggests that the past study was more on the negative aspect rather than on the positive. It leads that the mental health education for the emeritus and retired are mostly in negative pattern. With the upcoming elder age surge, more and more concerns over the mental management of the retired, we should advance the pattern of management, implant actively the positive psychology into our daily job.

2. Troubles in the Mental Management of the Retired Group

As more and more troubles arise from the old ageing in our society, study on the living condition of elder people increase and most of them are on mental health. People in their old age will suffer from various mental changes, particularly when one left their duty and their living environment and routine shifted, they must inevitable go through rise and fall in their mind. If no special attention is paid to the adjustment of mentality and psychology, they may probably feel uneasiness, idleness, frustration and upset. Some of the severe symptom may include neurasthenia, giving the elder great threads in their life. They are shown in the following aspects:

2.1 the Decline of Physical Condition

Stepping into the old age, the decline of physical condition leads to changes in the mind. Most people will have pains in their organs, causing difficulties in living, learning and social interaction, which leads to mental troubles and negative psychology. Decline on the physical condition have effect on our mentality. For example, the loss of eye-sight and hearing makes the information obtaining and processing rate drop, cognitive speed slow down, memory ability decrease, normal cognitive ability such as reasoning and memorization weak, which results in that the retired group

2.2 the Change of Family and Economic Appearance

After retirement, a series of changes on incomes and family situation and so on take place. General decline in income to retirees leads to more negative emotions, including lack of security, physical and mental imbalances, and lower happiness. In this case, the retired tend to gradually turned to family, putting a lot of focus on the family, the household and physical disease treatment, coupled with the weakening of the learning, social skills, they tend to feel no hope, no goals and lack of experience the joy of learning, social networking, loss of confidence in the future, extremely diminish happiness. Numerous studies show that the retired with happy marriage and complete family are healthier and happier than those who are not [4]. The lonely old man,

regardless of is widowed, divorced, unmarried, and left, are unhappy. Empty nest elderly increased not only on the figure but also on the level. Currently proportion of China city elderly empty nest family (including alone home) has up to 49.7%, the figure in city is severe, up to 56.1% [5]. long-term of solitary life, strong sense of alone and alienation will eventually make people depression, and too much concern on the negative effect of the de aging physical condition which leads to the expansion of the pessimistic mood, invisibility to the good quality in them and exploration of their potential.

2.3 the Lack of a Sound Mental Health Support Management System

Feeling alone in the old age, the old hope to get a happy life, in want of social concern, care from the units they had worked , children of filial, friends of supportive and to the extend their reliance and companion are guaranteed. Influenced by the conventions of the psychological study the current psychological health management stresses on the bad effects from the aging body condition and changes of family and economic situation, resulting in a general low happiness index in the retired group and the happening of social problems. In the aggressive wave of white hair, mental health management support system currently faces enormous pressures and challenges. Only with continue efforts put to expand and improve the management of mental health support system, guided by the positive psychology, penetrate the positive psychology into the lives of the retiree, can the success of relieving stress, combating challenges be obtained.

3. Use Positive Psychology Concepts to Promote Mental Health of Retired People Management

Currently mental health education for retired people, services and management, is largely based upon the traditional negative psychologies whose main service targets are those with emotional problems, behavioral disorders and problems of the individual, and believe that eliminating the disease is healthy. In studies, subjects of concern to them are their mental manifestation of the disease, cause and correction method. They spend a great deal of time on individual counseling with emotional problems, with particular emphasis on crisis intervention to the one that is strong pessimism, major diseases. In their daily work, the operators mainly help to provide advisory services at the demand of the people who feel discomfort, initiate to offer psychological crisis intervention, and engage in the campaign for popularization. These works are more about against mental illness, reducing negative emotions. But for the vast majority of individuals in how to develop positive mental qualities, character strengths and develop their own personalities and how to deal with controlling pessimistic, illness, family problems and other negative emotions, current role played by mental health management model is limited, also attached little importance to quality research and practice of positive psychology concerns. And that's what retired managers to strengthen the mental health management focus, help them to develop positive mental disposition that is good for society, other people and retired people.

First, with positive psychology as a guide, help retired people reshaping the positive values of life. As a retired administrative worker, we should give full play to the advantages of existing mental health education model, and introducing the concept of positive psychology for retired people's psychological health education and management helps them to establish a positive and healthy life values again. That is because of positive psychology which believes that everyone has a positive psychological potential and have the ability to grow upward. Psychological health education management should target at the establishment of good psychological quality, with understanding and accepting the positive psychology concept, on one hand offering treatment to

the mentally ill and on the other hand promote actively the individual positive qualities. For the ordinary retired, the latter includes more positive experience which means developing such experience as optimistic, confidence and tolerations, concern over development of individual potential and life of happiness, training and shaping sound personality. These contents are consistent with the needs of the human body and society, expanding the content of mental health education, training good psychological quality, and give full play to function of psychological education and management. It calls for the retired people to transcend their narrow, anger, jealousy, fear, anxiety and other negative mental attitude, in a more positive and constructive mood to face life's challenges.

Secondly, establish a sound and comprehensive mental health support system. Since respect is considered to be the most important among the things that individuals need, people into their old age eager to get friends, juniors respect and social concern. So, first of all, promote respect and love of old in our society, create a warm community are needed. Leaders of the retiree's original units and community should be concerned about the thought and life of the retirees by means of regular visits, seminars, condolence, and communication in order to understand and solve the practical problems timely. Second, organize regularly active and healthy learning activities and let them expand the circle of activities, communication and learning. A good social support system should be able to make them aware of the beauty of life, and actively develop their potential. Only if fully available to the rich resources of mental health education, use the positive and active concept in all of their practical activities, and society, family, and individual psychological health education combining into one, the retiree can enrich their active experience, feel satisfaction in the memories of the past, face today happy and filling, vision future reality and optimistic, be happy and leisure to feel now and on future full of hope, establish himself character advantage, enhance happiness sense, promote social of harmony.

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