

A Perspective on the Symptoms and Coping Strategies of College Students' "Bad" Psychology from the Perspective of New Media

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Abstract: Under the digital background of new media, the culture of "display" has flooded into people's field of vision in various forms such as words and pictures. Through research on the development of this phenomenon, it has been found that this phenomenon seriously affects the values and ideals and beliefs of college students, and hinders college students from studying. Therefore, we must be based on the social environment, proceed from the reality of college students, propose feasible and substantive solutions from internal and external, subjective and objective perspectives, create an atmosphere of struggle, and guide college students to establish correct values.

Keywords: New Media; College Students; Messing Around; Struggle; Values; Social Phenomena.

1. Raising the Question

1.1. The Origin and Essence of "Disposing"

According to the search for relevant terms, Sogou Browser's definition of "making things bad" is: when things can no longer develop in a good direction, they simply no longer take measures to control them, but let them continue in a bad direction. develop. "Show it off" implies the mentality of compromise, giving up, and submission. "Lost" covers more of a lack of progress. It was actually the earliest description in the American sports world of NBA teams' behavior of deliberately losing in order to obtain better draft picks for next season. When entering life, it shows personal negative connotation, continuous mental internal friction, etc. [2]. In 2021, the term "lost" has become popular in my country's e-sports circle, which refers to the behavior of deliberately "giving away people" or hanging up when the hope of winning is slim or no longer possible. Subsequently, the word "disposable" began to sweep across cyberspace and social media, creating an Internet cultural phenomenon in which "everything can be disposed of" and became the latest variant of "mourning culture" [3].

The essence of "disposing" is the latest manifestation of mourning culture in the era of "involution", which reflects the anxiety and confusion of some young people in today's era. "Zailan" is different from the previous mourning cultural discourses such as "tie" and "Ge Youlie". It not only expresses a happy-go-lucky attitude towards life without seeking knowledge, but also reflects a kind of choice to stagnate and give up in the face of difficulties. Self-destruction[4]. In this era where struggle is the main theme, when faced with the phenomenon of "disposing", most college students do not choose to stop at any moment, but "dispose" again and again. Their labor consciousness has been weakened by "disposing". Mainstream thinking has deviated from the right track, and ideals and beliefs are not firm enough.

1.2. The Emergence and Development of the "Disposed" Phenomenon

As the natives of the Internet, young people rely on various

new Internet media and use specific online discourse to attract young people with the same interests and hobbies to interact and share, gradually forming a subcultural community in a specific online circle. Circle members communicate through videos, jokes, and emoticons. and other means to spread "displaying bad things", publicize the benefits of "displaying bad things", inciting community members to join the "disposing of bad things", and participate in the practice of "displaying bad things" online discourse and information sharing [5]. The general social environment has given rise to the popularity of the phenomenon of "disposing of goods". Due to the impact of the COVID-19 epidemic, there are many uncertain factors and limited development opportunities in today's era. "There are many students, few jobs" and employment pressure. In the face of diversified development trends, college students need to face more pressure and make more efforts. . When the result is different from one's imagination, the sense of gain is insufficient. After a failure, one thinks that the efforts are all in vain, thus losing self-confidence, resulting in a deep sense of frustration, and the negative thought that "struggle is useless", thinking that it is better to just "get rid of it". rotten".

The "culture of bad things" is brewing and sprouting in the gradual unfolding process of individual emotional reactions. Like the popular "Buddhist style" and "lying flat", "laying down" in the initial stage is an individual self-expression, especially an individual's choice to vent pressure and self-defense [1]. Due to frequent failures, frustration fills the heart. In order to prevent others from ridiculing, college students label themselves as "bad" to protect themselves. However, long-term backlog and psychological implications will bring negative pressure to college students. , weaken the sense of struggle. Internalized in the heart and externalized in actions. College students have learned helplessness. When encountering problems and tests, they will unthinkingly think that they can't do it, give up without trying, indulge themselves, and continue to "fail" for a long time. This phenomenon will solidify when more and more people around us start to "behave". When I want to try my best, I may see people around me "showing off", so what does it matter if I continue to "show off", since everyone is "showing off"

anyway. "Due to the herd mentality, the culture of "showing off" has developed rapidly with the help of collective consciousness. This wrong idea has negatively affected the mainstream values of college students.

1.3. The Influence and Impact of the "Disposed" Phenomenon

College students are in a stage of vigorous development and are shouldering the mission of the times. It is the golden period of hard work. However, the prevalence of mourning cultural discourses such as "losing it" runs counter to the values of struggle, self-improvement, and the ability to endure hardship advocated by mainstream culture. The attitude of escape, retreat, and decadence shown, especially the resistance and rebellion against mainstream values contained in it, not only seriously affects the effectiveness of ideological and political education, but also makes it impossible to practice the cultivation of the "four great spirits" [4]. College students label themselves as "bad people" and are stuck in their own "comfort zone" and find it difficult to get out. Problems such as avoidance psychology and inferiority complex also arise. College students refuse to struggle, feel anxious when faced with tasks and challenges, and are accustomed to escaping and giving up.

Today's world is a culturally diversified world, and new things are constantly emerging. College students who are "bad" for a long time will make them unable to keep up with the pace of the times, break away from the mainstream of the times, and face the rapid development of today's online world, where there are new things all the time. The emergence of "showing off" self-deprecation reflects the cognitive bias of college students. Faced with a large amount of online information, they are unable to distinguish the quality of information in a timely manner and blindly promote the mourning culture, which makes them fall into a confused and helpless situation. Constantly doubting one's abilities, adding to one's own inferiority and frustration, only to fall deeply into it, slowly getting used to "showing off" and enjoying "showing off", thereby losing one's ideal pursuit, wasting the beautiful youth, and wasting it. Self, negative self.

2. Analysis of the Causes of the Phenomenon of College Students "Disrespecting"

2.1. The Burden of Academic Pressure and the Oppression of Employment Pressure

The high-pressure educational environment is one of the important reasons for the psychological failure of college students. In the high-pressure educational environment, students face severe time pressure and academic burden. This long-term sense of learning urgency and high-intensity academic pressure will cause some students to avoid learning tasks and choose to be lazy or "fuck off." In a high-pressure education environment, too much emphasis is placed on performance. College students tend to pursue rapid improvement in short-term performance, while ignoring the importance of long-term accumulation of learning and improving personal abilities. This utilitarian learning attitude and behavior will make college students' learning poor. Motivation and interest gradually disappear, resulting in a "failure" mentality towards learning.

At the same time, the outbreak of the COVID-19 epidemic

has greatly changed society and people's lifestyles. Necessary isolation measures have transformed the "dynamic" and vibrant real life of many young people into a "static" daily online life. This kind of life lacking face-to-face emotional communication makes it difficult for young people to release the still existing pressure of accelerating society and meritocracy. The inherent meaning of the "display" culture exactly meets the needs of the current youth group, allowing them to resolve the negative emotions that have accumulated in life for a long time, relieve physical and mental fatigue, and seek opportunities for a new start [6]. At the same time, under the impact of the epidemic, the global economic recession has caused many companies to be in trouble. The employment situation of college graduates has become increasingly worrying, and the challenges they face are becoming increasingly severe. Many industries have suffered a major blow and cannot provide enough job opportunities for graduating college students. Even if some industries gradually recover, competition is still fierce, putting tremendous pressure on college students to find jobs.

2.2. The Spread of New Media and the Spread of Herd Mentality

In today's era of rapid information development, new media communication has had an impact that cannot be ignored on the performance of college students. New media, with its fast and convenient characteristics, has become the main channel for college students to obtain information and exchange ideas. However, the characteristics of over-exposure and communication mechanism of new media have also brought a series of negative impacts to the problem of college students' "bad performance". Therefore, it is necessary for us to deeply explore the impact of new media communication on the problem of college students' "bad performance".

New media communication is characterized by its interactivity, immediacy, cross-platform nature, information fragmentation, and sensory temptation. A large amount of fragmented information is delivered to users at a rapid speed, making it easy for college students to feel overloaded with information, thus ignoring the truly valuable information. New media communication not only provides college students with abundant information resources, but also triggers their herd mentality to some extent. The popularity of new media gives college students the opportunity to share their opinions and experiences with others, but it also increases the tendency of college students to compare themselves with others. In order to pursue homogeneity with others, they may lower their standards for themselves, resulting in "showing off" behavior. They have not yet found ways to self-regulate and release stress in the fast-paced modern society, so they need external forces to decompress, so that whether they are online or in reality, they need to express their emotions through interactive communication and other methods to gain the support of others. sense of identity. Most of their expressions are emotional and diverse, which means that the popularity of the Internet word "shit" is inseparable from young people's herd mentality and blind following behavior. "Showing things off" actually embodies the plight of young people seeking emotional identity and inner belonging [7].

2.3. Deviation of Values and Lack of Ideals and Beliefs

It can be seen from the ubiquitous phenomenon of corruption in universities that contemporary college students still have shortcomings in establishing positive mainstream values and firm ideals and beliefs. Although university education provides students with a broad range of knowledge and cultural literacy, in actual learning, some students have lower requirements for themselves and lack a sense of responsibility and self-discipline, resulting in a less positive overall academic style.

On university campuses, many students put the pursuit of personal interests and timely gratification first, and lack attention to social welfare and collective honor. This phenomenon shows that some college students have not yet formed a healthy outlook on life and values. Their behavior is mainly driven by immediate interests and vain trends, and lacks thinking about social responsibility and long-term development. General Secretary Xi Jinping pointed out that young students in the new era must have "the spirit of daring to take on responsibilities and unremitting struggle, a mental state of courage to struggle, an optimistic attitude towards life, and be vigorous and promising, and constantly strive for self-improvement" [8]; General Secretary Xi Jinping said The youth put forward the following six hopes: to establish lofty ideals, to love the great motherland, to shoulder the responsibilities of the times, to have the courage to work hard, to develop excellent skills, and to hone moral character [9]. As young people in the new era, only by establishing positive mainstream values can we weave the details of the individual into the splendid beauty of the times; only by firming up our ideals and beliefs and condensing the youthful power of "nine thousand miles of success" can we The towering ship that promotes the great rejuvenation of the Chinese nation rides the wind and waves and makes steady progress.

2.4. Lack of Sense of Gain and Growing Sense of Frustration

"Being rotten" is a negative escalation of youth social phenomena such as "Buddhism", "lying down" and "giving up treatment", which reflects the confusion of college students in the face of such a rapidly changing and developing society. It is also the self-expression and self-expression of college students. defense. Looking at the phenomenon of college students "disposing", we can find that the metaphor behind it is the lack of college students' sense of gain [10]. The reasons why college students lack a sense of gain can be analyzed from many aspects.

The current social competition is fierce, and college students are facing the pressure of high expectations. Some college students pursue goals that are too high and find it difficult to achieve them due to limitations of internal and external conditions, causing them to feel that their efforts are useless and that they have a sense of lack of achievement. Some college students lack correct evaluation and understanding of their own efforts and efforts, and place too much emphasis on external praise and rewards, while ignoring internal satisfaction. The deep inner foundation of the culture of failure lies in pessimism at the psychological level, which is reflected in the cultural representation explained by the theory of learned helplessness. Learned helpless individuals adhere to a pessimistic attribution style and habitually attribute their success to external and

accidental luck, while on the contrary, they attribute their failures to internal and inevitable events [11]. College students' learned helplessness is characterized by a lack of confidence in their own abilities and the ability to self-regulate, a tendency to respond negatively to problems in study and life, and a feeling of despair and helplessness about the future.

3. Analysis of the Impact of College Students' "Showing Off" Mentality

3.1. Withdrawal and Escape: Dilution of Awareness and Ability to Take Responsibility

The courage to take responsibility has been a fine virtue of the Chinese nation since ancient times and is also a mainstream value. Since the 18th National Congress of the Communist Party of China, Secretary Xi Jinping has repeatedly emphasized the need to cultivate young students' sense of responsibility. At the National Education Conference, General Secretary Xi Jinping pointed out: "Efforts must be made to cultivate the spirit of struggle, educate and guide students to establish lofty aspirations, and experience the spirit of daring to take responsibility and unremitting struggle.[12]"

Through research, it is found that the growth and spread of the "showing off" mentality among young college students not only runs counter to the values of responsibility, struggle, and the ability to endure hardship advocated by mainstream culture, but also displays attitudes of escape, withdrawal, and decadence, especially The resistance and rebellious psychology contained in it against mainstream values will seriously affect the effectiveness of ideological and political education. "Youth are the future of the country and the future of the world. [13]" If you have been "educated" by a "rotten" culture for a long time, Being in a mental state of being content with pleasure and avoiding responsibility for a long time and externalizing it in behavior will make it difficult for young people to adapt to the fierce social competition, to shoulder the heavy responsibility of socialist builders and successors, and to complete the historical mission they shoulder. Therefore, how to correctly view the spread of the "showing off" mentality among college students and how to guide them to correctly face such a negative psychological state is a major test facing current ideological and political education.

3.2. Indulgence and Swing: The Degradation of Tenacity and Perseverance

The spirit of perseverance and perseverance is advocated by traditional Chinese culture and is highly respected by people. However, as the employment situation becomes more severe and study and life change day by day, contemporary college students are facing many new problems, new difficulties, and new challenges. Some college students often use "showing off" to ridicule themselves to relieve stress.

However, "failure" has begun to spread from talking to doing: "failure" to study, "putting off" homework, difficulty persisting in the "three-minute heat" of things, and dare not do anything about competitions, academic research, etc... ...College students, as the most active and dynamic force in the entire society, once invaded by the unhealthy tendencies of "showing off", "I don't dare" and "quitting" will

cause long-term slackness and constant shrinking. This will not only This will make procrastination more and more serious, and you will not be willing to use your brain and hands, and will let the opportunities in front of you slip away quietly. If things go on like this, your self-control ability will become worse and worse, and you will even take pleasure in pursuing a "bad" life. How to make college students deeply aware of the dangers of "showing off" mentality and guide them on how to strengthen their beliefs and move forward courageously is of great significance to the construction and future development of youth education.

3.3. Empty Talk and Confusion: The Deviation between the Spirit of Hard Work and Implementation

General Secretary Xi Jinping emphasized, "Although the road is long, we will soon reach it; although things are difficult, we will succeed if we do them. As long as we have the ambition of a foolish old man to move mountains, the perseverance of dripping water to pierce stones, be down-to-earth, work hard, and take small steps to reach a thousand miles, we will surely be able to achieve great success." The goal becomes a beautiful reality. [14] "The most important thing is simplicity, hard work is the key." The new era and new journey are expeditions full of glory and dreams. There are no shortcuts, only hard work.

"Stop", as an emerging Internet term, these "hot words" appear in the mouths of some young college students from time to time. Over time, negative emotions continue to spread and the life trajectory also deviates. Some young college students start dawdling as soon as they enter school. They are unwilling to practice and explore. They dream of a better life. They cannot see the future and cannot find a firm meaning in life. When they encounter problems, their eyes will darken and their hands will waver. "Showing things off" feels good for a while, but it's wasted and heartbreaking. If we allow this kind of negative psychology to grow and allow the spread of bad habits, it will not only lead to the destruction of some college students who blindly follow them, but also damage the image of college students who are energetic and courageous. It will also reduce the country's precious human resources and let people down. Expectation is also a far-reaching period of stagnation in the journey of personal development. How contemporary college students can get rid of the mentality of "showing off", implement the spirit of hard work, and write a glorious chapter of the times is worthy of our deep thought.

4. Strategies for Coping with College Students' "Bad" Mentality

4.1. Optimize External Factors and Create an Atmosphere of Struggle

Starting from objective factors, optimize the environment of colleges and universities and create an atmosphere of positive struggle. Colleges and universities should pay attention to the phenomenon of college students being "bad", innovate teaching content, and use diverse and easy-to-accept teaching methods to truly awaken college students' sense of struggle. Colleges and universities must thoroughly implement the spirit of General Secretary Xi Jinping's important speech on struggle. General Secretary Xi Jinping's series of important speeches on the concept of struggle

pointed out the way for the youth of the new era to clarify their goals and direction of life, and provided important guidelines. They are an important spiritual core for the youth of the new era to form a correct concept of struggle [14]. At the same time, we adhere to the combination of theory and practice, turn "big principles" and "high ideals" into "little stories" and spread them to college students, calling on and guiding college students to practice, participate in labor down-to-earth, and stimulate labor awareness. Let college students be immersed in an environment of hard work and hard work, get rid of "suffering" and work hard.

Reduce the academic and employment pressure of college students and increase their sense of gain and self-confidence. The high-pressure educational environment requires students to complete a large number of tasks in a short period of time, which increases students' academic burden. Colleges and universities should arrange students' courses reasonably to ensure that college students can reasonably arrange their study time and life time, and reduce the sense of urgency caused by study. At the same time, colleges and universities should avoid placing too much emphasis on grades and should instead focus on the dissemination of academic knowledge. Excessive emphasis will not only bring heavy pressure to students, but also make them regard knowledge as a tool to cope with exams, and be lazy and "bad" in their daily study life. Students' learning attitude should be the main focus, students should be encouraged to actively learn in daily life, study professional knowledge seriously, and enhance their sense of gain. Colleges and universities should scientifically set the difficulty of exams, make appropriate adjustments to increase students' passing rates, and use encouragement and education to lead students out of the shackles of the "bad" mentality, increase self-confidence, and effectively prevent the spread of bad ideas.

Colleges and universities should strengthen ideological and political education for college students, carry out ideological and political courses that they believe in, and guide college students to correctly view

To deal with the phenomenon of "disappearance", we must clarify the mission of the times, cultivate the fighting spirit of college students, and shoulder the responsibilities of the times. The curriculum design of colleges and universities should mainly meet the needs of students. In response to the emergence of the phenomenon of "showing off" among college students, colleges and universities should start from the ideological and psychological aspects. They should start from the students' perspective and combine it with the actual situation to guide college students to correctly view "showing off". "phenomenon and establish correct values, ideals and beliefs. At the same time, the theoretical knowledge in textbooks can be brought into real life to improve students' interest in learning, guide students to learn correct ideas in depth, and cultivate correct values. And integrate ideological and political education into students' lives, and subtly lead students to form the idea of struggle and struggle.

Conduct mental health courses to use professional knowledge and theories to guide students to properly vent their emotions and face study and life with a positive attitude. Every student is different. The course development should be based on the actual situation and provide students with targeted and effective help. To carry out labor education courses, theory should be combined with practice simultaneously. In his speech at the 2018 National Education Conference, Xi Jinping pointed out: "We must promote the

spirit of labor among students, and educate and guide students to advocate and respect labor. Understand the truth that labor is the most glorious, the most noble, the greatest, and the most beautiful." After college, students can work hard, work honestly, and work creatively. [15] "Lead college students to engage in labor practice, enter labor, explore happiness in labor, increase their sense of gain, start from small things around them, and learn from outstanding people, guide college students to establish the spirit of craftsman and model worker, pursue their own life goals, realize their self-worth, become successors of the new era, and work hard to realize the great rejuvenation of the Chinese nation.

4.2. Optimize Internal Factors and Achieve Self-Resolution

Internal factors play a decisive role in determining the nature of things. The generation of college students are the pillars of the country and must establish correct values, ideals and beliefs. General Secretary Xi Jinping pointed out: "The prosperity of young people will lead to the prosperity of the country, and the strength of young people will make the country strong. If the young generation has ideals, skills, and responsibilities, the country will have a future and the nation will have hope." "Youth has lofty ideals and firm beliefs. The ideal is the goal that people pursue, and belief is the will and determination of people to move toward this goal." [16] We should focus on guiding college students to awaken their self-awareness and carry out self-education. Therefore, young people themselves must strengthen their confidence, backbone and ambition, actively learn Marxist knowledge, strengthen theoretical study, and strengthen their Marxist beliefs. We will work tirelessly to achieve our goals and the great rejuvenation of the Chinese nation.

College students first believe in their own abilities and potential, and maintain a positive attitude in the face of difficulties and setbacks. No matter what difficulties you encounter, you must persevere and believe that you can overcome the mentality of "showing off" and actively devote yourself to life and study. Secondly, college students should find motivation and goals. The primary goal of college students is to study hard and realize their self-worth. At the same time, as the pillars of the country and future successors, they must carry the banner of the country's future and lead China to a higher world stage.

5. Conclusion

Nowadays, the rapid development of the Internet and new media has greatly promoted the dissemination efficiency of "showing off" culture and continues to affect our country's young college students. As the culture of "showing off" continues to spread, the degree of negativity gradually deepens, gradually expanding from a partial effect to a group effect, and from the mentality level to the behavioral level, and its impact on young college students becomes more and more profound. Due to the dual pressure of external pressure and internal anxiety, wanting to "fail" may be the desire of many college students today. It is of great significance to help guide college students to get rid of "stupid", guide college students to pursue their dreams, combine their personal ideals with the country's future, invest in the construction of the country, and be a positive young man, wearing bright clothes and angry horses, living up to his youth.

Acknowledgments

Funded by the Innovation and Entrepreneurship Training Program for College Students of Anhui University of Finance and Economics (S202210378206).

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