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Research on the Communication Alienation and Cracking Path of College Students in the Internet Era

-- Based on the Theory of Communication Behavior

Xiao Han [1, *], Chuang Niu [2]

[1] School of Marxism, Hebei Normal University, Shijiazhuang, 050024, China
[2] School of Public Administration, Guizhou University of Finance and Economics, 550025, China
[*] **Corresponding author**: Xiao Han (Email: hxiao9611@163.com)

Abstract: Jurgen Habermas is a world-renowned philosopher, the theory of communication behavior is one of the important theoretical contributions of Habermas, and studies the problem of the alienation of communication among college students in the Internet era. It is not only beneficial to analyze the factors arising from the alienation phenomenon, but also helpful to find a better way to solve the problem of communication alienation. The speed of network technology development is accelerating, and the influence of college students is more and more profound. Habermas believes that communication rationality is the basis of communication behavior, including the elements of understandable language, intersubjectivity, environment and so on. Based on Habermas's communication behavior theory, analyzing the communication alienation phenomenon of college students in the Internet era, it also puts forward the path to solve the alienation of college students' communication: college students should communicate rationally, make the communication language appropriate, two-way interaction between the subjects, and return to the real world.

Keywords: Network; College Students; Communication Alienation.

1. Introduction

The phenomenon of communication alienation among college students is just like the communication objective, normative regulation, drama and communication behaviors divided by Habermas in The Theory of Communication Action. [1] In order to understand and accept the words of the listener, he also needs to meet certain conditions, which he called " the general assumption premise of communication behavior. [2]

2. The Phenomenon of Communication Alienation of College Students in the Internet Age

2.1. Dissimilation of Communication Language

Communication language, is one of the important elements in Habermas' rational theory of communication.

The alienation of communication language refers to the use of irrational language in the communication process between the subject and the subject, that is, the language is improper, which constitutes the obstacle of communication. In recent years, college students have abused and misuse Internet hot words, breeding a series of problems: intergenerational c nictation gap, non-standard wording, Internet language violence and so on. For example, college students who often surf the Internet will laugh at their peers who don't understand the "hot words".

2.2. Dissimilation of Communication Groups

The communication group of college students is originally pure and sincere. However, with the development of the "subculture circle" on the Internet, the college students have been affected by the bad impact, and the communication alienation groups with high consensus and exclusion as the core appear. There are good and bad network circles. The good circles promote the progress of college students, while the bad circle layer accelerates the alienation of college students' communication. One of the phenomena of group alienation is that they only join the circle layer that they like and conform to their own ideas, and stubbornly believe that the concept of the circle layer is correct. The second bad phenomenon of group alienation is that when college students in the circle communicate about a certain hot topic, the idea that most people agree on is often the final result of the discussion. The third bad phenomenon of group alienation is that some students indulge in small circles and reject communicating with other groups.

2.3. Communication Cognitive Alienation

Communication cognition is the subject's view on his own role, personality and relationship in the process of communication. The communication cognitive alienation is the deviation of communication cognition. Influenced by the influence of network process, college students mainly have three kinds of communication cognition alienation: first, the role of communication is not real. Many "human designs" shaped by college students on the Internet are contrary to their true selves, and even spread rumors, showing the characteristics of pompous, extreme and false. Network and the current identity and words and deeds are extremely inconsistent, resulting in some students suffering from split personality, depression. Second, try to be self-centered. In the process of communication, they can output and instill their own ideas to the communication objects, regardless of the feelings and ideas of the communication objects. Third, some "home college students" communicate smoothly in the virtual network. However, leaving the Internet, there are interpersonal tension, social phobia, and do not pay attention

to the real news.

3. The Analysis of the Communication Alienation of College Students in the Internet Ageliterature References

3.1. Too Much Pursuit of Trend

College students in the Internet age, as the name suggests, the Internet is a part of their life. They believe that the use of fashionable words in communication is a concise communication method, which can not only bring people closer, but also can express their emotions.However, some college students pursue the trend too much, ignoring the real connotation of the words, the rationality of the communication language and whether the communication object can understand and other factors.For example, a student just blindly follows the trend and uses the word "YYDS" to communicate with his peers, while the word "YYDS" means praise and admiration in the cognition of college students. But for the elders who rarely chase hot spots online, this is a rare word, resulting in the obstacle of communication.

3.2. Lack of Judgment

College students' three views are not fully formed, lack of judgment ability, easy to be misled by the wrong communication concept.College students' three views are not fully formed, lack of judgment ability, easy to be misled by the wrong communication concept. First, AI technology can focus people with the same preferences in one circle, or even non-positive circles. The solidification of the circle layer leads to the decline of the judgment ability of college students. For example, there are some information in some circles that does not conform to the communication cognition of college students, it is terrible if college students are trapped in these views. Let college students have cognitive deviation, fall into thinking and negative emotions for a long time, and college students are in the competitive age, they are more likely to make wrong and extreme behaviors without knowing it. Second, blindly indulging in the virtual world and ignoring the communication with family and friends in real life will make college students gradually lose the ability of communication and judgment in reality.Third, avoid judgment and thinking. For example, some college students encounter difficult to solve, directly search the answers or copy students' answers. In the long run, they more and more lack the ability to judge, and thus lack the ability to judge the communication group and communication content in the communication.

3.3. Drain the Virtual World

The Internet is a virtual world, where college students can have new identities and new friends, where there is no academic pressure and life troubles, and no attention from teachers and parents. While college students no longer suppress and freely express their feelings and thoughts, it is easy to lead to the ambiguity of their cognition and the division of their personality.First, because the network is virtual, and the object of its communication is also virtual characters. If you are addicted to the Internet for a long time and can not properly view virtual communication correctly, it is very likely to form personality and psychological problems, and there will also be lying and irresponsible situations.

However, once their communication behavior and cognition in the virtual world are solidified, their return to real life and still communicate with the virtual identity will cause communication alienation, thus being unable to integrate into the real world. Second, the flood of network information, college students' attention shift. Once college students fall into the virtual world, they will ignore the communication in reality, such as watching TV dramas,reading novels, chasing stars, and other behaviors that occupy a lot of learning time.

4. The Way to Deal with the Alienation of College Students in the Internet Era

4.1. Reasonable Communication: From Blind to Rational

One of the important factors of communication is the use of the understandable discourse, the rationality of communication.

Teachers should strive to be the "bosom friends" of college students and guide them to solve the communication alienation.First of all, teachers should pay attention to the alienation of college students' communication.The content of education is pre-set, lacks effective response to the reasonable demands of college students, and cannot penetrate the hearts of the educated.[3]And lack the education of students' daily communication. Secondly, innovate education methods. For example, add interpersonal classroom sitcoms. First, edutainment, adhere to the problem-oriented, to solve the prroblem of their communication alienation.Lead by example and regulate their terms of communication.Third, simple words should be used in communication to promote the progress of communication. For example, some people like to use very long sentences when sending wechat language, which causes the other party to do not want to open the voice note. Even if the other party listens patiently, it still needs to analyze and extract the meaning of communication. Guide students to do the simple and clear language in daily communication, improve their expression ability.

4.2. Two-way Interaction: From the Self to the Mutual

Habermas' intersubjectivity theory points out that the communicative subject should have "an ability to understand himself and others, individual and society, individual and collective". This sentence summarizes the basic factors of ideal communication. College students belong to people in the society, they are neither isolated nor mechanical, and their communication behavior belongs to: intersubjective communication.Communication rationality, that is, communication rationality, shows that college students think about the relationship between themselves and each other before communication.

Teachers guide students to experience the meaning and feelings of communication. First, to understand the essential connotation of communication, so as to achieve two-way interaction with the object of communication. College students addicted to the Internet do not really understand the essential meaning of the word communication, they only seek their own emotional sustenance on the Internet, lonely. However, in the process of communicating with the virtual world, they lost their ability to think and communicate in the real world. College students should often reflect on the shortcomings of their own communication behavior, and

realize the interactive significance of interaction with others that can not be realized by living alone. Second, the theory of communication rationality proposes that the key to communication is the interaction between subjects, that is, two-way interaction.However, some college students are not good at socializing with others. On the one hand, they only care about their own unilateral output, do not listen to others' ideas, and do not know communication skills. On the other hand is introversion, some only children are not good at communication. The essence of the word communication is the exchange of information between two parties, which is characterized by a two-way or multi-directional communication and interaction process. In order to achieve effective communication, on the one hand, we should learn simple and clear communication language, so that the other party can understand. On the other hand, learn to listen to the object of communication, and achieve mutual trust, understanding, and finally reach a consensus.

4.3. Life World: From Virtual to Real

The loss of the meaning of life is behind the problem of communication alienation. The living world constitutes both a context and a provision of resources[4], which brings convenience and fun, but also affects the communication behavior of college students. For example, there are communication barriers, personality schizophrenia, unsociability and other phenomena, which affect their daily learning and life.College students are trapped in some virtual circles on the Internet, and often they will ignore the beauty of the real life world. For example, some students encounter difficulties in learning and choose to escape in the net sea of games.

However, playing games for a long time can be boring. From the virtual review of reality, it is found that the problem still exists, that is, the real problem has not been solved. First, teachers communicate with students more after class, pay attention to their communication dynamics, and be their true bosom friends. For example, the method of telling stories can be used to prompt college students to return to the real world and have real communication with their partners and elders, so as to find the ideal and the place they want to change.Effective communication behavior must satisfy the sincerity in the language Sex, authenticity, and the correctness of the three requirements.[5]College students can also be encouraged to take online information to the real world to communicate and communicate with others, rather than using the online world as a mere entertainment tool and placebo. Second, teachers should add more classroom topics Secondly, college teachers should add more classroom topics and appropriate social practice content. This can not only enhance the sense of social responsibility of the education object and guide them to transition naturally and happily from the virtual network world to the real life world, thus helping to solve the problem of communication alienation of college students in the network era.

5. Conclusion

The current group of college students is a special generation. They are "online original people", with a strong sense of curiosity, freedom and loneliness, and this generation of college students are mostly the only child, prone to the phenomenon of alienation of communication.Teachers are the key guide for the development of college students. Facing the problem of communication alienation of college students, teachers should guide students' thoughts with appropriate Classical theoretical knowledge, such as Habermas's theory of communication,guide college students to communicate reasonably, achieve appropriate communication language, friendly two-way interaction, and return to the real world.

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