

# Research on the Emotional Education of Contemporary College Students

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**Abstract**—Emotional education is an important aspect linking ideological with political education of college students. At present, the discussion on the emotional education of college students remains in the theoretical stage, such as advocating the people-oriented education concept, focusing on improving moral education concept of educators, etc., and there are many problems such as insufficient implementation and low effectiveness. In order to improve the effectiveness of emotional education of college students in the foreseeable AI era, this paper, aiming at the problems existing in the current emotional education, such as the single form of educational content, the inability to stimulate the emotions and resonances of the educated, the influence of AI, etc., puts forward some measures, such as targeted and precise efforts, paying attention to attitude and communication media in the process of education, and constructing the emotional education in colleges and universities with AI gene, so as to explore how to improve the effectiveness of emotional education of contemporary college students.

**Keywords**—Ideological and political education; Emotional education; College students

## I. INTRODUCTION

The emotional education of college students in this paper mainly refers to the education aimed at promoting the all-round development of people through the cultivation of students' ability to control emotions, the directional guidance of positive emotions and the moral cultivation advocated by the society in the ideological and political education activities. [1]. Limited by the particularity of emotional education, in order to achieve the purpose of emotional education, educators should not only change their educational ideas, but also use the latest scientific and technological achievements and take advantage of the east wind of AI+ education, to explore a new way to construct emotional education of college students.

In 2016, the Ministry of Education released the 13th Five-Year Plan for Education Informationization, the New Generation Artificial Intelligence Development Plan released in July 2017, and the Education Informationization 2.0 Action Plan issued in April 2018. It can be foreseen that, through big data collection and analysis, AI will achieve individualized, personalized and intelligent teaching, and it is bound to change the way we teach and learn. In this context, the emotional education of college students is facing new challenges and opportunities.

## II. THE HARM OF LACK OF EMOTIONAL EDUCATION FOR COLLEGE STUDENTS

### A. Cognitive activity dilemma of college students

Lenin said: "Without 'human feeling', there would never have been or could have been a search for truth." [2]. Cognitive activities and practical activities without feeling lack the temperature to pursue the truth, healthy emotion is conducive to college students to better understand the theory and practice the truth. The process of cognition includes rational factors and irrational factors, and human emotions belong to a part of irrational factors, which interact with rational factors, complement each other, and jointly affect the cognition and practice of college students. Irrational factors play an important role in controlling and regulating the occurrence and cessation of human cognitive activities, and emotional factors are accompanied by all aspects of the subject's cognitive activities. Lack of emotion can have a negative impact on one's cognitive activities.

As said by Marx: "Passion and enthusiasm are the essential power for people to strongly pursue their own objects." [3] Positive emotion is a positive driving force for the development of cognition. The lack of emotional education will cause college students to carry out their cognitive and practical activities in an environment full of negative emotions, and then select, evaluate and strengthen the subject cognition, ultimately resulting in the deviation of self-cognition, and even misunderstanding.

### B. The disunity of knowing and doing of college students

Emotional education focuses on students' emotions, feelings, ideals and beliefs, etc., in order to avoid negative emotions and induce positive emotions, so that they can have an independent personality, a sound mind, and a positive and healthy personality. Therefore, the purpose of emotional education is not to let college students pass the exam, but to achieve unity of knowing and doing and grow up in a healthy, happy and positive atmosphere.

Facing the college students with unstable temperament and the social background with diversified values and developed information, how to correctly guide college students to consciously resist bad information has become one of the problems in education. The "cramming" education is not only unable to achieve the purpose of teaching, but also causes

misunderstandings of college students on ideological and political courses. If college students only know the ideological and political education content orally, memorize it before the exam, learn for the exam and forget it completely after the exam, they cannot really internalize it in heart, let alone externalize it in practice. To know is easy, but to do is difficult. Behind the problem is the lack of emotional education. Ideological and political education should not only go into the brain, but also into the heart. Emotional education plays an important role in the internalization process from knowing to doing and acts as the adhesive in the unity of knowing and doing.

### *C. Negative thoughts on the Internet will swoop in.*

Emotional education should be able to guide college students in a timely and effective way to get rid of the unrealistic, urgent and fast psychology, and eliminate negative emotions such as "only wealth theory". College students are not only mentally active and energetic, but also lack of life experience and social experience, so they are easily induced by various kinds of information. Without the guidance of emotional education, all kinds of negative thoughts on the Internet will swoop in.

The contradiction between the ideal good life and the impotence in reality causes a psychological gap that cannot be solved, which erodes the future of college students. Businessmen use very attractive means like "Huabei" and "Baitiao" to erode the body and mind of College students, so that they become slaves of capital prematurely, and some college students even use loans, naked loans to meet their vanity. Emotional education of college students should stand firm, pay attention to all aspects of college students' emotions, build a Great Wall of steel for the immature and mentally unsound college students, and escort their health and success.

## III. CHALLENGES FACED BY EMOTIONAL EDUCATION OF COLLEGE STUDENTS

### *A. The content and form of emotional education are single*

Different from the requirements of the basic courses, the emotional education of college students emphasizes the effectiveness. Whether the course content can be internalized and externalized is an important indicator to test the effect of the course, so the choice of course content is particularly important. Due to the limited faculty, teachers cannot pay attention to the emotional state of each student. Correspondingly, college students have the same demand for knowledge, and their emotional needs are different due to different growth backgrounds, which objectively require teachers to be targeted and specific in the selection of emotional education content.

At present, the emotional education in most colleges and universities is reflected in ideological and political courses, which is similar to the teaching form of other subjects, mainly including teachers' teaching and students' group discussion. The assessment form is generally exams, and the score above 60 is qualified. As an irrational factor, emotional education adopts the form of teaching assessment, and it has not changed

much in the past ten years, which is difficult to guarantee the effect of emotional education. The content and form of emotional education are single, and the problems of individual differences and multi-level needs are ignored. It is one of the reasons why the sense of gain of the emotional education of college students is not strong.

### *B. Emotion or empathy cannot be inspired*

The stereotyped impression of traditional ideological and political educators is not conducive to creating a relaxed and lively atmosphere for emotional education. To carry out emotional education for college students not only requires excellent theoretical literacy, but also can stimulate the true feelings of college students. Emotional education, which cannot arouse emotional resonance, is only self-talk and it is difficult to achieve educational effects.

From the perspective of stimulating emotional resonance, educators should abandon the high attitude of educators and turn to make friends with the educated equally, so as to satisfy the sense of identity of college students. In addition, when college students make mistakes, pay attention to the communication media, which should not be too rigid. They should not be too blunt. Methods that can achieve the purpose of punishment without causing reverse psychology should be chosen.

Emotional education of college students is different from ideological and political education. Emotional education pays more attention to psychology and emotion. Both of them have natural concealment. How to stimulate the true feelings and emotional resonance of college students in the process of education has become one of the challenges to improve the effectiveness of emotional education.

### *C. The influence of AI on emotional education*

With the rapid development of AI technology, the realization of AI application makes people full of confidence and expectation for the "AI+ education" model. The changes in educational concepts and modes brought by AI will also affect ideological and political education. Emotional education, as an important part of ideological and political education, should think in advance how to minimize the pain and negative effects brought about by the transformation of the education industry.

While AI technology affects people's work, study and life, it also profoundly changes the world view of modern college students. The second dimension is widely concerned by the contemporary college students. With the help of AI technology, the second dimension is no longer limited to the network. The second dimension characters are not only singers and idols in the network sense, but also virtual stars who can walk and communicate. They have humanoid images, hold concerts, keep up with fashion trends, and can change their appearance at any time. Like Tianyi LUO of our country, the image was created as a 15-year-old girl. She sang Huaer Naji together with yuying YANG on the Spring Festival gala of Hunan Satellite TV in 2016, and became the first virtual singer to appear on China's mainstream TV media.

Behind the craze for virtual stars, some college students indulge in the two-dimensional virtual world to meet their spiritual needs, and at the same time rely on the Internet to meet the basic material needs of food, clothing, housing and transportation, becoming the veritable "indoorsmen and indoorswomen". This will not only cause college students to be distracted from their studies, but also causes physical weakness, social atrophy, dare not face the reality, and lack of responsibility.

The influence of AI on emotional education is inevitable. Actively thinking about how to use AI technology to make emotional education both lively and energetic without losing theoretical depth is becoming a challenge faced by the emotional education of contemporary college students.

#### IV. CONSTRUCTING A NEW APPROACH FOR THE EMOTIONAL EDUCATION OF COLLEGE STUDENTS

##### A. *Make precise efforts, moisten things silently*

Facing college students with different growth experiences, making precise efforts is the first task to improve the effectiveness of emotional education. Emotional education should focus on different aspects of the content of education, and it should not be the same for all people. Firstly, the educated should be grouped according to the different growth environments. For example, the educated person can be grouped according to harmonious families, single-parent families, left-behind families, orphans, etc.. Secondly, arrange targeted emotional education content, establish separate files for special groups, and understand the emotional state, life and learning state of members of special groups in real time at set intervals. Finally, make precise efforts. Educators should be able to timely detect, intervene and guide the emotional fluctuations of the group members, such as the breakup of love, divorce of parents, financial difficulties and death of loved ones.

In addition, pay attention to ways and methods, and adopt an educational form that is close to the life of college students. General Secretary Jinping XI emphasized that to do ideological and political work well in colleges and universities should be based on things, times and trends. As an indispensable part of ideological and political education, emotional education should not only follow the trend, but also be grounded in reality and rooted in life. In the choice of education forms, we should pay special attention to grasp the opportunities of major events and hot spots on the Internet, so as to avoid the lack of means of education, divorced from reality, idealization and dogmatism.

##### B. *Focus on attitudes and media*

To effectively improve the effectiveness of emotional education, in addition to exerting strength in the content and form of emotional education, we should also pay attention to the educational attitude and educational media, so as to stimulate the true feelings of college students in the process of education, and arouse emotional resonance.

Each generation of young students has their own characteristics. Most of the contemporary college students are post-1995s and post-2000s. Most of them were born with the

Internet gene, and grew up together with the Chinese Internet. In the context of the foreseeable AI era, emotional education should use new media and new technologies flexibly, replace the long and cumbersome preaching with equal conversation, and moderately punish them in a way that they like.

For example, if a student skips classes, if the teacher orders him/her to write a self-criticism and cancel his/her qualification to be rewarded in this semester or uses other punishment methods, it may be counterproductive, causing the learned helplessness of the educated. It neither reflects the temperature of education nor achieves the purpose of education. If you first make certain whether the student skips classes because of illness and other force majeure factors, and then use the punishment method of collecting likes in the circle of friends, it not only has the effect of educating other students, but also fully considers the emotions of the student, and it will not arouse the student's antipathy and rebel psychology. Compared with the seriousness of education in the 1950s and 1960s, and the kindly influence of education in the 1970s and 1980s, emotions expressed with emoji packages in educational communication in the new era may be more acceptable to contemporary college students.

##### C. *Construct emotional education in colleges and universities with AI gene*

With the breakthrough of AI technology and the rise of AI+ education to the national strategy, emotional education in colleges and universities should also be infused with AI genes, and the latest research results of natural science should be used to provide new ideas, new methods and new paths for the emotional education of college students.

The AI recognition technology has developed rapidly, and some research results have been commercialized and can be applied to the emotional education of college students. Emotional education should not be one-size-fits-all. It should vary from person to person and the students should be treated differently. Each college student has different growth experience, and emotional education should also have its own emphasis, but because of its concealment, it is often not easy for educators to identify the real feelings of the education object, and AI recognition technology can help. For example, face recognition technology can model according to people's facial features and then compare them with known face databases to identify people's facial microexpressions, which often reflect people's real emotions. During emotional fluctuation, the sinus plexus in the nose dilates and the nose twitches unconsciously, and the nose will unconsciously twitch. Face recognition technology can capture the micro expression.

There is no remedy for regret, but we can use AI technology to avoid tragedies caused by emotional problems. In 2004, the Jiajue MA incident in the dormitory of Yunnan University; In April 2013, the dormitory poisoning incident in the Medical Center of Fudan University, etc.. The shocking cases in universities require us to reflect on how to avoid the occurrence of similar tragedies. It is not without warning that these students take things too hard and choose to go to extremes, there are traces. If we can detect the violent emotional fluctuations in advance, guide them timely, then we

can avoid its occurrence. For example, we can create an AI file for each student to track his/her emotional changes and prevent them from happening.

In addition to identifying emotions and building AI files, AI technology can also build virtual environments and recreate history. Forgetting history is betrayal, but simply remembering time, place, people and events is not remembering the history. Virtual reality technology allows history to be recreated in addition to being remembered; AI can virtualize environment, let people experience the revolutionary spirit of the 25,000-mile long march, feel the May Fourth patriotic spirit of democracy and science, feel the selfless dedication of Lei Feng, etc.. And these have positive enlightening and guiding effects on shaping the world outlook, outlook on life and values of college students.

## V. SUMMARY

The scientific and technological revolution of each era will bring about some new changes, and only by taking advantage of the trend can we master the initiative. With the vigorous development of AI+ education, in the face of the new challenges faced by the emotional education of contemporary college students, it is of great significance to explore a new approach to the construction of emotional education of college students in the AI era.

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