

Problems in Interpersonal Relationships of University Dormitories and Its Solutions

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Abstract—As a second home for college students, the dormitory is an important place and main position for them to live and study. Therefore, the interpersonal relationship in the dormitory directly affects the quality of life and learning efficiency of college students. According to the questionnaire survey, it shows that interpersonal relationships in college dormitories are generally harmonious, but there are also contradictions, and the high incidence of contradictions is in sophomores and juniors. In order to enable college students to successfully pass this stage, in view of the reasons for the high incidence of contradictions, improvement measures were proposed from three aspects: improving school education, improving dormitory management, and improving college students' qualities.

Keywords: college students, interpersonal relationship of dormitory, school education, dormitory management

I. INTRODUCTION

For college students, dormitory is their second home. It is of great significance to their college life whether they have a harmonious interpersonal relationship in dormitories or not [1]⁹⁶. In order to accurately and truly understand the current situation of interpersonal relationship in college dormitories, a questionnaire on interpersonal relationship in college dormitories was compiled and 650 college students in Changzhi University were investigated. According to the survey, it shows that the high incidence of interpersonal conflicts in dormitories was in sophomores and juniors. Then, combined with the data of questionnaire, structural interview and observation, it is found that the reason why college dormitory conflicts are high in sophomores and juniors is mainly affected by the differences in values, small groups, key figures, ways of dealing with conflicts and family economic conditions. In order to improve the interpersonal relationship of college dormitories, the corresponding measures should be taken according to the causes of contradictions.

II. IMPROVING SCHOOL EDUCATION

In the process of the formation and development of interpersonal relationship in college dormitory, school education can give guidance and correction [2]⁵⁶⁸. Therefore, in order to improve the interpersonal relationship

of college dormitory, it should attach importance to school education.

A. Improving the content of education

Colleges and universities should pay attention to the education of interpersonal communication to ensure that the students have quantitative class hours for centralized learning, so as to ensure that college students can master the basic knowledge needed by interpersonal communication, make clear the problems they should pay attention to in the process of interpersonal communication, and improve their ability to deal with contradictions. College students have different characteristics in different stages. Therefore, the colleges and universities should select different education contents according to the characteristics of different stages when carrying out interpersonal education. For freshmen, more cognitive education should be carried out. Namely, students should realize the importance of interpersonal communication when they go to university. The sophomores and juniors are the high incidence period of conflicts, and it is necessary to focus on how to deal with when conflicts occur. The education content specifically includes: attitude to face up to conflicts, methods to resolve conflicts, ways to maintain harmonious interpersonal relations, etc. The students of the fourth grade are close to graduation and reluctant to part with their roommates. The content of education should give priority to enlightenment and help college students to resolve conflicts and reduce unnecessary quarrels and conflicts.

B. Enriching the ways of education

At present, the education of interpersonal communication in colleges and universities is mainly theoretical education and explicit education. However, interpersonal relationship is a kind of psychological connection formed by people's interaction in the process of actual communication, which is inseparable from people's practice and psychology. Practical education and implicit education should also be properly used in the education mode. The application of recessive education is flexible, with neither fixed time nor fixed mode. It has a wide range of adaptability. In the process of application, it is required to pay attention to its principle. Ideological and political teachers can organize college students to watch the films about interpersonal relationship, especially the films about

interpersonal communication in dormitories. The students can make speeches, so as to guide college students to establish a correct view of making friends. In a word, to carry out the education of interpersonal communication, it is required to combine the explicit education of theoretical indoctrination with the implicit education, combine theory with practice, and combine reasoning with emotion. It is necessary to make the comprehensive utilization of various education methods, so as to achieve the purpose of improving the interpersonal relationship of college dormitories.

C. Playing the role of counselors

In order to improve the interpersonal relationship in dormitories, counselors should also make corresponding efforts. First, counselors should pay different attention to the characteristics of college students at the different stages. Freshmen need to lay a good foundation for dormitory life. Counselors can encourage students to take part in collective activities based on dormitories. In sophomore year, counselors should pay attention to the changes of dormitories and intervene and mediate in time when conflicts happen. In junior year, college students begin to think about the choice after graduation. At this time, counselors can give the guidance according to the characteristics and ideas of students, reducing their anxiety. Although the focus of college students in their senior year is on graduation, counselors still need to guide them to cherish their limited time and minimize unnecessary misunderstandings and conflicts between them. Secondly, counselors should establish a communication mechanism with the key figures and class committee. According to the research, it can be seen that the key figures and class committee in the dormitory will play an irreplaceable role in the formation and development of interpersonal relationship in the dormitory. Therefore, it is convenient for counselors to deepen contact with the key figures and class committee in the dormitory to understand the situation of each dormitory in time and make correct response. On the other hand, counselors should also provide "special guidance" to the key figures and members of the class committee to cultivate their ability to observe and respond to emergencies, so as to assist counselors in managing the dormitory. Third, counselors should provide psychological guidance to students with special needs. In the four years of college life, college students will encounter all kinds of troubles or difficulties. Due to the lack of social experience and relatively poor ability to deal with problems, students are difficult to deal with, resulting in psychological barriers or other problems. Therefore, in the daily life and learning process, counselors should also give psychological guidance to those students who have psychological barriers to help them out of the dilemma.

III. IMPROVING DORMITORY MANAGEMENT

Nothing can be accomplished without norms or standards. Harmonious interpersonal relationship of dormitory naturally requires scientific and reasonable

dormitory management system and methods [3]⁷⁰. Therefore, in order to promote the harmonious development of interpersonal relationship in college dormitories, scientific and reasonable dormitory management system and methods should be developed.

A. Transforming logistics to service

The work of logistics department should be changed from management to service. Specifically, logistics staff should visit students' dormitories frequently to understand students' demands, that is, to know what problems students care about and what problems they have. Secondly, they should solve the problems in time. If they find that the public goods inside the dormitories are damaged, they should repair or replace the damaged goods as soon as possible. At the same time, they should deal with the problems reflected by students in time. After that, they should pay attention to improving the afterwards guarantee mechanism, that is, they must look back, no matter the problems found independently or the problems reflected by the students. After arrangement and solution, it is necessary to organize a special person to make a return visit to see how the problems are solved and whether the students are satisfied. When the logistics department builds the work into a "one-stop" service system to provide comfortable living environment for college students as much as possible, students will live more comfortable. Correspondingly, some unnecessary quarrels and contradictions are reduced.

B. Improving dormitory exchange system

When there are irreconcilable contradictions among dormitory members, college students may have the idea that they can't live in this dormitory. However, most of colleges have the regulation of "no living outside". Then, they have the need to change their dormitory. Nowadays, it is very difficult for some colleges and universities to change their dormitories. Sometimes, the students go through many procedures and fail to change their dormitories. Because of their running, it is known to all, which will make them face a more embarrassing situation in the original dormitories. Therefore, when college students have a proper reason to change their dormitories, the logistics department should give timely help, which will help college students get rid of the original awkward or contradictory dormitory environment as soon as possible, so as to transfer the contradictions in dormitories, avoid unnecessary conflicts, and reduce the occurrence of unpredictable malignant events.

C. Building student autonomy mechanism

At present, college students generally think that they are already "adults", and their own affairs can be completely decided by themselves. Too much management of teachers, dormitories and other managers will make them have a psychological exclusion. In contrast, college students are more inclined to carry out self-management and self-education, and successful self-management and self-education is one of the symbols of improving the comprehensive quality of college students [4]³². It is

particularly important to pay attention to the construction of student autonomy mechanism in dormitory management. To realize the student autonomy means that the affairs related to students should be left to the students to find their own countermeasures and organize the implementation of corresponding measures. The members of the student autonomy mechanism should be democratically elected to ensure the ability and qualification of the members of the mechanism to handle affairs, which is conducive to further improving the possibility of the success of the student autonomy mechanism in dealing with student affairs. The construction of student autonomy mechanism is not only conducive to the realization of the purpose of dormitory management, but also can build a platform for college students to exercise interpersonal communication, deal with emergencies, insight into the law of event development, and exercise team cooperation ability.

D. Organizing and carrying out various activities

When people work together for the same goal, the relationship between them will naturally be closer. Therefore, if the universities can organize and carry out some activities to make college students participate in with the dormitory as a unit, it will be conducive to strengthening the emotional exchange between roommates, and the harmonious development of interpersonal relations in the dormitory. When the universities organize and carry out some activities that require the dormitory as a unit, it should do a good job of publicity in advance to improve the enthusiasm of college students to participate in the activities. At the same time, the form and content of the activities should also strive to be diverse, whether it is knowledge competition or entertainment. Through these activities, it can cultivate the tacit understanding and trust among the roommates, and realize the harmonious development of the emotion among the roommates.

IV. IMPROVING THE QUALITY OF COLLEGE STUDENTS

For college students, it is necessary to improve their quality in order to realize the harmonious development of dormitory interpersonal relationship. In order to realize the harmonious development of dormitory interpersonal relationship, college students should pay more attention to dormitory interpersonal relationship, cultivate the ability to deal with contradictions correctly and have broad mind.

A. Improving the importance of interpersonal relationship in dormitories

Character is hard to change, but ideas can change. The more attention college students attach to dormitory interpersonal relationship, the more likely they are to make efforts to improve dormitory relationship, and the more likely they are to form harmonious dormitory interpersonal relationship [5]⁹¹. Only pay attention to the interpersonal relationship in dormitory, realize that if the interpersonal relationship in dormitory is not harmonious, it will bring troubles to their study and life, and leave regrets for a better university life, college students will make efforts to build or

improve the interpersonal relationship in dormitory. Otherwise, if college students do not pay attention to the interpersonal relationship in dormitory, there are contradictions or differences in dormitory, and they will not take active action to alleviate or improve the status quo. Therefore, college students should first improve the importance of interpersonal relationship in dormitories, and make their own contribution to the construction of harmonious interpersonal relationship in dormitories.

B. Cultivating the ability of college students to deal with contradictions correctly

Where there are people, there will be contradictions. They are neither rare nor terrible. The key is how people treat and deal with them. Many college students don't know how to deal with the contradiction, so they adopt the negative way of tolerance and avoidance. In fact, people have to be tolerant of each other in the process of getting along with each other, but blindly tolerating and avoiding can't solve all problems. If some problems are not solved in time, it will create a backlog, and the backlog of contradictions makes the small problems that can be solved become the big problems that are difficult to solve or cannot be solved. Therefore, college students should be aware that the contradiction is a normal phenomenon and need not be avoided. When there is a problem, it should be solved in a timely manner. If the contradiction between two people cannot be solved by two people themselves, they can try to solve it in the dormitory environment, and other members of the dormitory can give their opinions. When the problem cannot be solved inside the dormitory, they should not feel that the domestic embarrassment cannot be publicized, and "hide" the problem. They should actively and appropriately seek help from "outsiders". In a word, it should not let all contradictions go unchecked, but treat them differently and face them positively.

C. Having a broad mind

Everyone is an ordinary person and may make mistakes. There is no need to hold on to others' mistakes for a while. People should not kill people with one stick, or look at each other's advantages. It is necessary to try one's best to look at each other's words and deeds from an objective perspective. Moreover, most of the contradictions in dormitories are not major problems in principle, but are generally caused by life lock. Therefore, there is no need to rise to a higher plane of principle and two-line struggle, and no need to put oneself on the high ground of morality to examine others. Everyone has his own ideas and considerations. College students should face up to the existence of differences, adhere to the fundamental principle of being human, and respect the different ideas of others. College students should not ignore the improvement of their own quality except for the correct concept of making friends and the ability to deal with contradictions. Having a broad mind is one of the necessary skills for communication with people [6]⁷⁰. It can't be fussy about everything. In a word, college students should be strict with themselves and lenient to others.

V. CONCLUSION

The establishment of harmonious interpersonal relationship of dormitory is not only related to the physical and mental health of college students, but also the focus of their daily management and ideological and political education. Teachers should pay attention to the changes of college students' thoughts in time, and guide them to contact and communicate with others in a healthy, cheerful and tolerant way from the aspects of college students' life attitude, behavior habits and dormitory atmosphere, so as to learn to deal with interpersonal relationship of dormitory rationally and scientifically. It is necessary to give full play to the construction of all-round education system and mechanism throughout the whole process, and build a harmonious, orderly and civilized apartment education atmosphere.

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