

Study on the Causes and Intervention of College Students' Verbal Bullying

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ABSTRACT

Verbal bullying is a kind of common school bullying behaviors. At present, China pays less attention to verbal bullying among college students. Combining teaching and student management, this paper explores the factors that affect verbal bullying among college students, and proposes effective countermeasures to the influencing factors, with a view to providing reference for improving verbal bullying among college students.

Keywords: college students, verbal bullying, influencing factors, intervention strategy

I. INTRODUCTION

In recent years, campus bullying incidents occur frequently in China, and relevant reports are common. Various sectors of society have carried out a series of research in psychology, law, culture, education and other fields. At present, media reports, public understanding and academic research on campus bullying in China are mostly limited to primary and secondary schools and vocational schools [1] [2] [3], and there is not much research involving bullying in universities. In the impression of most people, college students have experienced college entrance examination and systematic professional knowledge learning, ideological and political education. Compared with minors, the impulsivity is lower. After experiencing campus bullying, such as physical attack, they are more severely punished. And the incidence of campus bullying should be lower. However, these views just ignore verbal bullying. When college students are angry, dissatisfied or unbalanced, they may express their anger and vent their emotions through verbal attack. Some college students may take verbal attack as a habit to mock others. Generally speaking, the students who take verbal attack as their pleasure should be in the minority. Most of the students who have the tendency of verbal attack may not realize that their own speech will cause harm to others and form verbal bullying. Compared with the students of primary and secondary schools, college students are at the end of adolescence. At this stage, they are often characterized by emotional instability and extreme thinking. Under the influence of verbal bullying, targets of verbal attack may have negative emotions such as depression and anxiety,

which may affect their mental health, and may also lead to extreme consequences. They may even apply their knowledge to subsequent verbal bullying or aggressive behaviors against others. There have been news of similar vicious events in China. Unfortunately, many people currently believe that school bullying is a matter for ignorant elementary and middle school students, and pay less attention to verbal bullying in colleges and universities. Based on the above reasons, the future Chinese academic research on verbal bullying in college campuses and corresponding education and prevention measures should be strengthened. Combining education with student management and literature collation, this article analyzes the causes of verbal bullying among college students, and proposes targeted intervention programs, with a view to providing reference for college mental health education, ideological and political education, safety knowledge education, and student management.

II. REASONS

A. *Some college students have immature psychological development*

Compared with elementary and middle school students, college students are indeed more mature in interpersonal communication, social adaptation, and coping with psychological pressure. However, some college students still have psychological characteristics that lag behind their peers when dealing with interpersonal contradictions, adapting to the learning life of colleges and universities, and facing the pressure of employment and further studies due to family environment, economic level, self-development characteristics, and personality characteristics. In the face of stress, sensitive interpersonal relationships,

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contradictions or poor emotions, they may show a tendency to verbal attack on others' unintentional attention, behavior or speech, and may even have a tendency to attack and degrade others because of their arrogance, sensitivity, and doubt. Chinese scholars believe that factors such as early pubertal development [4], parental psychological control [5], narcissistic personality traits, and self-centered personality tendency [6] have predictive effects on aggressive behavior. These factors are related to past experience, growth environment, personality characteristics, family structure and other factors of college students. These groups are currently immature due to past experience, and are more likely to make verbal aggression than other college students.

B. Some college students have low level of mental health

Studies have shown that among middle school student groups, negative emotions such as shame tendency and hostile anger can affect aggressive behavior [7]. Among the college students, there are also studies showing that psychological factors such as self-esteem and attachment have an impact on college students' aggressive behaviors [8]. College students with low level of mental health may be more susceptible to cognitive imbalance and emotional instability due to external pressures. In order to adjust their cognition and stabilize their emotions, they may maintain inner balance through verbal attacks. Facing academic pressure, complex interpersonal relationships, or emotional out of control due to emergencies, verbal aggression may be caused by impulsiveness or cognitive dissonance.

C. The impact of new media factors such as the Internet

Observation learning theory believes that aggressive behavior is affected by factors such as social and cultural atmosphere [9]. At present, pornographic and violent aggression is well controlled in film and television works in China. However, there is still insufficient control over verbal attacks and verbal bullying. Especially in emerging media such as the Internet, it is difficult to control videos, speeches, pictures, novels, etc. on verbal bullying. The Internet has become an important carrier that affects the thinking of college students. Currently, Chinese college students mainly receive information from the Internet. A large number of studies have shown that long-term exposure to violent media and other factors can affect college students' verbal aggression [10], which can make them emotionally or psychologically satisfied and then continuously internalize. These factors further induce cyber-attack behaviors [11]. The verbal habits on the Internet will bring into the real life environment. Violent media → internalization → verbal attack →

satisfaction → new verbal attack behaviors form a vicious circle, finally strengthening the individual's verbal attack behaviors and forming verbal bullying.

D. Lack of educational content related to verbal attacks in colleges and universities

At present, many elementary and middle schools in China have set up a large amount of content to prevent bullying in campus in ideological and moral education, mental health education and campus cultural activities. However, the current education in universities in this regard is still insufficient. The reason may be that most educators think that college students have less physical aggression. The content of the prevention of verbal attack behaviors among college students is mostly set in the mental health education of college students, such as interpersonal communication, freshmen's adaptation and part of safety knowledge. There is a lack of systematic education, and even many college students do not consider verbal aggression as bullying behavior, which will bring serious consequences. In the absence of proper guidance against verbal attacks, many college students do not even consider verbal attacks to be campus bullying.

III. SUGGESTIONS AND COUNTERMEASURES

In summary, the causes of verbal bullying among college students are more complex, including personal psychological characteristics, inadequate education on verbal bullying in campus, and social and online verbal violence culture. These factors cannot be attributed to college students' "ideological and political issues", "weak legal consciousness" or "insufficient social experience". Colleges and universities should comprehensively consider from various aspects, and effectively intervene in the verbal aggression of college students to achieve the purpose of maintaining the mental health of college students and reducing bullying on campus, especially verbal bullying.

A. Improving mental health education and carrying out teaching activities related to verbal bullying

In view of the fact that college students with a tendency to verbal bullying have a low level of mental health, it is one of the practical ways to help this group to improve their personality, adjust their cognition, and master the technology of controlling emotions and speech communication by improving their mental health. In specific operations, colleges and universities can consider setting up 3-4 times of emotional adjustment, communication skills, interpersonal relationships and other teaching content in the mental health education course for freshmen after enrollment. At the same time, it is necessary to set the psychological health level of college students who are bullied by speech and improve the degree of awareness

and importance of bullying college students. In the safety knowledge education after enrollment, it is required to increase the introduction of content related to campus conflict caused by verbal bullying to help college students correctly understand that speech attack behavior is campus bullying. Mental health education is only for new students. It is recommended to provide mental health education courses in senior grades, or integrate the content into corresponding professional literacy courses, humanities and social courses, such as increasing mental health knowledge, interpersonal communication skills, verbal communication knowledge, emotion regulation technology, etc. in professional literacy, employment education or general psychology education. Also, aiming at the phenomenon of verbal bullying caused by psychological depression, psychological counseling center can be considered to set up a vent room. Finally, college psychological counseling centers can consider setting up separate psychological counseling programs for the victims of verbal bullying, provide corresponding appointments, and carry out publicity at the same time. It is suggested that students with verbal bullying behaviors should adjust their speech patterns in time and receive psychological counseling when necessary.

B. Carrying out anti-verbal bullying propaganda and campus activities

In view of the fact that some college students do not consider verbal bullying to be a bullying behavior on campus, colleges and universities can consider carrying out targeted anti-verbal bullying propaganda and campus activities. First of all, posters on the campus are regularly carried out to promote verbal bullying performance, adverse effects, and improve skills, to further help college students realize that verbal bullying also belongs to campus bullying, and the consequences will be very serious. It is required to organize essays on bullying, campus melodrama competitions, lectures, posters, movie shows. In conjunction with the mental health activity month, colleges and universities can launch a series of campus publicity activities to combat campus bullying and verbal bullying, and regularly organize classes to hold class content and class activities on related content. Finally, it is required to organize activities such as debates and actively guide college students with a tendency to verbal bullying to exert their characteristics in a suitable way.

C. Purifying cyberspace and avoiding the impact of cyber violence culture on college students' verbal bullying

Aiming at the impact of the bad network culture, colleges and universities should cooperate with the network supervision department to do a good job of network propaganda, and must strengthen the use and management of network resources to seize the

theoretical propaganda position. First of all, college counselors should use internet resources to set up related websites on interpersonal communication, emotional management, mental health and anti-bullying, WeChat public accounts, forums, etc. At the same time, colleges and universities can collect the majority of verbal bullying among college students, campus bullying, and mental health, impulsive behaviors, personality characteristics, and other doubts and practical questions and make reasonable answers. Psychological intervention can be considered for difficult explanations. Second, colleges and universities should strengthen network supervision and management, especially information supervision and education related to violent acts and verbal bullying. It is necessary to guide college students correctly identify bad information on the Internet. Finally, colleges and universities with conditions can offer online courses such as verbal bullying, promote popular science knowledge related to verbal bullying, and open psychological counseling sites such as the Ark of the Mind, online party schools, group schools, and anti-campus bullying propaganda public account, etc., so as to effectively communicate with college students using online communication methods that are easily accepted by college students, grasp their ideological trends, and integrate offline education such as classrooms to enhance college students' mental health education, ideological and political education, and campus anti-bullying propaganda. It is required to reduce verbal bullying of college students through demonstration and continuous positive reinforcement.

IV. CONCLUSION

Verbal bullying is still a relatively new research content, and many universities have not paid attention to this issue. From the existing literature and reports, colleges and universities also need to pay attention to the impact of verbal bullying on campus, and pay attention to the psychological health of verbal bullying objects and the intervention of verbal bully. Only by reducing verbal bullying from multiple perspectives can colleges and universities effectively maintain the harmony and stability and the psychological health of students, and provide a basis for the cultivation of outstanding graduates.

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