

# Analysis of the Influencing Factors of College Students' Social Competence Based on Satir Theory

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## ABSTRACT

At present, college students' social communication ability has become a hot topic of public concern. This paper analyzes the factors influencing college students' social communication ability based on Satir iceberg theory and the data feedback of questionnaire survey. The relationship between college students' social ability and their job status, the relationship between family and parents, and the allocation of leisure time in childhood was analyzed by using mathematical statistics method. The results show that good parental relationship and parental companionship in childhood leisure time have a good promotion effect on college students' social ability. It also supports the national policy of "double reduction" and suggests that parents should spend more time with their children instead of choosing training institutions.

**Keywords:** Satir iceberg theory; College students; Social skills; Family parent relationship; Leisure time

## 1. INTRODUCTION

People are the sum total of all kinds of social relations. Social ability refers to people's ability to better deal with the social environment outside of themselves, various organizations, other circles and subjects with different individuals as units in social life, and properly handle the relationship between themselves and subjects. Besides, it can effectively extract and apply different things and different information outside itself to create value for itself and the society [1]. For college students with outstanding social skills, they are more likely to seize opportunities to improve themselves and have greater competitiveness in the group. Besides, it can effectively extract and apply different things and different information outside itself to create value for itself and the society [2-3]. For college students with outstanding social skills, they are more likely to seize opportunities to improve themselves and have greater competitiveness in the group.

The iceberg theory was first proposed by Virginia Satia. It comes from psychology and serves many fields such as society, economics and education. In the field of education, the iceberg theory puts forward that the family of origin has a great influence on the individual's personal characteristics, personality, psychological characteristics

and behavior patterns. [4]The iceberg theory also refers to the fact that human beings, like icebergs, have a very limited proportion in the social category [5-7].

Inspired by the Iceberg theory of Satir model [8], the social ability of college students in college is likely to be affected by the relationship between family and parents and the allocation of spare time in childhood. Therefore, this paper tries to analyze the deep reasons affecting the social ability of college students from the perspective of family and individual. It provides feasible reference for college students to solve their psychological and social problems in daily study and life.

## 2. OBJECTS AND METHODS

### 2.1 The research object

A total of 350 college students in Central China were selected by cluster random sampling method in February 2022 to conduct a questionnaire survey. Nine invalid and duplicate questionnaires were removed and 341 valid questionnaires were obtained with effective recovery rate of 97.43%. Among them, 156 (45.75%) are boys and 185 (54.25%) are girls.

**2.2 Questionnaire design and implementation research**

The variables include the relationship between family and parents, the distribution of after-school and leisure time in childhood, and social ability. (1) The variables of parent-parent relationship included students' perception of parent-parent relationship and selectivity of students' degree of intimacy with their parents; (2) The variables of after-school leisure time allocation include the types of after-school time allocation, family companionship, playing with partners, after-school interest tutoring/tutoring, and being alone. (3) The variables of social competence include the degree of adaptation to the college life environment, whether students take positions in organizations such as associations, the degree of confidence in social communication, and students' judgment of their own social competence.

The corresponding questions are designed for the above variables one by one. To ensure the validity of the variables, at least three questions are designed for each variable. First of all, the preliminary questionnaire was designed, and some students were invited to fill it out. Problems were found and improved according to the filling situation. Then, relevant experts were invited to put forward opinions, and second corrections were made according to their opinions. Finally, the second revised

questionnaire was put into college students, and the collected data were analyzed and processed.

**2.3 Data processing and analysis**

WPS Office was used to input the statistical data, Origin2021 mapping software was used to analyze and draw the data, IBM SPSS Statistics (25.0) statistical software was used to perform  $\tau$  test and correlation analysis, and the measurement data were expressed as mean  $\pm$  standard deviation ( $\bar{x} \pm s$ ).

**3. THE RESULTS**

**3.1 Extract variable**

In this study, questionnaire survey method was used to extract variables by factor analysis according to the collected data. The test validity KMO value of each variable was above 0.75, and the cumulative contribution rate was above 65%, which ensured that the variables met the conditions of factor extraction and could reflect the information contained in the question comprehensively.

**3.2 The effect of holding a job or not on social competence**

**Tab1.** The T-test of social competence ( $\bar{x} \pm s$ )

	Yes	No	t	P
Fitness for college life	1.650 $\pm$ 0.761	1.770 $\pm$ 0.736	-1.422	40.21%
Social confidence	1.640 $\pm$ 0.681	1.860 $\pm$ 0.730	-2.657	0.008
The value of social ability	1.710 $\pm$ 0.735	1.900 $\pm$ 0.752	-2.241	0.026

According to the above independent sample T-test results, it can be seen that there are differences between students' social dimension in university and whether they hold positions in university. Students who hold positions in associations, student unions and other organizational departments in universities can improve their social confidence, and their judgment of their social ability is also higher than that of students who do not hold

positions, the difference is statistically significant (P value & LT; 0.05). There was no significant difference in other indicators (P value & GT; 0.05), the null hypothesis cannot be rejected.

**3.3 The influence of family parent relationship on social ability**

**Tab 2.** The correlation coefficient between family parent relationship and social competence

	The correlation	Social skills	Parents relationship
Social skills	Pearson correlation	1	.128*
Parents relationship	Pearson correlation	128*	1

\* At level 0.05, the correla is significant

According to the above correlation analysis results,

the absolute value of the correlation coefficient between

social competence and the relationship between parents and family is lower than 0.3, indicating a weak correlation and a positive correlation. The significance is less than 0.05, indicating statistical significance. It can be seen that social competence is slightly positively correlated with the relationship between family and

parents, and the correlation level is weak.

### **3.4 The influence of after-school leisure time on social competence in childhood**

**Tab 3.** The extent to which students' spare time contributes to their social skills

	being alone	Remedial class	Play with a buddy	Family company
Great help	58.21%	57.38%	57.76%	46.39%
General help	38.81%	31.15%	28.45%	40.21%
No help	2.99%	11.48%	13.79%	13.4%

The questionnaire divided the students' spare time into four categories: being alone, participating in after-school tutoring, playing with friends and staying with family. As can be seen from the table, the proportion of leisure time spent on playing with friends (116 people, 34.02%) is the highest, followed by family company (97 people, 28.45%) and alone (67 people, 19.65%), and participation in extracurricular tutoring (61 people, 17.89%) is the lowest. And in the four dimensions of the social impact on the degree of help into three grades, help a lot, help average, no help. In each dimension, the proportion of the options with great help was the first, while the proportion of the options without help was the lowest.

while children who rarely receive their parents' care or even see their parents' quarrels may gradually close the door of their hearts and prefer to be on their own.

## **4. CONCLUSIONS**

As the core of the family, parents' relationship quality has an impact on teenagers' psychology and behavior that cannot be ignored. Parents with high relationship quality are more likely to praise and encourage their children, so that children gain a sense of confidence and security, are more willing to express themselves and show themselves, and gradually build their social skills. However, parents whose parents are indifferent or even abusive may not take into account the growth of their children, and may even blame their children, making adolescents who have been in a negative parent relationship for a long time more likely to show serious emotional problems. This is easy to cause children sensitive and fragile character, dare not express their ideas, will avoid or even fear social contact, loss of social skills. In the data of this survey, the harmonious and healthy relationship between parents accounts for about 75%, and nearly 5% of students' parents are indifferent to each other. In the families with harmonious parents, most of the students are in the middle and upper reaches of the social ability in college, while most of the students with cold parents are in the social situation of being less confident and unwilling to communicate. It may be that children who have been concerned and cared for by their parents since childhood are more open to accept others' approach or take the initiative to communicate and make friends with others,

Leisure education has two meanings: one is to promote the physical and mental recovery of recreational activities, refers to supplement, restore, rebuild people's physical strength and energy, such as relaxation, entertainment, etc.; The second is to promote physical and mental development of recreational activities, such as learning, sports, interest development, research, etc. In short, leisure education is to cultivate subjects who can control their leisure independently, so that subjects can obtain certain changes by using leisure time. Since the implementation of the two-day weekend system in China, plus winter and summer vacations, holidays, primary and secondary school students have more than 170 days of leisure time every year, nearly half of the whole year. Schools are out, parents are at work, children are unsupervised. It can be seen from the survey that students spend more than 60% of their spare time in childhood playing with their friends and staying with their families. In the questionnaire, these students are also more confident in their social skills displayed in college. The reason may be that the companionship of partners and parents makes young children feel happy and warm, has a positive influence on the shaping of their character, and dares to express their ideas. This influence has been carried to the adult university, and their social ability is higher than the average. Their spare time to participate in extra-curricular studies \ tutoring children, affect the ability of the grew up in the university social feedback promoting inhibition, may be divided into two kinds of circumstances: if the child really grasped the counselling content, compared to other people with the skills, are more likely to be a focus in certain situations, establish their own social self-confidence; If children just spend time on counseling, but are not interested in making progress and feel oppressed by the atmosphere, they will become sensitive and unwilling to communicate with others. After leaving their parents and entering college, they tend to wrap themselves up and refuse to express themselves. Students who spend their spare time alone at

a young age tend to have lower social competence, which may be because children are more likely to receive bad information when they are alone, and at the same time reduce the opportunity to communicate with others, which has a subtle influence on the track of growth. Starting from 2021, the country has clearly proposed a "double reduction" policy to effectively reduce the burden of heavy homework and off-campus training for students in compulsory education. The "double reduction" policy also has higher requirements for family education, and students should have family education and family company in their spare time. Parents also need to re-establish a correct view of the purpose of family education and re-examine the parent-child relationship and the role of parents in the family. [9] This will not only help children to have good social relations, but also contribute to the future development of life.

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