



# Research on the Current Situation and Problems of College Students' Socialisation and Exploration of Countermeasures

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**Abstract.** With the progress of society, the socialisation of college students has received more and more attention. The article starts from the current situation and existing problems of college students' socialisation to explore the countermeasures of college students' socialisation. The study shows that the current socialisation of college students has the following problems: poor social skills, poor interpersonal communication, lack of values and so on. To address these problems, this paper puts forward the following countermeasures: focus on social practice, actively participate in team activities, strengthen interpersonal communication, and cultivate correct ideological values. At the same time, college students themselves should consciously take the initiative to learn, try to adapt to the social environment and improve their own quality.

**Keywords:** university students, socialisation issues

## 1 Introduction

The famous German social psychologist Fromm explains that "socialisation induces the members of a society to do those things that must be done if the society is to continue properly, and is the means by which societies and cultures are perpetuated." [7]. According to Robertson, a famous American sociologist "Socialisation is the process of social interaction that enables people to acquire individuality and learn the way of life of the society in which they live." [8] Zheng Hangsheng, a famous sociologist in China, suggests that "what is socialisation is the process by which an individual gradually develops a unique personality and individuality in the process of interacting with the society, transforms from a biological person to a social person, and gradually adapts to social life through the internalisation of social culture and learning of roles, through which the process of socialisation leads to the development of a unique personality and individuality. The process of living, through which social culture is accumulated and continued, social structure is maintained and developed, and human personality is formed and perfected, socialisation is a long-term process throughout life." [9] As society develops, the meaning of socialisation also evolves and develops. In the first half of the 20th century, the study of socialisation mainly focused on adolescents and young

people, aiming to explain how human beings changed from "biological beings" to "social beings". Socialisation research during this period focused on people's developmental processes and the changes and developments they experienced during this process. Through these studies, people began to realise that socialisation is a complex process, which involves not only individual physiological and psychological changes, but also social and cultural changes.

As socialisation research continued to deepen and develop, the scope of socialisation research also began to expand, and a broad definition of socialisation emerged. Broad socialisation research focuses on the process of acquiring social role skills, the process of adapting to social life, and the process of internalising social values at different stages of people's lives. These studies not only focus on the socialisation process during adolescence, but also delve into the socialisation process of adults and the elderly.

During this period, sociologists argued that the socialisation process is a universal phenomenon which has similar manifestations and changes in children, youth and adults. People continue to learn and adapt to the various rules and cultures in society during this process, and gradually develop their social roles and values. These changes and developments are of great significance to the development of both individuals and society.

To sum up, the study of socialisation is constantly developing and evolving, and its significance is also expanding. From the study of the socialisation process of adolescents to the study of the socialisation process of adults and the elderly, the study of socialisation is becoming more and more extensive. These studies are of great significance to our understanding of social and individual development, and they also provide us with more thoughts and insights.

## **2 Connotation and performance of socialisation of university students**

Socialisation of university students refers to the process in which university students become an independent person by knowing and understanding society and understanding their role in the process of direct or indirect contact with society [1][2]. The socialisation of university students includes adapting to the social environment, identifying with the social culture, acquiring social skills and assuming social responsibility. The first step of socialisation of university students is to adapt to the new social environment, including schools, social organisations, social circles, etc., to understand the social rules and adapt to social customs. At the same time, university is also an important stage in the formation of students' "three views". During the university period, on the one hand, students learn, grow and acquire knowledge and information from many channels, so they have to build their own values and ideologies. On the other hand, their classmates, teachers and other people in the outside world will also influence their ideas and values. University students form their own personal values and life goals, which requires establishing ideals and beliefs that resonate with them. This includes not only the cultivation of morals and ethics, but also the pursuit of their own personal values, life goals, and contribution to society.

Second, as an important part of the youth group, university students play an important role in social development. After graduating from high school, university students will form the backbone of society and possess excellent general qualities, solid professional knowledge and skills, and qualities such as innovative thinking, practical skills, social skills and leadership skills.

Therefore, as an important part of the youth group in the process of learning culture, knowledge and skills, and in the process of educating correct values, university students will contribute to society and the development and prosperity of the country and the nation in the future.

### 3 Socialisation of university students

As society develops and progresses, the socialisation of university students has become increasingly important. Some university students face various problems in the socialisation process, such as insufficient socialisation, lack of interpersonal skills and low level of emotional intelligence. This phenomenon not only has an unfavourable impact on students' own development, but also has a negative impact on the whole society. Among them, the problems of negative socialisation and oversocialization are particularly noticeable.

Negative socialisation refers to the fact that students have few interactions at school and in society and handle social relationships in a single way. They deal with many complex problems in a way that does not correspond to reality and want to give up when they encounter difficulties[3]. If only one person to solve, then there will be many complex problems, in solving these problems, will be out of touch with the actual situation, there will be some difficulties and problems. Firstly, the contradiction of mutual disconnection between idealism and reality. Today's group of college students are very lively in their thinking and highly creative, but they lack the ability to judge between right and wrong. The second problem is: in the life of the person, he is self-centred, focusing only on his own heart, do not know how to put himself in other people's shoes, the coldness of people, resulting in people's ideological and moral concepts of thin. Some students due to a variety of reasons conflicts, various difficulties, poverty and so on will cause psychological problems in many people. The handling of these problems will have a great impact on the daily life and social development of students[4].

Over-socialisation refers to the deformed socialisation phenomenon in which the degree of socialisation is too high and too fast, exceeding the standard of socialisation of college students [5] In action, it is reflected in the knowledge and experience of social activities, which is heavily social and exceeds the normal level of college students at this age, and in the spiritual level, college students under over-socialisation embody a very sophisticated nature, like to socialise with others, like to talk highly, like to "live in the present", "see through the red dust" and so on. Secondly, they pay too much attention to the social relationship and other people's orientation, neglect or lose their own personal value, in speech and behaviour are either obedient, or eight-faced, smooth and worldly and so on. Excessive socialisation of college students is likely to lead to

the compression of their personality or the emergence of character defects, which in turn will have a detrimental effect on the construction of their interpersonal interactions and the acquisition of sincere friendships, and on their perception and experience of life and human feelings, which will lead to the emergence of suspicious, over-sensitive, lonely, low self-esteem, indifference, extremism, perversity, and other psychological problems. which ultimately leads to their poor mental state.

The problem of "socialisation" of graduates of higher education involves both the deviation from the concept of life, the "moral deviation" and the "personal" mismatch due to the role of personal value orientation, as well as the mismatch between "social needs" and "social reality", the impact of foreign culture, the mass media, the negative role of informal groups, and "educational deviation". It also involves the mismatch between "social needs" and "social realities", the impact of foreign cultures, the mass media, the negative role of informal groups, and "educational bias". social environment.

#### **4 Factors affecting the socialisation of university students**

Taken as a whole, socialisation as a whole is a process by which an individual interacts with the society in which he or she lives. The society achieves its influence on the individual through the social environment, atmosphere, customs, etc. The internalisation of the individual and the socio-cultural role of the society through the acquisition of knowledge allows for the continuous development and improvement of one's personality, which is an important influence on the individual student in socialisation. The socialisation of college students is a key period in the socialisation of the individual, which is based on the social interaction of students in higher education, taking the culture of the school as the basis of their own, and through a deeper understanding of the school, learning cultural knowledge and all the skills, they continue to integrate into the society and adapt to the society. To serve the society, As a group of young college students who are still young, its socialisation inevitably has the commonality of youth socialisation. At the same time, the socialisation of college students also has its own unique characteristics, such as living environment, cultural background, psychological conditions and so on, and shows its unique side.

The socialisation of university students is both a "process" and a "situation". Moreover, it consists of the individual, as well as other people associated with him/her, and groups and organisations. Of these, the role of family, school, peers, references, and the media is the most extensive and crucial. For university students, the best condition for socialisation is the integration of themselves into society, which is a dynamic balance between subjective and objective. This requires them to have a more comprehensive and objective perception of themselves and the society they live in; it requires students to learn to serve the community in order to achieve their material and psychological needs. Only in this way will they be able to become a self-aware and self-disciplined member of the community who can easily integrate into the environment in which they live; only in this way we will have a complete development process in our lives. Therefore, it is necessary to endeavour to improve the social and cultural literacy of students

so that they can integrate into society on their own initiative, based on the basic starting point of fostering high-quality health and high-quality social talents.

Firstly, the content and means of social interaction of students in higher education are mostly self-centred choices. Before undertaking university coursework, students' socialisation is to be a large extent centred on the ideas of older people. When university students enter university, their socialisation process presents a different mode of guidance and assessment mechanism from that of primary and secondary schools. For example, in universities, people have great freedom and are no longer subject to the constraints of teachers and parents, so the individual thinking of college students has developed significantly. At the same time, the evaluation system is also improving. The assessment of performance as a "baton", from the "single" gradually towards "diversified". Social activities and interpersonal relationships play a large part in university life, which is in line with the diversified social life of adults. Unlike the external socialisation of primary and secondary school students, the external socialisation of university students takes place internally. University students are better at transforming passive acceptance of the outside world into active acceptance, management and screening of themselves.

Secondly, the two most influential elements in the social life of university students are society and the campus, which are a "general climate" and a "small environment". The so-called "general climate" is the cultural atmosphere and social atmosphere of a particular social period. The "atmosphere" and "national livelihood" constitute the main content of the "small environment". Specifically, it is analysed from various levels such as campus culture, school culture, classroom culture and social culture. College socialisation is accomplished by a variety of psychological and physiological behavioural molecules, and with the joint efforts of these behavioural molecules, the campus culture and school culture of the "small environment" are very important to the mentality and hobbies of college students, and the implicit influence on their social activities in colleges and universities. The essence of socialisation of college students is a kind of social culture learning and teaching. The unique humanistic atmosphere of colleges and universities makes it possible for college students to be imbued with this culture in their study, life and social activities.

## **5 Educational countermeasures and solutions to the socialisation of university students**

The university stage is a key stage in the formation of the "three views" of college students, but also an important stage in the ideological and political education of college students. The main reason for this is the social and psychological health education provided by colleges and universities to college students during the period of rapid social development. This is an era of rapid social development, and the physical and mental health of college students continues to develop at an overall level. Mental health work for college students should focus on "mental health knowledge" to enhance mental health awareness, identify psychological abnormalities, improve mental health quality,

enhance social adaptability, and develop self-psychological potential. The aim is to promote the mental health of university students by providing them with psychological adjustment and enabling them to acquire good psychological care skills. Its main points are learning to be successful, interpersonal communication, love, marriage, self-knowledge and personality development, emotion regulation and stress management, society and life. As well as career development, business development and career planning, School is the most important place that influences students' socialisation and development. The role and value of the school is mainly reflected in its ability to promote student learning and human relations. Therefore, the university should do its job well from the reality, according to the needs of young people, in the following aspects, and strive to promote the social growth of university students in the new era.

Firstly, it is necessary to strengthen the ideological and political work of students in colleges and universities and provide them with correct guidance. With the development and progress of society, college education is also constantly reforming and improving. Among them, the teaching reform of ideological and political theory courses is particularly important. In order to make students better understand and master the knowledge of the party, Chinese history, Chinese culture, the political system of China at the present stage and morality, colleges and universities should actively promote the teaching reform of ideological and political theory courses. Firstly, the teaching content should be updated to make the ideological and political theory course more attractive. Colleges and universities should update the teaching materials and contents in a timely manner according to the needs of students and the development needs of the society, so that students can better understand and master the course contents. Secondly, teaching methods should be improved to enhance the quality of teaching. Colleges and universities should adopt a variety of teaching methods, such as lectures, discussions, case studies and so on, so that students can better understand and master the course content and apply what they have learnt to real life. In addition, colleges and universities should also offer some series of elective courses, so that students can have more and better space and platform for self-learning and development. These elective courses can not only improve the overall quality of students, but also meet the needs of students' personalised learning. Colleges and universities should actively promote the teaching reform of ideological and political theory courses, so that students can better understand and master the knowledge of the Party, Chinese history, Chinese culture, the political system of China at this stage, as well as morality and other aspects of education. At the same time, colleges and universities should also offer some series of elective courses, quality-enhancing courses on national spirit and national culture, and liberal arts and sciences cross-curricular courses, so that students can get more improvement and development in their studies.

Secondly, we should strengthen the education and management of college students and actively organise their participation in social groups. In the current social context, college students' mental health education has become a topic of great concern. With the development of society and the intensification of competition, the psychological problems of college students are becoming more and more prominent. Therefore, it has be-

come a very important task to strengthen the mental health education of college students, to help them solve the problem of psychological barriers, and to encourage them to treat themselves and their lives in a correct state of mind.

The existence of college students' mental health problems cannot be ignored, because college students are in an important stage of growth, and they face various challenges and pressures in study, life and interpersonal interactions. And these challenges and pressures may cause college students to develop various psychological problems, such as anxiety, depression, low self-esteem, etc., which seriously affect their study and life. Therefore, it has become an urgent task to strengthen the mental health education of college students, to help them solve these psychological problems, and to improve their psychological quality and stress-resistant ability.

Cultivating sound personality of college students is an effective way to promote the socialisation of college students' personality. College students are a growing group, they need to constantly improve their personality, improve the level of personality socialisation. In this process, mental health education plays a crucial role. Mental health education can not only help college students solve psychological problems, but also cultivate their psychological quality and correct outlook on life, help them establish correct interpersonal relationships and improve their social adaptability.

Mental health education should be carried out in a targeted way to address the problems of college students such as lack of correct self-understanding and barriers to interpersonal communication. Mental health education should be based on the specific situation and problems of college students, formulate corresponding educational programmes, and carry out mental health education in a targeted manner. For example, for the problem of insufficient self-knowledge, self-knowledge education can be carried out; for the problem of interpersonal communication in the existence of communication barriers, interpersonal communication education can be carried out. In the process of implementing mental health education, it is necessary to encourage college students to face their studies, life and interpersonal communication with a healthy mindset, to continuously improve their personality, and to enhance the level of personality socialisation.

Third, expand the scope of social internship practice. Linking theory to practice is the fine tradition and style of our party, and combining education with productive labour and social practice is the fundamental principle of ideological and political education for college students[2] In the socialization process of college students, social practice has a multifaceted and multifaceted role. It can not only play a positive role in promoting and facilitating, but also better check, correct, supplement and motivate college students. Through social internship practice, it can help students better understand the world and enhance their own ability and level. Improve their sense of identity with the society and understand the relevant laws, regulations and ethics. Make their own behaviour in line with today's needs. For the development and construction of colleges and universities, we should try our best to create a social practice platform for young people that is beneficial to their development, so that they can learn and grow in the process of going into the society, reaching out to the masses and facing the grassroots.

Fourthly, the theme of "volunteerism" has infected university students with the spirit of "putting people first". Volunteer activities are an effective way for college students

to understand society and establish a correct concept of socialisation, providing them with a broad platform. By participating in different volunteer work, college students can fully appreciate their social responsibility. At the same time, they can also enrich their life experience, improve their physical quality and social skills, as well as apply what they have learnt in practice. Therefore, the volunteer spirit of young college students should be appropriately increased and strengthened, which contributes to the development and progress of society and enhances the socialisation process of college students. Let more and more groups of college students participate in volunteer activities and really enter into the world and integrate with the world.

Fifthly, by optimising the content of the network and its contents, the network will become a platform that better serves college students. In today's information-based society, the Internet has a profound impact on college students. On the one hand, the Internet can expand the scope of youth and socialising, and enhance the depth and breadth of college students' contact with social processes. But at the same time on the other hand, excessive social influence can also hinder the formation of students' personality. Therefore, while giving full play to the advantages of the Internet, we should also pay attention to the phenomenon of excessive socialisation of college students by the Internet. The impact of the Internet on the socialisation of students in colleges and universities, strengthening the communication between virtual and real online interactions, and promoting the development of college students in the network environment through social education, so that college students can become self-conscious, self-disciplined and self-improving people. So that they can easily integrate into this social environment, in order to achieve the dual purpose of self-growth and social needs.

Sixthly, mental health education for college students should be strengthened to help them correctly understand themselves and actively regulate their mental conditions. Therefore, colleges and universities should set up a course on mental health education, and in the course of teaching, it should be linked to the mental condition of the students, and case studies and behavioural training should be used to provide guidance to college students on their life, learning, adaptability, resistance to setbacks, competitiveness, and emotional ability, so as to enhance the effectiveness of mental health education. In the process of cultivation, relevant theories in ethics and humanities should be consciously utilised to provide students with reasonable self-construction and creation.

Seventh, the education of university students on employment programmes should be strengthened and their social skills should be enhanced. Career planning refers to the process of combining individuals and organisations in the objective determination and full analysis, Scientific summary of a person's career on the basis of a variety of subjective and objective conditions, their own hobbies, interests, abilities and characteristics to weigh and analyse, based on personal career tendencies, and ultimately choose their best, the On the basis of objective measurement, full analysis and scientific summary of various subjective and objective conditions of one's career, one's own hobbies, interests and abilities are weighed and analysed, and one's own best career goals are finally selected on the basis of one's own career inclination, The goal of one's career is to strive for, and to make effective and practical efforts to realise the goal of one's career. They will make effective and practical efforts and arrangements to achieve this goal.<sup>[10]</sup>The importance of career planning for college students is becoming more and



more prominent. It is not only related to the development and growth of individual college students, but also related to the development and progress of the whole society. College students' career planning includes study planning, career planning, life planning and other aspects. Among them, career planning is the most important part. Educating and guiding college students to make good career planning can enhance their awareness and ability of self-development, management and service.

However, one of the reasons why some college students in Qinghai colleges and universities lack enthusiasm and initiative in socialisation is the lack of clear goals and personal development planning. This also reflects the inadequacy of the current career planning education for college students. Therefore, strengthening college students' career planning education is an effective way to enhance college students' initiative in socialisation.

In order to strengthen the education of college students' career planning, it is necessary to build a team of teachers with good business quality, improve the quality of counsellors and class teachers, and establish a mechanism to carry out this work. Teachers should have rich knowledge and practical experience in career planning, and be able to formulate personalised career planning programmes according to the needs and characteristics of different students. Counsellors and class teachers should be the guides and helpers of students' career planning, and help students establish correct career concepts and plan their own careers through individual talks, collective talks and professional training. In addition, universities should establish a sound and complete career planning mechanism, and provide diversified career planning services by carrying out career planning courses, career counselling, career mentorship and other forms. At the same time, they should also increase the cooperation with enterprises to provide students with more internships, employment and entrepreneurship opportunities, so that students can better understand the needs of the society and the industry, and further define their career direction and goals.

To sum up, strengthening college students' career planning education is an effective way to improve college students' socialisation initiative. By building a team of teachers with good business quality, improving the quality of counsellors and class teachers, and establishing a mechanism to carry out this work, we can provide more comprehensive and personalized services for college students' career planning, help students plan their careers, and maximise their self-worth.

## 6 Conclusions

The socialisation of university students refers to the process by which university students, with social influence as the main background and the transmission of higher education as the main medium, receive social education, learn social culture, and affect and influence society through the unique form of university culture.[6]As university students are about to enter society, they will leave their simple student days behind and enter a more complex and real society. In this society, university students are more susceptible to socialisation influences than others. There are two sides to this influence, which can either help them adapt to the society or lead them to unhealthy behaviours.

The issue of socialisation of college students is a pressing problem in today's higher education institutions. From the sociological point of view, we can study it from several aspects. First, we can focus on the socialisation process of college students. In this process, college students will come into contact with a variety of different people and things, thus shaping their values and codes of behaviour. Secondly, we can focus on the socialisation environment of college students. This environment includes the social background, family background and cultural background of college students, which will directly affect their socialisation process. Finally, we can focus on the socialisation outcomes of university students. This includes their adaptability and behavioural performance in society.

The purpose of this paper is to provide useful reference for those concerned. We hope that by studying the socialisation of university students, we can provide some useful suggestions for higher education institutions to help university students better adapt to society. These suggestions include improving the socialisation environment of university students, strengthening the socialisation training of university students, and enhancing the social responsibility and self-management ability of university students. We believe that through these efforts, we can help university students to better integrate into society and become useful members of society.

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