

Research on the Causes of "Problem College Students"

Shuyang Sun

Baicheng Normal University
Baicheng, China

Abstract—With the increasing number of college students, all walks of life have aroused widespread concern. Because college students are not independent individuals, they are groups of special value at a special age. They will become more and more competitive with the society, academic pressure, employment pressure, interpersonal pressure, weak will, emotional fluctuations and other factors cause psychological problems. Therefore, how to prevent and reduce problems has become a hot issue among researchers.

Keywords—problems; college students; psychological problems; higher education

I. INTRODUCTION

To solve the problem of "problem college students" must find out the new perspective of this group to understand their different environmental background, different growth period by what adverse factors, and determine which is the dominant and key factors, which is accidental and inevitable factors, to distinguish between the primary and secondary factors, on the basis of the release is not conducive to their healthy growth and professional learning constraints. This paper intends to explore the causes of "problem college students" from four dimensions, multi-level and depth.

II. SOCIAL REASONS

A. *The Intense Social Change Is the Social Ideological Basis for the Increasing Number of College Students*

In today's social environment, not only is the premise of human survival and development, but also plays a decisive role in people's ideological and moral. Now the social competition intensifies, the pace of life accelerated, people's way of life and values continue to change, will inevitably have a great impact on the university. Social change has enriched people's material civilization, and also caused people to suffer more and more mental pressure. For college students, enjoy the treatment of the God's favored one times have changed, perhaps is the talent of college students in 1980s 90s, is a sign of civilization, the social respect knowledge, respect students' knowledge, believe that knowledge to change the fate of university students identity that their expectation for life. In today's society, people seem to respect no longer knowledge, but money and power, and society is full of money worship and supremacy of power. In the face of the social environment, we will inevitably have

sad and negative thoughts, the outlook on life has become blurred, confusion, utilitarian and negative, lack of pursuit of ideals and beliefs, pay attention to the immediate material interests, social responsibility indifferent to money, the relationship between people, think with my classmates, if there is no actual interest do not continue to get along with classmates on the collective activities not indifferent, enthusiasm, not concerned about national affairs, always from the self-starting. The integration of social decline, the individual will produce loneliness and helpless, cannot integrate into the environment, they feel tired of this society, produce extreme psychological, such as: to get rid of the current predicament by the end of life.

B. *The Scientific and Technological Society, and Students Have to Rely on Electronic Products*

In today's society, bow family is increasing, passengers in the bus, because the bow to play mobile phones and missed their site to get off. Pedestrians crossing the zebra crossing, because the bow to play with mobile phones and missed their own life site. College students, because of playing mobile phones and missed their own learning site. That mobile phone in the end what, so that college students so obsessed with mobile phones, there are moving Korean drama, with the dynamics of each star, bringing people temporary happiness, temporary loneliness. Contemporary college students are almost in the use of mobile phone, whether you want to share your joy or sorrow, words in the mouth, but will not say, because no one would listen, are buried at the circle of friends, brush micro-blog. The development of science and technology makes the life of college students is a variety of electronic equipment possession, all kinds of mobile phone games, video, and other dating software will reduce the college students' practical social skills, for lack of interest in face-to-face communication. Virtual social networks tend to make people can't accurately understand each other, there are many problems in reality are not prominent, such as in the real life of college students will feel self, timid, suspicious, jealous of the phenomenon, which may eventually cause students to have extreme psychological.

III. EDUCATIONAL REASONS

A. *The Defects of Education System Make College Students Lack Independent Ability*

Since ancient times, examinations have been an important means for the state to select talents, and it is almost the only way for people to change their fate. The contemporary society has been in the education system reform, quality education has to dance for joy, but more than 10 years later, the only means of examination is still the selection of talents, education is still the only, the highest purpose. As a whole, our standards of evaluation are particularly unified, and most schools are pursuing high marks and high rates of learning. They do not take full account of our psychological needs as a machine for answering questions. We all immersed in study, study hard for a good grade, there is no time and no energy to think about the meaning of life in the endless papers after college, so their future will feel very confused. In addition, in order to high scores, the school canceled all the college entrance examination and independent courses for college entrance examination class for some key class students, they may be in school when facing the sports teacher is always something to the class, and the math teacher always has time for sports substitute teacher trouble. The parents will give us to create a "clothing to hand in life, eat a ready-cooked meal" living environment. Such behavior essentially deprives students of the opportunity to exercise themselves, Resulting in students lack of self-care ability and social coping ability. When leaving the parents after entering the university years, students will suddenly find that the exam is not a part of life, scores can't prove their own value, we must face the interpersonal relationships, employment, emotion and so on a series of questions and the independent life, in our ten years before the study and did not understand that, too do the exam. Because of the lack of necessary experience and psychological preparation, it will inevitably feel great pressure. When the pressure is not resolved, will inevitably bring college students psychological panic, they will feel a little bit of failure Nothing is right. Produce inferiority, loss, depression, anxiety and other negative emotions and strong and thus lead to various problems.

B. *The Concept of Legality Is Indifferent and Despising Life*

Contemporary college students academic knowledge, whether it is treated with the utilitarian attitude, learning knowledge is just in order to get a high score, scholarships, to find a good job, and not to enrich themselves, increase their insight. Professional knowledge will not hard to learn for college students, and it will be on school law basic course of interest, they will not pay attention to legal knowledge, resulting in the occurrence of violations of the time, they are still naive to think that she was still a student, do not act on their own negative, will not be punished by law, their own on the spur of the moment will be the school and the society's understanding, not condemned. The purpose of the formulation of the law is to protect the legitimate rights and interests of citizens, and two to punish violations of other people or the rights and interests of the state. If a college

student who wants to commit crimes knows that his behavior is prohibited by law, he will be punished by the law, and perhaps he will restrain his impulses and restrain his behavior. In 2002 the Liu Haiyang case is concerned, a Tsinghua University student, has had two sulfuric acid poured into the bear's body and mouth, resulting in black bear has been seriously hurt. Because he has read about the bear's sense of smell sensitive, the ability to distinguish what is very strong, and they will call them "stupid bear", and he wanted to verify whether the bear is really stupid. As a science student, Liu Haiyang is sure to know about sulfate corrosion and destruction, but he did not know of the bear experiment is illegal. This case leads us to realize that today's universities should no longer regard legal education as a regular education, but should take legal education as a required course for college students.

IV. FAMILY REASONS

A. *The Imbalance of Family Structure Causes the Rebellious Psychology of College Students*

The family is the first small society of life, and the connection between the individual and the family is the earliest and most intimate. Psychological studies have shown that childhood family environment and family education have a direct impact on children's psychology, and when they are young, psychological trauma can lead to psychological problems after growing up. Due to the divorce of parents or premature death will make the family structure is not complete, the tense relationship between parents often lead to family tensions, family environment will likely be more depressed, the relationship between alienation and child, is easy to form children unsociable, distorted personality or abnormal psychology, the life is bad. Students from single parent families in the face of difficulties, because a person does not want to let the family worry about them, some people do not want to turn to their families, so they use their own methods to solve the problem, some students will be leaving school through to avoid problems, some will use violence against such extreme ways to solve the problem.

B. *The Inappropriate Family Education Is the Key to the Problem of College Students*

Most of the contemporary college students are only children, and their parents love them more and expect more. The requirements of the child are always ready, causing students to develop self, feisty and headstrong, arrogant character. And some parents for children are authoritarian type of education, children have to listen to their parents, the child is too strict and even hit the child. In such a family education, children will lack self-confidence, everything has to ask others, without their own opinions, when faced with problems, the possibility of violence is more likely to solve.

V. CONCLUSION

College counselors in the daily student management work, often to face "problem college students" due to physical and psychological disorders, economic poverty, learning difficulties caused by emotional instability,

ideological fluctuations and mentality imbalance and other issues. How to effectively crack the above problems is to ensure the healthy growth of students, improve the effectiveness of student management important theoretical and practical problems. Psychological counseling is a means of relieving psychological stress and methods, in student management work to play a huge role. In this society with so many students, we have to worry about the pillars of these countries, but also to explore the reasons for their problems as a college student, because we must know the reason, to think about its solution.

REFERENCES

- [1] Xiao Jianguo, Wang Liren. "Journal of College Students" [J]. Academic Forum. 2012 (12)
- [2] "Journal of Higher Education Research", "Journal of Heilongjiang Higher Education Research"(Social Science Edition), Journal of Shaanxi Vocational College of Youth (Social Science Edition), 2012(03)
- [3] Sha Jingyu. The analysis of the causes of college students and countermeasures analysis [J]. Journal of Heilongjiang Institute of Education. 2011 (07)
- [4] Journal of Northeast Normal University (Philosophy and Social Sciences)