

# Cultivation of Sound Personality of College Students in the New Era

Guo Xian

Xi'an international University, Xi'an Shaanxi, 710077, China

**Keywords:** New Era; College Students; Sound Personality; Cultivation Strategies

**Abstract:** As a huge group of young talents, college students are directly related to the rise and fall of a country and nation, and their own personalities largely represents the future character of the country and nation. The development of network information technology has brought the society to a new era. Teachers and students, as individuals in the human society, have undergone important changes in their ideology and behavioral habits under the influence of the background of the times. This process is very important for the cultivation of healthy personality of college students. This paper begins with the definition of personality to explore the connotation and characteristics of sound personality. Then it analyzes the common defects and causes in the current college students' personality, and finally puts forward the training strategy of the healthy personality of college students in the new era.

## 1. Introduction

College students are an elite group among young people and the pillar of the future national construction and national rejuvenation. However, in recent years, there have been frequent incidents of campus violence, which has caused people to question whether the personality of contemporary college students is sound. The so-called personality specifically refers to the sum of individual characteristics such as personality, ideology and behavioral habits. It is the result of the interaction of physiological genetic factors and environmental factors. It will also have dynamic development in continuous social practice activities. In the new era of information explosion and highly developed material life, the pressure faced by college students from learning, employment, economy, and feelings is very high. The mentality of the yet fully mature mind will inevitably arise when faced with such a heavy pressure. Insufficient personality has gradually become a prominent problem in the current training of college students.

## 2. Analysis of the connotation and characteristics of sound personality

### 2.1 Definition of Personality Concept

The word "personality" is of late Latin origin at the earliest stage, and has been paid attention to by many disciplines in the course of historical development, so it has not formed a fixed concept. Since modern times, personality has become a core concept in the field of psychology research, and its theoretical system has been further improved. However, because different schools of psychology have different interpretations of personality, there is still no unified concept. Chinese personality psychology scholars believe that the concept of personality mainly contains three connotations. Firstly, personality is a behavioral model with uniqueness and stability; secondly, a person's behavioral model is the result of the combined action of physiological and genetic factors and acquired environmental factors; thirdly, behavioral model is dynamic development in the acquired social practice.

### 2.2 The connotation of sound personality

The study of sound personality in China has a long history. It can be traced back to the pre-Qin period. Although the word "personality" did not appear clearly at that time, now, of whether Confucianism or Taoism, its thought involves the content of self-cultivation, which is in essence a direct discussion of sound personality. In contemporary society, sound personality is an important

concept in many disciplines such as sociology, psychology and pedagogy. Every discipline explains the connotation of sound personality from the perspective of its own research field. Sociology holds that sound personality is a process in which one cognizes and adapts to complex social relations; in psychology, sound personality is also called healthy personality, which specifically refers to an ideal state in which personality develops to a certain stage in social practice; in pedagogy, sound personality means that an excellent individual characteristics on a natural person can be developed in an all-round way. Although the explanations of sound personality in the above research disciplines are not the same, then we can also see the intrinsic interrelationship between them. In the study of the connotation of sound personality, we should fully combine together the explanations of different disciplines for sound personality.

### **2.3 Characteristics of sound personality**

If we regard sound personality as a state, it must have its own characteristics. Firstly, self-recognition is objective and accurate, and the objective and appropriate evaluation of oneself can ensure that one's behavior can be correctly and effectively regulated; secondly, social adaptability is strong, while the individual's transformation from natural person to social person is an interactive and dynamic process, and personal expectations and social reality are often unequal. Only keeping abreast of the times to adapt to the society can guarantee the individual's psychological harmony; thirdly, interpersonal skills are good, and a person in constant social practice activities, needs to contact people of different types, numbers, interests, so we must have good interpersonal skills, in order to better adapt to society, and thus guarantee our own positive and stable psychological state; Fourthly, emotional control ability is good, and if a person wants to have a harmonious psychological state and reasonable behavior habits, he must learn to control emotions, but if his psychology is always emotional, such a personality is not healthy, or it can be said to be not perfect; Fifthly, attitude towards life is positive and optimistic, because life is a long process, and fate will inevitably rise and fall, so when an individual faces adversity, his ability to still maintain a positive and optimistic attitude towards life or not, is also a feature of judging whether the personality is sound.

## **3. Problems exhibited in the aspect of sound personality of current college students**

### **3.1 Lack of ideal and belief and lazy life style**

Ideals and beliefs are very important for a natural person, and especially for young people like college students they have deeper influences. In the university stage, every individual is in a critical period of transformation from natural person to social person. Human biological instinct is resistant to this transformation. Therefore, in this period of time, we need to enrich our hearts with ideals and beliefs in order to ensure a positive and active attitude. At present, among college students, the lack of ideals and beliefs is very common. In the absence of spiritual sustenance in the heart, students will easily appear lazy life style, which is essentially a manifestation of unsound personality. Throughout the university campuses of our country, there are many phenomena that students do not eat, drink or sleep in order to play games. This is a prominent manifestation of the lack of ideals and beliefs and of lazy lifestyle. In fact, there are many other examples besides this common phenomenon. College students are in the age of high spirits, but because of the lack of ideals and beliefs, there is no place for the inner spiritual world to rely on. They will waste their youth in the lazy style, so how can their personality be sound in the long run?

### **3.2 Lack of self-awareness and weak will quality**

At present, college students' self-perception is not generally objective enough, which is manifested in two states: blind self-confidence and self-depreciation. Firstly, some students have a high self-esteem and blindly self-confident state. Their academic performance or family conditions are usually better and they have not experienced many setbacks in their past life and study, so this gradually leads to their self-inflated mentality. Secondly, some students have a state of lack of

self-confidence and self-depreciation, and such students' family conditions or academic performance are usually not good, so in the process of growth they are always ignored by the outside world, then for a long time it will cause their own inner closure. In addition, the will quality of contemporary college students is generally weak, among which the students with arrogant minds will experience extreme emotions once they encounter setbacks in their studies and lives. The students with closed hearts will become more pessimistic after their early predicament. Those students who have no problems with their own personalities also have the state of weak will quality. In normal times, their mentality and behavior habits belong to the category of sound personality. But once they encounter great setbacks, they will be infected by pessimism, and their mentality and behavior will undergo changes compared with before.

### **3.3 Lack of communicative competence and no team spirit**

Because of the family planning policy, most of the contemporary college students are the only children in their families. They are "little princess" or "little emperor" from childhood, which to some extent leads to their lack of communicative competence and serious lack of team consciousness. In the end, people have to integrate into society, while the society itself is composed of many individuals. With sufficient communicative competence, we can better adapt to the society, and then cope with life with a more harmonious attitude and complete all kinds of social activities with a more sound personality. The only-child's life from childhood lacks a team environment, and solitary contact has become the most habitual lifestyle of contemporary college students. However, as an individual in society, his strength must be limited. Only learning team cooperation can better enhance our own values. In fact, the cultivation of team consciousness is directly related to communicative competence. It is precisely because the students' living environment is so relatively closed and narrow that leads to the degradation of their communicative competence. In turn, the lack of communicative competence will lead to the weakening of students' sense of team cooperation. Such a vicious circle for the cultivation of sound personality is very deadly.

### **3.4 Excessive vanity and insufficient ability of regulation**

Excessive vanity is a big problem of contemporary college students in terms of personality, which is especially prominent in the aspect of many female students, such as blindly comparing various material conditions in life, and even comparing personal feelings. In such a value environment, students' psychology may only become more and more distorted. In fact, college students are in a critical period of transition from youth to adulthood. Their psychology is not yet fully mature, and they still seem to be a little tender and sensitive. Therefore, it is normal for them to have vanity-inspired comparisons. They just need to learn to regulate themselves, and do not let vanity completely occupy their hearts, or blindly compare with others in material conditions but transform such a competitive spirit into learning. In addition, contemporary college students are facing pressures from learning, employment, emotion and so on. They will inevitably encounter various kinds of frustrations and setbacks in their daily learning and life. From the relevant survey data, the self-regulation ability of students is not very good. Many students have their mentality and behavior greatly affected when facing pressure.

## **4. Analysis of the causes of personality problems of college students in the new era**

### **4.1 Family reasons**

For everyone, family is the first school of his own, so the factor from family is a major cause of personality problems for contemporary college students. Firstly, there are genetic factors. From a biological point of view, each person's congenital personality will be affected by genetic factors, and personality itself is an important part of this concept, so genetic factors will have a direct impact on human characters to a certain extent, and also play a role on personality; Secondly, there are environmental factors. Although the family is not a professional educational institution, the starting point for everyone to receive education is the family, while a family usually has many

members, and these members together will create an environmental atmosphere, and then will have an important impact on the personality formation of children; thirdly, there are material conditions. There are great differences in the material and economic conditions of each student's family. For example, the nouns "rich second generation" and "official second generation" are the representatives of the family's material conditions and social status. Such differences in conditions will inevitably have an important impact on the formation process of personality.

## **4.2 School reasons**

Before entering the society formally, college students spend a lot of time in school, so their personality will inevitably be directly affected by school factors. Teacher-student relationship and student-student relationship are intertwined, which together constitute the basic ecological environment of the school. Each individual in the process of personality formation will be influenced by the great environment imperceptibly. Firstly, teacher-student relationship is the most normal form of relationship in schools. In the early stage of education, children usually imitate teachers, while in the middle school and university stage, teachers usually become students' worship objects. Therefore, teachers' words and deeds have a direct impact on students' personality. Secondly, the relationship between students and students is essentially the relationship between individuals. With the increase of age, the influence between them will become deeper and at the university stage, the influence value will reach a peak. Especially between good friends, male and female friends, the mutual influence on personality is very profound.

## **5. Training strategies of college students' sound personality in the new era**

### **5.1 Establish the concept of personality-based cultivation and construct a scientific personality cultivation mechanism**

For a long time, education has been a knowledge-based system in our country. This educational concept pays too much attention to the imparting of knowledge and neglects the cultivation of students' sound personality, so that "high marks and low abilities" once became a hot topic in society. In the new era, only students with more sound personality can truly become useful talents to society, which requires schools and teachers to establish the concept of personality cultivation, and truly incorporate the cultivation of sound personality into the school's daily teaching plan, and formulate the corresponding feedback mechanism of teaching effect evaluation. Because the concept of knowledge-based personnel training has a long history and has a deep-rooted impact on the mentality of teachers and students, it is not a matter of overnight to establish the concept of personality-based talent training, but it requires teachers to fully recognize the importance of sound personality for talent training from their inner hearts and fully grasp each detail of the teaching and not to confine the cultivation of sound personality to slogans and forms, but to build a scientific and effective personality training mechanism based on a deep understanding of the importance of sound personality.

### **5.2 Strengthen the construction of teachers' morality and style and bring Infection into full play**

Whether for traditionally the teaching mode mainly of knowledge transmission or for education environment in the new era to guide students to learn by themselves, teachers are required to become the model of students at the personality level, and set an example in daily life, then fully infect every student. However, the full arrival of the new era of network and the highly developed material living conditions have exerted a strong impact on the existing teachers' moral system, which requires the relevant educational functional departments to strengthen the construction of teachers' ethics and style, and resolutely avoid the appearance of moral decline of teachers from the source. As far as schools are concerned, activities should be regularly carried out aimed at the construction of teachers' morality, and efforts should be given to create a good academic atmosphere for teachers, and standardize teachers' words and deeds in the teaching process, so that

they can have a positive impact on the cultivation of students' sound personality. As far as teachers are concerned, first of all, attentions should be paid to their inner harmony and correct attitude towards life. Due to various material temptations and increasingly heavy pressure of life in the Internet era, as long as their personality is guaranteed to be sound, they can really play a good role in infecting students from the spiritual level.

### **5.3 Innovate the traditional moral education mode and create a positive and healthy campus atmosphere**

From the point of view of pedagogy, the comprehensive development of morality, intelligence, physical fitness and beauty is one of the important characteristics of sound personality. Therefore, moral education has always been an important basic content in our educational system, and has always shouldered the important mission of cultivating students' sound personality in an all-round way. Traditional moral education is mainly accomplished through ideological and political courses, then it mainly permeates the content of personality cultivation, and completes the whole moral education process through classroom teaching. Under the background of the new era promoted by the development of information technology, the former moral education methods have not kept up with the trend of development, so it requires teachers to draw support from internet technology, and actively explore moral education methods that are more in line with the requirements of the times, so as to shape the sound personality of college students in the new era. In addition, the overall campus atmosphere has an important impact on the effect of moral education. It is undeniable that in the current context of the times, the construction of campus cultural environment is facing considerable challenges. Schools should appeal to the forces of the whole society to actively participate in the construction of campus atmosphere and build a healthy and positive campus environment for sound personality of students.

## **6. Conclusion**

The development of science and technology promotes the progress of society. Especially the explosive development of network information technology in recent years, brings mankind to a new era. The rapid development of economy and high intelligence of life are the important characteristics of the current era. As a youth group, college students' ideology and behavior habits are directly affected by the background of the times. The increasingly diverse and complex social environment requires college students to have a sound personality in order to have a harmonious heart and correct behavior, thus becoming the builders and successors of national prosperity and national rejuvenation.

## **References**

- [1] Lv Dongyun. Study on the Cultivation Path of Modern College Students' Sound Personality [J]. Journal of Hubei University of Economics (Humanities and Social Sciences), 2018, 15(03):132-134.
- [2] Cao Xiaohua, Yan Ping, Lei Yanhong, Liu Anmin, Xiao Guoguang. Exploration and Practice of College Students' Sound Personality Cultivation under the Network Culture Vision [J]. Teaching Scholars (Higher Education Forum), 2017(33):48-49.
- [3] Cao Xiaohua, Li Xianzhi, Wu Min, Tao Chunyuan, Xu Changlong. The Ways and Methods of College Students' Healthy Personality Cultivation [J]. Science and Education Literature (Chinese Journal), 2017(06):149-151+154.
- [4] Zhao Jianping. On the Training Strategy of College Students' Sound Personality [J]. Education and Career, 2013(03):53-54.
- [5] Wu Xiaoxia. Analysis of the Ways to Cultivate the Healthy Personality of Contemporary College Students [J]. Journal of Lanzhou Jiaotong University, 2012, 31(05):149-151+168.