

## **Analysis of the Influence of Media Culture on College Students' Psychological Stress Ability from the Perspective of Social Work**

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**Abstract:** With the continuous progress of the times, the various pressures of the past have more real expressions in the media culture from the perspective of social work. The vast majority of college students cannot calmly deal with pressures from various aspects and often resort to evasion. In this way, they did not exert their own initiative to solve the problem, which resulted in a lot of negative emotions, which had a serious impact on physical and mental health, but everything has two sides, which is useful for cultivating college students' ability to withstand stress. Said, it might not be an opportunity. Based on this, this article will mainly analyze the influence of media culture on college students' psychological stress resistance from the perspective of social work.

### **1. Introduction**

Under the trend of Internet +, media culture uses speed to prove its irreplaceable role in the process of social development. College students are the closest group to media culture, and their psychological development is deeply influenced by new media. How to use media culture to cultivate college students' psychological resistance to pressure, give full play to the positive role of media culture, and protect the hearts of college students, has become an important topic at present.

### **2. The Psychological Pressure of Media Culture on College Students from the Perspective of Social Work**

#### **2.1 Diversity Brings Decentralization, Which Can Easily Cause Confusion and Pressure for College Students Lacking Standards**

The decentralization of media culture from the perspective of social work is more brought about by diversified information content. To some extent, decentralization is similar to non-uniformity. This is mainly because of the media culture from the perspective of social work. The audience of information is also the producer of information, and they are always transmitting their own information based on the information they have harvested at any time and place. The decentralization of media culture from the perspective of social work is not due to the disappearance of information content, but because highly centralized information is transformed into distributed centralized control and becomes more diversified. The original central meaning is gradually weakened and direct social work from the perspective of the formation of media cultural value judgment standards. The emergence of media culture has created a new way for humans to perceive the world, and it has also caused people to transform media culture's judgment standards for the value behind information from the perspective of social work. The information subject has two information consumers and producers. Identity, in the creation and information transmission, the multi-point-to-multipoint decentralized information transmission form deconstructed the original single value judgment standard. This ambiguity of the value standard also made college students psychologically confused and made them feel confused. It has a very large impact on information and judgments of value. Decentralization makes the process of generating and publishing information power go through the development process from personal authority to media and then to personal authority, making authority to be expressed dynamically: in the whole process,

the original weak individual information is used on the Internet platform and through the microblogging process. When the application becomes stronger, all individuals in the media culture can become the protagonist from the perspective of social work, that is, diversified display, so the past thinking and value judgment standards have appeared to be inconsistent. In the complex life faced by college students, it also puts them under greater pressure than the traditional media culture in the past.

## **2.2 Thought Backlash Caused to College Students**

When contemporary college students receive a lot of information, because he is still in the cognitive stage, he has not formed independent judgment ability. A variety of network views will affect each of them's thinking and independent thinking ability, and then appear. A lot of similar thoughts are introduced, which is not conducive to the formation of independent personality of college students. Secondly, there are many kinds of voices in the online world, and some of them also have a lot of noise. Most students do not filter this kind of voice well, and in serious cases, they lose their own opinions because of external voices. In addition, in the face of some negative online news, on the basis of not knowing its authenticity, college students are easily affected by public opinion, which can cause false perceptions of time, which is not conducive to their mental health development<sup>[1]</sup>.

## **3. Adhere to the Leading Role of Mainstream Values**

Adhering to the mainstream social values, especially the core socialist values, is particularly important for psychological resistance education, and truly implement the core socialist values in mind. While conducting offline psychological stress education, it is also necessary to fully utilize the hidden education environment of media culture to transform online mental health education into real explicit education. Online education should take advantage of the curious psychology of college students to filter out some psychological knowledge that college students are interested in for educational activities, so as to incorporate the element factors of core values, and apply rich and diverse online modes to develop psychological knowledge and mainstream social ideology. Accomplish the purpose of education while entertaining and entertaining. In addition, all colleges and universities should actively establish a cooperative relationship with media culture to ensure that sufficient space is left for online psychological stress education in the media culture environment<sup>[2]</sup>.

## **4. Create a Four-in-One Strategic Environment and Optimize the Campus Environment of the Four-Level System**

First, the government, society, schools, and families need to jointly create a new type of psychological stress education system. Relevant government departments should look at the situation from the perspective of the overall situation, create a unified leadership of the party committee, deploy multiple parties in the society, and cooperate closely with families to form a good situation in which the whole society and the whole network pay attention to the psychological pressure of college students. Secondly, the psychological anti-stress education existing in colleges and universities at this stage absolutely cannot be formalized, and it should truly serve the students' psychology. Only the combination of multiple forces and media culture can form an effective educational synergy.

## **5. Establish a Psychological Network Database to Realize Psychological Data**

Establish a network platform with the help of digital media, and cooperate with relevant units to conduct research on the network of psychological stress education, continuously attract social capital to invest in the field of mental health education, and create a high-quality network in the fastest time. Psychological demonstration platform. The previous methods of psychological

stress-resistance education were not able to fully grasp the psychological conditions of students. With the help of media culture to create a psychological network database, the psychological information of college students can be obtained in the fastest time, and the information can be digitized through technology. Better feedback on the psychological condition of each of them. While displaying the information as data, it can also create an effective early warning mechanism, so that the psychological pressure of the university can be dealt with in a timely manner. In addition, it is necessary to improve the awareness of related data protection and establish a complete data security protection mechanism, so as to effectively avoid the phenomenon of personal privacy leakage.

## **6. Understand the Methods of Media Culture to Relieve Stress from the Perspective of Social Work**

Psychological adjustment can effectively reduce stress. In the past, when college students exercised their ability to resist stress, psychological adjustment played a particularly important role. Combining media culture with traditional psychological adjustment can achieve a multiplier effect with half the effort.

### **6.1 Use Media Culture to Find the Correct Cause of Stress**

If you attribute the cause of suffering or failure to the objective aspects and ignore your own behavior, then when you encounter difficulties again, you will have no ideas for solutions, and you will not be able to use your whole body's strength to solve them. However, if the failure is attributed to subjective reasons, excessive self-blame is also an incorrect approach. This is not a good way to reflect on yourself, and it will not be able to effectively change the environment.

### **6.2 Use Media Culture for Self-Comfort**

We need to know that comfort does not mean that people accept failure, but to keep admonishing and encouraging oneself, and ultimately overcome difficulties. There are extremely rich information resources in media culture. There are many cases that prove people's successful performance of self-comfort in the face of pressure. This kind of comfort when self-esteem is hurt often plays a positive role in promoting. Belongs to a compensatory function. If you can make full use of this function, you will definitely be able to make a person more active, and your spirit of fighting will be significantly improved. In the media culture from the perspective of social work, for the psychological characteristics of college students, we should directly carry out mental health education for them, and teach them more skills in peacetime, such as proper catharsis, or taking the initiative to adapt to some adolescents. Psychological abnormalities, so that each of them knows how to comfort themselves, how to control their emotions, and to maximize each of them's ability to resist stress.

## **7. Conclusion**

In general, the mental health of college students is directly related to the development of society, so it is important to focus on their mental health education. With the rapid development of media culture, the ability to resist stress in the past is no longer appropriate, so this The essay topics have great practical significance.

## **References**

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