

Research on the Moral Emotion and the Behavior of Helping Others in College Students

Li Xueting¹, Lian Rong²

¹The School of humanities and social sciences, Guangzhou Civil Aviation College, Guangzhou, Guangdong, 510000, China

²School of Psychology, Fujian Normal University, Fuzhou, Fujian, 350000, China

Keywords: College Students, Moral Sentiment, Assisting Behavior, Research Analysis.

Abstract: The backbone of the development of the times, college students have been playing an irreplaceable role. The cultivation of College Students' moral mood and helping behavior is also very important. As a result of the occurrence of related malignant events, college students gradually began to reject helping behavior, which has a negative impact on their own emotional training. Undergraduates have not undergone systematic and scientific emotional training, which makes them unable to deal with helping others, so as to achieve the purpose of improving themselves. Based on this, from the perspective of College students, this paper explains the relevant content of moral emotion and helping behavior and the relationship between them, puts forward the problems existing in the moral emotion and helping process of College students, and then proceeds to the moral emotion and helping behavior of college students from the aspects of controlling emotions and improving self-confidence. Through the relevant research and analysis of the two, I hope to provide reference for the study of College Students' moral mood and helpful behavior.

1. Research Background

1.1 Literature review

College students as an important part of the current society, to a certain extent, can help the development of the country. Therefore, college students' words and deeds determine their own moral quality. Therefore, the cultivation of College Students' moral mood has become particularly important. Wang Yunqiang, through the research of emotional ethical psychology, put forward the representation of moral emotion on the one hand, and explored the influence of moral emotion on people's related behavior on the other hand, in order to better adapt to society, integrate into society and realize their own development (Wang, 2016). Wu Peng and others explained moral sentiment in detail, analyzed the positive and negative emotions contained in moral sentiment, and explained how to help others achieve their own moral sublimation and better help others through these two aspects (Wu et al., 2017). Not only that, Yan Yu and Wu Xia analyzed the process and related contents from violation to repair through the study of people's trust, which greatly helped the development and interpretation of moral emotion, and clarified its mechanism of action (Yan and Wu, 2016). As for helping behavior, Lin Jinxiu studies the inference of College Students' behavior towards others and helping behavior, and explains the reasons and contents of group relationship, as well as the relationship and mechanism between related behavior and emotional experience (Lin, 2012). Ding Fengqin and Song Youming have also studied the related moral emotions, thus explaining the related emotional changes encountered by college students in the process of helping others, as well as the observation of the emotional changes of the helped people, so as to better enhance the behavior of helping others (Ding and Song, 2017). Chen Yuan, by means of new media propaganda, ensures that college students receive spiritual and other incentives in the process of helping others, and also ensures the impact, role and significance of the media on College students (Chen, 2013).

1.2 Purpose of research

College students, as the elite talents in the current society, provide support for the construction

and development of the country in all aspects. Therefore, it is particularly important for the cultivation of college students' morality, intelligence, physical fitness and beauty. The cultivation of College Students' moral mood is of great help to helping others. Positive moral emotions can often promote the interest of helping others, while negative emotions can limit the behavior of helping others. Helping behavior can also help college students cultivate their moral mood to a certain extent. Helping behavior can also cultivate college students' moral mood to a certain extent. In view of this, on the basis of explaining the current situation of College Students' moral mood and helping behavior, this paper comprehensively and systematically analyses the existing problems of both, and carries out relevant research and analysis, hoping to provide more suggestions and references for the promotion of College Students' moral mood and the cultivation of helping behavior (Wu and Shang, 2012).

2. An Analysis of the Relationship between College Students' Moral Emotion and Helping Behavior

As a special group, college students refer to those who are receiving basic higher education and professional higher education, or have graduated into society. As a vigorous young generation, college students have provided great strength in promoting social progress and economic development. College students have also made great contributions in putting forward new ideas and developing high-tech and other frontier contents. According to the different ways of entrance, university talents are divided into specialized, undergraduate, adult undergraduate, graduate and other ways of entrance.

Helping others is very common in society. As a traditional virtue of China, it has been continued to this day. Now it is mentioned in the daily life of every city. But helping others is gradually away from college students' life. More and more college students are turning a blind eye to other people's difficulties in their daily life. Morality and values are gradually declining. Moral mood usually refers to people's mood, mentality and mood caused by certain moral events and phenomena in the course of life. Generally, it can be divided into positive emotion and negative emotion. Moral emotion is mostly used in people's social relations and moral behavior. Its content is mostly subject to the level of concepts and self-cultivation, so different moral concepts and levels of self-cultivation will lead to different emotions of the objects and have different degrees of influence. Healthy and good moral mood is one of the important contents of education and cultivation at present.

The reason why college students are more and more excluded from helping others is, on the one hand, due to the change of moral mood. The most well-known event is the touching of porcelain. In the future, the aging of China will become more and more serious, and the number of elderly people will increase gradually. The social tolerance for the elderly is very great, but there are many problems of depending on the old to sell the old. One of the most heated issues is that young college students help the elderly, but they are slandered, so that countless college students gradually reject helping behavior. As a result, college students have negative emotions and show rejection and aversion to various moral behaviors. As a traditional virtue in society, helping others has become an increasingly ignored behavior of College students. On the other hand, it is also related to college students themselves. The restraint, shyness and other emotions also play a restrictive role in helping college students.

College students have played a strong role in promoting the progress of the times. It also serves as an example for young people who will experience college life in the future. So all kinds of behaviors of college students represent the future of a country. As a traditional Chinese virtue, helping others not only improves college students' self-confidence in morality, but also highlights the moral values of society. The influence of College Students' behavior also includes moral and emotional aspects. Positive moral sentiment is of great help to guide college students' life, but negative ones hinder the development of College students.

3. The Negative Moral Emotion of College Students in the Process of Helping Others

3.1 College students' self-abasement

College students' inferiority complex usually affects their views on everything. If inferiority is serious, it will lead to psychological deficiencies, which will lead to spiritual ruin and aggression. College students' inferiority complex will produce fear of anything. And often think of themselves as worthless and lose hope in life. So when you find someone in trouble, you quickly deny yourself. Inferiority can also make college students close their hearts and refuse to talk to others, let alone help others. College students with low self-esteem often despise themselves, deny themselves, think that their ability is low, and so on. Thus, facing how to help others, on the one hand, it shows neglect, on the other hand, it is to look on from afar and not be moved.

3.2 Embarrassment of college students

Embarrassment mainly refers to a temporary panic behavior and embarrassment. It mainly happens in the process of communication between college students and people. College students are often not fully aware of themselves. So there will be embarrassment in communicating with others. Negative emotions, such as social anxiety, negative evaluation and so on, can become a barrier and obstacle in the process of helping college students. The embarrassing behavior of college students is mainly manifested in shyness. Not knowing how to communicate better with others often leads to embarrassment. In turn, it will be more helpless to help others solve their difficulties. So they are very resistant to helping others.

3.3 Disgust of college students

One of the main reasons why college students hate helping others is that helping others is not rewarded. College students, as a simple group, don't have too many ideas about helping others. But in the real process, college students are hurt by various kinds. Gradually, college students have opened their own defense mechanism. Thus it becomes indifferent to anything. Then they began to hate helping others, thinking that helping others would only harm themselves, without any help.

3.4 Fear of college students

Fear is mainly caused by cowardice and inferiority. The reason why college students fear helping others is that they are afraid of being hurt by the helped, on the other hand, they are unable to satisfy their sense of superiority. So college students are more and more afraid of doing things to help others. Moreover, the traditional concept makes most families in the process of educating their children, generally require them to stay away from things that have nothing to do with themselves, in order to avoid all kinds of disasters. Therefore, when facing the needs of others, most students choose to remain indifferent.

4. Suggestions on Reasonable Regulation of Moral Emotion in College Students' Helping Behavior

4.1 Strengthening college students' self-confidence

College students are in the school, and most of them receive theoretical knowledge. They can only understand what happens outside through intelligent devices. The self-confidence building of college students should start from the perspective of their parents. Parents should consider their children's inner world from an early age, and have a clear explanation of the right and wrong of things. And constantly encourage children to exercise their psychological endurance in childhood. Secondly, it is necessary for college students to accept such an environment, integrate themselves into it, and accept all kinds of attacks brought about by various environments. Thirdly, we can also carry out regular lectures on strengthening self-confidence of College students, invite well-known lecturers to explain to college students, and how to adjust their hearts in the face of some things that they dare not do. Finally, it is necessary for college students themselves to constantly strengthen their hearts. Through active communication with others, their own psychological hints and so on to

constantly strengthen their confidence.

4.2 Regulating college students'moral emotions

If the negative emotions of college students can not be controlled, no matter what kind of behavior, college students will show a state of indifference. Helping others requires college students to face themselves and look directly into their inner world. For example, when the old people fall down and cannot help them, most college students will choose to ignore and pass in the face of the same problems. Neglect and escape can not solve the problem from the source. As high-quality talents, college students should choose to solve the problems rather than avoid them. Therefore, we should regulate our own moral mood, maintain an optimistic positive mood, and avoid embarrassment, fear and other negative emotions. In the face of difficult people, college students should still choose to help, not because of their own timidity, shyness and other emotions affect their own judgment.

4.3 Cultivating college students'aid consciousness

College students are unwilling to help others because of their own emotional and psychological problems, so strengthening their awareness of helping others is an important part of the current education process. Most colleges and universities have limitations on students'education and textbook knowledge, but they lack the qualities needed to train students to enter society. Therefore, colleges and universities should actively carry out relevant lectures and practical courses to help students understand the skills needed by society. Including the cultivation of helpful consciousness. Understanding the content of helping others, college students will know how to help others in the future society will have a very comprehensive framework, but also indirectly improve the spiritual world of College students.

4.4 Stimulating college students'interest in helping others in moral emotion

Moral emotion can be divided into two aspects: broad sense and narrow sense. It also includes both positive and negative aspects. Most college students are not unwilling to help others sometimes, but lack such an interest. Even before helping others, they think about a series of unfavorable factors, which lead to negative emotions, and eventually stop helping others. Therefore, stimulating college students'interest in helping others is also a good help for the adjustment of College Students' mood in the future. Helping others will satisfy college students'self-psychological sense, and will have a great impact on their emotions after being praised. Therefore, to enhance college students'interest in helping others, on the one hand, can improve their moral character, on the other hand, it will also help to control their emotions in the future. Generally speaking, helping others can help build up positive moral feelings. On the contrary, college students do not have a good appraisal of their emotions and will not experience psychological satisfaction after helping others.

5. Conclusion

The moral mood of college students affects their own development and plays a very important role in improving their personal quality. Although the overall quality of college students is constantly improving, but also in the process of development ignored a lot of details. For example, college students'emotional management problems, and the relationship between helping process and the helped. Through the analysis of college students themselves and the explanation of moral and emotional research and helpful behavior, this paper analyses that college students should improve their own quality from the aspects of self-confidence, consciousness and interest. In the future, college students will experience various emotional and behavioral levels, which need further attention and exploration by scholars.

Acknowledgements

This article is a major project of the Ministry of Education's Humanities and Social Sciences Key Research Base: "Student Mental Health Promotion System and Service Platform Construction"(16JJD19004) .

References

- [1] Wang Y.Q.(2016),Psychological Evidence of Emotional Ethics--the Characterization of Moral Emotion and Its Mechanism of Influence on Moral Behavior. Nanjing Shiuniversity Journal (Social Science edition),20(6),128-135.
- [2] Wu P. Fan J. Liu H.S.(2017),The Influence of Moral Emotions on Network Assisting Behavior - The Intermediary Role of Moral Reasoning. Psychology Journal, 64(12),81-91.
- [3] Yan Y. Wu X.(2016),From Trust Breach to Trust Repair: The Mechanism of ethical Emotions. Advances in Psychological Science,24(4),633-642.
- [4] Lin J.X.(2012),The Inferation of College Students' Responsibility to Other People's Behavior And The Action of Assisting Others--Group Relationship And Emotional Experience Effect Analysis. Journal of Shanghai Polytechnic University (Social Science edition),34(4),304-309.
- [5] Ding F.Q.(2017),Song Youming. Gratitude And College Student Helper Behavior: The Intermediary Role of Sympathetic Response And Its Gender Difference. Mental Development and Education,33(3),289-296.
- [6] Chen W.(2013),The Influence of Media Communication on The Behavior of College Students to Help Others. Value Engineering,20(34),316-318.
- [7] Wu C.P.,Shang H.R.(2012),Analysis of the Social Psychological Factors of College Students' Helping Behaviors China Health Administration,29(10),788-791.