

The Rebellious Psychology of College Students Based on Psychological Needs in Ideological Education and Its Correction

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Abstract: The research on psychological needs of college students is an important part of college students' mental health education. Through the research on psychological needs, it can provide scientific basis for college students' psychological assistance and promote the development of mental health education. Nowadays, college students' rebellious attitude towards ideological education has seriously hindered the formation of college students' world outlook and outlook on life, and affected their development and success. Rebellious psychology has impacted the effect of ideological education to a certain extent. Overcoming rebellious psychology must start with enriching educational content, improving educational methods, improving educators' quality and optimizing educational environment. Through research, on the one hand, it analyzes the psychological needs of college students; on the other hand, it discusses the relationship between college students' self-identity crisis, stage and psychological needs of college students, and provides theoretical basis for the construction of college students' psychological assistance system.

1. Introduction

College students' rebellious psychology is a kind of negative resistance psychology. Once this psychology is produced, it will form a relatively fixed thinking mode. Rebellious psychology in ideological education refers to a psychological tendency or behavioral reaction that deviates from the expected goal of ideological educators due to the contradiction between the inherent cognitive model of the educated and the educational content and methods adopted by the ideological educators [1].

The rebellious psychology of college students in the process of ideological education increases the difficulty of ideological education in colleges and universities, impacts the effect of ideological education to a certain extent, and even produces antagonism, which affects the stability of colleges and the normal progress of all work. Therefore, how to overcome the rebellious psychology of college students in ideological education and improve the effectiveness of ideological education is an important task for university ideological educators at present.

2. Psychological Needs and Mental Health Education

College students' mental health education is a very important part of China's higher education, and the study of college students' psychological needs is a part of the study of mental health education. Through the study of college students' psychological needs, we can have a more specific and profound understanding of the needs of college students in their growth process, which is of great significance for us to better carry out mental health education [2].

The triggering of college students' mental health information needs is influenced by internal factors (internal cognitive level), connecting factors (the relationship between individuals and external environment) and situational factors (external situational state). The analysis framework is shown in Figure 1.

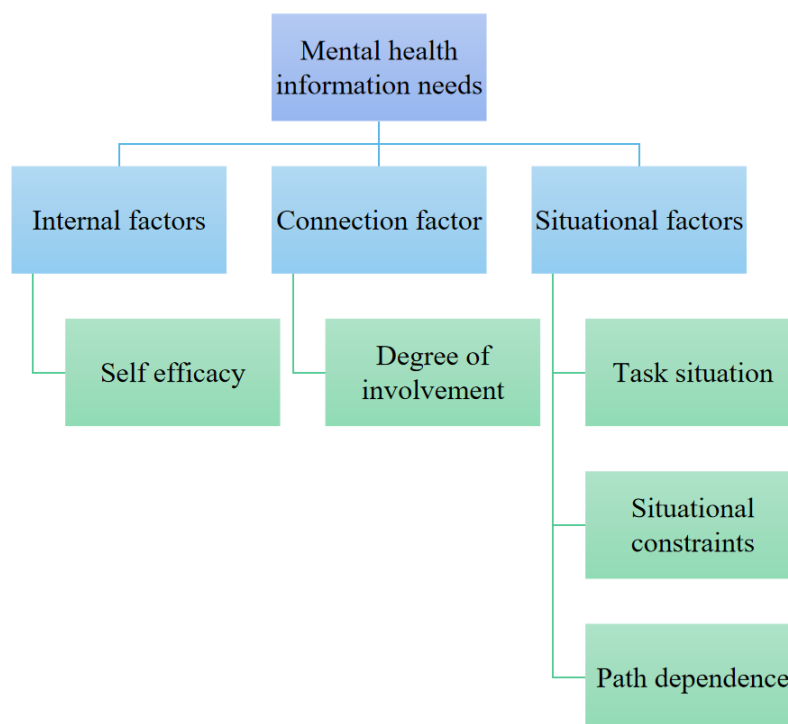


Fig.1 An Analytical Framework for Triggering Mechanism of College Students' Mental Health Information Needs

After people's demand is generated, they will look for the object to meet the demand and generate the motivation of activities. In the process of meeting the demand, they may rely on things and people around them to ask for help. Therefore, psychological needs do not necessarily lead to help-seeking behavior. Psychological needs and psychological help-seeking are two different concepts.

Maslow believes that, no matter from the perspective of race development or individual development, the lower level needs appear earlier, and the higher level needs appear later. When the needs of the lower level are basically met, the needs of the higher level will emerge [3]. These levels can be summarized into two levels, namely, basic needs and growth needs. A person can have the desire of self-realization, but not everyone can achieve the goal of self-realization and become a self-realization person. This kind of person can only be a minority, and the vast majority of people stay at a certain level in the middle.

3. Causes of the Formation of College Students' Rebellious Psychology in Ideological Education

The generation of rebellious attitude is the result of a combination of subjective and objective factors. Specifically, the reasons for the formation of college students' rebellious attitude in ideological education activities in universities are as follows:

3.1 The Factors of Ideological Education Itself

First of all, some ideological education contents are lagging behind in updating and fail to keep pace with the times. With the rapid development of China's social economy and the gradual deepening of economic system reform, many unprecedented new situations and problems are gradually emerging, such as the imbalance of distribution, the gap between the rich and the poor, corruption and so on. The result will not only arouse students' rebellious attitude, but sometimes even make students really doubt the superiority of the socialist system and the correctness of collectivism.

Secondly, the methods, means and opportunities of ideological education are improperly used.

Ideological education is the ideological work of being a human being, and college students' thoughts are very active and changeable. Individual teachers focus on using some “principles” to discipline students in the process of education, empty preaching is more than inspiration, severe criticism is more than patient persuasion, and this bossing method not only does not help students to receive educational information, but also makes them feel antagonistic and rebellious towards ideological education [4-5].

Thirdly, the rigidity of some mechanisms in the ideological education system needs to be improved. Simply emphasizing the compulsion of external mechanism will harm students' subjective learning motivation. Students often mistakenly believe that the purpose of studying ideological theory course is to get credits, which has little to do with the improvement of their own quality. Over time, they will naturally be indifferent to ideological theory course and get bored.

3.2 Cognitive Deviation of College Students

The functions of college students' body systems tend to be sound, approaching or reaching the level of adults. It can be said that the physiological development of college students is basically mature. Their physiology and psychology are in an unbalanced state in the process of development.

In addition, due to the lack of social practice, its ability to judge right and wrong is still immature, and it is inevitable that the understanding and handling of problems are obviously extreme. When faced with practical problems such as study, love, employment, etc., college students will start from the deviated cognitive structure, which is easily opposed to the ideological education in universities, resulting in rebellious psychology.

3.3 The Influence of Realistic Social Problems

In recent years, China's ideological theory lacks strong theoretical guidance to face the new situation, and there has been a phenomenon of left-right swing in propaganda work [6]. The understanding of the international communist movement, the analysis of the present situation of capitalism, the development process of socialism in China and other major issues are constantly changing with the changes of society. College students are most sensitive to reality and most concerned about theoretical discussion. However, this situation makes them feel at a loss, depressed and uncertain, which causes them to have an abnormal psychology.

The mistakes in the reform are intertwined with the new unhealthy tendencies, and they feel that the good and the bad are indistinguishable and trapped in contradictions. There are still many problems related to their vital interests that cannot be solved in time, which also makes them feel disgusted and dissatisfied.

4. Correction of College Students' Rebellious Psychology

4.1 Guide Reasonable Demand and Establish Correct Values

The various needs of college students should be reasonably met. If they are not met, they will have a certain blow to their self-confidence. If they can't be adjusted in time, they will lower their self-evaluation, lack passion for life and have no goal for the future, which will affect the formation of self-identity. For example, college students with excessive material needs may blindly pursue material interests, neglect spiritual values, lose themselves and form incorrect values and outlook on life. When college students fail to properly handle the relationship between various needs, it will also adversely affect their mental health.

Physiological needs are the foundation of human needs. When physiological needs are not met, they will dominate the body, and at the same time force all abilities to serve them, and organize them so as to achieve the highest efficiency of service. From the energy point of view, the machine can simulate the basic physiological needs of human beings, and the equation of machine energy change is:

$$E(t) = e_{o,i} \exp[-a(t - t_i)] \quad (1)$$

In formula (1), $E(t)$ is the energy of man-machine at time t , $e_{o,i}$ is the latest energy replenishment value, t_i is the latest energy replenishment time, and a is the energy attenuation coefficient ($a > 0$).

Considering that the individual's mood is not a constant value, but shows periodic fluctuations, and this cycle is related to the individual's physiological emotional cycle. Setting the individual's physiological emotional cycle as 30 days, as the adjustment cycle of mood changes, the individual follows the inherent emotional cycle $M(t)$ fluctuation without external interference, including:

$$M(t) = \left(\sin\left(\frac{1}{10}\pi t + a\right), \sin\left(\frac{1}{10}\pi t + b\right), \sin\left(\frac{1}{10}\pi t + c\right) \right) \quad (2)$$

In which: a, b, c is the individual emotion regulator. Then there are:

$$M = M(t) \cdot K \cdot P \quad (3)$$

When an individual is stimulated by the outside world, it causes emotional response, and the value of M deviates from the original periodic fluctuation value. After the emotion subsides, it returns to the periodic fluctuation track, that is, the process of vibrating in three-dimensional space with periodic fluctuation as the main axis. From this, the emotional model can be obtained, as shown in Figure 2.

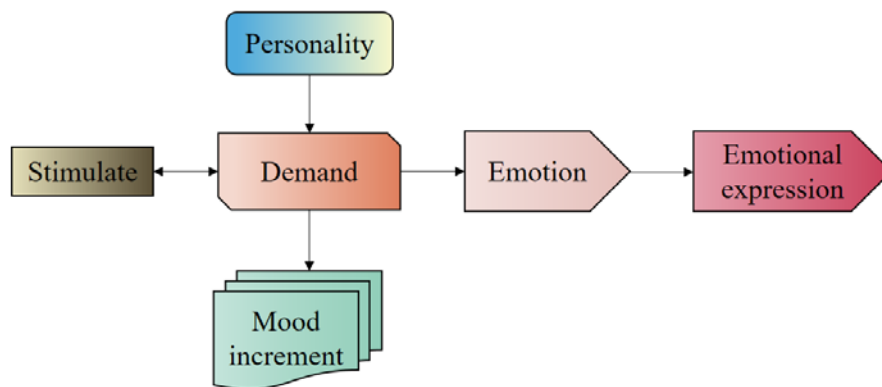


Fig.2 Artificial Emotion Model

Many unreasonable psychological needs are caused by college students' inability to correctly understand and evaluate themselves, and they are easy to go to extremes. The psychological assistance system can help them face up to their own strengths and weaknesses, objectively analyze the gap between ideal and reality, patiently persuade and actively guide them to correct the cognitive deviation of college students' needs, and guide them to face up to themselves frankly and accept themselves, so as to eliminate unreasonable needs and generate healthy psychological needs.

Similarly, healthy psychological needs can promote college students to understand themselves, society, good and evil, and correctly handle various interests, thus forming noble political and ideological consciousness and moral quality [7]. The work of psychological education is to correctly guide the needs of college students, so that the satisfaction of these needs not only conforms to the actual situation, but also can properly form an incentive role for college students.

4.2 Improve Educational Methods

First of all, the emphasis has changed from indoctrination to persuasion. To eliminate college students' rebellious attitude towards ideological education, ideological education should shift from indoctrination to persuasion, pay attention to dredging guidance and persuasion education, and make ideological education closer to reality and students.

Secondly, from one-way input to two-way communication. Using the "seminar-style" education method, we can shorten the distance between educators and college students, create a close,

harmonious and harmonious atmosphere, discuss issues on the basis of equality, distinguish right from wrong, unify thoughts and improve consciousness in the process of discussion.

Thirdly, from closed education to open education. Completely break the closed state, so that students can get out of the campus, get in touch with the society, judge and think by themselves, give full play to their initiative and enhance their immunity under the new situation of complex market economy. Schools should seize the opportunity to give positive guidance to the hot issues that students care about, and gradually make students' thinking mode and code of conduct develop along a healthy track.

4.3 Change the Social Environment That Produces Rebellious Psychology

Make great efforts to eradicate the soil of rebellious psychology from external conditions. The generation of rebellious psychology depends on the existence of the traditional structure of rebellious psychology in society.

In college ideological education, we should apply cognitive coordination theory to instill new information, coordinate students' cognition and balance their psychology. We should also overcome the phenomenon that one hand is hard and one hand is soft, strictly honor rewards and punishments, implement management education, strengthen the two-way communication between educators and educatees, and deepen the emotional contact and communication between the two sides. The bounden duty of ideological workers is not to dig out other people's shortcomings and subdue people, but to inspire everyone's strengths and turn everyone into a hero. In this way, it is not difficult to solve the problem of rebellious psychology among college students.

4.4 Pay Attention to the Comprehensiveness of the Connotation Research of College Students' Psychological Needs

There is not much research on the psychological needs of contemporary college students' mental health education, and there is no strict definition of the psychological needs of college students. The usage is rather confusing, and the research conclusions have their own emphases. Most researchers focus on preventing the occurrence of mental illness and crisis events, and focus on counseling and solving the mental problems of a few students.

On the basis of defining the psychological needs of college students, the research of college students' mental health education should comprehensively classify and divide these psychological needs, and analyze the differences in demographic variables. We should not only sum up the common needs of college students in their psychological development at the university stage, but also analyze the differences of different individuals, and give different assistance and support accordingly.

5. Conclusion

To correct the rebellious attitude, we should pay attention to the systematic study of rebellious attitude, and strive to improve the methods of ideological education. The overcoming of rebellious psychology in ideological work should be realized by taking systematic measures to educators, educatees and the environment on the basis of fully understanding each other systematically. Therefore, in the future, when analyzing the psychology and behavior of college students, we should fully consider the characteristics of these psychological needs and the factors affecting psychological needs. Only by doing so can we master the characteristics and laws of contemporary college students' psychological activities more comprehensively, accurately and scientifically, and do a good job in college students' mental health work.

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