

# Research on Group Counseling of College Students' Social Anxiety

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**Abstract:** Researchers have found that the fear and fear of social situations dominate and cover the entire adolescence, so the social anxiety of college students in adolescent weaning period also becomes a prominent problem. At the same time, college students are in a critical period of self-development, and their self-acceptance level has a profound impact on future development. The research on psychological characteristics and group counseling of college students with social anxiety is still an important issue related to college students' social interaction, mental health and self-development. However, the current investigation of the factors that influence college students' social anxiety, especially the research on the relationship between self-acceptance and the generation and maintenance of social anxiety is not enough, and the promotion of group counseling programs for college students in a critical period of self-development needs to be improved. Therefore, this article conducts group counseling research on college students' social anxiety.

## 1. Introduction

Marx said that “the development of a person depends on the development of other people who interact with him directly and indirectly.” Social interaction plays an important role in people's lives. The study found that when middle school students face heavy academic pressure, interpersonal communication problems are not outstanding. By the time of college, social anxiety problems are more serious. Interpersonal communication has become one of the main causes of college students' psychological frustration. Among them, the fear and fear of social situations dominate and cover the entire adolescence, and the social anxiety of college students in the period of adolescence weaning becomes a prominent problem. Peng Chunzi investigated the social anxiety of college students in Hunan province. The results show that some college students experience more serious social anxiety, and among the more than 300 college students already received by their psychological counseling centers, the number of visitors with interpersonal relationship problems is the most. There are different levels of social anxiety among college students, and the overall situation of social anxiety is more serious. According to the survey by Fu Mei and other students of a university in Anhui, high anxiety students accounted for the total, indicating that some college students have high social anxiety. It can be seen that social anxiety is one of the more common and serious psychological problems among college students, whether it is abroad or domestic. At the same time, college students are in a critical period of self-awareness, known as the “second birth” and “self-discovery” period. They are good at contemplation and self-reflection. The denial of self-worth makes them often live in turmoil In Ning's spiritual world, it is difficult to establish a self-image and to accept oneself, often framing mental discomfort. In the development of self-consciousness, there are the following problems: excessive pursuit of perfection, excessive attention to external evaluations, etc., which also affect their social interaction to a certain extent.

## 2. Definition of Social Anxiety

Social anxiety is a concept different from social anxiety disorder. Social anxiety disorder is a standardized definition given according to the diagnostic criteria in the Diagnostic and Statistical Manual of Mental Disorders (such as DSM-IV), while the definition of social anxiety is relatively loose, meaning that a person is interacting with other people or in other The negative emotions experienced when presenting in front of people have a certain degree of negative impact and

emotional distress on individual social interaction activities. Almost all people have experienced social anxiety, but it usually lasts for a short time and does not affect the person's life. It can be seen that the difference between social anxiety and social anxiety disorder is the severity of symptoms and the degree to which their social functions are affected. Compared with patients with social anxiety disorder, individuals with social anxiety experience a lower degree of anxiety, and the frequency and occasion of anxiety occurrence are less.

### **3. Research on Group Counseling of College Students' Social Anxiety**

Group counseling is a beneficial group counseling for social anxious people, that is, group psychological counseling, also called group counseling, group counseling, and group counseling. It is a form of psychological consultation conducted in a group situation. Through interpersonal interaction within the group, it uses group dynamics and appropriate psychological consultation techniques to help individuals recognize themselves, explore themselves, adjust and improve relationships with others, and learn new ones. Attitudes and ways to promote self-development and self-realization. Group counseling is usually presided over by a counselor. Based on the similarity of the client's problems or the spontaneous formation of the subject group, the benign interpersonal interaction between the group members can promote the individual's self-growth, relieve psychological distress, and develop good adaptation helping process. Group counseling is not only an effective psychotherapy but also an effective educational activity. It can be used to treat various mental diseases, and it can also solve the psychological adaptation problems of normal people. The sense of security, belonging, and warm interaction between people make people face problems easily and create a strong and happy self. Group counseling is especially suitable for people with poor relationships. And believe that the consultant should assist the help-seeker to find a suitable and own support group. This group should be closely related to the current troubles of help-seekers. Encourage them to find people with the same problems as themselves as partners in the group, so that everyone can work together to improve the status quo and share experiences.

Individuals with social anxiety are generally prone to problems in interpersonal communication, learning, work, daily life, etc., and group counseling is good at responding to these aspects. The unique acceptance and interpersonal interaction of the group can make the group members gain a sense of identity in the group activities, improve their sense of security and self-confidence, and consciously change the inappropriate coping and behavior. Groups are the epitome of society, similar to the real social life situation, the effect of counseling is easily consolidated. Group counseling is a multi-directional communication process with wide influence and strong infectivity. It can provide psychological counseling to multiple visitors at the same time within a limited time to improve work efficiency. Therefore, it is currently agreed that for social anxiety, group counseling is more helpful to social anxiety than individual intervention.

### **4. Negative Effects of Social Anxiety**

Most of social anxiety originates in adolescence (13-19 years old). Due to fear or avoidance of social interaction, their learning opportunities and social skills training opportunities are reduced, and their ability to study, work, and social interaction decline. Moreover, individuals with social anxiety are usually accompanied by light or heavy typical autonomic nerve function release, such as: blushing, tachycardia, palpitation, trembling, sweating, difficulty breathing, etc., long-term existence will make it feel stronger Subjective physical discomfort. Some people used a social function questionnaire to investigate the quality of life of patients with social anxiety, and found that their functions in emotional expression, social function, and vitality were obviously limited. As a result, family relationships, educational opportunities, and social work ability were seriously impaired. Compared with the control group, they have a higher rate of unmarried, divorced and unemployed, while moderate social anxiety patients have far lower levels of health assessment than their normal counterparts.

Some people estimate that about 70% -80% of patients with social anxiety suffer from one or

several mental diseases, such as substance abuse, major depression, place phobia, etc. In particular, the relationship between social anxiety and depression, some people say that the initial manifestation of stress is anxiety, followed by depression associated with anxiety, some people say that both anxiety and depression have negative susceptibility components, sometimes difficult to distinguish. If social anxiety co-exists with depression, the idea of suicide will increase significantly.

In a study of adolescents, it was found that social anxiety has a symbiotic or concomitant relationship with shyness, adolescence loneliness, low self-evaluation, and avoidant personality. It can be seen that the negative impact of social anxiety affects all aspects of the individual's physiology and psychology, hindering the normal psychological and social function of the individual.

## **5. Causes of Social Anxiety**

Behaviorism mainly explains the causes of social anxiety with the principle of conditional action and social learning theory. Behaviorists believe that social anxiety is a conditional emotional response. The reason why anxiety arises in a social situation is because the stimuli in that situation have been closely connected with terrible or disgusting events. Originally a neutral social occasion, through conditioning, it becomes a conditional stimulus that can cause anxiety. They believe that the direct conditionalization of traumatic events often occurs in childhood, so that the situational stimuli that appear during the growth process are closely related to past avoidance experiences and form social anxiety. From the perspective of alternative learning, social anxiety occurs as a result of imitation acquisition, and is similar to the anxiety pattern of parents and people with close relationships. Others believe that social anxiety is due to a lack of social skills acquisition.

Theory Cognitive theory abandons the view that behaviorism ignores people's rational role and regards social anxiety as animal or mechanical acquisition, and emphasizes the role of cognition in the formation of social anxiety. Cognitive theorists believe that wrong cognition, for example, negative self-assessment of one's own social performance, negative self-declaration before or after social interaction, unreasonable beliefs, choice of positive and negative events in one's social performance Sexual memory, attention-biased social threatening cues, low expectations about one's ability and performance, etc., lead to the generation of social anxiety, which ultimately leads to social avoidance behavior.

Other explanations Psychoanalysis theory emphasizes the effects of early sexual experiences and subconscious conflicts on social anxiety. The new psychoanalysis emphasizes more on the early years of social and cultural influences. For example, Honey emphasizes that he is not loved because of childhood insecurity Feelings or feelings of not being valued produce basic interpersonal anxiety, and individuals cope with, confront, and stay away from the crowd. Humanistic psychologists believe that social anxiety arises from the lack of individual belonging due to the unmet needs of love and respect.

Researchers have also made some achievements in the discussion and interpretation of social anxiety from the perspectives of genetics, imaging, neurobiology, biochemistry, etc., and I will not repeat them here.

## **6. Existing College Students' Social Anxiety Group Counseling Research**

The beneficial group counseling for social anxiety treatment, that is, group psychological counseling, also called group counseling, group counseling, and group counseling. It is a form of psychological consultation conducted in a group situation. Through interpersonal interaction within the group, it uses group dynamics and appropriate psychological consultation techniques to help individuals recognize themselves, explore themselves, adjust and improve relationships with others, and learn new ones. Attitudes and ways to promote the process of self-development and self-actualization. Group counseling is usually presided over by 1-2 consultants. Based on the similarity of the client's problems or the spontaneous formation of the client's research group, through the benign interpersonal interaction between the group members, the individual's self-growth,

psychological distress and good development The adaptive helping process. Group counseling is not only an effective psychotherapy but also an effective educational activity. It can be used to treat various mental diseases, and it can also solve the psychological adaptation problems of normal people.

Young and Suler believe that consultants should help seekers find a support group that suits them. This group should be closely related to the current troubles of help-seekers. Encourage them to find people with the same problems as themselves as partners in the group, so that everyone can work together to improve the status quo and share experience.

Individuals with social anxiety are generally prone to problems in interpersonal communication, learning, work, and daily life laws, and group counseling is good at responding to these aspects. The unique acceptance and interpersonal interaction of the group can make the group members gain a sense of identity in the group activities, improve their sense of security and self-confidence, and consciously change the inappropriate coping and behavior. Groups are the epitome of society, similar to the real social life situation, the effect of counseling is easily consolidated. Group counseling is a multi-directional communication process with wide influence and strong contagion. It can provide psychological counseling to multiple visitors at the same time within a limited time to improve work efficiency.

The research on group intervention of social anxiety abroad mainly intervenes from the perspective of psychiatry or clinical psychology. However, developmental group counseling for college students is mostly based on career design, while developmental group intervention with social anxiety is rare. Domestic group intervention studies on social anxiety persons can be divided into two categories according to the severity of the anxiety of their intervention objects. The first category is clinical, such as group treatment of social anxiety disorder patients in a hospital. For example, Dai Wanglei used simple group self-confidence social skills training to improve social anxiety disorder research network, Zhang Xinkai and other cognitive behavior group therapy research continents. The intervention objects of this type of research come from hospitals, and the symptoms of anxiety are more serious. Generally, there is a lack of blank controls, which mainly emphasizes its actual efficacy. Sometimes it also cooperates with drug treatment. Group counseling experiment research on social anxiety college students or group counseling experiment research on some professional students such as medical college students or normal college students. The target of the intervention is generally college students who have some social difficulties and score higher on the Social Anxiety Scale, but they have not seriously affected their social function and mental health.

## 7. Conclusion

Group counseling can make social anxious individuals gain a sense of security. People with social anxiety often pay more attention to their social confusion, while ignoring their other strengths and abilities. By helping others in the group, not only benefit others, but also improve others' bad evaluation of themselves, make them notice their own ability, gain a sense of self-worth, and increase self-confidence and contribute to the growth of other members of the group. Security.

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