

Research on Strategies for Improving Harmonious Interpersonal Relationships in Dormitories of Vocational College Students through Group Psychological Counseling

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Abstract: This article examines the present state, distinct characteristics, and both subjective and objective factors contributing to the deterioration of harmonious interpersonal relationships in vocational college student dormitories. It delves into the utilization of group psychological counseling as a strategic tool to address these issues. By designing and implementing a series of group psychological counseling activities, the study proposes effective strategies to enhance interpersonal relations within vocational college dormitories. This research not only offers preventative measures for vocational colleges but also presents innovative approaches for intervening in substandard interpersonal relationships in college dormitories. Furthermore, it contributes to the enhancement of the mental health levels among vocational college students.

1. Introduction

Dormitory interpersonal relationships are very important for college students, and they are a major relationship that college students must face and cannot avoid. Poor interpersonal relationships in dormitories can have a direct impact on the mental health, quality of life, and even campus safety and stability of college students. Based on the characteristics, specific manifestations, and causes of poor interpersonal relationships in vocational college student dormitories, targeted group psychological counseling activities are designed and constructive plans are proposed, which are worth our in-depth research[1].

2. The current situation and characteristics of interpersonal relationships in college student dormitories

2.1. Current situation analysis

Experts and scholars hold different attitudes towards the concept of interpersonal relationships in college dormitories. Scholar Zhuang Guobo believes that interpersonal relationships in college student dormitories refer to the relationships formed by dormitory members in the process of living and learning together, with spirit as the main content and ideas, knowledge, language, and emotions as the medium of communication.

In addition to the 7-8 hours required for dormitory rest, college students also have 5-6 hours to communicate with each other. Through sharing recent experiences, learning and exam information, club information, and emotional information, they gradually get to know each other and influence each other during the process of communication[2-3].

From the existing research results, there is relatively little research on the overall interpersonal relationships in dormitories of college students. However, in recent years, various disputes and even criminal cases arising from interpersonal relationships in college dormitories have received increasing attention from the media, such as the "Ma Jiajue Incident" and the "Fudan Poisoning Case", and many other cases of disorderly interpersonal relationships in dormitories. These all reflect the necessity of paying attention to the psychological quality issues of contemporary college students in the process of adjusting interpersonal relationships in college dormitories[4].

2.2. Characteristic analysis

2.2.1. Special characteristics

Many college students are leaving their parents for the first time in their long lives, leaving their social circle and immersing themselves in a new and unfamiliar environment to start a collective life in college. The dormitory members come from all over the country, and differences in cultural and family backgrounds often lead to different understandings between each other. In addition, there is no blood relationship between the dormitory members. When people gather from different places, friction may arise due to differences in personal study time, lifestyle habits, behavior, and other aspects. At the same time, this group is in the process of receiving higher education, and while recognizing differences, they often have inclusivity. The inclusivity between each other also makes everyone harmonious even if there are contradictions in their interactions[5].

2.2.2. Complexity

College years are the most beautiful time of a person's life, and college students are a group full of personality. So, friction and conflict are inevitable when getting along, and their complexity is reflected in the diversity of college student groups. Different conflicts and contradictions between male and female dormitories, and dormitories of different grades can also lead to various problems. This requires the relevant departments of the school to form different responsible departments to handle this problem[6-7].

2.2.3. Latency

The interpersonal relationships in college dormitories are often caused by friction between different personalities, which may lead to many potential problems. When communication barriers, cognitive differences, and personality defects arise among college students, they often lead to intense conflicts. Some detailed problems can undergo quantitative changes and then qualitative changes. Over time, behaviors such as "making phone calls at inappropriate times" and "accidentally touching someone else's belongings" can affect the interaction between dormitory members. The harm caused by such problems is also unknown. When the problem will erupt and what kind of results it will produce after it erupts are all latent and unknown, The danger of such problems cannot be ignored[8].

2.3. Impact factor analysis

The factors that affect interpersonal relationships among college students mainly include individual behavior patterns, lifestyle habits, personality traits, and values. The significant differences in these aspects often lead to varying degrees of conflicts among dormitory members, ultimately leading to misunderstandings, resentment, and disgust towards each other. Dormitory interpersonal relationships are a strong sense of belonging, and many students often regard the dormitory as a "home". They hope to receive the same warmth in the dormitory as at home, where everyone helps, cares for, tolerates, and trusts each other while living and studying together. From Maslow's hierarchy of needs theory, people have physiological needs, safety needs, social needs, esteem needs, and self actualization needs. The development of the needs of college students is currently in an important stage of social and respect needs. Good interpersonal relationships in college dormitories are not only a full reflection of social needs but also a condition for meeting respect needs[9].

3. The role of group psychological counseling in improving interpersonal relationships among college students

Group psychological counseling mainly refers to the use of psychological knowledge, methods, and techniques by professionals in the form of groups to solve various problems encountered by college students in life and study. Professional psychological counseling is provided to college students, which helps them better understand themselves in interpersonal communication groups based on dormitories I, discover myself. Its specific functions are as follows:

It helps college students better understand themselves, correct their shortcomings, and improve

themselves. In the process of group counseling, detailed counseling is usually provided for specific individuals. When college students understand each other's strengths and weaknesses, they can learn and draw on corresponding qualities from others. Thus, each student can continuously improve themselves while achieving their own goals, and in this process, the individual's herd mentality will also make them strive towards the excellence of others, thereby becoming a group member that meets the requirements[10].

Helps college students cultivate a sense of teamwork and become more tolerant and understanding of others. Many contemporary college students are only children, and they tend to be self-centered. A person with self-centeredness often does not respect others and lacks the ability to empathize with others in their interactions. Such college students will inevitably encounter obstacles in the process of interpersonal communication in their dormitories. Therefore, using professional knowledge and skills in psychology to provide professional guidance to college students helps them to have a clearer understanding and self-awareness, thereby cultivating a student's empathy and ability to think from a different perspective. From Maslow's needs theory, when a person meets basic material and physiological needs, only by gaining respect from others can they truly realize their own value. When self-worth is realized, while pursuing one's own personality, one can also respect others in order to achieve true satisfaction. Group psychological counseling is based on meeting the needs of members themselves and fully respecting others[11].

Helps college students build harmonious dormitory interpersonal relationships, enhance friendship and understanding. Schramm interprets the interpersonal communication model as a cyclical model, emphasizing that interpersonal communication is a mutual process, and communication among members is a circular process from the transmitter to the audience, with each person being both the transmitter and the audience. Group psychological counseling is a two-way communication based on this foundation, which enables college students to get along more harmoniously in the dormitory. A harmonious dormitory environment can make communication more loving. The environment in a dormitory is mutually caring and beneficial to each other's growth. Only by interacting with each other can a harmonious state be achieved, Only by experiencing can we learn to care for others and grow together[12-13].

Helps to help more college students solve psychological problems. For most college students, going to college is the first time they have left their hometown and parents. Wandering outside can easily lead to feelings of loneliness. Without dealing with loneliness properly, college students are prone to feelings of inferiority and become isolated. The resulting psychological problems require professional group psychological counseling for professional guidance. However, the current situation in our country is that some higher education institutions face management difficulties due to the large number of students, and there is a serious shortage of teaching staff and resources for group counseling. The scarce resources have a large demand, and the lack of coordination between the supply and demand of group psychological counseling in universities inevitably leads to a large number of contradictions.

Helps to cultivate dormitory cohesion and centripetal force among college students. The principle of group dynamics has a famous field theory, where everyone is a field and therefore is influenced by each other. People's psychology and behavior are influenced accordingly, and this theory emphasizes the interaction between individuals and groups. Groups can influence individuals, and in the process of achieving personal goals, the atmosphere of groups plays a crucial role in their development. Group psychological counseling can help improve the cohesion of college student dormitories, form common goals, and strive for them. The cohesion of college dormitories can promote personal development, and unity and cooperation can enable everyone to better communicate emotions, achieving sincere communication is one of the goals of group psychological counseling. Although roommates in dormitories spend time together day and night, most of the communication is superficial. Deep level communication is beneficial for cultivating cohesion between dormitories. Only when the effectiveness of communication improves can it be beneficial for the psychological development of each member in the dormitory.

In summary, group psychological counseling can effectively alleviate the learning and

psychological pressure of college students, provide good physical and mental relaxation, and help them forget some negative emotions during the process. In the process of thinking and action, it can keep their psychological and physiological state in a good state, and thus more effectively achieve personal goals. The relationship between them can be illustrated in Figure 1.

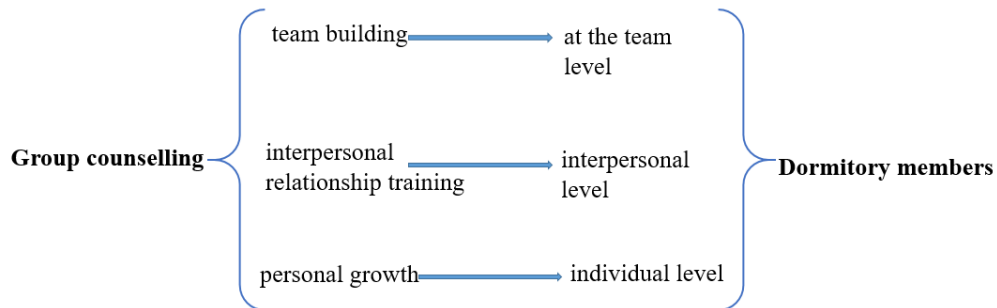


Figure 1 Group counseling improves the different work levels of the group and its members

4. Design and Implementation of Group Psychological Counseling Program

Based on the psychological factors that affect interpersonal relationships in college dormitories, we have designed group psychological counseling based on self-awareness, social cognition, and communication skills. The group is a homogeneous and closed group, and group psychological counseling includes group psychological counseling, group sandbox games, and group quality development activities, once a week for 90 minutes each time, for seven consecutive weeks.

4.1. Team building

It roughly includes warm-up games, designing my home (determining the house name, emblem, rules, and training), self portraits (promoting a new understanding among roommates), wishing elves (determining group goals), and signing contracts (clarifying group rights, obligations, and rules).

4.2. First sand table

Group members operate the sand table in order of drawing lots, jointly name the sand table, and discuss and exchange feelings. Through unprepared experiences, individuals observe and learn, deeply reflect on their words, actions, and communication methods, and build a bridge of communication for roommates.

4.3. Open the Qianqianjie

The program includes a range of activities such as 'Charm Testing Stations,' where participants score various personalities and select the three most and least popular traits. This process guides members to examine their own personality traits, encouraging the development of popular traits and the overcoming of negative ones. Another feature, 'My Secret,' allows for the anonymous sharing of dormitory or individual interpersonal problems, followed by a collective brainstorming session to discuss solutions. Lastly, 'Cleverly Solving Thousands of Knots' inspires group members to learn how to manage interpersonal challenges in dormitory life, focusing on effectively resolving conflicts and contradictions.

4.4. Bridge of Communication

This includes role-playing, role-playing and guessing (each group selects one student and asks them to perform their own performance based on the content on the card held by the instructor, while other students guess in order. Each student is given one minute, and regardless of whether they guess or not, they will switch to the next one. The winning group is determined based on the number of guesses correctly), drawing a relay, and other activities to promote students to think about ways to avoid misunderstandings and learn communication skills.

4.5. Secondary Sand Table Exercise

This exercise aims to enhance interaction and introspection within the group by motivating members to express themselves candidly and release any pent-up dissatisfaction. We encourage face-to-face dialogue to prevent misunderstandings and to break down barriers, fostering mutual understanding and tolerance. Additionally, it's crucial to monitor the shifts in the behavior and attitudes of group members throughout the two sand table activities, observing the changes from before to after these exercises.

4.6. Outdoor Team-Building Activities

This section of the program features activities like 'Invincible Wind and Fire Wheels,' 'Crossing the Power Grid,' and the 'Six-Person Seven-Legged' challenge. These activities are specifically designed to strengthen team cohesion and foster camaraderie among members. Through these engaging and collaborative tasks, participants can enhance their teamwork skills and build lasting bonds.

5. The effectiveness of group psychological counseling

We conducted a dormitory interpersonal relationship diagnostic scale for group members before and after tutoring. This scale measures four aspects of interpersonal relationships in college dormitories: conversation, communication and friendship, interpersonal skills, and roommate support. The results of pre - and post measurement indicate that group psychological counseling allows the trainees to feel a friendly atmosphere, reduce psychological defense, allow them to freely and safely present their inner world, improve their self-awareness and social cognition, enhance their communication skills and cooperation awareness, and truly enhance the psychological quality and level of group psychological counseling. It is an effective way to improve interpersonal relationships in vocational college student dormitories.

6. The problems and countermeasures of group psychological counseling for interpersonal relationships in dormitories

6.1. Successfully recruit target audience for group psychological counseling

The target audience for this group psychological counseling is all members of the dormitory who have poor interpersonal relationships. It is generally difficult to actively register for such dormitories. On the basis of fully utilizing various media to promote recruitment, counselors can recommend and obtain the consent of all members of the dormitory to include the target dormitory in the group.

6.2. The design of group psychological counseling programs should be targeted

The reasons for poor dormitory relationships among vocational college students vary, and the problems that arise in dormitories of different grades and genders also vary. The frequency of communication among roommates in sophomore dormitories is relatively low, and conflicts are more frequent. Boys have more intense conflicts than girls. Dormitory interpersonal problems are more common among students from difficult families. At the same time, during the process of group psychological counseling, the psychology of team members will also undergo dynamic changes, and various problems will gradually be exposed. Therefore, the design of group psychological counseling plans should be targeted and continuously adjusted according to the depth of the counseling process.

6.3. Group leaders are able to engage in genuine spiritual dialogue with team members

Group leaders must have a certain level of experience and knowledge, unique personality charm, and be able to guide students to understand and experience in activities, share and reflect in experiences, continuously grow in reflection, and avoid group psychological counseling activities becoming mere formality and games. The implementation of activities in each unit requires a deep level of spiritual dialogue among all members, rather than being blindly or mechanically implemented.

Only in this way can good results be achieved.

Targeted individual psychological counseling should be provided to individual students based on the situation of group psychological counseling. The psychological problems of individual students exposed during the group psychological counseling process can be coordinated with individual psychological counseling. Only when the two are closely combined can better results be achieved, effectively improving students' interpersonal communication skills and enhancing their mental health level.

To track the effectiveness of group psychological counseling in both the short and long term, and to adjust subsequent counseling plans, several methods are employed. These include: mentor evaluations, which guide teachers to observe changes in the counselees during group psychological counseling; comparisons of psychological test results before and after the training for trainees; comparative tests between the experimental and control groups; observations of student changes reported by counselors, parents, and student leaders; and follow-up interviews with the trainees. We should attach importance to the long-term effectiveness of group psychological counseling, and the counselor should revise the counseling plan based on the tracking situation, in order to achieve better long-term results.

7. Conclusion

This study confirms that group psychological counseling effectively improves interpersonal relationships in vocational college dormitories. By enhancing self-awareness, communication skills, and cooperation among students, it creates a more supportive and understanding dormitory environment. This approach proves crucial for the mental well-being and social harmony of students, underscoring the need for vocational colleges to adopt and continuously adapt such counseling strategies.

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