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The Independent Consciousness of “Post-00s” College Students under the Perspective of Self-shaping and the Construction Strategy Research

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Abstract: “Post-00s” college students are a generation that has grown up full of changes and challenges, and their sense of autonomy and self-shaping is relatively high. However, there are many challenges and pressures, which require college students to continuously strengthen self-learning and self-practice, enhance their sense of autonomy and self-shaping ability. Through questionnaire survey and analysis, this paper discusses the current situation and reasons of “post-00s” college students’ autonomy consciousness and self-shaping, and puts forward targeted construction countermeasures on the basis of data analysis and demonstration, in order to provide reference for cultivating the autonomy consciousness and self-shaping ability of “post-00s” college students.

Keywords: Post-00s college students; Self-modeling; Sense of autonomy; Build a strategy

1. Analysis of the status quo and causes of “post-00s” college students

In this research, 353 college students born after 2000s were aged from 18 to 22 years old. The questionnaire includes personal basic information, autonomy consciousness, self-shaping consciousness, learning attitude and lifestyle problems. A total of 353 questionnaires were distributed and 353 questionnaires were collected, including 333 valid questionnaires, including 132 boys and 201 girls.

1.1 The post-00s college students' autonomous consciousness and self-shaping

1.1.1 Self-cognition

When asked, "Do you know your own physical and psychological characteristics?", 32% of college students said they fully understand, 62% of college students to their own physical and psychological characteristics, but not comprehensive, 5% of college students said they do not know, 2% of students do not know themselves. In response, "What do you think is the main factor of your current poor autonomy?" At that time, 70.99% of the students believed that lack of self-awareness leads to poor autonomy awareness, 57.06% of the post-00s college students thought that their self-knowledge is consistent with their age, 23.12% of the post-00s college students thought that their self-awareness is more mature than their age, 13.81% think they are more naive than their age, and 6.01% thought that they are completely inconsistent with their age. As can be seen from the data, there is a structural deviation in the self-cognition of post-00s college students. About 50% of the surveyed subjects still lack self-understanding, and self-analysis and self-cognition are obviously insufficient.

1.1.2 Self-shaping aspects

As can be seen from the figure, when teachers ask questions in class, only 30.93% of students think positively and respond, 54.05% of students choose to consult information or listen to answers or irrelevant to 15.01%; the survey shows passive thinking in class 47.15%, active thinking 45.6%, and lazy thinking 7.21%. In addition, only 51.35% of students are willing to timely consult information and seek help from teachers when they encounter problems and difficulties, and the proportion of occasional studying and ignoring it reaches 48.65, accounting for nearly 50%. 18.02% of the students think that they have a strong sense of autonomy and self-shaping ability, 41.44% of the students think that they have a strong sense of autonomy and self-shaping ability, but also 40.54% of the students think that their autonomous consciousness and self-shaping ability are general and weak. From the series of data analysis, it can be found that students have weak willingness to use their brains, poor initiative in self-exercise and thinking, and lack of self-shaping consciousness and ability.

1.2 The reason for the low autonomous consciousness of the post-00s college students

First, the development goals are unclear. "Post-2000" college students lack thinking about the development of life goals. It can be seen

from the survey data that 43.24% of students often think about their development direction, 49.55% only think occasionally, and 7.22% rarely or never think about their development goals. Data show that students are extremely lack of awareness of goals, have unclear life development plans, and are in a hazy state. Secondly, the awareness of benchmarking is weak. In "Are you looking for a suitable comparison around yourself?" In one question, only 37.84% of the students answered "yes", 34.23% of the students themselves did not know, even 27.93% of the students did not set up the standard learning object, students reflexive thinking and self-role positioning consciousness is weak. Thirdly, the consciousness of independent learning and exploration is poor. At present, 51.35% of students' knowledge learning comes from classroom knowledge, independent learning of cultural knowledge accounts for 35.44%, and practice summary and training learning account for 13.21%. It can be seen that students are still in passive classroom knowledge learning, and the awareness and ability of active learning and mastering skills are extremely insufficient. Finally, the willpower, the executive power is insufficient. In the survey, "Which state do you think your study or work is in?", "goal and self-discipline" accounted for only 19%, "goal", "no perseverance", "self-restraint is not strong", "no goal" accounted for 37.7%, 30.6%, 7.1%, in a "rugby" type distribution, students because of lack of perseverance, self-restraint and lead to low goal realization rate, poor self-shaping ability. In addition, 54.05% of the students have set goals and plans and strive to achieve, 39.04% of the students have set goals and plans but no efforts to achieve, students in goals after a large part of the students cannot achieve their goals as planned, in addition to the target planning itself is unreasonable, a large part of the reason is that students lack of self-control, adhere to the willpower, to carry out the execution. The problem of personality and will quality is an important reason for students' poor self-shaping and independent consciousness.

2. "Post-00s" self-shaping and independent consciousness construction strategy of college students

2.1 Self-improvement

Post-00s college students need to enhance their awareness of autonomy, clearly plan their goals and directions, establish the awareness and ability of self-management, learn the skills such as time planning, action management, emotional control and other aspects, so as to better control their own life and study. In the process of strengthening our self-management ability, we can constantly improve our self-management level and ability by making plans, setting goals, reflecting and summarizing. As a new generation of young people, post-00s college students need to have more comprehensive and in-depth self-management awareness and ability.

The post-2000 college students can make plans, set goals and reflect in the following ways: In the plan, make a detailed schedule to clarify the tasks and goals to be completed daily, weekly and monthly, so as to avoid wasting time and losing direction. In the setting of goals, clear goals should be set and decomposed into specific tasks and action plans to ensure that the goals can be achieved gradually. In terms of reflection and summary, we should regularly reflect on the self-management situation and results, analyze our own shortcomings and improvement direction, and make corresponding improvement plans. In addition, in the process of self-management, we should focus on cultivating confidence, action, communication, integration and other abilities. Only with the above qualities, can we better achieve their established goals. In terms of emotional control, post-00s college students need to learn how to control their emotions and avoid the effects of negative emotions such as excessive anxiety and depression. Know your psychological situation, master some effective emotion regulation skills, such as breathing exercises, meditation, exercise, etc. Only by establishing the awareness and ability of self-management, learning the skills of planning time, managing actions and controlling emotions, can they better control their own life and study.

2.2 College education

The author conducted regression analysis on the "grade" and "autonomous consciousness" of the respondents. In the case of $p=0.000 < 0.05$ or $p < 0.01$, $B=0.73$, students' grade and autonomous consciousness were positively correlated, and the grade could explain 45% of the changes in students' autonomous consciousness.

In order to ensure that colleges and universities can fully respect the characteristics of students' development stage and better adopt different educational guidance methods for students of different grades, college education should adopt a step-by-step working policy. According to the different characteristics of each stage in the process of self-shaping, it should be guided in stages and targeted. For the first-year students, college teachers should start from the details, deeply understand the specific situation of each student, according to the problem, let the students through the adaptation period from middle school to university as soon as possible; for the second grade students, guide them to determine the goal of self-shaping according to their own specific situation. For third grade students, they should be guided to actively participate in scientific and technological academic activities and social practice activities to increase their knowledge and improve their talents; for fourth grade students, they should be guided to establish a correct view of employment psychology before graduation.

3. Epilogue

Independent consciousness and self-shaping ability not only affect the formation of individual personality, the internalization of values

and self-education, but also the key for colleges and universities to implement the fundamental task of moral education and promote the training of modern talents. From the perspective of people's self-shaping, on the basis of investigation and analysis of data, this paper comprehensively analyzes the current situation and crux of the independent consciousness of post-00s college students in a university. From the post-00s self-improvement and college education, improve the self-awareness level, strengthen self-management ability, establish the independent learning consciousness, and develop the work, explore the superior resources, and provide educational guidance. This study enriches the theoretical research and practical path of college students' self-shaping, helps to accurately grasp the personality characteristics of post-00s college students, stimulate students' internal kinetic energy, improve their self-shaping ability, and boost universities to fully implement the fundamental task of cultivating morality and people, and improve the effect of casting soul and education.

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