

Research on the Cultivation Mechanism of Contemporary College Students' Healthy Social Mentality

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Abstract

General Secretary Xi Jinping expressed the ardent hope for youth at a Ceremony Marking the Centenary of the Communist Party of China, he pointed out: "The future belongs to the youth, and hope is placed on the youth." He also required youth to consciously integrate their youth struggle into the sacred cause of the great rejuvenation of the Chinese nation, live it to the times, live it to the fullest, and live it to the ardent expectations of the party and the people. This is the great spur and encouragement of the Party Central Committee with Comrade Xi Jinping at its core to hundreds of millions of youth, and it also provides clear work guidelines for the work of youth in the new era. College students, as the backbone of the youth group in the new era, strengthen the cultivation mechanism construction of a healthy social mentality of college students, which has important practical significance for cultivation and shaping the ambitious, backboned, and confident college students in the new era, the thesis analyzes the social mentality characteristics, existing problems and solutions of contemporary college students, the purpose is to train qualified talents and successors for the sacred cause of the great rejuvenation of the Chinese nation by building and improving social mentality cultivation mechanism with ideological and political education as the carrier.

Keywords

College students; Healthy social mentality; Ideological and political education; Cultivation mechanism.

1. Introduction

The social mentality of college students is the value judgments and actual actions made by the college students on various social phenomena. In contemporary times, with the development of Internet technology and the unprecedented promotion in the integration of foreign cultures, the social mentality of college students has shown complex and complex and ever changing characteristics. In social cognition, with the deepening of patriotism education and the improvement of the governmental ability to do practical things, college students maintain a high sense of trust for the society; in social emotions, with the promotion and encouragement of the spirit of example models in the new era, college students remain relatively stable in social sentiment, but the freedom of speech in the era of new media causes a great clamor, some distorted or even misrepresentative remarks are also affecting the social sentiment of college students; in the choice of social values, as college students receive higher levels of theoretical and practical education, in the new era, college students have made significant progress in the unify of personal values and social values, wave after wave of youths in the new era have emerged, who are capable and responsible; in behaviors and actions, with the sacred cause of the great rejuvenation of the Chinese nation, the actual performance of college students in the new era needs to be further improved with the norms required by the development of the times. Against this background, ideological and political education as an important part of the cultivation work of a healthy social mentality of college students, and its role and value have been foregrounded. The report at 19th CPC National Congress also clearly requires: "strengthen

the construction of the social psychological service system, cultivate self-esteem, self-confidence, rational peace, and positive social mentality”, as an important agenda for the implementation of the Chinese dream road of the great rejuvenation of the Chinese nation, strengthening the construction of a healthy social mentality mechanism of college students has important theoretical and practical significance for building harmonious family, promoting the progress of social civilization and the development of the country.

2. Logical Starting Point: The Value of Ideological and Political Education for the Cultivation of a Healthy Social Mentality of College Students

Bandura's reciprocal determinism points out: "environmental factors, personal cognition, and human behavior influence each other." Among them, the environment appears as the potential factor that determines personal behaviors, and the interaction between people and the environment affects the behavior result, the behavior result is the final product of the interaction of the three. College students are an important part of the social group, and the behavior result of their social mentality is affected by the interaction of the social environment and the personal intrinsic qualities. The influencing factors of social mentality include both objective factors such as social environment and cultural habits, and the present situation of ideological and political quality in the growth process of college students. The key historical node of the 100th anniversary of the founding of the party, China is marked by changes unseen in a century, transformation and upgrading of economic structure, profound changes in social structure, local outbreaks of COVID-19 epidemic, unilateralism prevalence, complex contradictions are intertwined, and various social trends of thought are surging, college students are in a critical period for the formation and consolidation of outlook on life, world outlook, and values, however, due to lack of social experience and the ability to distinguish the essence and dross, good and evil, beauty and ugliness, they are easy to lose themselves in the diversified social trend of thought. University is a critical period for the self-improvement and growth of youth; it is a critical period for consolidating personal values and cognitive abilities, ideology and value choices are not set. As a new generation of college students who have grown up under the Internet, they are flamboyant, pay attention to personal emotional expression, their innovative ability is outstanding, and have the courage to pursue the realization of personal value. However, due to the lack of social tempering and self-control ability, under the induction of some bad network contents, it is easy to breed bad social mentality and induce bad or even illegal behaviors.

Whether it is the individual function of ideological and political education or the role of social education, the disciplines of ideological and political education in colleges and universities regards the cultivation of a healthy social mentality as an important category of the discipline teaching system. From the essence of the discipline teaching system, the theory of ideological and political education provides the theoretical basis for the cultivation of a healthy social mentality of contemporary college students. Marxism on the all-round development of people and modern ideological and political education theory have produced a positive impact on the cultivation of a healthy social mentality of college students, and are the theoretical cornerstones for the realization of college students' value. The scientific value theory education is used to help college students build a positive outlook on life; the political education theory is used to help college students correctly judge domestic and foreign political situations, and cultivate college students' patriotic spirit; the model education theory is used to help college students set role models, follow the models; the legal education theory is used to make college students preserve bottom line of the rule of law in a complicated social environment; cultivating and practicing the theory of socialism with Chinese characteristics in the new era, guiding college

students to correctly adjust social emotions, promote social advancement, and become the logical starting point of the cultivation of a healthy social mentality of college students.

3. Realistic Problems: Problems and Challenges in the Social Mentality of College Students in the New Era

In the new era, college students who grew up in a critical period of great history, although the special period of transformation of social main contradictions has given college students unprecedented opportunities in the new era, college students are facing unprecedented challenges of survival of the fittest. In the era full of opportunities and challenges, a series of contradictions and dilemmas appear in the social mentality of college students in the new era. The indifferent social mentality of college students tends to breed in the interweaving of communication needs and psychological locked-in contradictions. Marxist philosophy believes: "the essence of human beings is not the abstract inherent in the person. The nature of human beings is the sum of all social relations in its actual performance." From the perspective of Marxism on essential provisions on human beings, college students step into the campus and learn, they left their familiar family environment and came to an unfamiliar university campus, they will inevitably have a sense of emotional loss, they put forward urgent needs to make new friends and build their own harmonious interpersonal circle to make up for the lack of feelings far away from home. However, because college students are in the early stages of youth growth, they lack emotional self-adjustment ability, childishness and emotional dependence coexist, in addition, the number of only-child college students is more at present, their self-awareness and self-esteem are stronger than those in the past, if their self-expression cannot be understood and recognized by the surrounding teachers and students, it is easy to breed fear of the surrounding groups and distrust to the society, refuse to take the initiative to socialize with them, and gradually indulge in their inner world, which will eventually cause college students to have a sense of fear of social interaction, and there gradually have estrangement with the real society. Therefore, the contradiction between the urgent need for college students to participate in social interactions in the new era and their lack of emotional adjustment ability in interpersonal communication with others can easily cause college students to often fall into the pain and bad emotions of communication, out of the protection of self-consciousness, in society where the competition pressure is increasing rapidly, college students are prone to fall into a feeling of isolation and indifference, and then produce uncivilized or even illegal behaviors that lose moral standards.

The contradiction between the strong desire for knowledge and the lack of discriminative ability causes college students to produce impetuous and utilitarian social mentality. Comrade Xi Jinping gave an earnest message to college students when he was visiting Inner Mongolia University, he emphasized: "everyone must set aims high, stand on solid ground, learn knowledge, lay a solid foundation, increase talents, and contribute their wisdom and strength to the great rejuvenation of the Chinese nation in the future". In the new era, with the widespread use and popularization of information technology represented by the Internet in the education and teaching of college students, it provides an unprecedented new opportunity for college students to receive knowledge learning. Contemporary college students, as "players" in the information age, are quick-thinking, have a wide range of hobbies, and have a strong desire to explore and learn. However, the rise of science and technology with Internet information as the main medium in the new era has also cause various social ideas and thoughts to mix the genuine with the fictitious, in particular, mainstream Western thoughts come in large numbers with the help of the advantages of Internet technology, and various individualism, hedonism, and money worship trend of thought are coming in continuous crowds. Although the convenient knowledge acquisition of Internet media greatly meets the strong desire for

knowledge of college students, it also produces various negative effects due to the insufficient mental development of college students. Post-90s and post-00s college students are mainly only child, have a strong sense of self-independence and like to learn knowledge and participate in social practice activities based on their own thinking and hobbies, however, although college students have high theoretical knowledge and ability, they lack social tempering, a their way of thinking about problems is mechanically simple, which makes it difficult for them to correctly and autonomously distinguish between right and wrong things. In the intricate and alternate Chinese and Western cultures and convenient access to network information, in the new era, college students are prone to be influenced by various good and bad ideas, at present, college student groups have produced impetuous social mentality, for example: plagiarism of papers, illegal arbitrage of scientific research funding, malicious attacks on competitors, superficial examples, forming of small groups of personal interests, impure motives of joining the party, and utilitarian study and research.

The conflict and contradiction between ideal and reality trigger the bad social mentality of college students to vent their resentment and lie down. As a product of socio-historical conditions and socio-economic relations, ideal reflects the concentrated pursuit of people's world view, outlook on life and values in social practical activities. Therefore, from the viewpoint of the essential characteristics of the ideal, the ideal is formed in the people's material practical activities, which may or may not be realized. The college students standing on the ladder of the new era have a sea of stars in their ideals, but the reality is brutal, and the realization of ideal requires not only unremitting personal pursuit, but also many factors related to college students' talents, opportunities, and the real possibility of ideal realization. Some college students found that the gap between the reality and the ideal is too big in the learning life and job seeking in the workplace, and even serious discrepancies, especially when seeing the students do very well, are always well ahead, college students will certainly produce bad jealousy, breed the social mentality of dissatisfaction, lying down, pessimism, as a result, some college students have fallen from their lofty aspirations when they just entered the campus to their lack of progress in reality, it is difficult for them to rationally solve and deal with the contradictions and conflicts from the gap between ideal and reality, so that they are deeply trapped in the psychological dilemma of venting their anger and lying down.

The contradiction between employment longing and self-lost induces a social mentality of pessimism among college students. "Keep employment" has become an important issue for economic development at present and for a long time in the future. According to the Notice on the Employment and Entrepreneurship Work of National College Graduates in 2021, "the scale of college graduates in 2021 will reach 9.09 million." Moreover, the employment market has been challenged by the global outbreak of the COVID-19 epidemic and the continuous downturn of the global economic situation, which cause the already stressful employment situation to become even worse. As college students who grew up under the greenhouse in the new era generally have high self-esteem and want to be respected and recognized by parents, relatives, teachers and classmates. They think that the important criterion to prove themselves is to find a job with high salary, excellent working environment and remarkable social status, so in the process of job seeking and employment, some college students fall into the strange circle of deliberate comparison with their surrounding students. Facing the severe employment situation, college students are prone to the mentality of having grandiose aims but puny abilities, remaining passive and pessimistic, and blaming fate and other people. For example, some college graduates blame their appearance for their job seeking failures at present, turn to cosmetic surgery for interview success, these phenomena reflect the problem of poor self-attribution and distorted employment mentality of college students.

4. Mechanism Analyses: The Attribution of the Bad Social Mentality of College Students at Present

In the report at 19th CPC National Congress, General Secretary Xi Jinping made a series of major plan for strengthening the cultivation of social mentality, requested to further strengthen the construction of social psychological service system, and cultivate self-esteem, confident, rational, calm and positive social mentality. As the mainstay of practicing the Chinese dream of the great rejuvenation of the Chinese nation, whether the social mentality of college students is healthy and what is the development trend of social mentality, it is not only related to the growth and success of college student individual, but also related to the construction of the socialist modernization cause, and more related to the practice of the Chinese dream of the great rejuvenation of the Chinese nation. At present, in the critical period of the transformation of the main social contradiction in China, in allusion to the bad social mentality of college students, studying and analyzing the causes of college students' bad social mentality is of great significance for cultivating college students' healthy social mentality, promoting college students' individual growth and strengthening the construction of a harmonious society.

From the micro environment of ideological and political education, the difference of own cognition is an important reason for the bad social mentality of college students. The individual cognition level and ability for objective things and environment is the basis of emotional expression and behavior. If college students' cognition is deviated or even wrong, their emotions cannot be effectively relived, it is not easy for individual to make rational judgments about their surroundings and things, it is easy to directly deteriorate the interpersonal relationship with the surrounding groups, and it is not conducive to the cultivation of peaceful and rational social mentality. As college students who grew up in the greenhouse in the new era, they are basically placed in a closed campus environment and under the care of their parents before they enter the university campus, they have strong self-awareness and very weak social practice experience. After entering into the university campus life, college students should break away from their parents' greenhouse, learn to grow up, and can continuously realize self-fulfillment and build harmonious interpersonal relationships in participating in social practice. During this period, the difficulties and pressures from many aspects such as studies, interpersonal communication, employment and further education need to be solved by their own strength, which requires college students to have the correct rational cognitive ability to make correct responses to objective things. In reality, each college student has a different family growth environment, individuals also differ in their reality representation, and there are various characteristics in behavioral performance. Even under relatively equal situational pressure, students may make different cognitive responses and practical choices. As Balzac emphasized, "Suffering is a stepping stone for the talents, a precious treasure of life for a man of great ability, and an abyss for the people resting on its laurels." If the cognitive ability of college students is deviated or even wrong, the choice of the subject behavior will inevitably deviate from the objective reality accordingly, and constantly encounter setbacks, and then produce a bad social mentality.

From the macro environment of ideological and political education, social factors have played an important external influence on the cultivation of a healthy social mentality of college students. On the one hand, compared to the simpler university campus life in the past, at present, with the infiltration of Internet technology and business culture on university campus, some bad social climate is quietly spreading on campus. In the new era, as the per capita income level increases significantly, people's awareness of "despise the poor and curry favor with the rich" is strengthened, university campus is prone to breed money worship, individualism, hedonism, impetuous efficiency, lying down and decadence, and other bad social mentality, as a result, current college students have a certain hierarchy sense in many aspects such as study

and life, love choices, interpersonal communication, employment and job seeking. In addition, as colleges and universities have shown a trend of increasing expansion, higher education has gradually shown the popular characteristics, the sharp increase in the number of college graduates has intensified the pressure of employment and job seeking, which has also indirectly driven the current craze for postgraduate entrance examinations, the craze for obtaining certificate, the craze for further studies abroad, and the craze for civil servant examinations. The distribution of social employment resources is uneven, in the process of selecting talents, under the situation of high employment pressure in the society; it is easy to cause panic and anxiety in the college students, in this process, some unfair and reasonable phenomena occur in the society. such as "black box operation", "competition of family background " and other actions, these bad social climates, with the help of the huge energy of the news media, can easily cause some college students to have distrust of the society, it is easy to cause some college students to feel distrustful for society, and then leads to students' low learning enthusiasm, negative attitude towards life, resentment of the rich and the officials, etc. It can be seen that the social environment has an important catalytic effect on the social mentality of college students.

From the current teaching modes of colleges and universities, the inertia of the traditional education mode easily causes students' main position to be missing. Classroom as the main front for students to learn theoretical knowledge and cultivate a healthy social mentality, whether the teaching contents and methods are deeply rooted, which has a crucial impact on the growth and success of college students. At present, lack of the main position of college students in classroom learning is the main drawback of the current teachings mode of colleges and universities. From the perspective of the teaching process and methods in colleges and universities, teachers are engaged in the "one-to-many" group teaching method, this has led to the current situation where college teachers know that they need to enhance students' main role in the classroom, meanwhile, however, due to the lack of abilities and skills, they are still accustomed to traditional cramming teaching. Students lack subject cultivation, their self-expression cannot be met, and the construction of a healthy social mentality of students cannot be thoroughly practiced. When carrying out student education activities, colleges and universities still ignore the actual demands of the individual growth and development of students, pay attention to the requirements of the social talent market, ignore the personality cultivation of the education subject, pay attention to the role of teachers in the classroom, in the process of implementing the student-oriented thinking, has never been able to completely get rid of the shackles of the one-way education model of "full of cramming teaching", the resulting ultimate consequences are not only from the psychological resistance and disgust of the students, but also the fuse that leads to the lack of cognitive ability, helpless behavior, and emotional imbalance of the students.

5. Cultivation Mechanism: The Realization Road of the Cultivation of a Healthy Social Mentality of College Students from the Perspective of Ideological and Political Education

The cultivation mechanism of healthy social mentality of college students with ideological and political theory courses as the main position is built. It is necessary to give full play to the main channel of ideological and political theory and the main role of ideological and political theory teachers, and use Marxism to clearly defend its leading role in ideology. General Secretary Xi Jinping presided over a seminar for teachers of ideological and political theory courses in colleges and universities, and emphasized that the ideological and political theory courses are "the key course for implementing the fundamental task of establishing morality and fostering people." "The ideological and political theory course undertakes the important political task of

cultivating souls, educating people and shaping values, it is a compulsory course for students and provides the theoretical action guideline for the cultivation of a healthy social mentality for college students. The ideological and political theory course should be given guarantee and policy in subject curriculum teachers and teaching resource allocation, and give full play to the role of the main channel for ideological and political theory courses in cultivating a healthy social mentality of college students. According to the contents of social mentality, for example: college students' value cultivation, psychological adjustment ability cultivation, patriotism emotional cultivation, social emotional adjustment, socialist core value practice, etc., fully combining the advantages of teaching resources of new era and new media, focusing on the needs and contradictions in the cultivation of college students' social mentality, innovating the teaching methods of ideological and political theory course, carrying out one-to-one online ideological and political theory indoctrination, guide students' unoptimistic social mentality in time, making students think through the way of scenario simulation, realizing ideological exchange and communication, guiding college students to treat social issues with Marxist rational thinking and attitude, and promote the formation of a healthy social mentality cultivation mechanism of college students.

The support system of a healthy social mentality cultivation of college students with subject ideology and politics as carrier is built. It is necessary to make good use of the advantages of the subject teaching system and practical curriculum resources in colleges and universities, cultivate high-quality talents who combine ability with political integrity and can put a healthy social mentality into social practice. Make full use of and give full play to the advantages of the main position of the ideological and political theory courses, integrate the cultivation of a healthy social mentality into various disciplines, combine the important contents of social mentality cultivation and outstanding contradictions, in the subject teaching system, fully integrates the growth characteristics of college students in the new era, and combines the hot issues of the development of the times, provide students with various forms of practice platforms in the subject teaching system, so as to cultivate a healthy social mentality of college students. In the process of implementing the ideological and political construction of the course, it is necessary to fully tap the relationship between subject teaching and the cultivation of college students' social mentality, teachers use subject teaching methods such as setting an example, scenario simulation, and publicity of role models, make college students to learn how to make correct social behavior choices in real social relationships, help college students to form the code of conduct required by social development, and effectively improve the college students' ability and level to correctly understand the objective world in the process of combining theoretical courses and practical courses of ideological and political education,

All parties fully mobilize cultivation initiative of college students' healthy social mentality. As the micro-environment of ideological and political education, schools, families, and social organizations all carry the important task of educating college students, and play an indispensable position in the cultivation of a healthy social mentality of college students. The community culture, student association culture, class culture, and network environment where college students live in have also played an important role in the cultivation of their social mentality mechanism. Various parties based on the cultivation of the social mentality of college students, must realize the interconnection of school, family and social education, ensure full coverage and no dead ends in the cultivation of a healthy social mentality of college students. As far as the family environment is concerned, parents must consciously study and implement the party's big policies, strengthen self-cultivation, and become role examples and models for their children to learn; as far as the school environment is concerned, they must give full play to the advantages of the main position of the ideological and political theory course and the subject ideological and political support system in colleges and universities, realize the scientific and professional cultivation of college students' social mentality; as far as the social

environment is concerned, it is necessary to increase the construction of the socialist rule of law, create a good social environment, provide college students with more opportunities to temper their will and quality, achieve a healthy social mentality of college students in social practice, it is necessary to further integrate social psychological assistance and counseling resources, and attract a group of psychological counseling professionals from professional medical institutions and psychological counseling institutions as volunteers, regularly hold lectures and provide psychological counseling to college students, vigorously make use of the advantages of Internet new media technology, provide free psychological counseling and psychological rescue services by opening free online consultation platform of government affairs, and protect the cultivation of a healthy social mentality of college students. Finally, it is necessary to give full play to the advantages of ideological and political education in cultivating a healthy social mentality of college students, actively report and publicize social model deeds with the help of mainstream social media, publicize and implement the spirit of General Secretary Xi Jinping's latest speech, create a good social positive energy atmosphere, help college students set up correct example figures, so that colleges become supporters who build rational, peaceful, and positive social mentality.

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