

Research on Healthy Personality Cultivation of College Students Based on Satir Model

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Abstract

One of the key tasks of college education is the all-round development of college students, which requires not only the cultivation of knowledge and ability, but also the cultivation of healthy personality. In the meanwhile, it is also a significant step for ideological and political education. In recent years, deviance behavior of college students occur frequently, such as learning-weariness, procrastination, lack of motivation, emotional depression, interpersonal relationship problems, etc. Therefore, the key for college educators to solve the problems is to explore the reasons behind them and guide students to build healthy personality. Satir model is a growth-oriented positive psychology model based on humanism and systematic perspective. By combining Satir model and iceberg theory, this paper analyzes the individual behavior patterns of college students and integrates the cultivation of healthy personality of college students into each step of college education, so as to prevent the personality disorder of college students and realize the comprehensive development of college students.

Keywords

Satir Model; College Students; Healthy Personality.

1. Introduction

It is the basic essence of China's educational purpose to train socialist builders and successors with all-round development of morality, intelligence, physique, aesthetics and labor. In order to cultivate college students in an all-round way, educators in universities and colleges should not only pay attention to the cultivation of knowledge and skills, but also pay attention to the cultivation of mental health. As the cultivation bases of national talents, colleges and universities should not only enrich students' knowledge and ability, but also pay attention to the shaping of students' healthy personality, so as to cultivate high-quality talents with both morality and ability. Counselors should analyze the healthy personality standards of college students in the new era on the basis of recognizing the psychological basis of students and the pattern of personality development. Furthermore, they should also constantly improve their own theoretical level to find appropriate methods to guide and educate college students in order to continuously improve students' self-confidence, optimism, enterprising spirit, selflessness and other positive factors to shape healthy personality.

2. Connotation of the Satir Model

Satir model is a psychotherapy model created by Virginia Satir. This people-oriented model focuses on the improvement of individual self-esteem and communication mode to become fully human so that individuals can finally achieve the state of "harmony and unity of the outer body and the inner mind" [1]. The influence of Satir model is very extensive though it has not been established for a long time. In recent years, The Satir model has also been developed in China. It has not only been applied in family therapy, individual therapy and family

reconstruction, but also achieved effective results in social work, mental health education and psychological problems correction for college students.

2.1. Core Concepts

One of the core concepts of the Satir model is self-worth, or self-esteem, which means the ability to evaluate oneself and face oneself in a worthy, loving and realistic way. Virginia Satir put forward the idea that self-esteem is not only the source of maintaining individual life and providing general energy, but also the key to exploring and connecting with the self. Moreover, it is also the motivation to expand individual space and establish contact with the outside world [2]. People with low self-worth tend to have low self-esteem, resulting in emotional disorders and imbalance in interpersonal communication. On the contrary, people with high self-worth tend to manifest positive qualities such as optimism, integrity, kindness, honesty and charity, and they always maintain appreciation and optimism towards others and themselves. Therefore, the improvement of self-esteem and self-worth is of great significance.

2.2. Growth Orientation

Satir model is a treatment model oriented toward health and growth. Virginia Satir believes that human is kind by nature, and everyone has vitality, an intermediary of the connection between individuals. She also believes that each individual has his own life energy, but some have not yet been found or cannot be found. Satir extended psychotherapy to a learning process oriented toward growth. Instead of emphasizing morbidity, she firmly believes that anyone who cares about self-growth and potential development can gain something from this model of learning [3].

2.3. Iceberg Theory

Using the metaphor of “iceberg”, the Satir model suggests that the individual behaviors or coping styles displayed by individuals are only a small part of the iceberg floating on the water. The other huge icebergs hidden under the water are the inner parts that we often overlook, that is our preconsciousness and subconsciousness. There are seven levels of icebergs in the Satir model. They are, from top to bottom, behaviors, coping, feelings, feelings about feelings, perceptions, expectations, yearnings, and the self. Satir advocates working at all these levels. She recommends exploring the secrets of an individual’s inner iceberg step by step through seven levels to reach the origin of individual behavior and then examining the expectation, desire and true self in individual life through behavior, and subsequently exploring the most core and essential part of behavior.

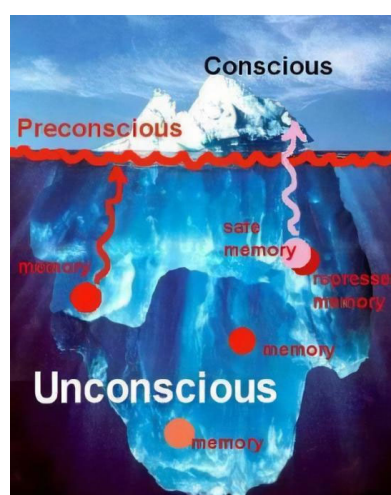


Figure 1. Satir iceberg theory model

All in all, the humanized theoretical basis and operable application method of Satir model are of great inspiration to college educators on the cultivation of healthy personality of college students.

3. Connotation of Healthy Personality of College Students

Personality is an individual's internal tendency in behavior and can reflect the wholeness and comprehensiveness of a person in constant change. It is a kind of persistent self with dynamic consistency and continuity, which can make people physically and mentally form their individual organization in the process of socialization. Healthy personality is a state of personality that develops towards lofty human nature in structure and motivation. It is also the complete combination and organic unity of various characteristics of personality [5].

As an indispensable period in the development process of college students, college period is an important period for the formation of outlooks on the world, life and values. Therefore, the cultivation of healthy personality of college students has become an inescapable internal requirement to promote the all-round development of college students. The connotation of healthy personality of college students can be defined as follows based on the Marxism of all-round human development and the actual situation of China's social productive forces, social political economic system and culture:

1. Optimistic Attitude. College students with healthy personality have objective and accurate self-cognition as well as the ability of self-acceptance and tolerance. They can correctly recognize their own strengths and weaknesses and can face their shortcomings with a peaceful state of mind. In addition, they are able to be fearless when encountering difficulties and deal with these difficulties in a correct way. Moreover, they can also actively adjust their emotions to control themselves in daily life.
2. Good Interpersonal Skills. College students with healthy personality know certain methods and skills to keep close with others. They can establish good interpersonal relationships with others and are willing to communicate with others rather than closing themselves off in a narrow space. Therefore, they are always accepted and accommodated by the society.
3. A Sense of Reality. College students with healthy personality can understand and treat everything in the world with an objective attitude rather than harboring prejudice due to their personal preference. Moreover, they respect the objective laws of everything in the world.
4. Good Learning Ability. The important method of social development and progress is practice, through which people test their understanding of things. The basic guarantee of college students' personality health is that they have certain ability to expand self-learning, learning motivation and learning ability, and can constantly struggle to create a meaningful life suitable for themselves.
5. Firm Beliefs and Faith. College students should have great beliefs and firm faith and should establish scientific outlooks on the world, life and values. In the meanwhile, they should establish the scientific belief of Marxism and the lofty ideal of communism to contribute themselves to the realization of socialist modernization.

4. Approach and Application of Satir Model to Promote Healthy Personality Cultivation of College Students

4.1. Exploration of the "Iceberg" in Their Inner Heart

In the process of solving the psychological problems of college students in the new era and cultivating their healthy personality, the traditional educational model has almost no effect. What students need more now is humanized education that can go deep into their hearts. By using the iceberg theory of Satir model and consistent expression, counselors can deeply

understand and connect with students, thus enhancing the effectiveness of college students' mental health education.

The iceberg theory is the most representative of the Satir model. By comparing a person's "self" to an iceberg, it illustrates that the behavior and response of an individual that can be observed by the outside world are just like a small part of the iceberg exposed above sea level, while the internal system that has been repressed for a long time and ignored by us is hidden in most of the iceberg below sea level[6]. Correspondingly, each student has his own iceberg. A correct understanding of this iceberg will undoubtedly have a different impact on one's growth. Therefore, counselors should actively explore the inner "iceberg" of each student, change the inner psychological state of students, and establish their positive and healthy outlook on life and values. Every part of the deep layer of the iceberg is connected and inseparable. Slight changes in one part can affect the entire iceberg system[7]. After understanding the inner iceberg of college students, counselors can influence the external behavior of college students by changing parts of the iceberg or the entire iceberg system. By using the iceberg theory of Satir model, counselors can help college students discover their true self, change their psychological state, and improve their psychological capital. In addition, counselors can also use Satir meditation techniques to deal with students' negative emotions and guide students to explore the underlying causes of these behaviors through the appearance of behaviors. In the process of guidance, instructors can help students discover their inner treasure and let them know what their "self" in the depth of their iceberg, so as to achieve the ideal effect of the integration of body and mind, which promotes better study and life.

4.2. Emphasis on Positive Guidance

Satir thinks that everyone is unique, equal, and has positive resources to grow. At the same time, such resource is an effective way to help them solve their problems in the growth process and promote personal success. Moreover, Satir adheres to the view that human is kind by nature and holds the positive outlook on life. She believes that everyone has the power of good will and the potential for positive development. Therefore, therapists should focus on the positive part in the process of psychotherapy and help clients to find healthy and positive internal resources, rather than focusing on those pathological and negative parts. As for counselors, they should always communicate with students in an appreciative way in daily life, so as to perceive the positive resources of students, discover the advantages of students, and then take corresponding measures to strengthen and internalize the advantages of students in their work. As a result, students can affirm themselves and believe in their potential. For those students who have negative emotions about life, it is more necessary for counselors to awaken their inner pursuit and guide their positive inner strength. Therefore, these students will no longer be lost in the mood of anxiety but can use their initiative to find and integrate internal resources to solve their own problems.

Satir model also emphasizes the self-worth for everyone, which requires the instructors to appreciate the uniqueness of each individual. Instead of just defining students by their behavior and individual performance, counselors should get to know the inner world of students and explore the expectations, desires and selves hidden behind the behavior of each students. In their daily life and work with students, instructors should take the initiative to create appropriate opportunities to help students explore themselves, improve self-esteem and sense of self-worth, so as to achieve the ideal effect of the integration of body and mind. Moreover, counselors should also accept the original nature of life, understand the real selves of students and abandon excessive expectations on students' performance. This will make it easier for students to accept themselves, their family of origin and growth experience, so as to constantly improve themselves and live a more real and wonderful life.

4.3. Group Psychological Counseling

The interpersonal relationship of college students will affect their physical and mental health. The iceberg theory and communication posture of Satir model are beneficial to the development of harmonious interpersonal relationship. The application of Satir model in group psychological counseling can effectively enhance and improve the interpersonal relationship of college students, thus contributing to the construction of healthy personality of college students. The traditional Satir model usually refers to a therapeutic relation consisting of family members and therapists. This relation achieves a more open and flexible state by bringing about changes for family members and the entire family system. However, due to various practical conditions and environmental factors, Satir model is no longer limited to the family members of a particular family, but gradually evolved into a new form of therapy —— Satir model group psychological counseling. Some researchers have found that Satir model group psychological counseling has its unique advantages in improving the interpersonal relationship of college students compared with the general structured group counseling. Firstly, it can build a harmonious and safe group, increase the sense of security of group members in activities, and promote members' to actively share and experience. Secondly, it can realize mutual affirmation, appreciation and praise among group members, which is conducive to secure and positive emotional experience of group members. Thirdly, it can make the diversified interpersonal interaction among group members, which is conducive to the more comprehensive self-awareness, self-exploration and self-acceptance of group members. Fourthly, it can facilitate mutual sharing, support and interaction among group members, which is conducive to consolidating learning and the occurrence of changes [8].

The Satir model of group psychological counseling is suitable for Chinese individuals under the influence of Chinese culture, so it is suitable for the cultivation of healthy personality of Chinese college students. Colleges and universities should take group psychological counseling as an auxiliary tool of college students' mental health education. Through careful study and proper use, counselors should integrate it into students' daily lives. Moreover, counselors should also guide students to learn and apply the correct posture for maintaining good interpersonal communication, so that students can change their postures, feelings, perspectives, expectations, aspirations and vitality toward themselves and others.

4.4. Innovation of Education Model

Based on humanism, Satir model pays attention to the development of personal resources and takes personal growth as the orientation. It aims to improve the individual's sense of value and responsibility, so as to give full play to the individual's maximum potential and correctly realize one's own positioning. Colleges and universities should strengthen the application of Satir model in teaching activities through the innovation of teaching mode and the reform of teaching methods. Teachers in colleges and universities should also integrate the five elements of the Satir model including systematizations, positive orientation, experiences, focus on change, and self-application, into the whole process of teaching to promote students' personal and professional growth. Specifically, the traditional learning model in which teachers led and student follow should be changed, and the students' learning experience should be enhanced through role playing. In addition, methods for teachers and students to discuss learning objectives together can be adopted to increase the interest and participation of students in class. It can also eliminate students' resistance to learning and promote students' initiative. The diversified study life promotes the growth and development of students in all aspects.

In addition to classroom teaching, ideological and political education is also an indispensable part of the healthy personality training of college students. The process of ideological and political education of college students is not only the process of interaction and growth between teachers and students, but also the process of teachers transferring value orientation and

information to students. As the backbone of ideological and political work in colleges and universities, counselors play a guiding role in correcting college students' thinking, solving problems in growing up, and cultivating sound personality. With the continuous development of information media, college students also have new characteristics. Influenced by social, school and family factors, the new generation of college students have too strong self-consciousness. They are often full of personal subjective feelings and are unwilling to accept the education of parents and teachers, which is detrimental to ideological education and the development of student work. This proves that the traditional parental authority and imperative education is no longer suitable for today's college students. Therefore, counselors should constantly explore the most popular methods and technologies that are deeply rooted in the hearts of students and can be most associated with the growth motivation of college students. By contrast, Satir model is such a technology that can be applied to the ideological and political education of college students. With a basic view consistent with the overall goal of ideological and political education in colleges and universities, Satir model focuses on the connection between the soul and the power of self-growth with simple and clear theoretical system. Therefore, Satir model is simple and convenient to use and is not limited by the space and time of education, either for instructors or teachers. The practical cases prove that the application of Satir model in ideological and political education of college counselors not only enriches the educational methods of college counselors, but also accords with the characteristics and laws of college students' physical and mental growth. All in all, it plays an obvious role in improving college students' sense of self-worth and self-efficacy, cultivating college students' sense of self-consciousness and collective responsibility, and constructing harmonious internal relations.

5. Conclusion

To sum up, Satir model has significant advantages in cultivating healthy personality of college students and can be widely applied to the education of contemporary college students in China. As the government attaches great importance to the cultivation of college students, the overall development of college students is an issue of common concern in the whole society. Through the application to counselors' daily work, Satir model can scientifically, effectively and feasibly help college students solve psychological problems and build healthy personality. Therefore, students can adapt to the social environment quickly and this can lay a solid foundation for students's future study, work and life.

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