

A Study on The Self-Regulation of College Freshmen's Self-Consciousness

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Abstract: Most college freshmen can maintain a healthy and upward mental state, but after entering the new environment, there is often a gap between the ideal and the reality. The ideal of their own should be excellent and praised by the people, but the reality is often not satisfactory, or interpersonal difficulties. The desire for the ideal and the dissatisfaction with the reality will not only make people feel anxious and distressed, but also lead to the fluctuation of college freshmen's self-awareness and affect their mental health. Based on the theory of self-consciousness, this paper analyzes the main reasons why college freshmen can't adapt to college life: insufficient ideological preparation, insufficient ability to withstand pressure, inaccurate self-understanding, excessive pursuit of goals, self-centered and so on. In view of the above reasons, it is proposed that college freshmen can self-regulate by correctly understanding themselves, setting reasonable goals, learning to put themselves in other people's shoes, humbly listening to opinions, resolving negative emotions, strengthening the sense of responsibility, and actively making improvements and changes. Through the analysis and discussion of this paper, it is expected to help college freshmen build up a positive self-awareness system and maintain a healthy mental state.

Keywords: Self-Awareness; Self-Knowledge; Self-Experience; Self-Regulation; College Students; Palingenesis

1. Introduction

When freshmen enter the university campus after the college entrance examination, their learning style and living environment have undergone great changes. In this state, their

self-consciousness is bound to be strongly impacted, resulting in some conflicts, contradictions and disorientation, resulting in inadaptability to college life and even failure to complete their studies. In this process, conscious self-regulation is needed to help build a positive self-awareness system and maintain a healthy mental state.

1.1 The Connotation of Self-awareness

Self-awareness refers to people's awareness of themselves and their relationship with the objective world. It is a multi-dimensional and multi-level psychological system and the core of the personality regulation system [1], which is their cognition of themselves, including physiological conditions (physiological self), psychological characteristics (psychological self) and their relationship with others (social self). The self is a complex collection of many elements [2], including physiological (physical attributes, such as height, weight, appearance), social (such as role, status, relationship, power), psychological (psychological characteristics such as temperament, personality, interests, emotions, ideals) three aspects [3]. Self-awareness is the process by which people are consciously aware of their own psychology or behavior. It is also a process in which a person turns himself into an object as an object in his conscious activity to know himself. According to the theory of self-difference, individual self-concept includes three parts: ideal self, supposed self and realistic self[4]. When an individual perceives a gap between the real self and the ideal self or between the real self and the supposed self [5], can produce negative, aversive psychological experience.

1.2 What Constitutes Self-awareness

Self-awareness consists of three components, namely, self-knowledge, self-experience and

self-regulation [6]. Self-knowledge is the subjective self's cognition and evaluation of the objective self, that is, the cognition of their physical and mental conditions, including self-feeling, self-concept, self-concept, self-impression and so on. Self-experience is the emotional experience generated by the subjective self to the objective self, that is, the emotional experience generated by a person in the process of recognizing himself, which is generated on the basis of self-knowledge, reflecting whether a person accepts himself, and the degree of acceptance, affirmation, love and respect for himself [7]. Self-regulation is the will component of self-consciousness, which is the control of one's behavior, thoughts and words to achieve self-desired goals and serve self-realization. The specific performance is to initiate and stop, that is, to support a certain behavior, restrain the behavior that has nothing to do with the behavior, and prevent the behavior that is harmful to the behavior.

2. The Problem Expression of College Freshmen's Self-consciousness

Most college freshmen today are mentally healthy, but there are some problems. Next, this paper will take small A as an example to elaborate the analysis. Xiao A, a college freshman, performed very well in high school and always ranked among the best in his grade, which made him get a lot of praise from teachers and parents. In college, he wanted to continue to strive for good grades in order to maintain this sense of academic superiority. However, contrary to his wishes, although he studied very hard, he found that his performance was mediocre, so he began to doubt his learning ability, denied his value, there was a delay in completing homework, the learning enthusiasm was not high, and the heart was extremely contradictory, confused, irritability, anxiety and anxiety were born from this [8].

The situation of little A is common among college freshmen. In terms of self-cognition, he always thinks that he is an excellent student, but in reality, it is difficult to continue to stay ahead in the university. Because the distance between the expected value and the actual value in self-cognition is too wide, he loses his sense of superiority in self-experience, is not satisfied with himself, and then doubts himself

and negates himself. Good self-experience contributes to the development of self-regulation. Poor self-experience leads to Little A's lack of self-regulation, failure to effectively restrain his own behavior, allowing himself to delay his homework, and no longer active in learning. This will only form a vicious circle, and finally he can't finish his studies.

As a freshman, facing the new environment of university, the increase of academic difficulty and the change of learning content will make people feel powerless in study and life, and the sense of loneliness in the new environment will also make people feel confused and hesitation. Especially for freshmen admission, most college freshmen have been serving as various class cadres since childhood, thinking that they have the ability and experience, and originally wanted to contribute their own strength to the class committee and the league branch, but they may be repeatedly defeated in the election, resulting in a very lost heart.

All of this discomfort comes from the gap between the ideal me and the real me [9]. The ideal of oneself should be excellent, praised and liked by everyone, but the reality is often not satisfactory, or not good at school, or difficult in interpersonal communication. The desire for the ideal self and the dissatisfaction with the reality of the self will not only make people feel anxious and distressed, but also lead to the fluctuation of college freshmen's self-awareness and affect their mental health.

3. The Inner Causes of the Influence of College Freshmen's Self-consciousness

The society, school and family have to reflect on the problems of college freshmen's self-consciousness, but the main reason lies in the individual. From the perspective of college freshmen, the main reasons for self-awareness problems are the following.

3.1 Mentally Unprepared

College freshmen have just graduated from high school, and their thinking has not completely changed from the thinking of high school, and they have not jumped out of the habits of high school, and they are not ready to accept the new environment, nor are they ready to accept the changes and gaps brought by the new environment. The way of learning in college is completely different from before.

There is not only no teacher to urge students to accompany, but also a lot of content to be completed by self-study, and even what to learn is not specified by the school, and you need to think and choose actively. These huge changes, freshmen can not imagine and are not prepared, after entering the school, it is difficult to cope with.

3.2 Insufficient Ability to Withstand Pressure

Most college freshmen have a simple experience and have been cared for by their parents until they grow up. They have rarely or not been challenged by pressure since childhood, and have been focused on their studies without encountering too many difficulties. The daily life is too smooth, and the result of the development is that there is no accumulation of psychological quality of pressure resistance, no experience and wrestling in the real society, no development of a strong anti-pressure psychology, and no establishment of a complete anti-pressure system. When encountering gaps and difficulties in the new environment, they cannot adapt and adjust their emotions in time, and turn pressure into motivation.

3.3 Lack of Self-knowledge

Cognitive bias is almost everyone's own difficult to overcome limitations, this kind of bias every moment to deceive people's correct understanding of the facts. People selectively see what they want to see; Misleading yourself into believing some of your own assertions even if they are false. For example, most people think they are smarter and more tolerant than the average person -- even though this is statistically impossible. As Thomas Chilovich says in his book *How We Know It's Not True*, 70 percent of high school students believe they are better at leadership than their peers, and only 2 percent believe they are worse at leadership than their peers on average. What's more, in the new environment of university, there are many changes, including course content, course difficulty, interpersonal relationship, etc., self-understanding should also change accordingly. However, soon after freshmen enter the university, their self-understanding still stays in high school and fails to adjust in time, resulting in a certain gap between the ideal and the reality.

3.4 Aiming too High

Many college freshmen are high school standouts, accustomed to being seen as role models by parents and teachers, accustomed to receiving praise and affirmation from others. Therefore, after entering the university, they often still hope that they can harvest adoring eyes like in high school, so they set goals higher than the current situation, so that the ideal and the reality do not match. With the rapid development of today's society, college students are faced with the problem of continuing to study and employment when they enter college. Families and society have high expectations for college students, believing that they must have a bright future if they go to college. This kind of high expectation brings college students greater psychological pressure, resulting in college students losing the direction of progress .

3.5 You're Self-centered

People who are self-centered tend to focus excessively on themselves and often lack understanding and compassion for others, which makes it more difficult for them to form good relationships with others. Self-centered people tend to only see their own needs and interests without considering others, and this behavior may lead to social discord and conflict, and easily bring oppression, harm and injustice to others. Most college freshmen are only children, accustomed to a central position in the family, and carry this habit into the university's collective life. However, in a group, they are often not the center, self-centered behavior will also lead to individuals to feel isolated and dissatisfied to a certain extent, so that their hearts have a sense of gap and loneliness, resulting in mental problems.

4. The Self-regulation of College Freshmen's Self-consciousness

In view of the psychological problems of freshmen above, students need to actively respond to them, build a positive self-awareness system through self-regulation, and maintain a healthy mental state.

4.1 Get to Know Yourself

To complete the role transformation [10], jump out of the positioning of high school, think

about their own current situation, fully understand themselves, grasp the relationship between themselves and the group and their position in the social group, and make proper evaluation of themselves [11]. Even if the grades in the current class are not top, it does not mean that they are not excellent. Because on the one hand, the university is full of high school students from all over the country, and everyone is not weak in the excellent group. On the other hand, after entering college, grades are not the only measure, nor the only goal to strive for. One should not compare oneself with others, but strive to be the best version of oneself.

4.2 Set Reasonable Goals

Make adjustments in time according to your current situation in college, abandon unrealistic goals, retain and establish reasonable goals, and achieve the match between ideal and reality. Do not pursue excellence in their own shortcomings, to be good at their own strengths, develop their own sense of self-esteem and pride. Do something worthy of their own efforts, do not care too much about the evaluation of others. If everything is perfect, it will become an obstacle. May wish to choose what you can do well, to complete with dedication, can make yourself more confident, better life.

4.3 Practice Empathy

With people, most people are always opinionated, think that what they think is right, do not understand empathy. In life, you must learn to put yourself in others' shoes, because how you treat others, others will treat you. Treat others as you would like to be treated, which is a good quality that all people should have. College freshmen should learn to think about the rationality of their own behavior from the standpoint of others, not only consider their own feelings, but also get used to the new collective life and truly become a member of the collective. Straighten out your own position, get out of your own small world, put yourself in other people's perspective to see the problem, not only pay attention to yourself, but also respect the opinions of others, care about the feelings of others. Napoleon said: "Know how to put yourself in others' shoes, can really stand in others' position to see the problem, consider the

problem, and can actually help others solve the problem, the world is yours." Giving people roses, hands have lingering fragrance, know how to think in others' place, is also the biggest feedback to themselves.

4.4 Be Open to Suggestions

As the saying goes, "those who are in the know know better than those who are in the know." Sometimes others are better able to see our mistakes than they are themselves, so as to give us favorable opinions. When others put forward opinions on their own goals or behaviors, they should be able to listen to them humbly, and make timely adjustments according to reasonable opinions to make them more in line with their current situation and narrow the gap between ideal and reality. "Bitter medicine is good for disease, but honest advice is good for action." If we can humbly listen to the opinions of others and learn to respect the opinions of others, we will certainly supplement and help our own understanding. Listening to the opinions of others is equivalent to sharing the knowledge and experience of others, and you have the support and respect of others. Because when others give opinions or suggestions to you, they must be well thought out, or they are their own past experiences and lessons, which are valuable assets for you and can greatly broaden your horizon.

4.5 Let Go of Negative Emotions

Lu Yao said: Life is always like this, can not make people everywhere satisfied, but we also want to live enthusiastically. No one's life is always smooth sailing, everyone will experience a variety of unpleasant things in life, do not lose heart because of a unpleasant. Maintain adequate sleep and regular work and rest, adhere to moderate exercise to effectively pleasure the body and mind, you can also talk to friends, classmates, parents or seek professional help, timely release their negative emotions, so as to face the study and life with full emotions. In fact, negative emotions are not terrible, as long as the correct attitude to face and deal with negative emotions, you can effectively maintain their physical and mental health, to avoid being troubled by negative emotions.

4.6 Strengthen Your Sense of Responsibility

Everyone exists in a certain social relationship, must conform to the needs of The Times, otherwise the cognition of self may be misplaced. Consciously assume the responsibility of "the rise and fall of the country, every man has the responsibility", take the initiative to find the position of self, so that the connection between self and society is always in a positive state, so as not to lose oneself in the rapidly changing society. Therefore, we should constantly adjust ourselves to enrich ourselves, practice to keep pace with The Times, and promote the maturity and perfection of self-awareness.

5. Conclusion

As future pillars of talent, college freshmen need to establish a correct sense of self, have a good mental health state, improve their comprehensive quality, become an outstanding talent for the construction and development of the motherland, to share the country's worries, to solve the country's difficulties, for the country's responsibility, the ideal of life into the realization of the great rejuvenation of the Chinese nation in the struggle, youth writing on the land of the motherland.

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