

A Study on the Causes and Effective Methods of College Students' Rebellious Psychology

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Abstract: *College students' rebellious psychology is a kind of negative rebellious psychology. Once this negative rebellious psychology is formed, it will seriously damage college students' mental health and thus affect their learning efficiency. Therefore, understanding the main manifestations of college students' rebellious psychology, understanding the main process and causes of the formation of college students' rebellious psychology, and exploring effective methods to prevent and eliminate college students' rebellious psychology have very important practical significance for improving the effectiveness of college students' ideological education and teaching quality. On the basis of introducing the basic concepts of rebellious psychology and college students' rebellious psychology, this study expounds the importance of the study of college students' rebellious psychology, explains the main manifestations of their rebellious psychology, analyzes the main reasons for the formation, and explores the effective methods to prevent, in order to eliminate college students' rebellious psychology for your reference.*

Keywords: *College Students, Rebellious Psychology, Reasons, Effective Methods*

1. Basic concepts

1.1. Rebellious psychology

Reverse psychology (Reverse psychology) refers to a state of mind where people act in the opposite attitude and words and deeds in order to maintain their own self-esteem. Teenagers often appear when someone else is "not taught", "disobedient", often with the educators "contradict", "fight against it". This kind of behavior runs counter to the common sense, with the abnormal psychological state to show their own "clever", "extraordinary" behavior, often come from the "reverse psychology". Reverse psychology may occur at different stages of the adolescent growth process, and has many manifestations. Negative, resistance to ideological education and code compliance, contempt and confrontation, and so on. [1]

In foreign countries, the word "reverse psychology" is called psychological inversion, psychological reverse concept and psychological reverse theory was put forward by the American psychologist Jack Brehm in the 1960s. "Psychological inversion theory" hypothesis: everyone believes that he (she) has a set of free behavior in the present or the future, if free behavior is cancelled or threatened, will arouse the individual to produce a designed to restore threatened freedom or prevent other freedom loss of motivation, the aroused motivation state is called "psychological reverse". [2-3]

In China, the term "reverse psychology" was first written by Shandong Li Chunbo in 1986. The article titled "Reasons for the reverse psychology of ideological and political work", which was originally published on April 8, 1986, 7 of the Publicity Department of Shandong Provincial Party Committee on April 8, 1986. In the same year, the Monthly of Shandong Academy of Social Sciences, Shandong People's Radio, and the internal journal Theory Exchange. At that time, there was no entry of "reverse psychology" in the dictionary, and the only entry in the 1997 revision was "reverse psychology", but there was still no entry of "reverse psychology". At that time, Li chunbo's article defined "reverse psychology" as reverse psychology, or reverse psychology, which was a negative psychological trend and behavior tendency of people under the influence of the accumulated experience stimulated by something in the past.[4,5,6]

1.2. College students' rebellious psychology

Reverse psychology, refers to the objective environment and the main body need does not meet a kind of psychological activity, with strong emotional color, namely with strong resistance (rebellious

psychology is in the needs of the main body and the real situation does not fit, the main body inner unique emotions, reverse psychology has intense and significant aversion).[7]

Reverse psychology refers to a negative resistance or tendency of college students to be tired, disgusted or rejected. [8]

A psychological activity produced when the objective environment is not consistent with the needs of the subject. Sui Xu's strong resistance is his dissatisfaction or aversion after being pressure by the group, society or others, or even his antagonistic behavior without considering the causes and consequences.[9]

Reverse psychology is a kind of opposite and abnormal emotional experience and behavior tendency opposite to most people, which is reflected in all aspects of our daily life. The reverse psychology in ideological and political education in colleges and universities is the outstanding performance in ideological and political education of college students. [10]

The essence of the kind of reverse psychology of college students is a negative resistance psychology, once this negative psychology is produced, it will form a more fixed thinking mode. Reverse psychology is a kind of reverse attitude of students in the process of education. From the perspective of moral education, it refers to the emotions and behaviors of the educational object that are opposite to the wishes of the educators, and the wrong attitude such as boredom, indifference, disgust and resistance.[11]

Reverse psychological phenomenon is widespread in education activities, so the "college students' ideological and political education in reverse psychology" this definition can be summarized as: the educated in the process of accepting ideological and political education, because of the ideological and political education and its original cognition does not fit to the ideological and political education content, ideological and political educators and related requirements show strong aversion. [12]

This paper only discusses the rebellious psychology and its countermeasures among college students.

2. The importance of research on college students' rebellious psychological problems

In recent years, one of the focus of social attention is the mental health problems of college students. Some college students drop out or quit school due to psychological problems, such things are increasing, and then there are more extreme events such as suicide or homicide.[13]

Among them, reverse psychology has become a more psychological phenomenon in the research of ideological and political education of contemporary college students. This psychological phenomenon has attracted the attention and research of many sociologists, psychologists and educators. The reverse psychology of college students has become a hot issue in the ideological and political education research in colleges and universities. It is a psychological phenomenon, an abnormal emotional experience and negative psychological activity. [14]

This paper tries to take this special social subject as the research object to explore the causes of college students' rebellious psychology and countermeasures. Ideological and political teachers in colleges and universities carefully analyze the causes of rebellious psychology and seek countermeasures and corrective measures, which not only has extensive social value, but also has great practical significance for cultivating and improving the five views of personality spirit of Marxist national, national, historical and cultural views.

3. Main manifestations of college Students' rebellious psychology

3.1. Boredom in the form of ideological education

With the rapid development of the Internet, college students have more and more opportunities to surf the Internet. Some students spend hours of hours online chatting, playing games and watching movies every day, and some even stay home all night. It can be seen that the life status of college students has changed rapidly. Therefore, if the form of ideological and political education is monotonous, rigid, lack of flexibility, did not seize and use a variety of new carriers of ideological and political education form innovation, then, is bound to cause students' disgust and weariness.

3.2. Resistance to ideological educators

Disrespect for ideological and political educators. College students have strong self-esteem, strong personality consciousness, and are sensitive to the external stimulation experience, so they always have an internal aversion and resistance to the criticism and help from others. Even if they are wrong and others are right, they also refuse to accept it. They often refuse to obey the tasks assigned by ideological and political educators. At the same time, there is no denying that some ideological and political educators themselves are not high in quality, not strict with themselves, have low prestige among students, and lack of communication with students, so students can not form a trust foundation, which also leads to students' resistance.

3.3. Aversion to ideological education content

The offered ideological and political education theory courses and textbooks can not make the students feel interested, but make them feel disgusted, and also form a blind resistance to the ideological and political education. Ideological and political education is mainly to use persuasion, example, evaluation, exercise and other aspects to improve the understanding level of college students, cultivate and develop students' ideological and moral character. Nowadays, many college students lack of interest in the ideological and political theory course textbooks, appear lazy, negative and idle attitude, this psychology will induce them to produce a series of resistance behavior. Specifically, the more ideological and political course teachers emphasize the importance of a certain theory, the more college students feel that this is just a high-profile singing, so they do not think so.

4. Analysis of the main causes of college students' rebellious psychology

4.1. Reasons for ideological education forms and methods

At present, most colleges and universities take a single teaching form in the ideological and political education activities, namely preaching and indoctrination. Long time of constant preaching and indoctrination make students feel boring, easy to produce a sense of fatigue, and finally evolve into disgust and rejection. In fact, the ideological and political education methods are diverse and targeted, but in some colleges and universities, they not only do not reflect their diversity, but also ignore the importance of teaching students in accordance with their aptitude. The same educational method is adopted for all students.

4.2. Reasons of ideological educators themselves

And our higher education has made great progress, The ideological and political education of college students has also made great achievements, But as things stand, Still not satisfactory, Some ideological and political educators do not have a high theoretical literacy, Knowledge structure aging, Narrow scope of knowledge, Teaching forms and means can not keep up with the development of The Times, Unable to satisfy the desire for knowledge of college students, It is difficult to give a reasonable explanation of the various social hot spots and suspicious issues raised by students, Thus affecting the image of the educators themselves, Reducing the effect of ideological and political education, Make students gradually have distrust of ideological and political educators, Then to the ideological and political education to produce the reverse psychology.[17]

4.3. Unbalanced development of colleges students' psychological process and some special hearts

Personality characteristics are the basis of reverse psychology, while college students' cognition and understanding of the society are relatively insufficient, and their psychological endurance is weak. This contrast is easy to form psychological discomfort and contradiction. At the same time, college students have repeated emotional changes and ups and downs, will quality and self-control ability is easy to extreme, once some stimulation by the outside world, such as learning burden, one's deceased father grind, employment pressure, interpersonal frustration, etc., will produce an objective environment and the subject demand does not conform to the feeling, leading to psychological irritability, dissatisfaction and even disgust, and show some aspects of the reverse psychology.

5. Effective methods to prevent and eliminate college students' rebellious psychology

5.1. Establishing a high-level ideological education team

Colleges and universities are required to establish a high-level ideological education team. Only when the quality of ideological education workers is comprehensively improved, can college students truly have a sense of trust in ideological educators, and thus prevent the emergence of rebellious psychology.

5.2. Work hard on the forms and methods of ideological education

We should adhere to the principle of psychological guidance guided by prevention and development, establish a good mental health education environment, and combine ideological education with mental health education, so as to strengthen the construction of campus culture, and form a good psychological atmosphere.

5.3. Improving the quality of college students

College students' rebellious psychology to ideological education is largely determined by their own quality. Therefore, it is particularly important to improve the ideological and theoretical quality of college students. It is necessary to carry out correct education, inculcate reasoning, dredge and guide, convince people with reason, pay with true feelings and move people with feelings, so as to strengthen students' mental health education. [15]

5.4. Improving the relationship between ideological educators and college students

We should strengthen the equal interaction between ideological educators and college students, enhance the emotional communication between teachers and college students, in order to eliminate vigilance, win trust, and enable college students to truly participate in ideological education. [16]

6. Conclusion

On the basis of introducing the basic concepts of rebellious psychology and college students' rebellious psychology, this paper expounds the importance of the study of college students' rebellious psychology, explains the main forms of their rebellious psychology, and analyzes the main reasons for the formation of rebellious psychology, in order to explore the effective methods to prevent and eliminate college students' rebellious psychology, and shares them with everyone.

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