

A Study on the Causes of Students' Poor Learning Attitudes and the Social Psychological Countermeasures to Change Them

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Abstract

At this stage, with the continuous improvement of the quality of life and education, students at all levels of education are facing great pressure of learning and competition in life. If these pressures are not relieved or solved in a timely manner, the lighter they affect daily life and learning, the more serious they cause mental health problems such as depression and anxiety, and even the horrible idea of ending their lives prematurely. Therefore, educators must pay great attention to students' learning status and mental health, and if students are found to have bad learning attitudes, they must promptly understand the causes of their bad learning attitudes and, on that basis, develop and implement effective psychological guidance and mental health education programs to alleviate students' learning stress and mental health problems. In social psychology, students' behavior is the main influencing factor of learning mental health, behavior and mental health have a close relationship, through student behavior patterns and changes in learning attitudes can understand the psychological characteristics and health status of students. Therefore, many educators analyze the causes of students' poor learning attitudes based on social psychology, and develop and implement effective mental health education countermeasures to improve and transform poor learning attitudes.

Keywords: *Causes of Students' Poor Learning Attitudes; Social Psychology; Countermeasure Research*

1 INTRODUCTION

Students are the main force of China's social development, and improving students' mental health and learning ability can promote students' overall development and cultivate socialist successors who meet the requirements. Students' learning attitudes and mental health issues have always been a concern, and learning attitudes are closely related to mental health. Therefore, when providing mental health education and psychological guidance to students, teachers will judge students' mental health status according to their learning attitudes, and then develop and implement effective mental health education countermeasures to finally improve students' mental health, change students' poor learning attitudes, improve students' learning quality and efficiency, and promote students' overall development ^[1].

The main factors affecting students' learning attitudes are family factors, social factors, school factors and individual student factors, so the following analyzes the causes of students' poor learning attitudes from these aspects, and then analyzes effective countermeasures based on social psychology to change students' poor psychological attitudes, so as to improve students' poor learning attitudes and mental health status, and also to promote students' healthy physical and mental growth and overall development.

2 SOCIAL PSYCHOLOGY CONNOTATION

"Social psychology" is a psychological discipline that specializes in the study of community psychology, group psychological characteristics, social behavior and social activities, and is an important part of the psychological system and belongs to the community psychology research branch. The ultimate goal of social psychology is to

explore the psychological changes of people or communities at a certain stage of development, and then to find the laws of psychological activities, the state of psychological activities and the content of psychological activities according to the characteristics of psychological changes, and on this basis to intervene in the behavior and psychological changes of individuals or groups by means of some simple psychological state fluctuations, to correct the wrong behavior and psychology in time, and to promote the development of psychological health ^[1-2]. From the perspective of contemporary college students, social psychology is actually the study of the thought patterns and logical ways of individuals or communities by repeatedly observing the characteristics and behaviors of their psychological changes, and then understanding the interpersonal relationships, community interactions, and speech development of individuals or communities in the process of psychological individualization practice activities, and finally implementing effective psychological behavior interventions.

3 CAUSES OF STUDENTS' POOR LEARNING ATTITUDES

There are many reasons that lead to students' poor learning attitudes, including family, school, social and personal reasons. Family, school, social and personal reasons are all influencing each other and interacting with each other, see Figure 1.

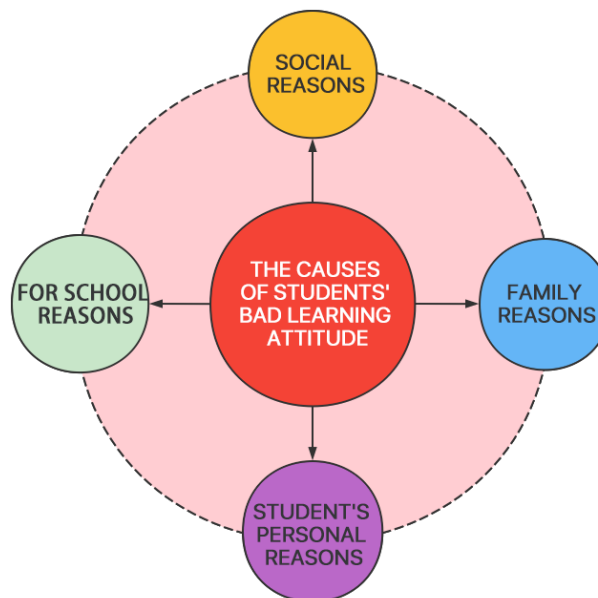


FIGURE 1 RELATIONSHIP BETWEEN THE CAUSES OF DIFFERENT BAD MENTAL ATTITUDES

3.1 Family-Related Reasons

It is often said that "parents are the first and best teachers of their children. Many students have been influenced by their parents' behavior and psychology since birth, which leads to different parents with different personalities and psychological characteristics having different effects on students. For example, parents who are cheerful and psychologically positive will raise children who are lively and cheerful and have a positive attitude toward life, with a strong sense of adaptability and autonomy, but also have some problems of being too dependent on their parents, which can lead to some bad attitudes toward learning. In contrast, parents who are introverted, calm and have weak psychological self-regulation ability will bring a lot of negative effects to their children, although there are also positive effects, but the negative effects are much greater than the positive effects, so the children raised by such parents are more likely to have low self-esteem, self-abandonment and other bad psychology, which will lead to bad learning attitudes ^[2].

In addition, many children who live in single-parent families or with collateral relatives such as grandparents have more or less psychological problems, such as anxiety, irritability or even depression, and if they are not given timely mental health education and treatment for mental illnesses, they will easily develop various kinds of violent

behaviors or give up on their studies and other bad learning attitudes, which will have a more negative impact on the future life, study and work of such children. This will have a negative impact on the future life, study and work of these children.

Although many parents pay close attention to the physical and mental health of their children, they also show their children the way to development and teach them learning methods based on their own learning and life experiences. However, many parents ignore their children's actual situation and real thoughts, and just blindly impose their own ideas and ideals on their children without communicating effectively with them. Over time, children will become bored with their parents and rebellious, and under the influence of these undesirable psychologies, children will become bored with school or even give up their studies and other bad learning attitudes ^[3].

3.2 Reasons for Social Aspects

The more complex the social environment and the faster the social development, the greater the psychological pressure and learning pressure caused to students, and if effective psychological guidance is not provided to students in time, it is easy to produce psychological problems such as depression and anxiety, and these psychological problems will cause students to have an aversion to learning, and even promote bad trends such as These psychological problems can lead to students' boredom and even promote bad trends such as money first, hedonism, and uselessness of studying, which directly hinder students' healthy physical and mental growth and overall development. In addition, the impact of various foreign cultures, ideas and high-tech technologies in contemporary society has led to the transformation of many students' outlook on life, worldview, values and learning, and the frequent emergence of hedonists, egoists and climbers. This makes students spend less and less time and energy on their studies, and they even give up their studies because they are addicted to online games, which has a negative impact on their future studies, life and work ^[4].

3.3 School-Related Reasons

The higher the level of education, the better the educational facilities and the more advanced the educational system, the better the curriculum and the degree of innovation, and the strength of the teachers, all affect the students' learning attitudes. The relevant survey shows that about 25.8% of institutions have the problem of imperfect educational facilities and imperfect curriculum system, for example, many institutions in remote mountainous areas have imperfect educational facilities and curriculum system because of underdeveloped transportation, low level of economic development, low financial and technical investment, and lack of teachers, which make students who come to school have bad learning attitudes such as boredom, negative learning, and dropping out of school ^[5]. Even though many students are able to overcome the school environment factors to study in a practical manner, they still have problems such as absenteeism, fighting, and concentrating in class. For example, many classroom teachers think that "students do not miss class, do not fight, pay attention to class, and do their homework carefully" is the best learning attitude, but if we want to cultivate students into high quality and qualified socialist successors, this is However, if we want to cultivate students into high-quality and qualified socialist successors, these are far from enough ^[6].

3.4 Personal Reasons for Students

The survey showed that more than 40% of students said that "their own inability to learn effectively, their limited comprehension, their poor foundation, and their bad study habits are the main reasons for their bad learning attitudes. Although family, school and society all have some influence, but more often than not one's own initiative is the key to learning, so personal reasons have the greatest influence on bad learning attitudes ^[7]." Other experts have learned through extensive literature and survey reports that "students' cognitive level, choice, self-regulation ability, expression ability, adaptability, emotional energy, genetic inheritance, etc., all directly affect students' mental health and learning attitudes, and the higher the cognitive level, the stronger the self-regulation ability and adaptability, the stronger the students' independent learning ability and the easier it is to The higher the cognitive level, the stronger the self-regulation and adaptation ability, the stronger the students' independent learning ability and the easier it is to develop a good learning attitude. Conversely, it increases the incidence of poor learning attitude problems ^[8]." For example, if a

student is humiliatingly reprimanded by a teacher in middle school or high school, the student will hate studying subjects related to the teacher's teaching for the rest of his or her academic career, and may even become vindictive, bored, and abandon the school.

3.5 The Degree of Influence of Different Reasons on Students' Poor Learning Attitudes

The degree of influence of different reasons on students' bad learning attitudes through the "questionnaire survey on the causes of bad learning attitudes of 1200 college students in an institution" shows that family reasons have the greatest influence on bad learning attitudes and are the main reason for students' bad learning attitudes, followed by personal reasons, school reasons and social reasons. The specific survey results are shown in Table 1.

TABLE 1 RESULTS OF A QUESTIONNAIRE SURVEY ON THE STUDY ATTITUDES OF 1200 COLLEGE STUDENTS IN AN INSTITUTION

Main Reasons	Number of Students	Percentage
Family Reasons	486	40.50%
Personal Reasons	392	32.67%
School Reasons	256	21.33%
Social Reasons	220	18.33%
Multiple Reasons	155	12.92%

4 PSYCHOSOCIAL RESPONSES TO TRANSFORM STUDENTS' POOR LEARNING ATTITUDES

4.1 High Importance of Mental Health Education for Students

First of all, teachers and parents need to attach great importance to students' mental health education and create a good school environment and family environment for students, so as to help students establish the correct three views, improve their self-regulation ability, adaptability and independent learning ability, and ultimately improve their mental health. Secondly, we need to increase the publicity and education of "mental health education" and "social psychology" to improve the overall importance of mental health education and social psychology awareness of teachers and students, so as to lay the foundation for the subsequent mental health education work [9]. Finally, students should be encouraged to face their bad experiences, learning difficulties, and life stresses to help them quickly return to their normal living and learning conditions, so that they can quickly adapt to the new environment.

4.2 Focus on the Use of Rewarding and Motivating Teaching Methods

As we all know, people like motivational language and prefer to listen to positive and praising words in conversation and communication, which can motivate people to live more actively and enhance their self-confidence to better face various difficulties in life, study and work. Therefore, many institutions have actively used the appreciation and motivation teaching method in mental health education based on social psychology to build students' self-confidence in learning and also to satisfy their psychological needs such as being affirmed and appreciated, thus improving their mental health and giving them enough self-confidence to cope with various difficulties and eventually forming a good attitude to maintain serious learning in the long term [10].

4.3 Make Full Use of the "Persuasive" Role of Teachers and Parents

Both teachers and parents are key figures in the students' growth and are the main mentors in the students' future development and life journey. Therefore, both teachers and parents should actively play their role of counselling to guide the students to deal with various difficulties and problems in life and learning. The effective measures to play the role of persuasion are as follows: first, adhere to the "student-oriented" principle, both teachers and parents need to understand all aspects of the student's study habits and characteristics, life habits and characteristics, life experience, etc., before persuasion, and then choose the appropriate persuasion methods and programs on that basis,

to ensure that persuasion will not make The students should be able to choose the appropriate persuasion methods and programs to ensure that the persuasion will not cause students to resist and to improve the persuasion effect. Secondly, teachers and parents should attach great importance to communication with students to protect the communication of learning and life. In the process of communication, students with bad learning attitudes and psychological problems should not be forced to make changes in a short period of time, but should first analyze the causes of bad learning attitudes, and then develop and implement a persuasion program according to the causes and the students' reality ^[11]. Finally, we should try to get along with students as equals, such as communicating with them as friends outside of class, in order to close the distance between teachers and students, parents and children, and create a good campus learning atmosphere and home learning atmosphere, so that students can establish a correct learning attitude in a relaxed and pleasant environment and improve their psychological health.

4.4 Lowering Students' Self-defense

First, weaken the student's own guardedness. In the process of changing attitudes, the expresser tries to avoid giving definite conclusions in a commanding manner, and moderately weaken their own precautions by diverting the attention of others. Secondly, psychological guidance to students should follow the concept of "moving with emotion and reasoning", fully grasp the reasons for students' poor learning attitudes, and then subtle penetration of psychological health education and guidance into the topics related to learning attitudes. Finally, in the process of psychological education for students, the harm of poor learning attitudes can also be discussed through relevant actual cases to enhance the persuasive power. Although the fear of reminders by school teachers can have a significant negative impact on students' attitudes, teachers must be aware of the extent to which they can do so. Excessive fearful reminders cannot motivate primary and secondary school students to develop the right habits for independent learning ^[12].

In addition, a good reference group effect needs to be developed. For example, if one student in a classroom group has a poor attitude toward learning, while others have a more serious attitude toward learning, this student is bound to feel depressed when his or her attitude toward learning is not in line with others, which in turn motivates him or her to change the state of the reading mind.

5 CONCLUSIONS

All in all, many students have had problems with poor learning attitudes. Some students will self-regulate and then quickly return to a normal or positive learning state. Some students, on the other hand, because of their weak self-regulation ability, parents' lack of concern, school teachers' neglect, etc., lead to the persistence of bad learning attitudes and even the emergence of many mental health problems, such as depression and anxiety and other psychological problems, which affect students' healthy physical and mental growth in the lighter cases and threaten students' life safety in the heavier cases. Therefore, educators must pay great attention to students' daily behaviors and learning attitudes, analyze the causes of students' bad learning attitudes as soon as they are found, and develop and implement effective countermeasures to change bad learning attitudes according to the causes and social psychology, so as to help students quickly solve the problems of bad learning behaviors and attitudes, reduce students' learning stress, and finally achieve the goal of promoting students' physical and mental health. The goal is to promote students' physical and mental health.

In social psychology, "students' bad learning attitude" is essentially a behavior "out of control phenomenon", which can be managed by external coercive means, such as communicating with students immediately when students' learning attitude is found to change suddenly, and providing psychological guidance and ideological and political education to students. For example, we can immediately communicate with students when we find a sudden change in their learning attitude, and provide psychological guidance and ideological and political education to students, and if necessary, work out a reasonable education plan with parents to help students change their attitude and develop good learning habits in time.

Based on this, the above briefly outlines the connotation of social psychology, then analyzes the causes of students' bad learning attitudes, and finally analyzes the ways to change students' bad learning attitudes based on social

psychology from the aspects of increasing the importance of students' mental health education, focusing on the use of rewarding and motivating teaching methods, giving full play to the "persuasive" role of teachers and parents, and lowering students' self-defense. The effective countermeasures to change students' bad learning attitudes are analyzed in the hope that they can play a positive role in the actual work of students' learning guidance and mental health education.

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