

A Study on Inert Psychology of College Students and Control Countermeasures

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Abstract

Inert psychology refers to the indolence in doing things, depression, low expectations of a negative mental performance. In college students' group, the inert psychology is a kind of common psychological phenomenon, which severely influences and restricts the students' learning and development. From inert psychology of college students, this paper has carried on the detailed elaboration about its manifestations, the forming reasons and so on, and put forward some thinking and suggestions about control countermeasures, in order to promote the healthy development of the contemporary college students in growth and success.

Keywords: College Students, Inert Psychology, Control Countermeasures

College students are valuable human resources and the construction backbone in a country. At present, most college students are able to correctly understand their opportunities and challenges entrusted by the era, and study hard with a positive and progressive attitude. But there are some college students who are not as good as being desired. Facing complicated college life, some college students show seriously psychological inertia, have no interest in learning, tend to procrastinate. Their thoughts and behaviors often drift with the current. They desire to succeed but are reluctant to take pains.^① All this is bad for their healthy development in body and mind, which we must attach great importance to and take concrete and effective measures to solve.

1. The main manifestations of college students' inert psychology

1.1. Procrastination

"Procrastination" refers to "slowing what should do immediately to the future and pushing the decision that should take timely action to some day." [□] there is some Procrastination and delay actions in a part of college students, which is actually a kind of apparent mental inertia. Many college students are often going to do or promise to do one thing, and know that they should or must do, but they always like to put off it until the last minute. This kind of "cramming" and "tomorrow and tomorrow" phenomenon is an irrational behavior. This tendency is often reflected from quite a few students in their study, work and life. They always delay things, such as sparing no efforts in study, staying up late before the examinations, and even attempting to cheat in the tests, seldom washing clothes until the last piece of clothing and so on. Actually a lot of students know it is not good to procrastinate, but still delay what has been decided. Many students often resent this behavior and determinate to do never again. However, soon after, it will relapse and make these students in a new round of emotional suffering.

1.2. Conservatism and Conformism

Human beings' thinking is dynamic and creative but also backward, conservative in some aspects. Many people tend to be on the conventionality of inherent rational knowledge and form the rigid mode of thinking. On the behavior they are of conformism and blindly follow others, which is actually a kind of psychological inertia performance. In thinking and learning, some college students are showing this reluctance to innovation and consideration and have the parrot inert state of mind. Confucius said: "learning without thought is labor lost; thought without learning is perilous" ^③. Some students cannot understand and apply the dialectical unification relations between learning and thinking, learning without thinking, thinking without making a breakthrough. Even if they have made a breakthrough, they don't dare speak themselves out and resort to actions. Gradually it evolves into a habitual inert psychology. For example, some students lack the initiative to explore and the spirit to think independently. Some students even plagiarize others' academic achievements. What's more, there are some students doing things like "going with the flow", lack of the ability to initiatively analyze what is wrong or right, etc. This kind of Conservatism and Conformism is unfavorable for the healthy growth of college students and makes them lose the spirit of innovation and enterprise.

1.3. Anaclisis

Contemporary college students belong to the generation of "90 after". They are apples of their families' eyes all the time. They rely heavily on their families both in life and study, which causes that these students have poor ability in self care, independent thinking, judgment and communication. They show a lack of confidence, always have difficulty in solving problems separately, and want parents, teachers or friends to make decisions for them. On learning, they hope teachers give sufficient guidance. In the home they completely depend on their parents. That they exhibit a variety of strong dependent psychology is, in fact, a kind of manifestation of serious inert psychology.

1.4. Fantasy

There is another manifestation of Contemporary college students' psychological inertia ---fantasy. The characteristic of the "fantasy" is divorced from reality and allows desires to take the place of actions. Contemporary college students are all with great ambitions, but these ambitions only exist in their thinking world because of inertia. They cannot put big dreams into practical actions, which turn into soaring ambitions and fantasy dreams. Although these college students know it's impossible to make dreams come true, if they don't resort to practical actions. However it's easier to daydream rather than take actions. At this moment, the inert psychology in their inner world would get the upper hand and let them voluntarily continue to stay in the dream. As ancient Chinese philosopher Wang Yangming said: "If you only know it but don't do it, everything would be unknown[□]". Although it's more interesting to build a castle in the air than build castles in the ground, pavilions built high in the sky will never have a solid foundation[□].

2. The reasons why college's students' inert psychology formed.

There are many reasons for the inert psychology that college students behave, mainly, they are as follows:

2.1. The imbalance of Chinese education model

If a student can enter into college, he must have received at least 12 years' primary and middle school education. However, there exist huge differences between primary, middle education model and high education model, namely, imbalance. The two scholars of Chinese academy of sciences Ma Dayou and Qi Kangzeng once commented our country's present education model as follows: "primary school spoils things by excessive enthusiasm, middle school is exam-oriented education, college is free and undisciplined."[®] in primary and middle education, the teachers and school try their best to make students learn more, and get high scores, and parents handle every logistic work for the students, in this way, making their growth lack the developing of studying and living habits, and losing the ability and spirit to think and decide independently, which buries hidden danger for the appearing of their inert psychology. And when they enter into the relaxing college campus environment, they suddenly lose the past high pressure and arranged things. Many students will feel at loss, some even feel that they have achieved their goals in study, and they can stop to have a rest. Then they won't set their goals for a longtime in college, and loose requirements in study. They only pursue a pass in exams, and get into laziness in life. Very often, they just drift along and have nothing to do and let laziness breeding and spreading in them.

2.2. The complexity of Social environment impact

Marxist philosophy pointed out that men are social beings. Man who lives in a certain social environment is inevitably influenced by social environment. University students are undergoing the key period of their life, and they did not shape their world view completely, moreover, they have little social experience and the ability to control themselves is limited, so they can be easily tempted. A research indicates that the students in the university town of Hangzhou averagely possess 11 hours' leisure time, to our astonishment; they spend the 11 hours mainly on Internet, amativeness, mahjong and etc. Those activities are time consuming, energy wasting, and healthy unfavorable, so they are more likely to abandon

their studies and become demoralized. Some unhealthy thoughts, for instance, money worship, hedonism have already lead many diligent, studious students go astray. Eroded by these entices, the positive spirits of the students was promptly taken up by inertia. When they retrospect, inertia tops the barrier to struggle out.

2.3. College students' own internal causes

Contemporary college students' severe inert psychology is not only caused by the external causes, such as school education, social environment and so on, but also their internal causes which cannot be ignored. Through internal causes the external causes work, besides, a person's specific behavior is ultimately determined by his/her internal causes. Therefore, fundamentally speaking, the formation of college students' severe inert psychology is because of their own defects in many aspects: 1.They have no targets and are all at sea. Having gone through the "Black June" and entered the university which has relaxed and free atmosphere, many students are unable to find new goal and know nothing about what to do, therefore, they live in a carefree and relaxed life and do nothing with the mentality of "taking it at a time; 2.They lack the scientific and good living and learning habits. British writer William Makepeace Thackeray once said that "sowing of behavior may reap a habit, sowing of habit may reap a character, sowing of character may reap a destiny". However, most college students fail to develop a good habit of learning and living and lack the ability of self-consciousness and self-control, which become the breeding ground of their inert psychology; 3.They lack the willpower of hard-work and persistence. Su Dongpo, a famous Chinese writer once said that the ancient people who was successful not only had exceptional talent but also had unflinching will. While many college students cannot undergo difficulties and hardships, never do things with perseverance and fear to face setbacks. And all of these negative psychological factors make them behave like a very lazy person in their college life.4.They lack innovation spirit and the practice ability. "Innovation is the soul of a nation and an inexhaustible motive force for the prosperity of a country". "National prosperity and rejuvenation is an inescapable historical responsibility of every college students"^⑦. However, some students often be overcautious and daren't challenge and make breakthrough. In the end, what they can only do is to accept mediocrity without doing anything. All of these push our God's favored one into the abyss of inert psychology.

3. Control countermeasures of college students' inert psychology

The formation of passivity has seriously affected the development and growing of contemporary college students. And students who are in lazy state always feel guilty, self-condemned and regret but cannot find a way to extricate themselves although they are willing but unable. Therefore, it's very necessary to analyze and research contemporary college students' inert psychology and find a countermeasure to control it. And the author provides some suggestions:

3.1 The improvement and optimization of external environment

3.1.1 To deepen educational reform and eliminate the drawbacks in the system of traditional education

The drawbacks in Chinese traditional educational system are the fertile soil in which students' inert psychology breeds. The "high pressure" in elementary and secondary education and the "liberal" learning style in higher education cause the imbalance of the educational mode in our country, objectively, both of which are not conducive for students' overall development. Therefore, we should deepen educational reform to overcome the drawbacks in traditional education systems. On one hand, we should change the traditional "spoon-feeding" teaching method in elementary and secondary education, guide students to learn independent study and cooperation and study, make students become the discoverers, proposers, analysts and solvers of problems, arouse their enthusiasm and creativity, cultivate their innovative and practical ability and the spirit of braving difficulties and assiduous study; On the other hand, higher education should change such a loose management mode, strengthen the construction and supervision of the implementation of the system, exert proper pressure on students with strict regulations and discipline, promote them to overcome their negative lazy mood, control their loose behavior. In this way can the cradle of training talent truly cultivate qualified talents in the 21st century.

3.1.2 To change the traditional family education idea and pay attention to the cultivation of children's good quality of will

Family is the cradle of every person, and parents are the first teachers of children. Children's growth cannot be independent of family education. Family education is a very important way for children to develop self-care and independent problem solving ability, good ideology and morality, healthy psychological quality and noble personality. In the traditional family education of our country, parents arrange children's affair completely, dote on their children and pay much more attention to intelligence than emotion and ability. These phenomena are very common in China, which are one of the important factors that contribute to the formation of inert psychology. Therefore, traditional concept of family education should be changed. Parents should inspire children to put forward their own action targets, formulate corresponding plan of action and do what they can do. When they encounter frustration, they should be encouraged to face the difficulties and overcome them. Only in this way can they be cultivated to develop good quality of will, independent thinking ability and independent problem solving ability, which can also avoid the formation of inert psychology.

3.1.3 To purify social environment and atmosphere so as to provide conditions for students' healthy growth

In today's complex social environment there are so many negative factors which are the catalysts for the formation of inert psychology. Both the government and the society should pay attention to contemporary students' healthy growth. On one hand, they should offer students healthy activity places. Especially the local government, they should spare no effort to renovate the surroundings of campus, resolutely ban the entertainment venues which are bad for students' development of sound mind and body, and offer more activities involving literature and art, physical culture and science and technology to attract

students to take part in healthy activities. On the other hand, the whole society should vigorously carry forward positive and sound social atmosphere and build harmonious atmosphere of public opinion. After that, the society should guide students to establish scientific view of the world, life and value, cultivate them to build optimism and confidence, and resolutely resist the corrosion to people by various erroneous ideological concepts, such as money-worship and hedonism. Besides, the press should propagandize more about successful persons' experiences to conduct students to learn their indomitable and diligent spirit, by learning from which, they can try their best to eliminate their inert psychology in life and make their life goal come true.

3.2 The improvement and optimization of personal quality

3.2.1 To maintain positive and aggressive

A successful American scholar, Napoleon once said, "Don't let your mind makes you become a loser"

^⑧. Contemporary college students always meet all kinds of setbacks, difficulties and worries. But some of them don't have positive spirit and choose to give up facing difficulties, making their dream a beautiful fairytale. All of these are due to the function of all kinds of inert psychology, such as self-humiliation, fear of difficulties and retreats. Actually being in trouble doesn't mean failure. As long as we are optimistic, aggressive and brave enough to face difficulties and struggle, there is nothing we cannot do and all the setbacks and difficulties can be overcome. That's what we called power of positive mentality, which can conquer the passivity hidden in your heart. We should try to understand the meaning of life and feel the happiness stemming from the heart every day. Smiling and being confident, we can be the master of ourselves even though we cannot be the master of world.

3.2.2 To cultivate strong will of indomitableness

The willpower is the core strength of one's character. Chinese educator Tao Xingzhi once said, "Either the intelligence or enthusiasm for learning is not enough for successful learning. And strong will is also needed to overcome difficulties and finally succeed in learning." Whether contemporary college students can stick to the right value when face all kinds of complex social tempt and whether they can stick it out when face difficulties depend on strength of the willpower to a great extent. Weak-willed people are easy to bend their knees to inert psychology and give up their personal beliefs, seek pleasure and comfort and finally become the slave of inert psychology. While people who have strong willpower will set up goal for themselves, conquer their inert psychology while carrying out the goal, improve their self-control ability, overcome all kinds of difficulties and finally achieve the goal and success. Therefore, we can see that will is power and victory, and only with strong will can one create success and miracles.

3.2.3 To develop a good habit of life and learning

Success is the dream of every college student; their dreams always vanish like soap bubbles because of their inert psychology, such as procrastination, dependency, daydream and lockstep and so on. The root cause is that they are swayed by a kind of power, the power of habit. Good habit cannot only make one more educated, competent and knowledgeable, but also drive them to persist in what they are doing and conquer

the inert psychology. Good habit of life and learning is an indispensable catalyst of success. While bad habit is the hotbed of inert and it will make one slow in thinking and their capacity and quality decline, and finally become the grave of life and dream. Therefore, the contemporary college students must strengthen the cultivation of their own behavior, start from every little thing in life and remind themselves of keeping a good habit of life and learning every now and then. Then these lovely college students can eventually grow into healthy, happy, responsible and useful pillars of state and society.

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