

Analysis on the Psychological Causes of "Lying Flat" Behavior of Contemporary Vocational College Students

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Abstract: In today's Society, the word "lying flat" is used by many young people, as well as some college students have begun to adopt the psychological strategy of "lying flat" . Mainly in: learning motivation, low sense of self-efficacy, self-planning confusion and excessive dependence on mobile phones on these four behaviors. From the point of view of psychological reasons, this paper puts forward some strategies and methods to deal with the "flat" mentality of contemporary college students from the aspects of improving self-efficacy, engaging in social practice, promoting active self-identity exploration and improving self-management.

Lying flat is an Internet buzzword in recent years, first appearing in an online article "young people under high housing prices, " in which the author states, "No matter how housing prices rise, I have laid flat... ." The term "lying flat" is frequently used in young people's daily lives. It represents a low-desire lifestyle, not marrying, not consuming, not buying a house, and having a good time at work. The term "flat" was originally used only by young people entering and leaving the workplace . Recently it has been discovered that, the word has also started to be mentioned frequently among college students, representing the attitude of some college students toward life: losing the motivation to struggle and study hard, living everyday, and having a "sense of powerlessness" for the future, feel that rather than their choice to study hard into the fierce competition to choose laissez-faire, Carpe Diem lifestyle . The common behaviors in schools are: lack of enthusiasm, indifference and dependence on mobile phone in the face of teachers'well-designed teaching curriculum and all kinds of extra-curricular activities organized by schools. Youth is the hope of national development, it should be the most energetic and enterprising groups . In view of the present university student "lies flat" the behavior, we should not only criticize and persuade them from the moral aspect, but also pay attention to their psychological state, analyze the psychological reasons and needs behind the "lying-flat" behavior, and find an effective way to solve the "lying-flat" behavior reasonably.

1. The Concrete Expression of "Lying-On-The-Ground Behavior" in Higher Vocational

College Students

In the early stage of the study, 387 students from Fujian Vocational College of Shipping Administration and Communications were randomly selected to conduct "one-to-one interviews" , it is found that the "flat" behavior of vocational college students is mainly manifested in the following four aspects: low learning motivation, irregular daily life, heavy dependence on mobile phones, confused future planning. At the same time, "learning motivation scale" , "mobile phone dependence scale" to conduct a correlation study.

1.1. Learning Motivation is Low,

As a college student, learning is still the most important task of school life. The results showed that the students with the attitude of "lying flat" showed a low desire in learning motivation, and there were no specific or relatively high learning goals, in a "just pass" or "same as everyone" herd mentality. They don't care about their grades or their scholarships. More than 80 percent of the "flat" students chose to copy other students' work to cope with the problem. In the class performance, more than 85 percent of the "flat" students chose to play with their cell phones or sleep in class, more than half thought they could listen carefully to the topics they were interested in and ignore the others. At the same time, "learning motivation scale" was used to measure all students.

1.2. An irregular Daily Routine

Irregular daily routines and self-management are also important indicators of college students' progress towards adulthood. In interviews with self-described "lying down" students, more than 83 percent said that, except for class time and students to go to the classroom, the rest of the time in the dormitory to sleep, play Games and reunion with students; hardly set a reasonable daily life schedule.

1.3. Heavy Reliance on Mobile Phones

Which have become a habit of many people in recent years with the use and popularity of mobile phones and the prevalence of various applications. Another problem that comes with the convenience of mobile phones is that they rely on behavior. Not only will cell phone dependence take up too much time of college students, but because of the passage of time, many college students will have the negative emotion of remorse and self-blame, which will lead to the decline of self-efficacy, affect the establishment and completion of learning goals and self-management.

1.4. Confused Planning for the Future

More than 75% of students interviewed and questioned said they had no clear plan for their lives for the next five years, this degree of confusion also led to their study during the low goals and low self-management, unplanned life.

2. Analysis of Psychological Causes of Lying Down Behavior

Based on the data collected from the interviews, 387 students were measured with the mobile phone dependence scale and the learning motivation scale. The results showed that there was a negative correlation between learning motivation and Cell Phone Dependence ($P < 0.05$), indicating that there was an interaction between learning motivation and cell phone dependence.

2.1. Cognitive Narrowness and Prejudice Due to Cell Phone Dependence

Mobile phone dependence is a comprehensive behavior problem, which can not only affect students' self-efficacy, but also affect their self-future planning. At the same time, for college students whose cognitive development is not perfect, over-reliance on mobile phones as a way to communicate with the outside world or to understand information, or even as a main learning tool, will lead to the narrow-minded and prejudice of cognitive development, forming an information cocoon. Serious even affect the establishment of a healthy and reasonable outlook on life, world outlook and values. Most of the students who hold the psychology of "lying flat" are influenced by the culture of "mourning" on the Internet. They think that the way of rising in the society is narrow, or they believe that "fighting for one's father" is better than their own efforts, and they believe the so-called dark stories and conspiracy theories on the Internet. Take a negative attitude towards the result of one's efforts. This error and narrow-mindedness leads students to hold a "flat-back" attitude: Since all efforts are fruitless, it is better to give up the effort to enjoy the comfort of the sensory pleasure of the moment.

2.2. Unstable Values Caused by Incomplete Self Identity

The university stage is an important stage of self-identity exploration. Whether self-identity can be well formed is closely related to one's future life choice, happiness and sense of life meaning. The establishment of self-identity means that the individual and himself have a full understanding, can combine the past, present and future of self into an organic whole, and establish their own ideals and values, and the future self-development to make their own thinking. Although colleges and universities are emphasizing the concept of comprehensive education and teaching students in accordance with their aptitude, there is still a lack of systematic models, effective intervention methods and scientific verification. However, today's hedonism and the influence of network culture lead to the students' lost values, the students' high-level needs are not met in time, resulting in the disappointment and the imbalance of growth needs, the gap of psychological expectation caused by the inner conflict between personality and traditional rules. Some students can only adopt the psychological strategy of "lying flat" as a new psychological defense mechanism.

2.3. Lack of Motivation and Self-Efficacy

For Higher Vocational Students, the reasons for the lack of learning motivation are: improper mastery of learning methods and strategies; low self-efficacy, thinking that they "are not the right material for learning"; being influenced by their classmates, Crowd psychology; dissatisfaction with teachers, disapprobation leads to a decrease in enthusiasm for learning, and self-efficacy is reduced because of the influence of others' comments and the evaluation of authority figures such as parents and elders. This low level of self-efficacy and negative cycle leads students to take simply

do nothing will not fail to "lie down" psychological defense strategy.

3. Psychological Coping Strategies for "Lying Down" Behavior

3.1. Fully Stimulate the Learning Motivation and Improve the Ability of Self-Learning Management

In view of the reasons for the lack of learning motivation of college students, the following three points can be improved: first, to encourage students to take the initiative to share effective learning methods, to help students increase their sense of learning efficacy; second, to broaden students' horizons, set reasonable learning goals by evaluating the strengths and weaknesses of individuals. In the process of achieving the reasonable learning goal, students experience the joy of achievement and self-management, and promote their self-management ability, understand the "flat" student group in the dormitory or class, and give positive intervention and correction; finally, strengthen the school-family co-education. The teacher in charge of a class, a counselor or a teacher takes the initiative to care about the situation of the students, to understand the recent problems, and to help and solve them within the appropriate scope. Enhance the relationship between teachers and students, and build up the confidence to face the learning life.

3.2. Build a Healthy Sense of Self Efficacy and Promote Healthy Exploration of Self Identity

To improve self-efficacy is "positive affirmation and recognition of oneself, positive cognition and evaluation of one's own ability and value", which is a multi-dimensional and multi-level psychological structure. First of all, college students have objective and accurate self-evaluation is the basis of a healthy sense of self-efficacy. To teach students to look at their own strengths and weaknesses, the formation of their own acceptance and acceptance. At the same time, the school carries out mental health service to help students learn the positive psychological suggestion method, and can apply the positive suggestion to their daily study, life and interpersonal communication. Secondly, forming a reasonable sense of self-efficacy also needs good feedback from others, because vocational students' sense of self-efficacy is generally based on the evaluation of others, such as the quality of school, the level of academic achievement and the strength of family economic status. Therefore, it is necessary to guide college students to adjust their self-knowledge model, miscognition of interpersonal communication and common misbehavior model. Cultivate the spirit of independent thinking, master the appropriate learning, life skills, reduce the dependence on teachers, parents, elders and peers. Finally, build a positive and healthy campus public opinion environment: some social organizations, such as the Internet media, will create anxiety by one or two public events, label the group of College Students, and Mislead College students about their wrong values. Counselors and head teachers should pay attention to such public opinion events in time, correct their biased cognitive conclusions by positive and correct educational methods through heart-to-heart talks and class meetings, and cultivate an active and independent cognitive model.

3.3. Increase Social Engagement and Reshape the Right Cognitive Model

College students just from the three-point line of the end of secondary school into college life, the understanding of society is very poor and superficial. Only the real social work in order to have a real sense of life, to form their own outlook on life, world view and values, will not copy others, by the thoughts of others. At the same time, putting oneself into social work and life can constantly hone the emotional quotient of college students, help them overcome difficulties and face setbacks reasonably, and then reshape the correct cognitive model. To be able to see and deal with failure and suffering correctly, will be able to stimulate their own motivation, better understanding of their own and conduct management and supervision of their own behavior. At the same time, it can also strengthen the psychological capital of students, and stimulate better shape and cultivate a positive outlook on life. At the same time, attention should be paid to the cultivation of students'induction model in the face of setbacks and failures, to establish objective and reasonable attribution cognition, and to get rid of negative attribution model. School education should make use of positive psychology skills to help students change their thinking patterns and avoid falling into negative emotions such as regretting the past, being dissatisfied with the present and worrying about the future. It's about using behavior to channel anxiety and worry.

Finally, we should pay attention to the release and adjustment of emotions, learn to express negative emotions reasonably, and reconcile with negative emotions. Don't let "lying down" become a common way to deal with stress and negative emotions. In a word, college students should be the most hopeful and vigorous group in a country. We can not simply exhort and restrain the contemporary college students from the moral high ground, but from the psychological point of view to fully understand and analyze the causes of their behavior, only in this way can guide students to have positive values in life.

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