

Study on Frustration Education for College Students and Its Strategies

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Abstract: Frustration education is an important unit in quality education for college students since cultivation of modest frustration endurance is one of the vital indicators of their harmonious development. It is an critical task for higher education institutes to correctly understand frustration education for college students, actively deal with existing problems, and finally carry out the education with rationality and efficiency.

Fierce competition under current environment exposes college students to more challenges and pressures than ever before, while a serious lack of psychological quality and frustration endurance in college students has directly led to psychological disorder and mental diseases among them, causing impacts on the development of their character and their capability of adapting to social life, and even bringing about the destruction of personal life and social disharmony. Therefore, cultivating resistance of college students to frustration is a long-term subject that calls for attention and effective solution from schools, families and the whole society.

1. Frustration Education and the Status Quo of Frustration Endurance of College Students

Problems such as academic dissatisfaction, family conflict, interpersonal conflict and love failure are often encountered by students among which some take extreme and regrettable measures, only to hurt others or destroy themselves in the end. The vulnerability of their mental health and inability to deal with setbacks can be clearly seen in their acts. The reason for these extreme treatment methods is also directly related to the neglect of education and cultivation of survival consciousness, psychological endurance and willpower for college students.

In recent years, various psychological diseases, forced suspension, dropouts, and even suicides have occurred among college students due to their lack of anti-frustration ability. Among them, the increase in the number and frequency of suicide has already been one of the common but thorny phenomena. When students encounter setbacks, most of them negatively resort to avoidance instead of solution or taking a calm attitude towards those problems. Meanwhile, the incorrect attribution of setbacks further worsens their mental health. The emergence of these problems is quite often the result of their incorrect understanding and approach on setbacks. Poor psychological endurance to setbacks among college students has been a disputable fact.

Judging from factors giving rise to frustration, they can be roughly divided into two aspects. One

is about objective environmental factors, such as unsatisfying environment at the campus itself, inadequate construction of campus culture, teachers, school teaching and living equipment and management methods. Factors like these will impede the development of college students' personality and cut down their ability to resist setbacks to certain degrees. Another is concerned with subjective factors. College students belonging to this one-child generation have neither the experience of independent living nor the ability to adapt to the new environment. They hold fickle passion for learning, and do not arrange learning time and plan with efficiency. In getting along with their classmates, their lack of communication and self-based approach to considering problems are often brought to the surface. After problems arose, they tend to attribute their failure to external factors and find excuses out of their habit. Various factors mentioned above directly lead to vulnerability of college students to encounter setbacks in school life. At the same time, they cannot properly deal with and solve problems, resulting in regrettable results.

2. Strategies of Promoting Frustration Education

Frustration education is based on the differences among individuals, which means that its method will not be one-size-fits-all. At the same time, frustration education is a systematic project, which requires joint cooperation of schools, families and the whole society.

2.1. Promotion of Recognition and Proper Treatment of Frustration

It can be found in the long-term practice of frustration analysis that the frustration of college students largely comes from misconception of frustration and negative psychology. Therefore, the primary task of frustration education in colleges is to make students correctly understand setbacks through various ways, improve their psychological endurance and cognitive level concerning frustration, cultivate students' psychological basis to meet setbacks with composure at any time, so as to mitigate their trauma suffered from setbacks.

Cognitive education on frustration includes three aspects. First, being objective about frustration. The fact that nothing on earth is perfect should make us learn to accept imperfections and explore happiness from them. Second, treating setbacks dialectically. We are bound to encounter all kinds of difficulties and setbacks. Despite being stroke by setbacks, people are destined to become mature. Third, facing setbacks bravely. In the face of setbacks, we should establish the correct attitude towards failure and learn to use setbacks to stimulate our will.

2.2 Accurate Grasp of Psychological Characteristics of College Students and Scientific Implementation of Frustration Education

According to the psychological characteristics of contemporary college students, mental health education courses shall be set up to maintain and promote college students' mental health, help reconstruct and develop their personality, and improve their psychological adjustment and resistance to frustration. First, strengthen the education of outlook on life and improve the ability to resist setbacks. Encourage students to establish lofty ideals while making them realize that fulfillment of ideals is very difficult in that setbacks and struggle are inevitable, and that they should face difficulties with pluck. Second, strengthen interpersonal education and improve interpersonal skills. Guide and help in terms of interpersonal communication should be offered to college students. Also, honesty education shall be established to facilitate sincere interpersonal communication. In the mean time, attention shall be paid to the methods and skills to improve the interpersonal communication ability and promote the interpersonal communication of college students by building positive interpersonal psychology. Third, improve psychological counseling

system. For psychological problems among college students, they cannot be solved by mere preaching or traditional punishment. Therefore, each school should set up special health education and psychological counseling institutions to help students solve their inner pain through the scientific guidance of professionals.

2.3 Guidance for Students to Self Monitor Frustration Response

The biggest problem in life is to know yourself. In tackling and overcoming setbacks, self-monitoring is also a necessity for college students. The so-called self-monitoring refers to the process of active and conscious planning, monitoring, evaluation, control and regulation in which we view ourselves as monitoring subjects to achieve preset goals. It is of great significance to the development and improvement of independent problem solving capability for college students. The primary goal of frustration education is to guide students to self-monitor frustration response. Education to this point should focus on knowledge, coping styles and coping strategies about frustration.

2.4 Establishment of a Social Practice Platform for Frustration Education Implementation

As the saying goes, the children of poor families are in charge early. This shows that if college students know from childhood that there are difficulties inseparable from labor and sweat in life, grown up in under such an environment ,they will greatly shorten the college adaptation period and have significantly stronger anti frustration ability than other children of the same age. In view of the common problems existed among college students, such as weak sense of cooperation, poor coordination ability and excessive emphasis on self, colleges and universities need to move education from indoors to outdoors, contact units to provide students with various practical opportunities, or acquaint students with other vulnerable groups. Through participation in volunteer job concerning work and life issues, students will be aware that not everything in society is satisfactory and everyone has different troubles and difficulties. Compared with others, their current troubles or difficulties may be nothing at all. In this sense, more students will effectively improve their anti frustration ability and mental health level in activities.

2.5 Creation of Good Campus Cultural Atmosphere and Optimization of Living Environment of College Students

Campus culture is the soul of every university, an important part of the construction of spiritual civilization in Colleges and universities, and an effective carrier and platform to exercise and improve college students' ability of fighting frustration. When encountering setbacks, some college students always hover between positive strategies of overcoming setbacks and negative strategies of flinching and retreating. The surrounding interpersonal relationships and campus environment have a great impact on their choices. Therefore, colleges and universities should create a good group environment and campus environment for students, so as to cultivate their courage to overcome setbacks. First, strengthen the construction of campus environment and facilities, and beautify the educational environment. In a beautiful environment, people's mood will be unconsciously improved, and life will become happier and better. Second, improve humanized student management and help build harmonious interpersonal relationships. Build more activity platforms to help strengthen communication and exchange between teachers and students and among students. When interpersonal relations are harmonious, students' mentality will be more positive and optimistic, and they will be more capable in dealing with setbacks.

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