Analysis and Countermeasure Research on the Phenomenon of "Interpersonal Apathy" among College Students

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Abstract: With the development of society, interpersonal apathy has emerged among college students, and it's getting worse and worse. This article investigates the current situation of interpersonal apathy among college students through a questionnaire survey, we find four types of interpersonal indifference distortion, and communication is a crucial aspect of interpersonal relationships. So, we propose four measures to improve interpersonal apathy: carrying out colourful and positive campus cultural activities, offering courses on mental health education for college students, guiding college students to learn the art and concept of Interpersonal communication, guiding college students to actively improve their interpersonal skills.

1. Introduction

The term "interpersonal indifference" among college students refers to the negative emotional experience and reaction of college students who are indifferent to people and things they encounter, let them go, and avoid and retreat from interpersonal communication. From a psychological perspective, it is a self-evasive and retreating psychological response mode in which individuals let go of the setbacks they encounter, with a certain color of self-protection and self-defense. [1]

2. The Types and Manifestations of Distorted Interpersonal Apathy among Contemporary College Students

2.1. College Students Have an overly Strong Sense of Self Centeredness (Illegitimate Children, Self Centered Utilitarian Interpersonal Relationships)

Being self centered means understanding people and things only from one's own experience and perspective. The view of people and things carries a strong subjectivity, and one cannot be aware of others' views and viewpoints on the same thing. The vast majority of college students nowadays are only children, with little princesses and emperors at home. [2] They are accustomed to being surrounded by others and living in themselves for a long time. If others' opinions are different or opposite to their own, they will hold an opposing or even hostile attitude and cannot objectively

evaluate themselves; Self centered individuals tend to focus more on their own interests and needs in dealing with others, neglecting others' interests, being selfish, and unable to win others' likes and establish harmonious interpersonal relationships.

2.2. The Utilitarianism of Interpersonal Relationships among College Students is Becoming Increasingly Prominent (Self Centered Utilitarian Interpersonal Relationships)

Universities are half a society, and the 'value system' of society grows in universities. Some college students have a very obvious utilitarian nature in their interactions with others. They choose powerful, powerful and useful people to interact with. They regard making friends as an investment behavior. Once the investment returns or the person has no use value, they immediately abandon it and choose other people with more use value to interact. Some college students always choose someone with a good family background or financial condition when choosing a romantic partner, regardless of their emotional foundation; some students try their best to please their desired classmates in order to achieve a certain goal, and even make small sacrifices. When the goal is achieved, they give up friendship. In such a situation, interpersonal communication becomes a means to achieve benefits, with only permanent benefits and no permanent friends. [3]

2.3. The Psychological biases in Interpersonal Communication among College Students are becoming Increasingly Apparent (Inferiority Complex, Cold, Isolated, Closed Interpersonal Relationships, Shrinking Human-machine Relationships of Jealousy, Suspicion, and Vigilance)

Firstly, self-awareness bias can lead to feelings of arrogance or inferiority, leading to feelings of "interpersonal apathy". According to a survey, there are two opposing phenomena in the self-awareness bias of college students. One is overestimating oneself, manifested as arrogance and arrogance; The second is a low evaluation of oneself, manifested as self-belittling and self-belittling. Excessive evaluation leads to one's detachment from the class, causing isolation among classmates; Low self-evaluation leads to a serious sense of inferiority, excessive self-defense, and reluctance to socialize with classmates. It is not conducive to the handling of interpersonal relationships, leading to the emergence of "interpersonal indifference". Secondly, some college students have weaker ability to self-control their emotions, which also leads to "interpersonal apathy". [4] Some college students are more extreme in situations and tend to go to extremes. When others point out their shortcomings or disagree with their opinions, they lose their temper; alternatively, one may not be able to effectively control their emotions and easily vent their anger on others, thereby harming the emotions of their classmates and experiencing "interpersonal apathy" invisibly. The third is the psychological influence of selfishness. Some students always prioritize their own interests and overly consider their own name and interests. For example, some students, in order not to let others' exam results be better than their own, secretly do not tell students exam information and review materials, such as late at night and their lovers talk on the phone Congee, whether roommates can sleep in peace, as long as they are not on duty, they litter.[5]

2.4. The Artistic Lack of Interpersonal Communication among College Students is becoming Increasingly Evident (Inferiority Complex, Aloof, Isolated, Closed Interpersonal Relationships, Jealousy, Suspicion, and Guarded Shrinking Human-machine Relationships)

Firstly, with the increasing pressure of employment, many college students believe that graduation is equivalent to unemployment, forcing them to think more about their own future and not care or disdain for the affairs and decisions of others. For example, some college students

continue to study and learn during their school years, while others spend most of their time on social work to exercise their abilities, resulting in a lack of communication and exchange between classmates, It inevitably leads to distant relationships and indifferent emotions between classmates and roommates; Secondly, some students do not know how to care about others. For example, a male student from a certain university thinks that he has a good relationship with his roommate and wants to measure the level of attention he receives among his classmates. Therefore, he sneaks under his bed before his roommate returns. From day to night until the next morning, no student calls or sends a text message to inquire about his whereabouts and why he did not return to his dormitory, His roommate's reaction disappointed him very much, and he chose to be alone from then on. In the end, his relationship with his roommate was very indifferent.

3. A Study on the Release of Distorted Interpersonal Apathy among College Students

The venting of interpersonal indifference and distortion among college students is a complex theme that needs to be analyzed from different perspectives.

Firstly, the reasons for the distortion of interpersonal indifference among college students may include socialization, family background, personality traits, psychological health, and other aspects. Some studies have shown that college students experience a transition from parents and families to peers and society when transitioning to adulthood. This change may lead to tension and instability in interpersonal relationships, because they need to adapt to different Role and expectations. In addition, family background and educational experience may also affect the interpersonal relationships of college students, such as a lack of social skills and family apathy. Personality traits and mental health may also be factors that affect interpersonal relationships among college students, such as social phobia, autism, and emotional disorders. [6]

Secondly, there may be various forms of venting of interpersonal indifference and distortion among college students. Some college students may choose to be alone, not communicate with anyone, and not participate in any social activities. Others may communicate through virtual social media instead of face-to-face communication. Some people may choose to seek help from a psychologist or counselor, or participate in social skills training courses to improve their social skills.

Finally, various methods need to be adopted to address the distorted outlet of interpersonal indifference among college students. Universities can provide students with more social activities and resources, such as clubs, organizations, and social skills training. In addition, universities can provide better mental health services, including psychotherapy, psychological counseling and drug treatment. In addition, universities can also carry out mental health education activities to enhance students' awareness and awareness of mental health issues. At the same time, families and society should also pay attention to the mental health issues of college students and provide necessary support and assistance. The specific analysis is as follows:

Table 1: Do you think you have any obstacles in communicating and interacting with others?

	frequency	percentage	Effective percentage	Cumulativepercentage
Serious obstacles	155	22.9%	22.9%	22.9%
certain obstacles	242	35.8%	35.8%	58.7%
Occasional obstacles	209	30.9%	30.9%	89.6%
no obstacles	70	10.4%	10.4%	100.0%
total	676	100.0%	100.0%	

According to Table 1, a total of 676 people answered the question, of which 22.9% believed they had serious obstacles in communication and interaction with others, 35.8% believed there were

certain obstacles, 30.9% believed there were occasional obstacles, and only 10.4% believed there were no obstacles at all.

It can be seen that most people have a certain degree of communication and interaction barriers, and some even believe that they have serious obstacles. This indicates that there are many challenges in interpersonal communication, and some people may need more support and training to improve their communication skills. In addition, only a few people believe that they have no obstacles, which also reminds us to be more humble and inclusive when interacting with others.

Most people have certain barriers when communicating with others. These barriers may include language barriers, Social anxiety, insufficient communication skills, etc. These obstacles may lead to interpersonal problems, such as difficulty in establishing intimate relationships, inability to communicate and collaborate effectively in the workplace, and feeling awkward or insecure in social situations.

For those who believe they have serious or certain barriers, training and practice can be used to improve their communication skills, such as joining social groups, attending communication training courses, seeking psychological counseling, etc. For those who believe that they occasionally have obstacles, they can gradually improve their communication and interpersonal skills by realizing their shortcomings and actively seeking improvement.

In short, communication is a crucial aspect of interpersonal relationships, and people need to pay attention to their communication skills and constantly improve themselves to establish better interpersonal relationships.

Table 2: If your college roommate has a type you don't like, how would you get along with him/her?

	frequency	percentage	Effective percentage	Cumulativepercentage
indifferent	144	21.3%	21.3%	21.3%
Keep quiet	265	39.2%	39.2%	60.5%
Show or complain everywhere	173	25.6%	25.6%	86.1%
Privately seeking friends to share their grievances	94	13.9%	13.9%	100.0%
total	676	100.0%	100.0%	

From the above Table 2, it can be seen that 21.3% of people chose "A. be indifferent", 39.2% chose "B. remain silent (only seek peace with everyone)", 25.6% chose "C. show or complain everywhere", and 13.9% chose "D. privately seek friends to share their grievances".

From the data, it can be seen that most people choose to "B. remain silent" and hope to live in peace. This approach may make people feel dissatisfied, but it can also avoid causing unnecessary trouble or disputes. In addition, there are also some people who choose to "A. be indifferent", which may lead to further estrangement between each other. It is recommended to try to communicate and communicate more proactively while ensuring their own comfort.

In addition, some people choose to "C. Express or complain everywhere", which may make others feel uncomfortable. It is recommended to avoid excessive complaints and negative emotions when expressing their dissatisfaction.

Finally, some people have chosen to 'D. privately seek out friends to share their grievances'. This approach may help them relieve stress, but it is also important to be careful not to transmit negative emotions unnecessarily. It is recommended to seek advice and support from trusted friends or counselors when choosing this approach.

4. Research on Countermeasures for Distorted Interpersonal Apathy among College Students

4.1. Carrying out Colorful and Positive Campus Cultural Activities

Carrying out colorful campus cultural activities is one of the important ways to enrich students' lives and improve their overall quality. It is also the main way to strengthen good communication and exchange among classmates. At the same time, activities organized through dormitories, classes, clubs, and other organizations can not only enhance students' organizational and coordination abilities, but also cultivate their teamwork spirit.[7]   The various activities carried out must focus on the interests of students, have a high artistic atmosphere and ideological connotation in the content, and reflect the beauty and innovation of art in the form, attracting students to consciously and actively participate in the activities, and strengthening communication between classmates during the activities, promoting emotional exchange between classmates.

4.2. Offering Courses on Mental Health Education for College Students

Making a living from students. The main content of college students is learning. Each university can offer compulsory or public elective courses on mental health education for college students within its own campus, and impart psychological knowledge through various forms of psychological courses. This semester, I opened a public elective course on mental health education for college students. [8] Through teaching psychological knowledge of interpersonal communication in the classroom and conducting group counseling to promote interpersonal communication among college students, I helped students learn to interact with others in the classroom and achieved good results. Especially in group counseling, students learned to consider problems from the perspective of others and learned some skills in interpersonal communication, more importantly, I feel the warmth and friendliness of my peers during group counseling, opening up a closed mind.

4.3. Guiding College Students to Learn the Art and Concept of Interpersonal Communication

Good interpersonal relationship is an important guarantee for the healthy growth and success of college students. College students should master appropriate Interpersonal communication art and communication principles and skills, so as to improve the effectiveness and satisfaction of communication. In interpersonal communication, we should follow the five principles of equality, praise, empathy, tolerance, and integrity, and educate and guide students to learn and master basic communication skills.

4.4 Guiding College Students to Actively Improve Their Interpersonal Skills

The "indifference" mentality of college students greatly hinders their physical and mental health development. Therefore, it is extremely important to start from oneself and learn to have confidence and ability to handle interpersonal relationships. Evaluate and evaluate oneself objectively and fairly, without arrogance or belittling oneself. During college, actively utilizing various resources to strengthen one's physique, accumulate rich cultural knowledge, and maintain a healthy psychological quality. [9] Only by exploring and cultivating one's strengths and strengths can one establish self-confidence and overcome unnecessary inferiority in interpersonal communication; Master some interpersonal communication skills and methods, such as how to express one's own opinions, how to listen, how to actively engage in communication, how to resolve conflicts, etc. By actively participating in communication practice, improve one's communication ability and confidence; be good at relieving your Psychological stress and finding appropriate ways to release

your bad emotions. [10] It is normal for people to have emotions, but it is necessary to find appropriate ways to vent their emotions, such as talking to others, crying, and sports and so on, rather than emotional transmission and transfer.

5. Conclusions

The phenomenon of "indifferent relationships" among college students needs to be highly valued, and continuous research should be conducted from the perspectives of students themselves, their families, and schools in order to better address the spread of this phenomenon, continuously promote the improvement of students' interpersonal relationships, and promote their physical and mental health growth.

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