# A Probe into the Influence of College Students' Interpersonal Communication on Their Mental Health

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**Abstract:** Good interpersonal relationship is an important guarantee for college students' life. However, in real life, many college students face psychological problems in their interpersonal relationships, which seriously affect their study life, daily life and family life. In this regard, how to cultivate students' interpersonal skills, help them optimize their interpersonal relationships, and overcome psychological doubts has become the most important part of counseling contemporary college students' mental health. Studying at university level is the cradle of talent development. The development of interpersonal skills for college students is not only a prerequisite for modern society, but also a link that cannot be ignored in higher education. Contemporary college students in our country are in the stage of studying life and have mastered the important knowledge and understanding stage of society. The quality of their interpersonal relationship directly affects their life and study. However, if students want to develop good interpersonal relationships, they must overcome obstacles that affect their interpersonal communication process, master the skills and principles of interpersonal communication, and develop harmonious interpersonal relationships. This is the only way to help them achieve their goals in life, and the only way to learn the wisdom of others in all-round trials and competition.

## 1. Interpersonal communication and its effects

Interpersonal communication is also called interpersonal construction and interpersonal communication ability, which refers to the process by which people use verbal or nonverbal symbols to exchange opinions, ideas, express emotions and needs. Good interpersonal relationships can not only stabilize emotions and make people feel safe, but also deepen and develop personal confidence. For college students, maintaining healthy and harmonious interpersonal relationships is not only a need for university learning and communication, but also a need for society in the future. The development level of contemporary college students directly affects the overall development of mankind. In a sense, interpersonal adaptation is an inductive method, a manifestation of college students' social adaptation.

Interpersonal communication refers to the process of behavioral and psychological communication between people and those around them. In this process, people exchange different emotions, thoughts, opinions, relationships, and opinions for a powerful goal. The process of interpersonal communication has the characteristics of subjectivity, complexity, practicality, collaboration and socialism.

Contemporary college students belong to the psychological children and bear a variety of great pressure group. The pressure comes from the social environment, the school and the individual. Some students can feel a certain degree of social normality and balance, and maintain a more balanced mental state[1]. However, in the process, some students often suffer mental damage and depression. They are often plagued by unnamed problems or by unnecessary fears. Some can even cause split personality, schizophrenia, and mental breakdown. Although these students account for a small proportion of students, according to relevant statistics, there has been a clear growth trend in recent years. This is a problem that cannot be ignored in today's society.

## 2. The mental characteristics of interpersonal communication among college students in the world

### 2.1 Inferiority complex

The side effect is a lack of self-esteem. A small sense of inferiority is that others despise yourself. People with low self-esteem can feel depressed, depressed, and lonely. You just feel depressed. You always feel that you are worse than others, appearance, uniform, common sense, ability, speech and even clothes. When others ridiculed and insulted them, they swallowed the bitter fruit and endured humiliation. In order to achieve the "perfection" of communication, they dare not enter into new communication, dare not connect the communication circle in a small space, and dare not form a situation of interpersonal alienation[2].

### 2.2 Pride

In interpersonal relationships, arrogant people are usually arrogant, arrogant, and arrogant, and they think other people are obedient. When they communicate with others, they trust themselves too much instead of trusting others. They only care about their own needs and rarely consider each other's needs. Sometimes they deliberately make each other confused, confused, and confused. Arrogant people are self-righteous, aggressive, and arrogant, and then put students in prison for interpersonal communication.

### 2.3 Shy mentality

Shyness is a common psychological phenomenon[3]. The communication activities of young people facing the new environment often reflect shyness, fear, restraint and unnaturalness. When they talk to strangers or the world, they feel serious, confused, silent, then blush, and then feel disappointed. Because shy people connect their words and actions with interpersonal relationships too closely and cannot fully express their feelings, they often cause ignorance or misunderstanding of both parties, unable to communicate with others, and thus hinder the formation of good interpersonal relationships.

### 2.4 Suspicion.

Distrust is a complex emotional experience, because one does not trust others because of unilateral assumptions in communication. It is reflected in the sensitivity of other people's words and actions. She always thinks that others are talking about herself and looking at herself, but never believe in others. She was not ready to tell the truth, nor was she ready to make contact with the mask. Suspicion is the worst enemy of university student communication. This will not only weaken the relationship between students, but also destroy classmates and friends because of suspicion, and interpersonal communication will fall into a dilemma of depression.

### 2.5 Jealousy

Jealousy is a pain, shame, hatred, and even destructive practice when one person finds that his abilities, knowledge, and reputation for interpersonal relationships are not as good as another[4]. Jealousy is a repressed psychological quality. It is satisfied by the strengths and achievements of others, showing jealousy, always hoping that others will fall behind, and even using illegal means to harm others. Jealousy devours the soul and twists the character. It usually ends in hating others, and ends in hurting oneself.


## 3. Countermeasures to doubts about interpersonal communication among current college students

### 3.1 Understand yourself and interpersonal relationships

First, you must understand yourself. Compared with people in a society of similar status and conditions, we can understand our own pros and cons, strengths and weaknesses, so as to develop our strengths, avoid our weaknesses, and improve our weaknesses. We need to identify features. We

need to know that different people have very different characteristics, and conflict is inevitable when they get along. We cannot expect everyone to be recognized and become everyone's good brother, but we must respect this distinction and treat others with tolerance. The precise definition of social cognition helps to improve self-evaluation and eliminate depression such as incompleteness and loneliness[5].

## 3.2 The rules of interpersonal communication must be followed

First of all, the principle of equivalence, in Chinese society, whether it is business or entertainment, there is no difference between high and low. We should communicate like brothers. We should never feel incomplete because of lack of experience and poor economic conditions, nor should we be satisfied with being young and successful. At the same time the principle of honesty. Sincerity is a kind of secular emotion and sincere friendship. This shows that a sincere heart can share the same goals with both parties, treat each other sincerely, and always keep in touch with each other. Hypocrisy is the worst enemy of communication. Bragging, deception, gambling, and selfishness are the demons of just friendship and must be resolutely rejected. After all, the principle of forgiveness reflects the rewards of good and evil and generous forgiveness.

## 3.3 Maintain the quality of interpersonal communication

In interpersonal relationships, confident people are neither arrogant nor disabled, but generous and calm. Pride is by no means self-pity and blind introduction, but she knows she lacks, knows the advice and help of others, and has the courage to correct her mistakes. The second is that trust is sincere trust in others. It is an understanding of the motivations, words, and behaviors of others, rather than ambiguous views. Third, enthusiasm can bring warmth and safety to people, promote mutual understanding, melt cold hearts, and exchange feelings.

## 3.4 Master the skills of interpersonal communication

First, you have to learn to help others. Interpersonal relationships starting from mutual assistance not only help to establish good interpersonal relationships, but also reduce the thinking space between people. When people encounter difficulties and distortions, even a sincere smile, eyes and warm words can make people feel comforted and excited[6]. Second, learn to praise moderately. You have to praise others, because they do not exaggerate, nor exaggerate, know each other's strengths. Third, learn to joke. Humor is the crystallization of virtue and wisdom, as well as common sense and talent. College students must learn humor, develop their own in-depth exploration, rich imagination and adaptability.

## 4. Standards of Mental Health

In short, there are no symptoms of mental illness. For contemporary Chinese college students, the measurement of their mental health can be summarized in the following standards.

## 4.1 Reliable identity

Its behaviors and attitudes conform to social norms, coordination and stability, and have good social adaptability and certain self-control. Learn to love, actively participate in public activities, and enjoy social and educational activities.

## 4.2 Normal intelligence

If you reach a certain level of comprehensive skills such as observation, thinking, memory, action and imagination, you will be able to learn, live and work, and show more creativity.

## 4.3 A sense of unity

Being able to understand and accept oneself means being able to understand, question, evaluate, recognize and love oneself correctly. Their strengths make them feel satisfied rather than arrogant; avoid their shortcomings and don't feel that they are not good enough. Under the control of a correct

worldview, life and beliefs, we can see the meaning of our lives and form realistic wishes and lofty ideals.

## 4.4 Emotional stability and coordination

Maintain a stable and continuous happy mood, determine the method, fully feel happiness and safety, and become full of fun and vitality. Whether the mind can be coordinated and balanced, do not break negative emotions, get rid of psychological pressure and remove psychological barriers. They can do whatever they can, relying on their wisdom and hard work to achieve success and obtain the joy of success.

## 4.5 Harmonious interpersonal relationships

Ready to communicate with others, and be able to get along with others with positive attitudes such as respect, friendship, trust, understanding and tolerance. Not only do you have to treat others with enthusiasm, love and friendship, but also to love and accept others happily friendship. Be sincere, tolerant, tolerant, kind, love group activities, belong to a certain group, and find happiness in collective life.

## 4.6 Behave well and generously

People have different behaviors and psychological characteristics at different ages. Behavior conforms to his own age characteristics and is a sign of his mental health. Young students should be cheerful, lively, vigorous and full of vitality. However, old-fashioned and depressed are not in line with the characteristics of his age, which is a manifestation of mentally unhealthy.

## 5. Adjustment of common psychological problems in college students' interpersonal communication

## 5.1 Psychological adaptability shy students need to correctly define their psychological problems.

The treatment of shyness should focus on the treatments that can be used in psychotherapy and behavioral therapy, combined with effective social and practical training to eliminate and overcome shyness; on the other hand, students need to strengthen their self-confidence, participate in more group activities, and develop harmonious interpersonal relationships. Relationship, help avoid and avoid shyness.

## 5.2 Psychological adaptation of the inferiority complex

First, we must correctly recognize the inferiority complex and gradually develop a correct sense of self. When students fall into an inferiority complex due to lack of interpersonal communication, they can eliminate bad emotions by participating, talking, and listening to music. Because on the one hand, they release their bad emotions, but more or less increase their interpersonal skills and almost develop their interpersonal skills. Only in this way can different measures to overcome inferiority complex in the process of interpersonal communication can play the best role.

## 5.3 Psychological warning adjustment College students should understand the vigilance psychology rather than worry about communication anxiety.

We must make sure that only when we have faith in people, we will not be afraid. If students find that their mental vigilance is insufficient, they must immediately restrain themselves, telling themselves that baseless suspicions are wrong and are detrimental to their interpersonal relationship. At some point, college students need to expose themselves correctly, abandon their closed mind, disclose some of their secrets, and through their communication partners, this will not only help establish good interpersonal relationships, but also help them to be mentally vigilant.

## 5.4 Psychological adjustment of loneliness

College students must overcome their loneliness. First, they must open their hearts, communicate with the outside world, and truly love each other. Second, we must communicate bravely and not be

afraid of failure. We must be able to combine experience and lessons in the process of communication barriers to improve their communication skills[7]. Third, students must strengthen and develop their interests and interests. They will be troubled by their passion and they will not feel alone. Finally, students must make every effort to overcome the inferiority complex.The loneliness caused by the inferiority complex is like a cocoon. If you don't break free from the cocoon, it will be difficult to get out of loneliness.

In addition, the common challenges that students face in the process of interpersonal communication are psychology of excellence, psychology of jealousy and so on. College students have defects in the process of growing up, and some things cannot be achieved. We must treat each other's shortcomings comprehensively and peacefully. Even if we want to make this point, we should be honest with each other, not criticize.

## 6 Cultivation of college students' interpersonal skills

### 6.1 Schools should improve the interpersonal skills of students

School is the most important place for students to study. Only by paying attention to the combination of practice and theory, can interpersonal education really play a role. The methods of training and communication among trainers mainly include individual consultation, group discussion, specific cases and research. Personal counseling is an individual suggestion for individual students' communication problems to improve their current communication situation and promote the healthy development of their communication skills.

### 6.2 Discuss and study cases

Discussion and case study are the main methods for students to learn communication skills in inter-student communication courses. Under the guidance of the teacher, the topic research is discussed and researched according to the purpose of the training, so as to organize the students to conduct research and teaching methods.

### 6.3 Carry out study group activities

The characteristics of study group activities are mainly suitable for people who have common communication problems or psychological problems, while growing students have common psychological problems and communication problems. The main benefit of team activities is the interaction between team members, which is diverse, practical, applicable, dynamic and interesting. As the need for learning interpersonal relationships gradually improves, it will also become the most important way for college students to learn about interpersonal relationships.

### 6.4 College students' own ability to cultivate interpersonal communication

 (1) Raise awareness. Students should fully understand the positive and positive attitudes and problems in the communication process; evaluate others from an objective perspective, respect and support others; treat interpersonal relationships positively and optimistically, win the friendship and enthusiasm of others; learn to understand and endure harmony in communication[8].

(2) Master social skills. College students must have a good understanding of themselves, body language and codes of conduct, observe the language and language skills of communicating with others, listen to each other, be sincere, open and patient. Students also need to increase the attractiveness of interpersonal communication, establish good interpersonal relationships, understand the attributes of objects, react flexibly, pursue clear goals, and expand their social circles.

## 7. Conclusion

In short, if students want to develop good interpersonal relationships, they must overcome obstacles that affect interpersonal relationships. Strengthen self-improvement, treat people equally,

collectivize, improve and treat fairly. Only in this way can we rely on the wisdom of others, learn from it, and end our own transcendence in an era full of challenges and competition.

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