

A survey report on College Students' emotional regulation of social hot events Based on the questionnaire survey of college students in Wuhan

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Abstract. In recent years, with the rapid development of Internet technology, the timeliness of social hot events has leaped. The network provides a good platform for college students to play their right of speech. Unlimited enthusiasm and limited rationality lead to great emotional fluctuations of college students, which brings a series of adverse effects. To understand the network emotion expression tendency of college students, establish a flexible guidance mechanism on the basis of affirming the enthusiasm of College Students' emotional reaction, strengthen network management, gradually improve college students' self emotion regulation ability, and prevent the risk of group emotion.

Keywords: college students; Emotion regulation; Hot social events; Flexible guidance.

1. Questions raised

With the continuous development of Internet technology and the widespread use of smart phones, the number of Internet users in China continues to grow, and its social participation has also been improved qualitatively; In recent years, the epidemic situation has changed frequently in China and abroad. Due to the rapid development of new media technology, Network media has become a new channel for college students to express their emotions. College students have become active participants and influencers of social hot events in the new media era.

Coercer, a representative of the school of social conflict, emphasizes the positive function of conflict in social operation and believes that conflict is a normal rather than a morbid state. The theory of social safety valve is the positive function of conflict expression. Coser pointed out that "safety valve" is a custom and mechanism to provide institutionalized export and release repression for hostility and internal drive within the framework of social accommodation. This mechanism operates under the premise of not interrupting the relationship between groups, plays a role of venting and releasing channels, and ultimately can promote the benign operation of groups and society [1]. At present, the social functions undertaken by the network also reflect the operation of the social safety valve mechanism to a certain extent: as a virtual community with strong inclusiveness, It provides a platform for different groups to express their views, which can promote the release of people's repressed emotions and the display of their inner feelings in real life. However, based on the fast rhythm of network information distribution and the one sidedness of network audio-visual presentation, opposition and dissatisfaction are often simply vented and temporarily transferred out, but can not be fundamentally relieved. At the same time, The rapid release and spread of some extreme emotions on the network platform has played a more serious role in the deterioration of the network environment, which is not conducive to the overall health and future development of cyberspace and social groups. In order to act as the "safety valve" of good social emotions, the network platform needs the intervention and regulation of the outside world. Only in this way can we give full play to the positive effect of "safety valve", shape a more clean and positive cyberspace, and guide social groups to establish a more healthy expression mode.

At the same time, the network environment is the projection of social reality. In addition to the network platform, the emotions of social groups also need comprehensive scientific guidance and intervention in social reality. Contemporary college students are initially establishing their own moral outlook, values, world outlook and outlook on life, and have the ability to reflect on their own

weaknesses and control emotional changes, Therefore, their emotions are controllable. Today, the network plays an increasingly important role in the emotional expression channels of college students. We should understand the current situation of College Students' emotional cognition, and put forward suggestions and strategies combined with the "safety valve" to help college students master the methods of self-regulation, so as to reduce or avoid the impact of bad emotions on college students, Make them maintain a happy mood, promote the maturity and stability of their emotions, so as to form a good emotional elasticity and physical and mental state.

2. Purpose of investigation

Although there are a lot of researches on College Students' emotion regulation, such as reflecting college students' psychological problems and negative emotions, there is not enough research on the influencing factors. The research on the effect of emotion regulation on mental health of college students has made great progress, but there are still some deficiencies. And mainly reflected in the analysis of the psychological problems of college students in various stages, the lack of exploration on the factors affecting the mental health of college students, such as teachers, parents, social influence, etc., and using foreign theories and methods to carry out transformation and innovation, and combining with Chinese cultural background and psychological characteristics of college students, there is little research.

For college students, it is not focused on the general way of teaching, but on the improvement of students' emotional level, Even caused some students' disgust and rebellious psychology. How to use emotional communication, intimate relationship and other channels to mobilize the internal initiative of college students, reasonably grasp the expression range of positive emotions, and improve the psychological acceptance flexibility of negative emotions, still need to be further studied.

Based on the existing theoretical and practical research at home and abroad, this paper focuses on the analysis of the current situation and influencing factors of College Students' emotional regulation, explores the mechanism of emotional regulation, and puts forward targeted strategies for the regulation and guidance of College Students' network emotion. In line with the spirit and principle of people-oriented, in the research of College Students' network public opinion, we not only pay attention to the group of college students, It also increases the attention to the individual level of college students, and discusses the network public opinion and management of college students from a new perspective.

3. Investigation process

3.1 Investigation method

3.1.1 release online questionnaire

The questionnaire is aimed at a wide range of college students. It has 22 questions, including single choice, multiple choice and scale; 216 questionnaires were distributed, 9 invalid questionnaires were excluded, and 207 questionnaires were recovered. There were 105 males and 102 females. The proportion of male and female respondents should be controlled at 1:1.

3.1.2 one on one in depth interviews

The one-on-one in-depth interview mainly focuses on the specific views and measures of college students on the network emotion control in specific situations, involving news, Chinese, security emergency and other majors. It is found that students of different majors have different views on the current network public opinion environment and emotional control and other specific issues.

3.2 Investigation time

February 2022 to April 2022

Table3 Results of validity analysis					
name	Factor load factor				Common degree (common factor variance) □
	Factor 1	Factor 2	Factor 3	Factor 4	
<i>df</i> □	6				-
P value □	0.000				-

From the above table, it can be seen that the common degree values of all research items are higher than 0.4, indicating that the research item information can be effectively extracted. In addition, the kmo value is 0.800, greater than 0.6, the data can be effectively extracted information. In addition, the variance interpretation rate of the four factors were 26.208%, 26.182%, 24.545%, 23.065%, respectively. The cumulative variance interpretation rate after rotation was 100.000% > 50%. It means that the amount of information can be extracted effectively. Finally, combined with the factor load factor, please confirm whether the corresponding relationship between the factor (dimension) and the research item is consistent with the expectation. If it is consistent, it indicates the validity, otherwise, it needs to be adjusted again. When the absolute value of factor load factor is greater than 0.4, it means that there is a corresponding relationship between option and factor.

5. Analysis and discussion

5.1 College students tend to choose the object of emotional disclosure

5.1.1 the proportion of choosing peer group to pour out is the highest

According to the questionnaire survey, 90.34% of college students in the sample will express their feelings through the network platform; On the Internet platform, taking negative emotion pouring as an example, 61.59% of the samples would disclose to their friends, and 44.37% of the samples would release their negative feelings in the friends circle or QQ space mainly composed of peers; 47.68% of the samples would choose to talk to teachers, parents and other elders. On the whole, College students tend to express their emotions in peer groups. "Peer group is an informal primary group composed of people who are very close in age, interest, attitude, values and social status." [2] Most of the peer groups of college students are formed because of their similar age, similar interests and values, which provides an important basis for their information exchange and mutual influence. The group members have equal status and harmonious relationship, and the atmosphere of emotional expression in the group is more natural and inclusive. As a result, they are more likely to open up to each other and talk freely.

WHAT DO YOU THINK OF THE EMOTIONAL PARTS OF YOUR OWN COMMENTS OR THOSE OF YOUR PEERS

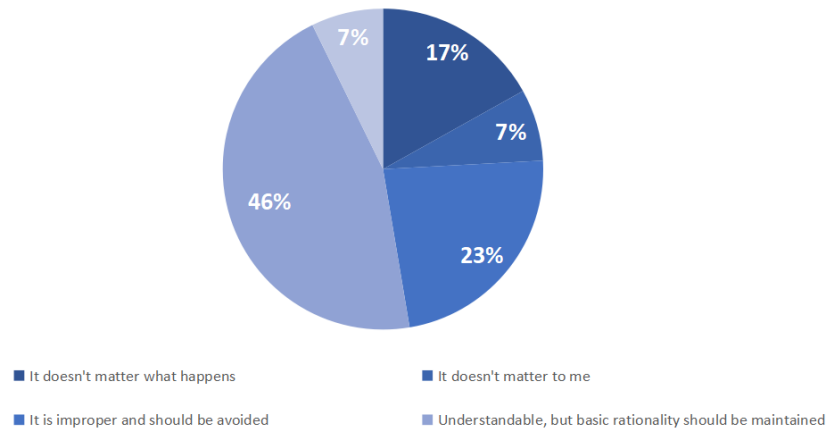


Figure 1: What do you think of the emotional parts of your own comments or those of your peers
After expressing your views and opinions on hot social issues, you will

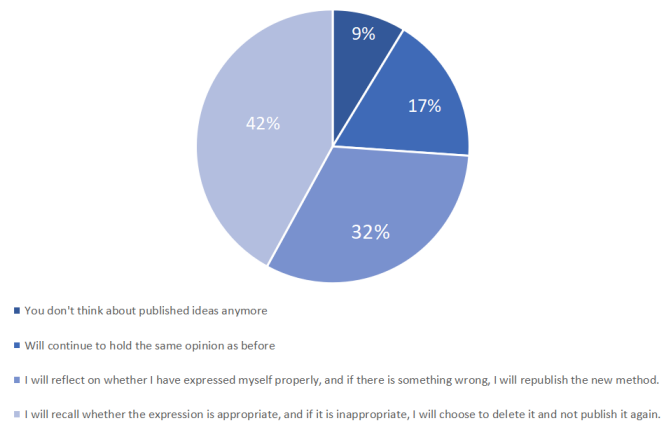


Figure 2: After expressing your views and opinions on hot social issues, you will

When expressing personal opinions, are you inclined to analyze events in an orderly, objective and comprehensive manner and express opinions

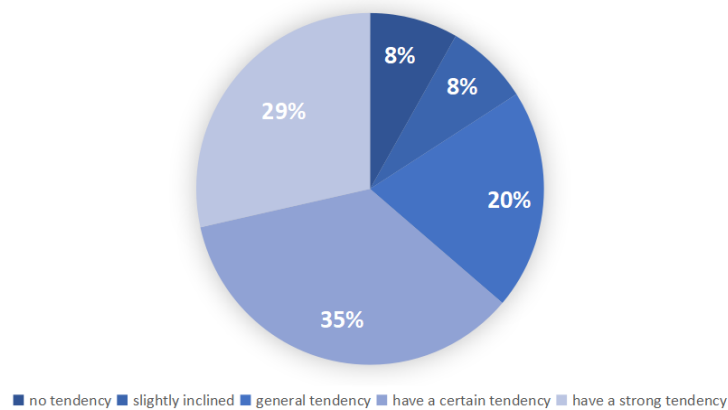


Figure 3: When expressing personal opinions, are you inclined to analyze events in an orderly, objective and comprehensive manner and express opinions

ARE YOU INCLINED TO USE EMOTIONAL WORDS TO EXPRESS YOUR DISSATISFACTION

■ no tendency ■ slightly inclined ■ general tendency ■ have a certain tendency ■ have a strong tendency

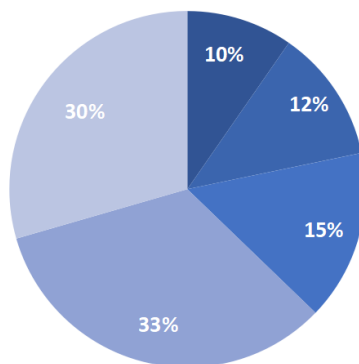


Figure 4: Are you inclined to use emotional words to express your dissatisfaction
In what form do you express your views on major social hotspots on the Internet? (Limited to 3 options)

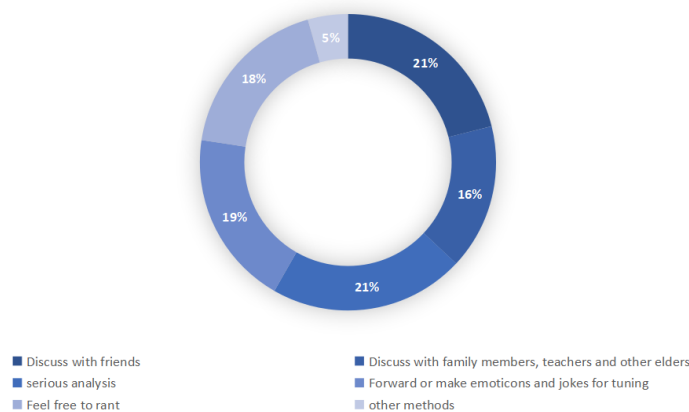


Figure 5: In what form do you express your views on major social hotspots on the Internet?
(Limited to 3 options)

"The way that contemporary youth subculture treats authority is not to openly resist and oppose, but to ridicule and ridicule by means of collage, parody, ridicule and irony" [4] young college students express their strong emotions through confrontation narration with their own keen perception and thinking creativity. According to the questionnaire, 42.03% of the samples were willing to forward or make expression packs or jokes when they expressed their opinions on major social hot events on the Internet. In the pan entertainment network environment, they independently produce "emotion packs" to convey the emotional content of humor, ridicule or connotation irony, which can not only realize the emotional catharsis of independent personality, but also realize the strong output of views. Although it is easy to spread, impact the mind, and has strong appeal, this kind of expression, which is full of banter or pungent satire, is like a ripple on the surface of the lake, which can not arouse the audience's deep thinking, and the final communication effect is "broad but not deep". If the viewpoint is too extreme, it may even lead to the spread of irrational emotions of College Students' collective unconsciousness, Detonate the anger of network discussion, and then lead to serious consequences.

5.3 The limitation of media literacy and the deviation and dislocation of self cognition

According to the questionnaire survey, nearly 70% of the samples realized that the emotional components in expression should be "basic rationality" and "objective" (single choice); 73.91% of the samples said that they would recall their own expressions after expressing their opinions and take corresponding actions (reservation, deletion or reissue) according to whether they are appropriate or

not;sixty-three77% of the samples indicated that they had a strong or strong tendency to "analyze events systematically, objectively and comprehensively and express their personal opinions". We can draw a basic conclusion: in terms of ideology, a considerable degree of college students have a positive cognition of rational expression of emotions;They understand which is right or wrong, and have basic media cognition and judgment literacy.Combined with the above analysis and discussion, in the actual behavior, the emotional tendency of college students to express negative opinions is more prominent and irrational.The media literacy of college students stays in the passive cognitive level, but lacks active action understanding.At the same time, combined with the student training mode on campus,Although college students will receive general education such as ideological and political education and mental health, most colleges and universities do not set up media literacy related courses except for students majoring in media.College students only contact and accept the media information from the medium and wide range of social life, but they do not systematically understand the internal ethics from the perspective of communication participation and disseminator.Therefore, this kind of media literacy has strong limitations.

What do you usually choose to regulate when you are in a bad mood? (limited to three)

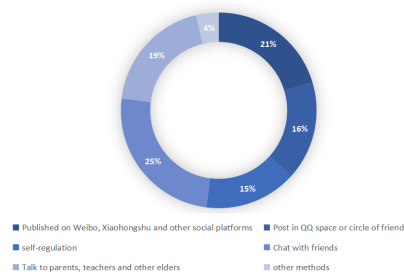


Figure 6: What do you usually choose to regulate when you are in a bad mood? (limited to three)

FOR THE CHOICE OF DAILY SOCIAL HOTSPOTS, DO YOU TEND TO PARTICIPATE IN THE COMMON TOPICS OF EVERYONE?

■ no tendency ■ slightly inclined ■ general tendency ■ have a certain tendency ■ have a strong tendency

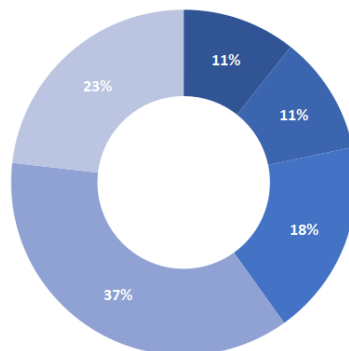


Figure 7: For the choice of daily social hotspots, do you tend to 100 participate in the common topics of everyone?

On the other hand, this contradiction also reflects the phenomenon of College Students' self cognition deviation dislocation.The cognition of right and wrong makes college students aware of some problems in emotional expression.However, due to the limitation of cognitive subjectivity, college students tend to "beautify" their media behavior more or less,Therefore, it is difficult for them to treat and correct the anomie of their media behavior rationally and comprehensively.This requires the promotion and guidance of external factors.

6. Enlightenment and suggestions

On the one hand, our ideas and suggestions are based on the actual situation reflected in the practical investigation, and on the other hand, our conception of "safety valve" mechanism. When such thoughts are applied to the real emotion regulation, when the emotions and emotions such as anxiety and anger are full of people's brain, compared with the unrealistic solution of eliminating anxiety and anger, We are more inclined to take different ways to guide college students to vent their emotions rationally for many times. We can reduce the accumulation of emotions through multiple venting, so as to avoid the irrational behavior expression and the bad influence that may be caused by intentional emotional catharsis.

6.1 Give full play to the initiative of College Students' emotional regulation and subjective experience, improve their emotional flexibility, and better deal with the ups and downs of emotion regulation and make rational choices.

A large number of practice and investigation have fully proved that offering public elective courses and regular psychological education courses can not stimulate students' rational cognition and self reflection on emotional regulation. Students generally think that public elective courses are boring because they only involve theoretical knowledge most of the time, At present, there is no obvious effect of regular education on students' psychology.

Through the observation and in-depth interviews with students, we found that we should treat the network participation of young college students with a more open and inclusive attitude, take the form of rich extracurricular activities as the carrier, take the emotional self-regulation as the content, put people first, and pay attention to the principles of students' joint participation, sincere acceptance and respect from the perspective of students' development, By means of group interaction, operational training, free debate, group building salon and other means, college students are encouraged to express freely and supervise each other, so as to guide college students to play an active role in improving their ability of emotional regulation and social network emotional expression environment.

For example, it is necessary to guide the college students with strong willingness and creativity to choose a reasonable way to express their emotions in the face of hot public opinion; Organize and carry out the network civilization volunteer action of college students, and guide them to understand the essence of emotional regulation and control in the process of personally participating in the supervision and containment of the spread of bad information; We should consult the opinions and opinions of the students, and appropriately "decentralize", Encourage students to set up media organizations to actively and independently carry out activities, let students independently look for social hot events and hot topics, participate in public opinion practice, deepen the observation and understanding of campus public opinion and social public opinion from the perspective of experienced person, and deeply cultivate the ability of in-depth observation and thinking; Cultivate a group of student opinion leaders with the value of ideological guidance, Give full play to the influence of peer groups to form a deep thinking, rational voice of peer emotional expression atmosphere; To create a platform and opportunity for students to exchange ideas and transfer values, and call for rational thinking and inclusive attitude instead of blindly venting network emotions.

6.2 Actively carry out the communication activities between students and their parents, counselors and class tutors, and pay attention to the interest of the topic and the effectiveness of the way, so as to prevent the education content and guiding policy from becoming empty preaching and formalism.

According to in-depth interviews and daily observations, many college students reflect their yearning for their parents, their dependence on counselors and their admiration for their class tutors. This shows that college students are actually willing to chat with their elders, so as to ease the pressure and anxiety brought about by their study and social interaction through their appeasement and suggestions, so as to overcome the academic difficulties, Difficult interpersonal problems solved in

life. In terms of the relationship between the senior group and the college student group, it is no longer the "tensions" in the middle school period, but more relaxed; At the same time, the demonstration effect of the knowledge and experience of the elder group can influence the emotion regulation behavior of the college students, and help them to vent their emotions reasonably. When their emotional regulation may be out of control, give advice and stop.

As a platform that can contact students, parents, counselors and class tutors at the same time, colleges and universities can actively build an environmental atmosphere of communication, communication and discussion, and plan corresponding theme activities. We can encourage and guide students to communicate with their elders about career planning, interpersonal relationship and other topics related to college students. We can also pay attention to the fashion trends and hot topics that college students like recently, let the communication activities become daily rather than assigned tasks, and let the guiding principles become a practical means to help college students carry out reasonable emotional regulation instead of empty dogma.

6.3 Create an atmosphere of inclusive and strict cultural construction, and enhance the public's attention to media literacy.

We should not only create a free and open atmosphere for online emotional expression, but also clarify the responsibility of each individual to express online emotions. We should not let the emotional satisfaction of online emotional expression be divorced from the scope of rationality. This requires social individuals to improve their media literacy, correctly realize how to express their voice rationally and correctly, and practice according to the principles. Always reflect on whether your online words and deeds are appropriate and rational, and ensure that you can express your emotions reasonably without harming others.

How to improve the overall media literacy? Taking college students' network emotion control as an example, the government can cooperate with local colleges and universities to implement media literacy education courses more suitable for the majority of students, covering the whole professional grade as much as possible, and not only journalism majors have received media literacy education. In the early stage, we can observe whether it is effective through the pilot project. When the time is ripe, we can quickly spread out, let the basic theoretical knowledge and practical training cover more college students, and improve the media literacy of college students as a whole while enhancing the public's attention and attention to media literacy.

To sum up, through the promotion of the general education course on media literacy, college students can form a correct theoretical cognition of media literacy, and through the construction of a four party communication platform among students, parents, counselors and class tutors, the elder group can become an effective force to guide the college students to carry out reasonable emotional regulation and control. By encouraging college students to express freely and supervise each other, we can stimulate their vitality and enthusiasm for self-change and self-development. It also helps to build a good public opinion environment in which freedom and rationality coexist in the new media environment and cultivate social groups with higher media literacy.

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