

Research on the Intervention and Application of Social Work in Life Education of College Students

Cheng Chen

International College, Krirk University, Bangkok 10220, THAILAND

Abstract: The outline of the national medium and long-term education reform and development plan clearly puts forward that we should strengthen and pay attention to life education, promote students' physical and mental health and improve students' comprehensive quality. Colleges and universities actively take various forms and rely on existing platforms to carry out college students' life education, but most of them still follow the traditional teaching methods and carry out it through "big classroom", lectures and other forms. There are problems such as single education form, boring and unsystematic content, low student participation, and no fundamental solution to college students' life confusion. The actual effect of life education is very little. By introducing the concept and method of social work into the life education of college students, through case, group, community and other working methods, and through practice, this paper helps college students cherish life, improve the value of life and improve the life process. At the same time, it helps college students learn to care for themselves and others, learn to live in harmony with others, live in harmony with others and the environment, and cultivate their stronger sense of social responsibility. While improving the value of life, it can also promote their all-round development. It is suggested that colleges and universities, society and the government pay more attention to college students' life education, and constantly explore and apply new life education ideas and methods to improve the quality of life education.

Keywords: College student, Life education, Social work.

1. Introduction

The outline of the national medium and long-term education reform and development plan (2010-2020) points out that we should pay attention to safety education and life education; Strengthen mental health education and promote students' physical and mental health; Guide students to learn how to behave, pay attention to the learning of knowledge and skills, be diligent in thinking, participate in social practice more, and enhance their hands-on and survival ability, so as to promote the overall improvement of students' learning, innovation and practical ability; Organically integrate aesthetic education, intellectual education, physical education and moral education, promote the improvement of students' comprehensive quality, and cultivate qualified socialist successors and builders; Comprehensively improve and enhance college students' Ideological and political education; Enrich the moral education teaching content, carry out the improvement and innovation of moral education teaching mode, continuously improve the effectiveness, pertinence and appeal of moral education teaching content and mode, and attract students to actively participate in education.

Hao Tingting and Ren Junli (2020) believe that in recent years, under the influence of many factors, such as psychological obstacles, physical diseases, learning and employment pressure, emotional frustration, economic pressure, family changes, emotional control, interpersonal conflict and the surrounding living environment, suicides due to world weariness also occur from time to time. University is the key stage of life development, and psychology is also in the development period. Therefore, college students' life education needs to be carried out, which is also imperative. Wang Wei and Yang Caixia (2021) pointed out that the self mutilation and other mutilation of college students has become a hot topic in recent years. While attracting widespread attention from all walks of life, it reflects the

current lack of life consciousness and distorted life values of college students in China. It is very necessary for colleges and universities to carry out life education in a rapid and comprehensive manner.

Life education has attracted the attention of a considerable number of colleges and universities, and life education has also been fully carried out in such colleges and universities, but it is not ideal in terms of content, form and effect. Sun Xiuli (2016) believes that there is not enough attention to life education, the content system of life education is incomplete, the resources of life education are lacking, the practice of life education is insufficient, and the form of life education is single.

Based on the above questions, taking the advantages of social work in the practice of life education as the support, introduce and apply the concepts and methods of social work in the practice of life education in Colleges and universities, carry out social work activities in schools in groups, share everyone's puzzles and problems in classroom learning, practice and life, and guide universities to jointly find answers, clarify paths and relieve emotions in communication, Actively link internal and external psychological counselors and professional social workers to carry out "one-to-one" case work services for students' emotional, psychological, interpersonal and other personalized needs. Through these measures and methods, enrich the concept of life education of college students, and provide a path to solve the problems and life puzzles encountered by college students, so as to achieve the goal of improving the quality and efficiency of life education of college students.

2. Second, the Current Situation of Research at Home and Abroad

Death science has appeared in the West as early as the beginning of the 20th century, Zhang Hongyan (2011) pointed

out that life education in the United States was implemented in the middle of the last century, which is intended to correct educational biases, promote students to become more mature, healthy and happy, and help students become balanced development people. Japan's revised Syllabus in 1989 also made it clear that the goal of moral education is to respect life and respect the human spirit (Jordan and Yang Shuzhen, 2008). Li Fang, Li Yang and Sun Yingwei (2010) mentioned that in Italy, the purpose of the school is to let people face death calmly through the understanding of death, and treat and cherish life. In Germany, some schools often organize students to visit funeral homes in order to see death up close and face life.

Li Qi (2018) believes that compared with the rapid development of life education abroad, life education in China has just begun. In 1976, the content of life education was first integrated into some school ethics curricula in Taiwan Province, but this was only an attempt and was not recognized by the provincial education authorities and mainstream education. The "Life Education Center" in Hong Kong, China was officially established at the end of 2002. In the mid-1990s, the term life education was officially introduced in the mainland. Some schools have made attempts to design curriculums based on the theme of life-loving based survival safety, resistance to unhealthy networks, staying away from drugs, and preventing AIDS. With the increasing number of cases of disregard for life, the theoretical community began to pay more and more attention to life education (Wei Xiujie, 2016).

3. The Meaning of Life Education and Social Work

(1) Life education

The theme of life education covers life ability (life emotion, survival ability, etc.) education, life value education and life consciousness education. The content covers a wide range. Therefore, life education essentially belongs to the category of whole person education. Liu Yanjing (2018) believes that the purpose of university education is not only the acquisition of scientific knowledge, nor the mastery of professional skills, but also the all-round development and improvement of people. Both knowledge education and skill teaching take human development as the fundamental goal, and its ultimate goal is to promote the improvement of human life quality.

Carrying out life education can help college students improve their understanding of themselves, cherish and respect others, and form the development of love for society and others, especially for society in the process of education. Carrying out life education is conducive to college students to establish a correct outlook on life, alleviate the pressure of employment oriented education, help college students shape a sound personality and clarify the direction of college students in social transformation.

(2) Social work

Up to now, the social work in the helping people specialty and discipline series has gone through a development process of more than 100 years. It has developed from the initial religious charity behavior to a discipline and specialty. It has its unique value concept, knowledge system, technical means and unique professional culture to help service objects get rid of difficulties (Zhang Rui, 2012).

Social work in the helping major first recognizes the value and dignity of life, has an open knowledge system, unique

working methods and values, and its purpose is to develop and strengthen individual potential and provide assistance for individual problem handling and prevention, so as to promote social development (Liu Shujuan and Yang Limin, 2012).

(3) Social work involved in life education

Liu Yanjing (2018) believes that social work involves college students' life education with a high degree of possibility and necessity, helping others to help themselves, which is the leading idea of social work, so social work is often hailed as "a profession that affects life with life", and its value basis, work skills, role positioning, work platform, etc. are all in line with life education. The introduction of Applied Social Work into life education in Colleges and universities can provide effective assistance for college students' psychological adjustment, promote them to correctly deal with successes and setbacks, especially help to rationally analyze failures and help them form correct values, outlook on life and world outlook.

The comprehensive use of social work professional methods to intervene in moral education in Colleges and universities aims to cultivate, encourage, assist, support, stimulate and release the internal advantages of college students, establish self-confidence and promote their better growth. Through professional social work services, inspire and guide college students to recognize the misunderstandings in their own thinking or ideas, focus and mobilize their various advantages, so as to improve college students' resilience and self-efficacy, stimulate their protective factors and sense of power, build their self-confidence, give full play to their advantages and develop themselves, so as to buffer or offset the negative labels and influences they encounter in life and study.

4. Innovation and Feasibility of Social Work Involved in Life Education

Nowadays, more and more social workers call for life education in schools, and the development of life education also advocates to combine with school social work. The unique role of life education in introducing applied social work has been fully confirmed.

School social work is to apply the principles, methods and technologies of social work to the school environment. The purpose is to promote the coordination and cooperation of school, family and community, so as to promote the integration of the three. Therefore, college social work is a professional service behavior, which mainly aims at the construction of a good teaching environment, so as to improve the adaptability of College Students' current study, life and future employment.

In developed countries and regions, life education is mainly implemented through the professional services of school social workers. In the field of social work service in China, it has not been popularized to higher vocational colleges. Through the research of the project, a set of operable social work service mode of higher vocational schools is formed to play an exemplary and promoting role in the field of social work in higher vocational schools. Use professional methods to help college students reflect on life and enhance their awareness of life.

5. Methods of Social Work Involved in Life Education

By comprehensively using the three major techniques of social work and looking at students' problems from an advantageous perspective, through the exploration of vocational social work, a multi-level service mode of social work in Colleges and universities has been initially formed with "case as the point, group as the line, classroom as the surface and community as the body":

(1) Dormitory visit and case counseling: understand the needs of students through comprehensive visits on campus. At the same time, in the service process, pay attention to "problem students", encourage students from an advantageous perspective, stimulate their potential and help them improve their problems. Solve the "troubles" in the growth of students, record students' stories, more deeply understand the specific growth process of students, and provide more comprehensive case services for students; At the same time, through the method of case work, using professional negotiation skills such as listening, counseling, clarification, suggestions and providing new information, help students understand their own confusion, learn new knowledge, and analyze and explore the relationship between themselves, society and others, so as to establish a correct attitude towards life, strengthen life cognition, actively face life, and study and live independently.

(2) Group work: focusing on the special problems faced by students in adolescence, such as maladjustment to their own development, anxiety of gender communication, self-confidence and other problems, carry out corresponding group services to promote the self-protection, interpersonal communication ability and self-confidence of male and female students; Through the design of a series of theme activities, including life experience, role play, situational training, games, group theory, speech and other activities, use group power to stimulate and inspire students' reflection and share group experience, so as to achieve the purpose of life education.

(3) Community work: focusing on the community work with the goal of improving students' independent management ability and comprehensive ability and relying on the community as the main form, improve the students' comprehensive quality in interpersonal communication, self-management, value formation and so on; Take the collective activity organization of students, teachers and community related groups as the starting point, determine the needs, make full use of various resources and obtain the support of social forces, so as to carry out the life theme activities step by step and in a planned way, complete the emotional cultivation of loving and respecting life, reflect the value of life, improve the understanding of life and realize the significance of life.

6. The Significance of Social Workers' Involvement in College Students' Life Education

(1) Solve students' problems: treat and deal with students' problems from the perspective of advantages, stimulate their potential, and help students improve their problems and get out of difficulties.

(2) Boost self-confidence: Recognize and motivate them and assist them in building their self-confidence through activities such as growth groups, relationship groups, and

career growth classes. At the same time, the encouragement, mutual sharing and support between teams improve students' sense of self-efficacy.

(3) Raising awareness of self-protection: through the development of gender education groups, the gender education group for young girls and the I am "male" - physical health group, respectively, which enriches the students' adolescent sexual knowledge reserves on the one hand and improves the students' awareness of self-protection on the other hand.

(4) Improve the ability of the backbone and core volunteers of the community: through the ability improvement training for the backbone students and jointly planning and carrying out community activities and school activities, the students' ability is significantly improved and the development of the community is more stable.

(5) Enrich campus cultural activities: relying on associations and student backbones, carry out various cultural activities on campus in combination with various festivals, which not only enriches campus cultural life, but also promotes the growth of backbones in time.

7. Reflection on the Involvement of Social Work in College Students' Life Education

(1) In the process of social work involved in college students' life education, we should also pay attention to cultivating teenagers' ability to effectively deal with difficulties or solve problems. According to the survey, the higher the grade, the research object's "sense of existence" is significantly lower than that of the lower grade. Although the knowledge and social experience are increasing, the ability to withstand pressure in the face of setbacks is reduced, and the more confidence in the "purpose of life" is lost. For example, the topic discussed by many people now: frustration resilience, the reason is that college students are protected too well, but their frustration resistance is getting smaller and smaller. In the process of social work involved in college students' life education, college students should strengthen their ability to effectively deal with difficulties and pay attention to the cultivation of their diversified problem thinking and handling ability, so that they can correctly face the social reality and will not be defeated by difficulties.

(2) Individual differences can not be ignored. Because of different gender, grade and religious belief, their "life attitude" is significantly different. Therefore, it is necessary to pay more attention to the psychological status and interpersonal relationship of each student, respect each student's personality, give affirmation of multiple wisdom, and be able to observe and communicate in depth, and give the most appropriate assistance and guidance according to different needs.

(3) Encourage students to actively enter and integrate into society, and stimulate students' life consciousness. Speech and behavior is an effective entry point of life education, which can make people form personality edification and soul shock, and help people grow. The life world is people's experience and feeling of real life, Man exists as a life, lives in the world, and everything around him must be known, understood and experienced by himself, Therefore, it is necessary to realize the separation of classroom and life education, and guide students to enter and integrate into society. Only in this way can life education be truly

implemented. Through personal experience, let students operate, conduct social investigation and social practice in learning, and experience in the experience of these activities, so as to deepen understanding and understanding. Special schools, nursing homes, orphanages, nursery and delivery rooms are ideal places for reference and investigation of life education, from which we can experience various factors related to life, such as the origin of life, birth, old age and death, joy, sadness and dignity. Help them cherish their lives and avoid irreparable losses caused by temporary loss and impulse.

(4) Schools, society and the government should actively participate and build a joint force to promote the realization of the goal of life education. Because life education is a long-lasting and highly complex process, It belongs to the category of social issues and has the characteristics of comprehensiveness and integrity. To solve such problems, society, school, family and government are indispensable.

8. Epilogue

At present, life education is actively promoting in the education system all over the country, and the prelude to actively promoting the professionalization of social work on a national scale has also been opened. Under the background of this era, social work in Colleges and universities will also develop rapidly. Under such an opportunity, social work and life education enter the university classroom at the same time to convey the knowledge and value of life education to college students. Take the case method as the theoretical basis to cultivate life care leaders and volunteers in the student group. Based on the construction of interpersonal communication growth group to highlight the necessity and importance of life safety, strengthen life cognition and promote the improvement of life quality. Strive to create an overall environment of loving, cherishing and respecting life in Colleges and universities. Whether it is the implementation of life education or the development of social work in schools, it is practical and meaningful.

The involvement of social work in the process of life education in Colleges and universities helps to innovate ideas. Its promotion needs the cooperation and support of family, school and society, so as to build an effective support system for students. In this system, students usually voluntarily recognize the education that conforms to individual

characteristics, cultivate life consciousness, and be able to find the meaning of self-existence in the new era and new environment, so as to live actively and realize themselves finally.

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