

Psychological Influencing Factors and Countermeasures of the Dilemma about Helping Behavior of College Students

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Abstract: Helpful behavior belongs to altruistic behavior, is a kind of pro-social behavior. And in recent years, in the real social life, college students in the face of some unexpected social events exist blind phenomenon, we regret this phenomenon, but also to accept the objective facts of social applied psychology. Most of the time, college students are not unwilling to carry out pro-social altruistic behavior, but in the dilemma of helping others. This paper analyzes the influencing factors from the perspective of applied psychology on the dilemma of helping behavior of College Students.

Keywords: College Students; Helping Behavior; Dilemma; Applied Psychology; Influencing Factors

1. Introduction

The helping behavior of college students belongs to the altruistic behavior of pro-social, which specifically refers to the altruistic behavior that brings benefits to others or promotes the well-being of others. It is one of the forming elements of the excellent comprehensive quality of college students and also an important cause of the formation of the socialist core values of college students. And with the recent porcelain incident, crossing the road to help the elderly in the online hype, leading to social hearts, trust links between people break, everyone is worried about their interests are defrauded, strangers are divided. As a result, many college students choose to protect themselves and stand idly by in the face of social members or events in need. Although this exquisite egoism is not greatly criticized, but the long-term view the formation of our social ethos and morality is very unfavorable. Because the link between anyone is gradually breaking, there is no possibility of intersection except benefits, everyone faces the problem of helping others^[1]. College students, as builders of the future of socialism and demonstration leaders of social groups, are also facing this difficult choice of helping others. From the perspective of applied psychology, what factors lead to this phenomenon?

2. Investigation on the influencing factors of the dilemma of helping behavior of college students

2.1 Experimental subject

A total of 110 students, including 54 males and 56 females, aged 18-23 years (20.52 ± 2.18), were selected from the first year to the fourth year of a college, including 57 from urban areas, 53 from rural areas, 33 class cadres defined by social roles and 77 non-class cadres.

2.2 Experimental design

Set the factors between subjects, each student completed 3 dilemma story decision tasks separately, in the form of personal interview, record the students interviewed to choose "yes" or "no", and ask the reasons, detailed record.

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Story one: The student, Zhang Xiaohua in the supermarket buys things to check out, line up in front of him, Grandma Zhu fell over the slippery floor at the supermarket door, people around said can not help, because many people are willing to help others against being framed. At this time, Zhang Xiaohua instinctively hesitated, worried that he was blackmailed, but, think of their elderly grandmother, psychological special contradiction, finally Zhang Xiaohua will Zhu grandma up. What do you think of his behavior? If it's you, will you help, choose "yes" or "no ".

Story two: student Liu Ming's roommate Li Meng, Li Meng's parents are people's teachers, Liu Ming and Li Meng are normal students. Once, the school has a place to participate in the international competition, counselors to Liu Ming interview, ready to let Liu Ming to participate, after Liu Ming knew that Li Meng really want to participate in this competition, Liu Ming thought if this let Li Meng go, later graduation to find a job, perhaps Li Meng will return him a favor, Liu Ming recommended Li Meng to the counselor. What do you think of Liu Ming's behavior, will you recommend others? Choose "yes" or "no ".

Story three: Xie Lan's brother suddenly check suffering from leukemia, Xie Lan is very anxious, anxious, want to help parents relieve financial pressure, so want to hold a fund-raising in school. At this time, she put forward a request for help to Hu Xinyi, Hu Xinyi very sympathetic to Xie Lan, so decided to help Xie Lan to organize fund-raising activities, they in school, Weibo and other channels to seek donations and help, suddenly on Weibo someone pointed out that Xie Lan younger brother is not leukemia, suspected that they lied about fund-raising, instant Hu Xinyi's microblog was attacked. Yes, if this event were you, would you help Xie Lan? Choose "yes" or "no ".

2.3 Experimental result

Males in Story one choose "Yes", details are given in table 1

Table 1. psychological selection and characteristics of behavioral dilemma in college students

Dilemma		Male(n= 54)	Female(n= 56)
Story 1	yes	23(42.59)	36(64.29)
	no	31(57.41)	20(35.71)
Story 2	yes	25(46.30)	19(22.09)
	no	29(53.70)	37(66.07)
Story 3	yes	22(40.74)	40(71.43)
	no	32(59.26)	16(28.57)

3. Analysis of the influencing factors of the dilemma of helping behavior of college students from the perspective of Applied Psychology

According to the above investigation and research results, from the perspective of applied psychology, the psychological process of helping behavior of college students shows the psychological mechanism of its helping behavior. But this mental process does not reveal the underlying factors of this phenomenon. College students are a kind of high-quality people in society, before the behavior of helping others, out of the reflection of their own sense of social value and the implementation of moral responsibility and various worries about the consequences of helping others, often lead to the interruption of helping behavior. This kind of self-protection consciousness, the consideration of interpersonal relationship synthesis, the degree of self-compassion and other psychological factors are the influencing factors of the psychological production mechanism of the phenomenon of helping people in dilemma, and the internal psychological conditions that determine whether college students will finally help others^[2].

3.1 Consciousness of self-protection, strong or weak

The mechanism of psychological self-protection is the immune system of human physiology. When people are about to or have been in a state of tension and anxiety for some reason, we can use the psychological self-protection mechanism to alleviate or relieve the inner uneasiness and pain to better adapt to life. The common self-protection mechanisms are latent inhibition, rationalization, imitation, projection, reverse action, somatization, replacement, fantasy, compensation, sublimation and so on^[3]. Self-protection psychology is the self-protection mechanism of social people in the face of social events, which is the innate psychological immune gene of human beings. In recent years, the network, mainstream media and other reports of some acts of self-defeating, blackmail, compensation and other individual events, resulting in people's sudden need to help the social events show indifference, or after repeated entanglement and trade-offs to choose to remain silent. Under the influence of the tendency of public opinion, college

students also produce psychological mechanism of self-protection or excessive consciousness of self-protection, which leads to the situation of dilemma choice when facing the event of social need to help.

3.2 Results of comprehensive consideration of interpersonal relationships

In the choice of helping behavior, college students usually have to go through a comprehensive consideration of the safety and reliability of interpersonal relationship. In particular, through the analysis and investigation of the language, behavior and motivation of the parties to the event, through the results of comprehensive consideration to analyze whether to continue to help others. The degree of trust and measurement of this interpersonal relationship is also part of the field of applied psychology. In the field of applied psychology, experts usually analyze this psychology from the external factors of the event, that is, the specific situation of the situation and the internal character of the individual, that is, the degree of trust that the individual has in others. This premise of helping others-the comprehensive consideration of interpersonal relationships is the basic component of college students' social values, but also a concrete embodiment of their social decisions. If college students have been in danger of interpersonal relationship because of helping people in the process of growing up, then it is very likely that they will choose to turn a blind eye to the situation of helping people to choose again.

3.3 The degree of compassion

Compassion is an important prerequisite to promote the helping behavior of college students. Compassion, also known as "empathy", refers to the resonance of other people's emotions and arouse their own feelings of a psychological experience, such as pity, heartache, empathy and other similar feelings. In applied psychology studies, people with high levels of compassion are more likely to help others than people with low levels of compassion. Other studies have shown that, in addition to cognitive and personality changes, emotional factors, such as compassion, are the most important determinants of helping people in the process of helping others, in decision-making that helps or does not help their state. In other words, the more profound the college students experience the anxiety and pain of others, the greater the probability of helping others, and on the contrary, in the decision-making process of helping others, even through the self-protection mechanism and interpersonal relationship comprehensive consideration, if the lack of empathy factors, the behavior of helping others still faces the problem of interruption. Therefore, in the dilemma of helping behavior of college students, empathy and other empathy psychology is the prerequisite and the most important factor for the occurrence of their helping behavior.

4. Analysis of coping strategies in the dilemma of helping behavior of college student from the perspective of applied psychology

4.1 Create a good social atmosphere and enhance the psychological security of college students

It is necessary to create a safe social security environment, public security environment, campus security environment and so on, to improve the psychological security of college students, and to enhance the probability of pro-social behavior of helping others. For example, colleges and universities can cover electronic monitoring facilities on campus, with safe science and technology monitoring, can effectively help college students enhance their psychological security to promote the psychology of helping others; To report on the campus helping behavior events in the school journal, WeChat public platform, radio and other channels, to form a positive public opinion guidance for college students to help others, guide college students to follow the crowd psychology, so as to show the behavior mode of the majority of public opinion in the direction of self-evaluation, judgment, cognition and so on, that is, to form a positive and positive crowd-following psychological effect, thus forming a campus helping atmosphere.

4.2 Build a sense of social trust and enhance the sense of trust between campus people and the world

The construction increases the university student's interpersonal trust feeling in the campus and other people, may help them to form the pro-social behavior which helps others. The establishment of interpersonal relationship trust is based on the sense of social trust. If empathy is an important condition for the formation of altruistic behavior of college students, then trust is the biggest inhibition condition for the formation of altruistic behavior of college students. Some research shows that the interpersonal trust of college students in recent years is decreasing year by year, and it is urgent to reconstruct the campus interpersonal trust. According to the transitivity of psychological trust, we can try to transfer the trust of college students to the trust of social people by cultivating the trust of college students. First of all, college students can actively participate in the school community activities to generate communication links with strangers, to promote interpersonal trust; Secondly, to participate in community public welfare activities, nursing home support activities, environmental poverty alleviation activities and so on, to build interpersonal trust; Thirdly, college students should set up in line with the socialist core values and cultivate noble personality qualities, so as to help the establishment

of interpersonal trust.

4.3 Inspire empathy, improving the probability of positive choice in the dilemma of helping behavior of college students

To stimulate the cultivation of college students' empathy ability, we can carry out the experience training of empathy emotion through the training of empathy cognition^[4]. Empathy cognitive training can improve college students' thinking ability in the face of the dilemma of helping others, and can put themselves in the perspective of helping people to analyze problems and reduce the emergence of egoism. The emotional exercise of college students' empathy psychology can effectively improve their ability of emotional perception, and need to help people's inner resonance, so as to stimulate college students' caring, sharing, helping others and other altruistic social behavior, and finally complete the promotion of self-personality. To cultivate the empathy ability of college students, we can let college students into the simulation scene of exchanging identity with the role of the suitor, Through the discussion, analysis, decision-making process of helping others, the construction of college students' empathy psychology, experience the relief or the relief of the situation under the mood at that time, reappear the dilemma of college students to help others, and simulate the answers for their future choices. After the simulation scene is finished, let the participants fully discuss, analyze and express their views, through this reverse penetration, guide the college students to make the final conclusion of helping others, and improve the skills and ability of the college students to help others.

5. Conclusion

To sum up, after analyzing the influencing factors in dilemma of helping behavior of college students from the perspective of applied psychology, we help college students to develop pro-social behavior by shaping good social atmosphere, enhancing their psychological security, constructing social trust, enhancing their trust between campus people and the world, stimulating empathy and other strategies.

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