

Analysis on the Current Situation and Path of College Students' Reading Habit Cultivation Education

Bao du da gu la

Inner Mongolia University for Nationalities, Tongliao 028000, Inner Mongolia, China.

Abstracts: With the improvement of learning environment and conditions, college students have more reading choices, more convenient reading, and richer reading content. However, college students are faced with some problems, such as low interest in reading, simple understanding of reading content, and even lack of reading. College students develop good reading habits, which plays an indelible role in the success of college students and their mental health growth. Starting with the current situation of college students' reading habit cultivation education, this paper further puts forward the corresponding solutions after in-depth analysis of the difficulties existing in college students' reading.

Keywords: College Students; Reading Habits; Investigation; Present Situation

1. Introduction

Reading is the most simple and convenient way for people to acquire knowledge and explore the world and the unknown. College students are in the period of forming their outlook on life and are in an extremely unstable stage. The ancients once said "reading a book increases one's wisdom" They insist on reading for a long time to make them deeply understand the knowledge points and improve their various ideas while acquiring knowledge. The benefits brought by the formation of reading habits are habitual for life. Developing good reading behavior is a long and complex process, which requires students to consciously cultivate this good reading habit in reading. For this purpose, we conducted a sampling survey on college students' reading in the first half of 2021.

2. Investigation on the current situation of college students' reading

2.1 Survey object

The questionnaire is distributed to students in four grades of three majors (preschool education, primary education and psychology) who voluntarily answer the online questionnaire.

2.2 Content and purpose of investigation

Our survey mainly understands the basic situation of students' reading, what books college students are reading, what books they like and what books have influence on them. It also includes college students' reading habits, channels, attitudes and purposes, reading tendencies, reading time and methods, as well as college students' opinions and suggestions on reading.

Understand the reading situation of college students is to effectively carry out the guidance work, strengthen the reading guidance of college students, and advocate a healthy reading atmosphere, in order to create a strong reading atmosphere, and cultivate teachers with all-round development, good cultivation and cultural heritage.

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2.3 Investigation contents of students' extracurricular reading

2.3.1 Do you choose to read some extracurricular books when you are free

94 people who often meet, accounting for 18% of the survey; 261 people, accounting for 51% of the total number of people surveyed, were selected for occasional meetings; 137 people were selected occasionally, accounting for 27% of the survey; 21 people who chose never, accounting for 4% of the survey.

2.3.2 Purpose of reading (multiple choices)

243 people choose to kill the time, accounting for 47% of the survey; 180 candidates were selected, accounting for 35% of the survey; 297 people selected to cultivate their sentiment, accounting for 58% of the respondents; 296 people chose to increase knowledge and promote employment, accounting for 58% of the respondents; 106 people were selected as required by teachers, accounting for 21% of the survey; Other 91 people were selected, accounting for 18% of the survey.

2.3.3 Favorite reading content (multiple choices)

196 people chose the professional category, accounting for 38% of the respondents; 124 people in the category of geography and history, accounting for 24% of the survey; 199 people chose culture and education, accounting for 39% of the survey; 220 people chose soul chicken soup, accounting for 43% of the survey; Other 110 people were selected, accounting for 22% of the survey.

2.3.4 Favorite reading ways

178 people chose to borrow from the library, accounting for 35% of the survey; 345 people chose to buy their own, accounting for 67% of the survey; 161 people chose to borrow from others, accounting for 31% of the survey; 135 people chose to read in bookstores, accounting for 26% of the survey; 312 people chose e-books, accounting for 61% of the survey.

2.3.5 Reading time

190 people less than 1 hour, accounting for 37% of the survey; 241 people were selected for 1-2 hours, accounting for 47% of the survey; 64 people were selected for 2-3 hours, accounting for 12% of the survey; 18 people were selected for more than 3 hours, accounting for 3% of the survey.

2.3.6 Whether extracurricular reading is important for college students

186 people were selected, accounting for 36% of the survey; 296 important people were selected, accounting for 58% of the survey; Select 4 unimportant persons, accounting for 0.8% of the number of respondents; Choose 27 people who don't feel much, accounting for 5% of the survey.

2.3.7 What is the surrounding reading atmosphere

172 people who have good choices and friends like reading, accounting for 34% of the respondents; The average choice was 272 people with few reading habits, accounting for 53% of the survey; 33 people with poor choice and dislike reading, accounting for 6% of the survey; 36 people with unclear selection, accounting for 7% of the survey.

2.3.8 Parents' reading

89 people selected frequently, accounting for 17% of the respondents; 296 people were selected occasionally, accounting for 58% of the survey; 128 people chose never, accounting for 25% of the survey.

2.3.9 Teacher's reading

307 people selected frequently, accounting for 60% of the survey; 29 people were selected occasionally, accounting for 6% of the survey; 7 persons selected from the investigation, accounting for 1% of the investigation; 170 people with unclear selection, accounting for 33% of the survey.

2.3.10 What extracurricular books do you think normal students should read most or have the deepest influence on you

For the question and answer part, only some students answered the questions to varying degrees. In addition to Chinese and foreign classic works, the titles recommended by students include *Fortress Besieged*, *Suggestions for Teachers*, *Living*, *Weakness of Human Nature*, *Ordinary World* and inspirational books.

2.3.11 What are the suggestions for college students' extracurricular reading

In this question, most students wrote that college students should properly put down their mobile phones and read more books to make reading a habit.

2.4 Conclusion analysis

A total of 513 students submitted the questionnaire, including 58 freshmen, 159 sophomores, 93 sophomores and 203 sophomores.

Through the analysis of survey data, it can be seen that most college students fail to develop extracurricular reading habits; Most college students read for the purpose of utilitarianism; The proportion of inspirational books that choose

soul chicken soup is relatively high; The main way for college students to read is to buy or e-books by themselves; The data of college students' reading atmosphere is not ideal; Most parents fail to set an example for their children, and students have the idea of reading, but they can't adhere to the behavior of reading.

3. Current situation of college students' reading habit cultivation education

3.1 Teachers do not play a guiding role

In the actual teaching process, teachers only tell students how to acquire knowledge, but ignore the importance and necessity of making students understand the formation of good reading habits, which makes students unable to fundamentally realize the significance of the formation of good reading habits and how to cultivate such habits. Students lack the ability of self judgment, and teachers' management of students is insufficient, which does not play an effective role in guiding students.

3.2 Schools do not pay attention to the education of reading habit formation

Many schools do not have clear provisions on the education of reading habit formation, or do not pay attention to such provisions. It is only a reading plan on paper. Only a few students seriously implement it, and even some students cancel the plan. At the same time, in some schools, teachers use their own experience to formulate the teaching plan of reading habit cultivation education, while ignoring the actual situation of students, which weakens the effect of reading content on students, and shows that there are some problems in the content and form of college students' reading habit cultivation education. Therefore, teachers should formulate corresponding goals in the teaching process in combination with the actual situation, that is, college students' reading ability and characteristics.

3.3 Utilitarian reading habits of college students

Utilitarian reading habits, that is, selective reading with the actual effect or benefit of reading as the code of conduct. Reading for the purpose of utilitarianism has existed since ancient times. In ancient times, it was once an official after obtaining ten years of fame. Today, most college students study in order to obtain certain qualifications and degree. Among college students, there are not a few who stay in the library all day. They are really working hard. Most of them just want to take the exam. Nowadays, college students' value reality in reading, but only a few can really cultivate their sentiment through reading and enjoy the fun of reading. Most of them regard it as a "stepping stone" to the door of wealth.

4. Analysis on the path of college students' reading habit cultivation education

4.1 Improving college students' self-control ability

Self control is the ability to control one's emotions and mood and restrict one's behavior. According to the survey of Anhui Normal University, Wanjiang University, Wuhu Vocational and Technical College, Hefei University of Technology and other universities, 7.81% read every day, 48.96% occasionally and 3.12% never read. It can be seen that the reading situation of college students is not optimistic. Students have the idea of reading, but they can't adhere to the behavior of reading. "There is nothing difficult in the world, only those who have a heart." this sentence is familiar to most people. If a person lacks self-control, nine times out of ten he will choose to give up in the face of difficulties. For schools, they can organize activities similar to educational lectures, reading competitions, work appreciation meetings and so on. For college students, they can restrict themselves by making plans, so as to improve their self-control ability. For example, you can make a reading schedule and a weekly or even monthly reading plan. When implementing the plan, you should read every book with a serious attitude. By carefully implementing your plan again and again, you will gain a sense of identity for yourself every time you complete the plan, which will make your inner heart happy, so that the ability of self-control can be improved. The strong self-control ability is not only conducive to the formation of reading habits, but also brings more convenience to oneself in real life.

4.2 Cultivating students' interest in reading and enhancing students' reading enthusiasm

Interest is the best teacher, and enthusiasm makes personnel work twice with half effort. Only when college students have a strong interest in reading can they be full of enthusiasm for acquiring knowledge. According to the data report of 1000 people surveyed (the data comes from the study on the development of reading habits of college students in the 20th issue of *Oriental Education* in 2017), 419 people, accounting for 45%, want to enrich their knowledge. Reading based on personal interests accounted for 50%. According to college students' own characteristics and reality, we can cultivate college students' reading interest and guide college students to read correctly and effectively. For example, many universities like some inspirational extracurricular reading materials, so at this time, teachers can find some suitable good books for students according to students' preferences, so that they can meet their interests and improve

their knowledge reserves at the same time. Just like learning, reading also has a reading atmosphere. A good reading atmosphere is conducive to the improvement of students' reading enthusiasm, reasonably plan school book resources, and provide students with good reading space and platform, as well as hold various reading activities at the same time. For example, the school can hold book club, reading experience exchange meeting, book corner and other activities to provide students with a communication platform. Students can not only obtain different understandings in the communication, but also make some friends with common hobbies. The exchange of ideas can make both sides have a deeper understanding of reading.

4.3 Combining digital reading with “deep reading”

In the Internet age, no one can completely stay away from digital reading and fragmented reading, even college students. According to the 18th National Reading Survey, the contact rate of digital reading has increased to 79.4% compared with 24.5% a decade ago. The data show that traditional reading and electronic reading will coexist in a long time. The so-called fragmented reading is a reading method different from traditional paper reading. It mainly reads fragments and short contents through mobile phones, computers, tablets and other tools. To some extent, this is synonymous with “shallow reading”. In contrast, it is said that a good digestion of a page of a book is better than a hurried reading of a book. The so-called good digestion is “deep reading”. For college students, traditional paper reading and digital reading are just different ways and feelings of acquiring knowledge. Paper reading or screen reading is just a form. The cultivation of good reading habits is the most important. The digital platform has the characteristics of convenient reading and rich information. With the development of the Internet, the reading threshold is constantly decreasing. For college students, the combination of digital reading and deep reading is more conducive to college students' acquisition of knowledge and produce more understanding in deep reading.

4.4 Cultivating students' independent thinking ability

The weakness of thinking ability affects whether there is correct discrimination, so as to identify effective information. In today's information explosion period, there is a variety of information. If you want to obtain useful information for yourself, you must have certain discrimination. For the education of cultivating college students' reading habits, it is particularly important to cultivate students' independent thinking ability. In the process of reading, college students can learn the ideological and cultural knowledge transmitted by these works through self-analysis of the contents of the books, so as to enrich their own experience and realize “dialogue with the author”, so as to understand the author's writing intention, writing process and the author's psychological changes during writing, in order to improve their ability of independent thinking and correct discrimination. At the same time, it is conducive to improve their ability to appreciate works and their writing ability. The strengthening of college students' independent thinking ability can promote them to form their own ideals and beliefs, and enable them to make more correct judgments in the face of difficulties and choices. For example, when facing the employment problem, some of them will choose to escape to temporarily solve the problem. However, for these college students with independent thinking ability, they have clear goals and know the direction of struggle in the future. When choosing a job, they can often choose a job that is more suitable for themselves.

5. Conclusion

The education of college students' reading habit formation has a long way to go. This is not achieved overnight, but a long and arduous task. It needs the joint development of many aspects and the concerted efforts of schools, parents, teachers and students. Schools should pay attention to the planning of habit formation education objectives and formulate corresponding policies. Parents should understand their children, set an example and guide them correctly. Teachers should guide students to read correctly, make them have the correct concept of using books, and make them have the behavior of conscious reading, so as to improve the comprehensive quality of college students through reading. Students themselves should maintain a healthy psychology and cultivate their independent thinking ability. Only in this way can we better cultivate college students into high-quality innovative talents.

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