

Academic Burnout of College Students in the New Era: Connotation Orientation, Problem Attribution and Solution

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Abstract: College students are the future of the nation and the hope of the motherland. Colleges and universities are the cradle of cultivating and conveying senior talents for the country. It is their duty to cultivate talents with all-round development of morality, intelligence, physical fitness, the United States and labor. In recent years, the number of college students with academic failure and psychological problems due to academic burnout is increasing year by year, which brings great difficulties to the quality of teaching management and talent training in colleges and universities. Through scientific positioning of the connotation of college students' academic burnout, analysis of the formation of the psychological mechanism of academic burnout, explore the external environmental factors of academic burnout, and build a new strategy to crack college students' academic burnout.

Keywords: College students; Academic burnout; High quality learning

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At present, the diversification, internationalization and information development of higher education are the characteristics of The Times, which indicates that the high-quality development of higher education has entered a new journey. College students in the new era have a wide range of knowledge, international vision, strong sense of innovation and other characteristics, they are the future of the nation, the backbone of the motherland.

In recent years, colleges and universities are faced with the serious problem of college students' academic burnout. The survey results of the 2019 Report on College Students' Mental Health Status released by the Social Survey Center of China Youth Daily show that more than 60% of college students suffer from academic burnout to varying degrees, and 25% of them suffer academic failure^[1]. Academic burnout of college students will lead to emotional instability, anxiety, depression, depression and other negative emotions^[2]. Studies have shown that academic burnout is closely related to anxiety, depression and other mental diseases^[1].

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[2]. Studies have shown that academic burnout and anxiety 1.1 Definition of academic burnout in college students

John D. Krumboltz, an American psychologist, is the first scholar to study the definition of academic burnout among college students. He defines academic burnout as “negative emotional and behavioral responses to learning tasks, including lack of interest, motivation, and self-efficacy” [3]. Andrew Martin, an Australian educational psychologist, believes that academic burnout is a kind of emotional and behavioral fatigue, which will cause students to lose interest and motivation in learning, thus affecting their academic performance and future development [4]. Chinese scholar Li Na believes that academic burnout of college students is a kind of emotional and behavioral state, which is manifested by the decrease of interest and motivation in learning and the negative attitude and behavior towards learning tasks [5].

The above scholars' definition of academic burnout is limited to academic emotion and academic behavior, but neglects the two parts of academic cognition and belief. This study believes that academic burnout is a state of negative emotions and behaviors caused by unreasonable cognition and belief in the learning process of college students. , depression and other mental diseases are closely related [1].

1. Psychological mechanism of college students' academic burnout

Psychological mechanism is a psychological process mechanism that affects the generation and development of college students' academic burnout. The psychological mechanism of learning burnout mainly includes self-efficacy, learning motivation and learning strategies.

(1) Decreased self-efficacy. Self-efficacy refers to individuals' confidence and ability to complete specific tasks [6]. College students' self-efficacy perception is formed according to their own inherent learning experience, observation in the learning process, learning effect feedback and other factors. The academic self-efficacy of individual students affects his academic emotion, academic behavior and cognition, and thus affects the learning effect.

With the high quality development of higher education and the rapid development of social economy, contemporary college students are facing higher requirements and greater mental pressure in their studies and employment. According to statistics, the incidence of academic failure among college students is between 15% and 53% [7]. The pressure of study and employment leads to low self-efficacy of college students, which affects their academic performance and leads to academic failure.

(2) Lack of learning motivation. Learning motivation refers to the enthusiasm, effort and persistence shown by an individual in the learning process, and is the inner power that drives an individual to participate in, persist in and achieve learning results [8]. This inner strength comes from the individual's recognition of the value of the academic goal, the level of interest in the learning task and the expectation of the learning effect.

The external manifestation of the lack of motivation of college students is the lack of interest in study, lazy study, delay, unwilling to invest more time and energy in study, truancy, skipping classes and other phenomena; Lack of clear learning objectives; The negative performance of academic emotion is anxiety, depression, inferiority and so on.

(3) Improper learning strategies. Learning strategies refer to the conscious, planned and purposeful behaviors and thinking methods adopted by learners in the learning process to achieve learning goals [9]. It is common for college students to get academic burnout due to improper learning strategies. Some common external manifestations of improper learning strategies include delay, lack of planning, lack of focus, low learning efficiency and unstable academic performance, which lead to negative emotions such as learning anxiety and depression. And then the loss of confidence and motivation of academic burnout.

College students' low sense of self-efficacy, lack of learning motivation and improper learning strategies are the internal factors that lead to college students' academic burnout from the perspective of individual students. The formation of academic burnout of college students is more inseparable from the social environment, family education, school education and other external environmental factors

2. Reason analysis: Analyze the environmental factors that cause academic burnout

Frederic Weiner, an American psychologist, believes that academic burnout is caused by the environmental factors students are in, including school, family and society [10]. He believes that educational resources, teacher-student relationship, family education environment, parents' expectations, social environment and other factors will have an impact on students' studies.

2.1 The family education environment of college students in the new era is superior and parents' expectations are too high

With the development of society, the outstanding characteristics of the family education environment of college students in the new era are: relatively good economic conditions, high level of education of parents, most of them have received higher education, high attention to their children's education, stricter discipline, high expectations. Parents' expectations are often given to their own experience and values, ignoring their children's personality and interests [11]. When children can not meet the expectations of parents,

in the face of parents' anxiety, anger, they will feel frustrated, helpless and disappointed, easy to cause weariness and lose motivation to learn. If parents overemphasize academic performance, they will increase their children's learning pressure, resulting in anxiety and depression, which will affect their academic performance. Therefore, parents' excessive expectation is an important factor leading to students' academic burnout.

2.2 Unbalanced educational resources in colleges and universities and the relationship between teachers and students is not harmonious

According to the 2019 China Higher Education Development Report, there is a certain imbalance and structural problems in the allocation of higher education resources in China, resulting in some good and some bad educational resources among universities, including the level of schooling, teaching hardware and software resources, teaching quality and so on. The unbalanced distribution of teaching resources affects students' learning interest, motivation and effect.

The inharmonious relationship between teachers and students is one of the main reasons leading to students' academic burnout. With the development of society,

Educational ideas are also changing. College students in the new era have a strong sense of self and they pursue a new type of teacher-student relationship. They have a violent intergenerational conflict with the traditional way of education and teacher-student relationship. They pursue equality between teachers and students and reject the traditional "relationship between elders and juniors". The pursuit of diversified teacher-student interaction is not limited to the classroom. They want to be able to interact more freely on online platforms. The disharmonious relationship between teachers and students is easy to cause students to learn the attitude is not correct, reduce the enthusiasm and initiative of learning.

2.3 Severe employment situation and bad network environment

With the progress of The Times, the development of economy and the continuous growth of new industries, the employment demand and employment structure of college students in the job market are also constantly changing. The difficulty of employment of college students in traditional majors also increases. Faced with the severe employment situation, college students lose their motivation to study traditional majors, which is easy to produce anxiety, loss, helplessness and other negative emotions.

College students in the new era grow up with the digital network, their daily life, study, make friends with the network is inseparable. While the Internet brings convenience to college students, it also brings great impact to their studies: college students are easily attracted by various information and entertainment content on the Internet, addicted to online games and social media, which distracts their attention from study. Swamped by mass information on the Internet, college students are constantly reducing their learning time and interest, and even appear to skip class, truancy, homework delay and even fail to pass the exam.

3. The solution of college students' academic burnout

3.1 Improving academic self-efficacy of college students in the new era is the key factor to crack academic burnout

Good academic self-efficacy can not only enhance students' academic confidence, self-management ability and academic performance, but also enhance employment competitiveness and comprehensive literacy. The research on the enhancement of college students' self-efficacy needs to be strengthened from the following aspects.

3.1.1 Establish positive self-perceptions and beliefs. Accepting your own shortcomings and shortcomings, and objectively recognizing your own abilities and potential, is the first step to establishing a positive self-perception. Develop self-confidence, adhere to the right values, believe in your own ability and potential. Learn to reflect constantly in the study, timely summing up experience and lessons, and constantly improve their cognitive level.

3.1.2 Formulate clear learning objectives and plans, allocate learning time and energy reasonably, and improve learning efficiency. Study the professional syllabus, clarify the course and credit requirements of the university, formulate learning goals and plans, learn to break big goals into small goals and gradually achieve them, improve learning efficiency and comprehensively improve academic performance.

3.1.3 Actively develop learning interest. Try to find their own interest in the professional field, encourage students to communicate with professional teachers, classmates or parents, actively seek professional practice opportunities, cultivate professional interests, so as to improve the enthusiasm and initiative of learning.

3.2 Improving college students' learning motivation is the core element to crack academic burnout

Learning motivation is an important driving force for students to learn. The motivations of college students include achievement motivation, development motivation, social motivation and self-worth realization motivation. Therefore, colleges and universities

can establish a variety of incentives and incentives to enhance students' academic achievement. Providing opportunities for students to obtain good grades, honors and awards can satisfy students' sense of competence and self-identification of value, and enhance students' academic achievement. College students in the new era have the characteristics of strong self-consciousness and competitive consciousness, and they are more likely to promote their academic motivation by rewarding.

Expand vocational qualification certification and enhance students' confidence in career planning. Colleges and universities can, according to the characteristics of students' major, encourage the department to expand professional quality, add a variety of vocational qualification recognition projects, help students broaden their professional vision, improve professional skills, clarify and formulate career planning, further stimulate the interest in learning, so as to improve the enthusiasm and initiative of learning.

Build harmonious relationship between teachers and students, improve the effect of students' learning. It can help students form a good learning attitude, treat learning more seriously, better understand and master the course content, reduce learning pressure and anxiety, so as to achieve better learning results. Harmonious teacher-student relationship requires the formation of value identification, mutual respect and mutual help, which requires the joint efforts of the society, the school and parents.

3.3 The establishment of the whole social education security system is an important weapon to crack the academic burnout of college students.

The phenomenon of academic burnout among college students is quite common. The factors leading to academic burnout involve students, families, universities and social environment. Therefore, the establishment of the whole social education security system will become an important weapon to crack the academic burnout of college students.

3.3.1 The government shall issue relevant policies and regulations to solve the imbalance of educational resources in colleges and universities.

In order to ensure the rational allocation of higher education resources, the government has introduced policies to increase the educational investment in colleges and universities in poor areas, including increasing the proportion of educational funds and increasing the financial support for the construction of high-quality teachers. The country can also improve the quality and quantity of higher education resources by building high-level universities.

3.3.2 Strengthen college students' mental health education and improve their mental health quality. The state and society work together to build a psychological counseling platform for college students, provide college students with online and offline mental health services, enhance their self-control ability and anti-pressure ability, and reduce the possibility of academic burnout due to addiction to the Internet.

3.3.3 Establish supervision mechanism, strengthen publicity and education, and purify network environment. Establish an online supervision mechanism to supervise online games and social platforms. The state, society and the university, through the multimedia network publicity including the national network media platform and the campus culture publicity platform, vigorously popularize the harm and prevention knowledge of Internet addiction, and create a positive and healthy network environment for college students.

3.3.4 Strengthen family education. To strengthen the creation of harmonious family relations in the educational environment, parents should reasonably set learning expectations according to their children's characteristics and specialties, and form a new parent-child relationship of equality, health and mutual assistance with their children. Guide students to use the Internet correctly, reduce the possibility of addiction to the Internet.

In short, the whole social education security system needs to solve the problems of unbalanced, inadequate and unfair educational resources for college students. Need to solve the problem of employment for college students; It is necessary to create a healthy network environment for college students.

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