

# Discussion on the settlement of dormitory contradiction due to living habits

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**Abstract:** In today's society, many college students are self-centered, think that as long as they are comfortable, nothing else is important, it is difficult to consider the situation and ideas of others, leading to the occurrence of university dormitory contradictions. College counselors how to deal with dormitory contradictions, how to help students grow up healthily, is the need to explore and explore.

**Key words:** dormitory contradiction, deal with, counselor

## 1. Causes of dormitory conflicts caused by living habits

### (1) Work and rest time

Some students are used to going to bed early and getting up early, while some students are used to going to bed late and getting up late, and some may have the habit of taking a nap. If you don't get a good rest, it may affect the study state and mood of the day, the same dormitory in the rest time can not reach the same, it is easy to cause dormitory conflicts.

### (2) Living habits

Some students are used to washing their clothes immediately, and they also like to put their things in good order. While some students are used to saving dirty clothes for washing together when they are free one day. They have no preference for placing their belongings, and may put them away when they are finished.

### (3) Sanitary problems

Dormitory is a public living area, health is everyone take turns to clean, some students are lazy, unwilling to do or do more perfunctory, some students love clean, with the passage of time, love to clean the students psychological imbalance, but also aversion to the students do not love clean emotion, resulting in conflict and contradiction.

## 2. other problems cause the dormitory contradiction

### (1) Character

Everyone is an independent individual, affected by the living environment and personal temperament, there will be differences in character and temperament, different character characteristics in the process of getting along with the need for continuous run-in and understanding. But if there is no mutual understanding and tolerance, personality differences will be one of the causes of dormitory conflicts.

### (2) Learning attitude

Some students love learning, and some students are not in the mind of learning, playing games every day, sleep, the future direction of development is not clear, may lead to communication and common topics less, make the bedroom relationship estranged.

### (3) love

When the dormitory students fall in love, most of the time will be more willing to stay with their male/girlfriend, and dormitory classmates exchange and get along with too little time, will lead to the dormitory relationship.

### (4) Family conditions

Every student's family background is different. Some students' families are very rich, and they are relatively rich in shopping and life, while some students come from the countryside, their family conditions are not very rich, and they have to spend money carefully. Due to the differences in family conditions, people have different views on consumption. Not being able to understand each other will also lead to conflicts.

### (5) Family education

Before entering college, every student spends the most time with his or her family. Years of invisible family education will also have a certain impact on students. Some students will be self-centered and less considerate of others, and will not consider others in the common living areas of the dormitory. Some students will be more empathetic and able to think from the perspective of others, which can lead to dormitory conflicts over time.

### (6) Lack of communication

Dormitory members appear friction, if we are open and honest, communicate with each other, then friction or contradiction may disappear, but some students can not put face, not willing to take the initiative to explain to each other or show their true ideas, will only let the misunderstanding of the two sides, estrangement is bigger and bigger, resulting in more serious dormitory conflict.

### (7) Social environment

Nowadays, students live in different social environments and look at things in different directions. With the continuous development of society and the development and growth of the Internet, students have seen many novel and interesting affairs through the network. Everyone can express their ideas through the Internet. Even people thousands of miles away can also meet through the Internet. This is a

double-edged sword, not only can broaden students' horizons through the Internet, to learn the knowledge that can not be learned in books, on the other hand, students

are too simple, ideas have not taken shape, all kinds of words on the network, to a certain extent, will affect students' three views, resulting in the deviation of students' thoughts, resulting in the concept of right and wrong is unclear or incorrect.

### 3. Case analysis of dormitory conflict mediation

#### (1) Case events

On April 15, 2022, Student A approached the author, hoping that the author could find Student B to mediate the dormitory conflict between them, and put forward a request for changing the dormitory. As the league branch secretary of the class and the Student Union of the college, Student A has a heavy workload and occasionally needs to stay up late to make documents. Student B also goes to bed late, always chatting and laughing with other roommates at night, which sometimes affects Student A's work. In the morning when there is no class, student B always sleeps until the afternoon. And A students also need to get up in the morning to complete the work, B students in hearing the dormitory noise will be impatient to

A classmate said: "Can you small sound, did not see we are sleeping, and no class, so early why!" At the beginning of A students also always silent, tidy up their own out of the dormitory, for a long time, A students finally could not help but, "is the day, I also want to eat normally ah, your own work and rest reversed, but also blame me noisy you, how do you do not adjust their own work and rest, so loud at night, I did not say you what!" When B heard this, he jumped out of bed and began to quarrel with A. After the quarrel went nowhere, the two of them abused each other on the social platform, and the conflict broke out.

#### (2) The handling process

After listening to Student A's statement carefully, the author soothed student A's mood and gave heart-to-heart education to student A. Student A also realized that she had some problems and said that she would apologize later. The author promised student A that she would communicate with the other three roommates and help her find her favorite dormitory as soon as possible. Then the author came to A's dormitory, where there were only three students, B, C and D. The author communicated with the three students to understand the cause and process of the matter, and persuaded the three roommates. After listening to the author's speech, the three students also realized that they were impulsive in this matter, and said that they would apologize with A student and delete the dynamic release.

The author looked for the opportunity to find A and B students together, and they apologized to each other and hugged each other. With the help of the author, the two successfully reconciled, but because of the inconsistency of work and rest time, the author still helped A student to change the dormitory.

#### (3) Extended thinking

After the event, B said to the author, "I thought the teacher would show favoritism to A, would not listen to our explanation, and would directly 'pull us into the blacklist' and no longer talk to us. As a result, he told us so much, thank you!" The author told B students, "are my students, what is not eccentric, there is a problem, the teacher is not likely to judge a person's right or wrong by their own preferences, or to understand the real situation, there is a problem to solve the problem, the teacher is always Libra, not partial to any side!" So far, the dormitory contradiction solution is also relatively successful.

How can counselors do a good job on a scale in student work? The author believes that all students should be treated equally and treated with a developmental perspective; When dealing with work, we should also look at the problem in two sides, impartial and fair. We should carefully cultivate students, educate students, guide students, do students healthy growth of the bosom friend and adult success guide. As seedlings need to be carefully cultivated, soil is cultivated when it is time to cultivate, water when it is time to water, fertilizer when it is time to fertilize, medicine when it is time to fertilize, and pruning when it is time to cultivate. As a front-line ideological and political educator, counselors should strictly check students' thoughts and help them grow in the right direction.

### 4. Methods and suggestions for dealing with dormitory conflicts

#### (1) Good at listening, understanding the situation, empathy

In the students dormitory conflict, we should be good at listening to the students' statements, in the process of listening to the students' emotions, to produce empathy for the problems encountered by the students, seize the contradiction itself, analyze the cause of things, can share their own experience appropriately, guide the students to face the problem correctly. In the students to understand the situation can not only one-sided understanding of a student said the problem, but also need to understand the situation to other members of the dormitory, and respectively do a good job of communication.

#### (2) To guide with empathy, cause students to put themselves in others' shoes

When dealing with conflicts, do not judge who is right and who is wrong with preconceived ideas, which will only intensify the conflict. Instead, find the source of impulsive behavior through empathetic communication, so that both sides of the conflict can put themselves in each other's shoes and review the development of things from the perspective of the other side, so as to achieve the purpose of mutual understanding. After all, the dormitory is a place where we live together. We also need to understand and tolerate each other. At the same time, we should do what we do not want to do to others.

#### (3) Rebuild your relationship and respect your roommate's views

To a certain extent, the reconstruction of the relationship between the two parties in conflict in the dormitory cannot be separated from

the persuasion and education of the counselor. If the two parties believe that they can get along well with each other and other roommates hope that the members can get along well with each other, the counselor can also help the students build a favorable platform to promote the members of the dormitory, such as collective activities or dinner parties. If the conflict intensifies to an irreconcilable degree, and all dormitory members think it is necessary to change the dormitory, the counselor should fully respect the idea of the dormitory members, adjust the students to the ideal dormitory, and help them to establish a harmonious interpersonal relationship in the new dormitory.

(4) Follow-up visit, strengthen the attention of the dormitory

Told the class cadres to strengthen the attention to the dormitory, in the dormitory inspection also to understand the current dormitory situation, whether there is any conflict, if there is, to do a good job of timely intervention. To the members of the dormitory to do intervention measures, the class committee should actively organize class activities or dormitory activities, so that the feelings of the dormitory members can quickly warm up, to help the class unity.

(5) Strengthen the ideological education of students

Counselors can use the time of the evening class meeting to find some hot social topics to discuss with students. On the one hand, students can express their views freely and narrow the distance between them. On the other hand, they can understand the ideological dynamics of students. For students with unclear values and deviant thoughts, they can focus on heart-to-heart talk and straighten out students' thoughts in time.

(6) Manage students' daily life, promote the school, class style

Put forward new requirements in students' daily life and implement them conscientiously. For example: complete cleaning in the dormitory, complete word punching in the dormitory, complete items sorting in the dormitory and so on. In this way, students can have something to do in the dormitory, instead of indulging in games and the Internet. Start from the house wind rectification, only the counselor to pay attention to, students will pay attention to, step by step, the class wind will naturally be affected by the house wind.

## 5. concluding remarks

In the face of dormitory conflicts, counselors should have enough patience, listen to the problems told by students, do not excessively pursue who is right and who is wrong, do not take sides, treat every student fairly, let students feel the counselor's attention to their own, guide students to face the dormitory conflicts with a correct attitude, face their own problems, and understand each other. To help students resolve conflicts correctly, improve students' ability to calmly analyze problems and self-emotional management, so as to enhance students' ability to adapt to society and establish a harmonious dormitory interpersonal relationship.

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