

Research on Social Fear and Academic Burnout of College Students

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Abstract—Social fear is a common interpersonal disorder among college students. The causes of social fear also come from many aspects, including obvious personal characteristics, genetic factors and improper cognition, including insufficient communication ability and lack of professional communication experience and skills. In order to overcome social fear, we must start with continuously optimizing the knowledge structure system and receiving psychological counseling. The factors that lead to college students' learning burnout are poor self-restraint, excessive learning pressure, strong mobile phone dependence, etc., which directly affect the physical and mental development of college students. The following focuses on the effective solutions to college students' social fear and academic burnout, as follows.

Index Terms—College students, social fear, academic burnout, psychological counseling.

I. INTRODUCTION

In the current society, college students need to participate in many types of social activities. For some college students, it is very difficult to express themselves in public, such as nervousness, blushing and stammering. This is what psychology calls social fear. Many college students are also troubled by social fears and rely more on mobile phones to communicate with others. In universities, freshmen need to introduce themselves, answer questions in class, and answer thesis defense, etc., which bring many problems to college students with social fear. In addition, learning burnout mainly means that students are not interested in the content of learning, feel depressed and tired when studying in class, and even have a psychological state of fear of learning, and students even have a psychology of aversion to learning. And the mentality is not correct, may also make the academic performance decline, affect the communication with others, and form psychological problems in the long run.

According to a survey report on learning burnout and social fear of graduates from a 211 school in 2021, the proportion of people with network dependence and learning burnout is about 26.67%, and the remaining normal group is 73.33%. The proportion of college students without social fear is 75.64, while the total number of students with mild social fear and moderate social fear is 24.36%. It is not difficult to understand that college students not only face greater employment pressure, but also have social fears, resulting in learning burnout. Based on this, universities should optimize and continuously adjust the cognitive

structure, increase the social exercise of college students, deepen the reform of university education and teaching, optimize and reform the evaluation system of college students, and also need to help college students formulate reasonable career plans and do a good job in psychological counseling for college students. Effectively improve the personality of college students.

II. EFFECTIVE STRATEGIES TO OVERCOME COLLEGE STUDENTS' SOCIAL FEAR

As a key way of personal socialization, interpersonal communication is also a key condition for maintaining mental health at all times, and it is a key factor for perfecting the personality of college students. People are not born with social skills and are trained by the day. Because society is more practical and initiative is different, people's social skills are different. However, college students with social sensitivity and social tension are lack of opportunities for social practice, or self-esteem damage caused by unsuccessful communication in the past, or consciously avoid communication with others, or even refuse to communicate with others. For this kind of college students, they should be encouraged to participate in practical activities, and adjust improper cognition to overcome social sensitivity and tension. For college students suffering from social phobia, it is necessary to propose a series of psychotherapy methods to effectively alleviate the social fear symptoms of college students until they are completely resolved.

A. Optimization and Continuous Adjustment of Cognitive Structure to Improve College Students' Personality Quality

From cognitive therapy, we know that the behavior and emotion of college students' maladjustment are directly related to cognitive malfunction. The task of the consultant is to assist the visitor to find out the incorrect situation as soon as possible and put forward the correction plan as soon as possible. Because social fear is directly related to personality defects and bad psychology. The bad psychology is also caused by improper cognition. The use of cognitive therapy is mainly to study the improper cognition and personality defects of social phobia, so that it can produce brand-new insights and overcome the fear of shooting angles. [1]. If college students want to know how to evaluate themselves correctly, they also need to establish good self-confidence and confidence in communication with others. The specific aspects are as follows: First, college students should understand what they fear and why they fear. And because the correct cognition is not formed, it may make others lack of self-confidence and low self-esteem. It is necessary to adjust the psychological cognition of college students and effectively enhance their confidence in communication with

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others. Many college students will adopt incorrect comparison methods, such as comparing their own disadvantages with the advantages of others, or blindly comparing with excellent people, they may feel incompetent and have low self-esteem and negative psychology. You can use the comparative adjustment method, not only to compare with people who are better than yourself, but also to compare with people who have entered yourself, but also to compare with your previous actual situation. To form a correct evaluation of oneself in an objective and comprehensive way. In addition, college students question and question their unreasonable ideas and even shake their beliefs. Or by learning from others about their own views, they can form incorrect evaluations. Even enumerate the implementation of their own advantages and self-evaluation, and then adjust their self-cognition. Second, carry out social adaptive psychological training. Start with friends and classmates around you. In the actual training, enhance the self-confidence of college students, have the courage to exercise themselves, relax themselves, and enhance their confidence in social activities. Due to confident communication and communication, college students can be in a relatively relaxed state of muscle and spirit, and can also appear more calm and calm. The psychological calmness is also because people's autonomic nervous system is relatively stable, and it can also play a feedback role of moderate response to words and deeds and facial expressions. After accumulating successful social experience, it can eliminate the social mystery of college students and enhance their self-confidence in participating in social activities.

B. Increase Social Exercise and Improve Communication Ability

Among many social phobia college students, they often show obvious social communication experience and communication skills. Therefore, when overcoming social fears, it is necessary to learn a variety of social skills, and pay more attention to how to conduct social exercises to effectively improve the communication skills of college students. In the process of enhancing social exercise, socialites need to improve their psychological literacy and cultivate their good communication qualities. Socialists need tolerance, enthusiasm and integrity. And bad social experience is the trigger for social anxiety [2]. Many students believe that their social anxiety is caused by something, such as feeling humiliated in public, gaffe experience, and the risk of social anxiety. For a long time, college students have been unable to integrate into the collective. They were bullied in their childhood and ignored by their peers, causing social anxiety. College students who have already developed social anxiety may be afraid of interacting with others, even insensitive to interpersonal signals sent by others, and isolate themselves from others. And social fears, social experiences, etc., create a vicious circle that cannot really improve without breaking. For college teachers, they should pay more attention to college students' social phobia, create a good social environment for college students, and truly realize healthy social interaction. The key to solving the problem is to find the problem in time. Some people with social anxiety are regarded as shy and introverted, and some people think that they are conscious and encounter mental health problems.

Therefore, popularize the knowledge of social anxiety and encourage them to seek the help of professional teachers.

When college students are newly enrolled, they need to undergo mental health screening and find sensitive individuals and students with problems. For those with mild symptoms, continuous tracking should be carried out. If the disease is found, timely intervention should be carried out. For college students with severe symptoms, corresponding intervention strategies should be put forward. Honesty means that one should be sincere and communicate with others sincerely, treat others with sincerity, promote understanding and communication between both sides, and establish solid interpersonal communication. College students should also be honest and trustworthy, trust others more, be full of confidence and overcome obstacles. And keeping promises means keeping promises in people at the stage of communication, and only then can we communicate and communicate in depth. We should be strict with ourselves and be lenient with others. We should not haggle over every ounce in our contacts. We should respect others more and fully consider each other. In addition to the need to form good communication qualities, it is necessary to use communication skills and improve social skills. The following communication skills are commonly used: First, when communicating, you need to listen to the opinions of others and discover the value, Advantages. Second, use commendatory language to encourage and motivate college students. Third. When communicating, pay attention to words and deeds, but also pay attention to one's own appearance and the art of communicating with others.

C. Seek Psychological Counseling to Eliminate Social Fear

Social phobia is a very serious psychological disorder that usually cannot be solved by the patient himself. Therefore, we should use the strength of others and psychological counseling counselors to help. In the process of psychological counseling, behavioral therapy and comprehensive cognitive therapy are used to truly overcome social phobia. First, completely relax the muscles, but also with self-suggestion, relaxation music to achieve, but also with the help of others. Second, the horrible situations and stimuli are ranked according to the intensity of the fear-causing experience. Among them, the lower level is the stimulus that triggers the weaker mood, and the higher level is the level that causes the strongest fear. Third, the main approach is to imagine the lower fear stimulation in the level [3]. If college students have fear reactions, they should combine the relaxation training they have learned and confront them with fear to eliminate fear. Third, imagine the next level of stimulation, but also continue to desensitize, until fear experience the strongest stimulation, until no fear response. System desensitization is the key to desensitization technology, and another desensitization method is shock therapy. College students with social fear come into contact with the crowd, force them to be in a situation of fear, and feel and experience the fear emotion generated, so as to reduce the fear reaction. Or appear in front of the public, perform, speak, etc. Even if you are not afraid, you cannot flinch, but you must always insist on it to truly achieve the purpose of desensitizing college students.

III. EFFECTIVE STRATEGIES TO OVERCOME COLLEGE STUDENTS' ACADEMIC BURNOUT

A. Deepening the Reform of University Education and Teaching and Implementing Quality Education

For educational responsibility, it is not only to allow students to acquire a little knowledge, but to meet the low-level psychological needs of students, and to pursue the inner spirit, cultivate college students to pursue the truth, goodness and beauty in life, and love learning and life more. In order to improve students' spiritual and cultural literacy, it is necessary to deepen the reform of university education and teaching and implement quality education [4]. While giving full play to the original goal of education, stimulate students' creativity and imagination, obtain good spiritual feelings, cultivate sentiment, and develop into all-round talents.

B. Speeding up the Construction of University Curriculum Materials and Offering Comprehensive Courses

Combining the social development needs and life experience of college students, promote the construction and reform of courses and teaching materials, and develop personalized courses with different breadth and depth. While setting up different courses suitable for students' sexual orientation, we should break through the limitations of traditional subject education, enhance the comprehensiveness of university education courses, and stimulate students' interest in curriculum learning.

C. Optimize and Reform the Evaluation System of College Students to Improve Students' Sense of Learning and Reporting

First of all, universities need to combine the actual needs of students and society to provide students with educational value courses, subject content, etc., to promote students to fully understand the basic characteristics of these subjects, guide them to choose courses, and enable high-ability teachers to innovate, Flexible teaching methods, truly pass skills and knowledge to college students. Secondly, college students are encouraged to participate in the teaching process. From the research, it is understood that improving students' enthusiasm and autonomy can reduce emotional exhaustion, enhance their sense of self-achievement and avoid learning burnout [5]. For school administrators, they can carry out seminars and other methods to communicate and communicate with experts, and set up more research projects that students are interested in. Finally, formulate perfect teaching strategies and plans to encourage students to participate in them and make them feel that they are the protagonists of learning. Through the standardized examination system, we should improve the proportion of students' innovation ability and questions, so as to avoid delimiting the scope and setting the key points for students before the examination.

D. College Students to Formulate Reasonable Career Planning and Strengthen Target Management

For most college students, they rely on mobile phones and the Internet, and are addicted to finding vent and stimulation in the virtual network. Goal management is also to promote college students to carry out life planning, and establish short-term goals, medium-term goals, long-term goals, and

understand their actual value in the world. After understanding their core tasks and goals, they will work hard for them and achieve success. Under the guidance of teachers, promote college students to formulate reasonable career development plans, form correct values and outlook on life, and establish a standardized life, arrange online time, and prevent emptiness, loneliness, loss of goals, and serious network dependence. Even when college students are surfing the Internet, they should clarify their core goals, think twice before acting, and choose valuable information for browsing to avoid getting lost in the Internet torrent.

E. To Do a Good Job in Psychological Counseling for College Students

Because of physical and mental development, college students have serious social fear and even indulge in the Internet. In the long run, interpersonal relationships have been neglected and may rely more on online life. Through the development of group psychological counseling and other activities, college students can return from their disordered life and online behavior to their normal study and life, and reasonably arrange their study and online time. In addition, the construction of psychological counseling centers enables college students to solve their own problems, harmonize their relations with others, and form good psychological qualities [6]. College students also need to conduct regular mental health consultations and health lectures. They also need to effectively improve their mental health awareness, understand their own psychological defects, improve their self-awareness, avoid mental illness and psychological problems, and reduce inner conflicts and contradictions. It can also relieve worries. The way of building a psychological website and opening a psychological counseling hotline are adopted to eliminate the psychological barriers of college students.

F. Strengthen Ideological and Political Education of College Students

Students need to have a correct understanding of themselves, and enhance their own personality cultivation, exercise good will quality. In addition, it is also necessary to cultivate students' interest in teachers, be more gregarious, actively participate in class activities and school activities, communicate with peers and teachers, and always maintain good interpersonal relationships [7]. Carry out ideological and political education for college students, guide college students to resist unhealthy and wrong ideas, and actively guide college students how to use the Internet correctly, shape college students' self-esteem and self-love personality, and form self-realization, self-design, and self-transcendence Values.

IV. CONCLUSION

Universities need to strengthen the healthy social education of college students to avoid bullying on campus. Universities need to help college students establish a healthy character, and also promote how college students respect and care for others, and understand how to treat students with different personalities. Teachers need to adjust college students' social fear and tension, and carry out social skills

training to teach college students how to initiate conversations, establish friendships, and communicate with the opposite sex, so as to effectively enhance college students' confidence in interpersonal communication. If the social phobia of college students is serious, psychological counseling groups should be established for psychological counseling. For the learning burnout of college students, it may be caused by the uneven distribution of age, society, family, and educational resources. The prevention of college students' learning burnout is a long-term project. It should continuously improve the quality of college students' training, and choose scientific education methods to promote college students' self-regulation, no longer indulge in mobile phones for a long time, concentrate on classroom attention, and promote Good academic development.

CONFLICT OF INTEREST

The author declares no conflict of interest

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