Research on College Students’ Online Social Networking and Skills Training Based on Positive Psychology

Yunen Chen
College of Psychology, North China University of Science and Technology, China
*Corresponding author (E-mail: chenyunen1980@126.com)

Abstract
This paper presents an idea of college students' social networking and skills based on positive psychology. Starting with the introduction of positive psychology, the author analyzes the problem of social networking for college Students. The result shows that positive psychology provides a new perspective for college students' network communication; it also provides a positive role for college students in social interaction. The concept of positive psychology from college students' social ability, social cognitive network, the network social skills training and so on several aspects, explained the concept of positive psychology on college students' social benefits. Through concrete analysis, positive psychology can effectively solve the problem of the problem of network social ability of contemporary college students.

Key words: Positive psychology; Social networking of college students, Skills, Social phobia

1. INTRODUCTION
Today's social pattern is open, diverse, and interactive, social skills have become the necessary ability and basic requirement for a person living in the society. Social interaction is also towards a diversified trend of change, accompanied by scientific and technological progress and online social competence is already become the current hot topic. Today's college students have a strong social impetus, for college students, good social networking skills is a necessary condition to enter the society, but also an important symbol of their maturity and the ability reflection that they can quickly integrate into the society. However, from the analysis of large data, there are many college students with poor social networking ability. In the process of social networking contact, social fear in college students is abounding. The more serious of them have emerged psychological repellence. This mental state has not only brought great pain to the individual students, but also affected the healthy development of them. It has become a top priority to look for a way to solve the problem of college students’ online social fear. In view of the above situation, this paper puts forward a view of social networking and skills cultivation for college students based on positive psychology. The situation of poor social networking of college students will be changed through using positive psychology.

2. INTRODUCING POSITIVE PSYCHOLOGY IDEA TO SOLVE THE PROBLEM OF COLLEGE STUDENTS’ SOCIAL NETWORKING

2.1 Human genetic personality has laid the foundation of social networking barrier
In the evolution of humankind, a large number of genes record human’s character and life experience, and these genes will be inherited to the next generation, which will have a certain impact on personality and ability of the next generation, so each human has a certain significant potential character. At the same time, through the postnatal training, communication and the impact of environment, the expression of character can be stimulated. Because of different experience and environment, there are all sorts of strange characters in the world. The communication and collision between different characters will cause different changes. Especially in such a virtual social networking environment, the personality is significantly enlarged, so the emergence of social networking problems is not due to personal reasons, but a social cluster problem. In terms of such a problem, appropriate methods must be used to solve it and positive psychology is a good solution.

2.2. Positive psychology provides a new perspective for college students' social networking
At present, college students are in the psychological semi-mature period. College students' personality is highlighted and their psychology is in shaking period, so they are extremely eager to be recognized and agreed, but in the process of growing up, some setbacks will be inevitably encountered, and these setbacks will have certain impact on their psychology, which is the stage that life must go through. Facing the psychological desire, network is the best vent platform. In the virtual world, the environment and society cannot condemn them, who can arbitrarily show their own personality with their character, but under facing tie for tat situation, they will use some extreme ideas and language, eventually leading to dissonance on the exchange. If such a disharmony factor is too much, it will give some psychological feedback, which ultimately may lead to self-denial, and even the exclusion of social networking. Positive psychology advocates positive optimism, self-control, perseverance
and other positive quality. The cultivation of these quality can effectively avoid the psychological burden. Positive psychological core elements can effectively stimulate college students to face the social networking with a positive attitude. Through the research on the students with strong social networking ability, it is found that the strength of each college student's psychological quality can directly affect the social networking ability. For the students with relatively good psychological quality, some problems encountered on the network can be vented through self-distraction, and it will not have an impact on them in physical and mental aspects. But for the college students with stronger sense of social networking rank, it will have a certain psychological impact for them due to various reasons. Such an impact will not be vented through other means and will produce some accumulation in their heart. When the accumulation reaches a certain limit, it will cause psychological exclusion and a certain distortion. Positive psychology can vent this negative energy by positive guide and good self-distraction without psychological deposition, to achieve the realm without negative energy in heart. Positive psychology also provides a self-affirmative process for college students through positive guide. Self-affirmation increases their social self-confidence, with an optimistic attitude and a positive mentality, making them integrate into social networking well, so positive psychology is a new perspective of college students' social networking.

2.3. Analysis on the connotation of college students' social networking actuality

Since the 21st century of information age, the most obvious feature is the exchange of information. Only effective exchange and expression can make college students adapt to the modern living environment and interpersonal relationships better, thus to grasp good opportunities and modern social rhythm. Social networking ability can be said as the key that determines a college student to win in the social competition, but also an important shortcut to the success. Social networking ability will directly affect the life, learning and even behavior of college students. The strength of social networking has a direct impact on the degree of physical and mental health, the degree of character integrity, degree of interpersonal harmony, psychological ability to resolve and comprehensive ability training of college students. With the globalization of economy, communication through Internet has become an international trend. As a country where college students are enriched, the social networking ability of college students has been related to the future fate of a country. It can be said that the future networking communication will occupy more than half of interpersonal relationships, so for a college student, social networking ability is very important. For the college students with social networking exclusion, their potential is tied and hindered largely. The nature of effective social networking is to pass their own information to the recipient through a simple, clear way on the one hand, while in the process of transmission, the receipt will not receive a certain sense of exclusion, but have an accurate understanding of the contents covered by such information; on the other hand, the receipt must provide good feedback to the information and respond according to the contents received. This is a social network that is expected by both sides on good network communication. The materiality of social networking is a two-way, interactive, and multi-directional platform. This paper argues that the connotation of college students' social networking is carried out in a good network environment. College students can realize good expression of self-emotional information, emotional information to society, emotional information to others and emotional information to nature through social networking, and pursue an equal, harmonious, and cohesive network communication mode without affecting others. This way can promote the harmonious development of society for college students to achieve self-worth, provide a good way to achieve their dreams. The main ways that students use the network to socialize are shown in Table 1:

<table>
<thead>
<tr>
<th>Name</th>
<th>Description</th>
<th>Main access sites</th>
<th>Visit times</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 learning</td>
<td>exchange</td>
<td>Digital library, resource download, electronic resources and so on.</td>
<td>123</td>
</tr>
<tr>
<td>2 Entertainment exchange</td>
<td>Sunshine website, network center, BBS, alumni association and so on.</td>
<td>231</td>
<td></td>
</tr>
<tr>
<td>3 Office communication</td>
<td>Student management system, students affair department, school office and so on.</td>
<td>232</td>
<td></td>
</tr>
<tr>
<td>4 general</td>
<td>exchange</td>
<td>School notification, school introduction, campus culture, common service and so on.</td>
<td>3233</td>
</tr>
</tbody>
</table>

2.4. Analysis of the status quo of college students' social networking ability

With strong self-awareness, don't care about others' feelings. At present the mainstream of social networking is: the group of “after 90s” and “after 00s” have active thinking, distinct personality and widespread hobby. They like freedom and the pursuit of fashion, as well as making public individual character. They can express their ideas positively and have strong sense of purpose and objective consciousness and other features. In the process of social networking, they are always self-centered, and cannot evaluate themselves and others
accurately and objectively. Their self-management ability is also poor, emotional control is not high. They expect to put their own interests to maximize for everything, never or rarely considering others’ feelings. They often actively advocate the society and others can understand them more. They are good at criticizing the society and blaming others. Social equality, respect, honesty, harmony and other basic principles of social networking are often ignored by them. They like to communicate with touted tone. They are domineering, selfish and never think of others’ ability to accept. Some students even build their own happiness in others pain in the process of social networking. It’s hard for them to listen to and accept others’ information and advice. Such a “asocial” performance is a kind of harm for others and unprofitable for themselves. With the passage of time, they are more perplexed, and become hard to communicate with others, which makes them become ambivalent to face the social networking. The change trend graph of students’ self-protection ability and social acceptability are shown in figure 1:

![Figure 1](image1.png)

**Figure 1.** Trend Chart of Self-protection Psychological and Social Ability

Close of self-conscious, they do not want to open their own heart to communicate. Most of the contemporary college students are introverted, sunny and kind-hearted. They like to use social network to express their feelings. They are good at adapting to self-feelings, but part of them are self-enclosed that cannot use social networking for self-regulation. This type of students mainly shows: the attitude for the outside world is extremely indifferent, and they like to seal their own imagination in the heart. They do not want to communicate through the social network with others, and usually put their real thoughts and feelings on the bottom of heart. When meeting the conditions that they cannot solve, they cannot manage their own emotions and easy to make some outrageous behavior. For example, the hot topic of university dormitory poisoning case is the best example. Secondly, for the eccentric high-cold type, they do not want to let others understand them. They act as others, but always camouflage themselves by some means and cannot completely communicate with others heart to heart. When encountering the problems that they cannot solve, they don’t communicate with their partners, or release the negative energy or seek help. Thus, when their own heart cannot afford, they will feel particularly tired and may give up and become self-defeating, which will eventually lead to bad consequences. Figure 2 is the trend chart for students’ closed psychology and social ability.

![Figure 2](image2.png)

**Figure 2.** Trend chart for students’ closed psychology and social ability.
Obsessed with the virtual network, ignoring interpersonal communication. Under the impact of network information age, social networking life has occupied a large part of the life of contemporary college students, and WeChat, cell phone, and a variety of network chat tools have become the main channel of communication among college students. Convenient network has virtuality, while in the virtual network there are many games, films and television works making people addicted, resulting in less communication. In the face of virtual interpersonal communication process, emotional communication is lacking, the randomness in communication results in self-lost. Once in the normal social networking, embarrassment will be faced, with nothing to say, or it will appear very unexpected in the process of communication. There are a lot of college students who now like the second element, because there is no need to communicate that can achieve the purpose of harmonious coexistence, but in the normal process of social networking, the content and the way of exchange will become extremely embarrassing.

3. REMISSION OF SOCIAL PHOBIA OF COLLEGE STUDENTS UNDER THE IDEA OF POSITIVE PSYCHOLOGY

3.1. Positive psychological ideas promoting college students' social ability

Maslow's theory of demand hierarchy embodies the strong diversity of human needs, and the idea of positive psychology is to satisfy the consciousness of self-affirmation of modern college students. The subject of positive psychology itself is an optimistic idea. Positive psychology concept is a kind of egotistical social networking that requires college students to be sensitive, self-esteem and have new thoughts, avoiding boredom, confusion, emptiness situation, so it has positive effect on students chasing their dreams, pursuing perfection and facing the challenge, to achieve self-potential value. Positive psychology concept can meet the inner mind of college students. The best way to fill the emptiness in heart is to occupy the feeling of emptiness and increase self-confidence. Under the premise of recognizing and respecting contemporary college students, positive psychological concept requires college students have a certain sense of responsibility, and know their own heart well. The research shows that the concept of positive psychology can solve two types of problems of college students: one is the “confused group” without clear idea in their heart; the other is the group with clear goal, but lack of confidence. For the former group, positive psychology concept introduces the best way is the heart to heart exchange, which will show more information, and their goals will become clear over time. For the second problem, positive psychology will advocate positive guide. Open the heart, encourage to try, and find experience in failure, so as to achieve better communication. In the current social networking of college students, to enhance their ability to communicate, good mentality is necessary. Through positive try, communicate without fearing failure. Positive psychology idea is just to provide students with the psychological quality and social networking communication attitude that they should have. The impact trend chart of students’ positive psychology is shown in Figure 3:

Figure 3. Trend of the Impact of Students' Positive Psychology on Social Skills

3.2. Positive psychology idea adjusting college students' network cognition

The idea of positive psychology mainly cultivates the cognitive way and ability of contemporary college students to social networking. Ellis's ABC theory suggests that college students’ network communication emotions are not derived from their own emotions, but from the understanding, evaluation and analysis of the exchange process. College students are prone to appear irritability anxiety, mood swing and improper communication behavior, which will eventually lead to college students have doubts about social networking.
and think that they are not suitable for social networking, forming vicious circle with self-protection. Positive psychological ideas will give college students a good habit of cognition. Positive psychology idea advocates that college students should face all the complicated communication behaviors with positive attitude. Positive psychology idea will tell the students that all the social networking is a kind of communication, and they should take its essence and discard its dross. So no matter what kind of social networking, college students will quickly find their own way, and exchange information and emotion taking their own understanding as the topic. Positive psychological idea also emphasizes that the students need to have certain ability not only to control themselves but also to control the received information. Because with the virtual network along with a lot of irresponsible topics, which have a certain negative energy that is not persecuted, but the will impact people on their mind and body, college students should also take into account the control ability in the process of social networking. Therefore, the idea of positive psychology will play a role in promoting the social networking of college students. The trend chart of the impact of students’ positive psychology on their cognitive ability is shown in Figure 4 as below:

![Trend Chart of the Impact of Students' Positive Psychology on Their Cognitive Ability](image)

3.3. The idea of positive psychology promoting the cultivation of college students' social skills

For the virtuality of network, positive psychological idea is used to enhance the network skills of college students. Internet socialization is developed based on virtual technology. In the virtual network world, the exchanges among people are in the form of text and virtual images and other forms of expression. This kind of virtuality brings a lot of uncertainty, but the uncertainty is often along with some improvement space. Some of the contemporary college students are given the improvement space through these uncertainties, for example as for a live game on the network that needs to explain, their ability of social networking can be exercised and enhanced in the process of explanation. They reflect their own personality through the network that can express themselves better. On the base of developed modern network, there is no talent that cannot be afforded by network, so through the virtuality of social network, skills can be enhanced. The range and classifications of cultivating college students’ social ability divided by positive psychology are shown in Table 2:

<table>
<thead>
<tr>
<th>Cluster</th>
<th>Impact Area</th>
<th>Main Problems</th>
<th>% Impact Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cluster1</td>
<td>Communication</td>
<td>Shame to express to strangers</td>
<td>32</td>
</tr>
<tr>
<td>Cluster2</td>
<td>Perception</td>
<td>Lack of positive understanding for others’ words.</td>
<td>25</td>
</tr>
<tr>
<td>Cluster3</td>
<td>Emotional Quotient</td>
<td>Taciturnity</td>
<td>16</td>
</tr>
<tr>
<td>Cluster4</td>
<td>Communication Desire</td>
<td>Don’t want to communicate with others.</td>
<td>27</td>
</tr>
</tbody>
</table>

For the freedom of network, positive psychology is used to enhance network skills of college students. Internet socialization is a decentralized form, and it’s not like the freedom and hierarchical differentiation of social form in the society, thus social networking has much freedom. In view of the freedom of social networking, combining with the concept of positive psychology, college students can improve their communication ability. Through the contact of different classes, self-expression ability can be exercised greatly. But because modern college students' mental maturity problem requires positive psychology idea to assist, in the process of social networking, the freedom of network can be used to enhance skills, but perform self-protection through the idea of positive psychology.
The alienation of social networking is used with positive psychology idea to enhance network skills of college students. The social networking information is transmitted through the media, so the process of transmission has a certain degree of alienation, which will cause big misunderstanding in expression, which is the characteristic of network. Although the positive psychology idea can tell college students to have optimistic attitude, but cannot avoid controversy of some information, which needs certain self-troubleshooting. And the way for self-troubleshooting can exercise comprehensive mental development. Therefore, the alienation of network can be used to carry out mental exercise for college students. Positive psychology ideas can refine the mind of college students to ensure achieving mental exercise through the analysis of network alienation, and ultimately to enhance the ability of social networking.

In short, in the social networking, college students can make full use of various characteristics of network to enhance their skills and ability through positive psychology idea for good psychological troubleshooting, and ultimately to achieve the purpose of improving college students’ social networking ability through positive psychology.

4. CONCLUSIONS

This paper puts forward a view of college students' social network and skills cultivation based on positive psychology. Through the concrete elaboration of positive psychology, it shows that contemporary college students can improve the social networking ability through positive psychology.

REFERENCES