

Analysis and Enlightenment of Interpersonal Relationship Conflicts of Freshmen in Dormitory

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Abstract

Interpersonal relationship refers to the psychological and social connection formed by mutual influence between people in the process of interaction (Shen, 2008). Dealing with dormitory interpersonal relationship plays an important role in college students' study, life, physical and mental health development. From the perspective of the counselor's work, based on the case of a male dormitory interpersonal conflict incident in freshman year, this paper considers that the counselor can effectively resolve the interpersonal conflict in the dormitory of college students by the following methods: (1) Anticipate and deal with emergencies in a timely manner; (2) Guide students to resolve conflicts on their own through communication; (3) Build the "micro-culture" of dormitory; (4) Give full play to the role of class committee in class management. This paper provides practical reference for counselors to carry out dormitory management for freshmen and deal with interpersonal crisis events of college students.

Keywords

Freshmen; Interpersonal Relationship; Dormitory Conflicts; Dormitory Management.

1. Introduction

The purpose of higher education is to promote the all-round development of the students. Interpersonal communication is a topic that cannot be avoided on the road of college students' growth and talent that handling the interpersonal relationships formed by communication is a major central factor in stimulating the internal motivation, creativity and potential of college students. That is to say, from the perspective of education and teaching, the treatment of interpersonal relationship among college students affects their academic ability to some extent while from the view of mental health, interpersonal relationship is the main source of psychological problems and campus contradictions among college students (Zhang, 2020) [2]. The benign dormitory relationship will promote the members of the dormitory to make progress actively and develop together while malignant bedroom relationship will lead to adverse emotional reactions among dormitory members, which can even lead to malignant events if not handled well (Yang, 2006) [3]. The harmonious and stable dormitory interpersonal relationship of college students implicitly improves the level of students and is conducive to shaping the sound personality of college students, which must be paid full attention to it. The first year of college is the transition period from secondary education to higher education, which prefers an important stage or a turning point in life as well as a key period for the formation of college students' moral character, value accomplishment and sound personality (Lai, 2019) [4]. At present, the problems of college students' dormitory relationship emerge in frequently, especially the interpersonal problems of junior college students mainly come from the dormitory relationship (Yang, 2014) [5]. How to deal with such relationship is the first compulsory course of the first class after freshmen enter the school. This also enlightens

educators to be different from students of other age groups in exploring methods and paths to deal with such problems.

2. Case Presentation

At a certain noon before the holiday, Xiao Luo, Xiao He and Xiao Zhang of a male dormitory of freshman year respectively called the counselor and sent a message saying that they did not want to be roommates with Xiao Shao. They asked whether they could apply for Xiao Shao to be transferred from the dormitory or transfer them to another dormitory together. The main reasons are: (1) They do not approve of Xiao Shao's way as monitor; (2) They resented the mantra used by Xiao Shao in his words; (3) Xiao Shao's living habits were different from those of them; (4) Xiao Shao is a self-centered person. Therefore, they resisted living together.

3. Incident Processing Steps

3.1. Individual Conversation with Group Coaching

After telephone communication with Xiao He and Xiao Luo, the author concluded that this was a long backlog of dormitory interpersonal contradictions. Therefore, we decided to make an appointment with Xiao Luo to have a heart-to-heart talk immediately in the afternoon. Considering Xiao Luo's shy personality, chatting in the office might make him feel uncomfortable and reluctant to open up his mind. Hence, the author decided to start the talk in a relatively familiar and relaxed campus tea shop. During the conversation, the author found that Xiao Luo cared about the following things: Firstly, he was tired of training every day during the military training for freshmen so that he cannot wash his clothes as soon as he returned to the dormitory, but Xiao Shao always urging him to wash his clothes that day before go to bed; Secondly, he was used to sleeping late and getting up late. Xiao Shao dislike him for stirring at night and waking him up in the morning. Thirdly, Xiao Shao always go out without taking access card so that they should get out of bed for him to open the door. In view of this, the author's advice to him is to try to look at the so-called problem from another way, do not regard Xiao Shao's supervision as deliberate discipline, which can be regarded as a kind of concern in disguise for the great relationship between roommates with good intentions in improper ways that hoping everyone can develop good habits. In fact, these problems are ultimately caused by differences in living habits, which can be solved by kindly reminding each other and coordinating communication.

Different from Xiao Luo, Xiao He mainly cares about the followings: First, he thinks that Xiao Shao likes to perform in public places greatly in different manners. Second, he believes that Xiao Shao is not competent for the monitor and not as good as himself in many ways. Third, Xiao Shao likes to talk complaining words, which he cannot accept.

During evening self-study, the author asked several students to make sure whether Xiao Shao had a bad habit of using foul language. In the course of the chat, Xiao Shao enumerated a series of class activities he had completed recently, saying that he was definitely involved in receiving and sending notifications to classmates every day. The author first affirmed Xiao Shao's working attitude, and then told him that he should be good at cooperating with other class committees in the work and learn how to assign tasks. This can not only create opportunities for other students, but also help him free up more time to deal with their own study and life. When asked about his relationship with the other students in the dormitory, Xiao Shao expressed difficulty, saying that the other roommates seem to be ignoring him recently, and he doesn't know why. The author then asked him about their daily routines and habits and make sure whether they had any bad catchphrases. However, Xiao Shao's answers were generally consistent with what they said except for the reason of speak foul language, which he used to

demonstrate a close relationship between boys. The author corrected Xiao Shao's misunderstanding of this concept and suggested that he take the initiative to talk to his roommate.

In the conversation, the author found that unlike Xiao Luo and Xiao Shao, Xiao Zhang did not show any strong dissatisfaction to Xiao Shao only because of his better relationship with the two of them with an attitude of everything is none of his business. The author believes that the reason may be due to his introverted personality, which also reflected the indifference atmosphere in this bedroom.

During the face-to-face communication, two details caught the author's attention. One is that Xiao He was not as agitated as he was on the phone. Instead, he apologized to the author as soon as he started the conversation, saying that as boys, they lack the quality of tolerance and generosity, and should not scold Xiao Shao behind the scenes. He also mentioned that, in fact, he and Xiao Luo would like to reflect the dormitory problems to the author earlier, but considering that period of time is the eve of the class committee election. They were worried that changing dormitories would arouse the suspicion of their classmates and affect Xiao Shao's class committee election. These two pieces of information show that the relationship between the dormitories did not develop to an uncontrollable way. After the group talks, all of them expressed their willingness to resolve the conflict through internal communication.

3.2. Conflict Resolution and Relationship Reconstruction

3.2.1. Icebreaking Operations

Firstly, taking Xiao Shao as the leader, the four of them had a long night talk in the dormitory on the night when they left school after the holiday.

Secondly, after returning to school after the holiday, they completed a lot of activities and took some group photos in a joking way.

Thirdly, the dormitory group gave Xiao Shao an unforgettable birthday, which moved Xiao Shao greatly as he grew up in a single-parent family.

3.2.2. Warm up Emotions

Firstly, Xiao Shao, as the monitor, was in trouble when carrying out class activities. Xiao He took the initiative to stand up for Xiao Shao's work, so that the classmates could understand the difficulty of the monitor's work.

Secondly, Xiao Luo organized the classmates to sign up for the basketball game, and Xiao Shao took the lead in signing up for it.

Thirdly, four dormitory members participated in the "Red Drama" competition, acting as partners on the stage.

Thirdly, Xiao Zhang took good care of Xiao Shao when he sprained his foot in basketball training.

3.2.3. Evaluation

The advantages of the effective solution of this dormitory interpersonal relationship contradiction are as follows: First, the author can intervene in time when the problem is found, and guide the students to develop in a positive direction. Second, the students themselves have good reflective ability, and are willing to listen and cooperate with the author's suggestions. Third, it happened the day before the holiday, and the short separation during the holiday actually formed a cooling-off period.

After the heart-to-heart talk, the author found that the interpersonal contradictions in the dormitory were basically resolved.

4. Revelation

4.1. Anticipate and Deal with Emergencies in a Timely Manner

In the daily management of students, counselors should pay attention to the psychological and ideological situations of students through multiple channels, and be good at finding problems and intervening as soon as possible. The so-called multi-channel means that counselors should not only contact and understand students personally, but also master students' information from students' peers and parents. Moreover, they should be good at paying attention to students' comments and trends on social media platforms such as Wechat and others. Grasp the general tone of public opinion, and form a management mode of home to school integration. In this process, counselors should timely change their roles and make active responses to students growing up in different situations so that students can initiative to talk to you as well as becoming intimate friends. Finally, the difficulties can be solved in an a suitable way for students.

4.2. Guide Students to Resolve Conflicts on Their Own through Communication

In the author's opinion, counselors should play the role of giving advice in dealing with dormitory interpersonal relations. Providing students with suggestions and methods to solve problems and opening up channels of communication between the two sides, rather than blindly acting on their behalf, which can cultivate students' ability to solve problems to a certain extent.

4.3. Build the "Micro-culture" of Dormitory

The core of building dormitory culture is to enhance dormitory cohesion, and the extension is to promote the style of study and class through the collective activities of dormitory. Take the author's class as an example, students from different majors or class are mixed in different rooms and floors. Students from other majors are used to being alone, which to some extent increases the difficulty of dormitory management. At the beginning of the semester, after the class committee was determined, the author set up a full dormitory punching group with the dormitory leader as the unit, and arranged the life committee member to urge the dormitory leader to report the situation in different ways before 10:30 every night. The electronic record sheet was made, and a few students who mixed with other majors' students were included in the next class dormitory to report together. At the early stage, the main forms of report were group photo, shooting video and shared positioning. The students participated in the group happily and the response was great. With the development of all kinds of themed class meetings and the increase of class collective competition activities, the forms of collective chanting and cheering for the class were added to the clocking mode. In addition, considering that the students in the class are generally afraid of English learning that they hope to pass the CET-4 in the first year of college. Relying on the professional background, the author selects relevant English materials, and adds the link of English reading in the dormitory checking system, which is favored by many students. In the future, we will continue to design more clocking activities that require cooperation from dormitory with the help of new media platforms. On the one hand, this system helps the author to know whether students are out at night and prevent potential security risks. On the other hand, according to the periodic characteristics of students' life, the system can combine education with fun, combine happiness in learning, deepen the emotional connection between roommates, and play a role in bonding.

4.4. Give Full Play to the Role of Class Committee in Class Management

As a member of the class, the class committee gets along with the students day and night, and has natural advantages in understanding and building excellent relationship with student group. Counselors should organize regular meetings of class committees to encourage students

to share good experience and practices in dealing with interpersonal relations with each other, give full play to the role of peers as role models, and to promote the harmonious atmosphere of the dormitory with the good vibe of the class.

5. Conclusion

For freshmen, it is a test to improve their ability to deal with interpersonal relations to effectively resolve dormitory conflicts. A good dormitory atmosphere connects students' thoughts, psychology, studies, employment and other aspects of their future college career. Therefore, we believe that, firstly, college counselors should pay attention to the possibility of triggering interpersonal conflicts in the dormitory of first-year college students. By visiting students' dormitory, in the process of talking with individuals and groups, the interpersonal relationship of the dormitory is predicted and evaluated based on the gender, personality characteristics, region, living habits, family growth environment and school performance of the students, and the daily management evaluation mechanism of the dormitory is established. Avoid creating differences in the establishment of dormitory members. For example, dormitory students are concentrated from the same province or class committees are concentrated in the same dormitory, etc. Secondly, it focuses on helping freshmen correctly understand the causes of the crisis, and puts forward effective solutions to the problems, which mainly focus on education and guidance, and fully inspire and cultivate students' ability of solving problems independently. Thirdly, innovate the means of educating people, give full play to the efficacy of network education, and guide dormitory members to establish common growth goals with the new media platform that students like to see and hear. Keep a well record in and out of work, and improve the informationization level of dormitory staff management through the way of tracking students' situation in time through "one bedroom, one file". To sum up, to solve the problem of freshman's dormitory interpersonal relationship, we should not only grasp the opportunity, but also take diversified ways to strengthen the daily management of students' dormitory so as to promote the sound development of freshman's dormitory interpersonal relationship.

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