

A Study on the Psychological Mechanism of College Students Lacking Rule Consciousness and Educational Countermeasures

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Abstract

Nowadays, the phenomenon of college students lacking rule consciousness is becoming increasingly prominent, which has been affecting the order on campus as well as the personal development of students themselves. By analyzing the manifestations of college students lacking rule consciousness and the psychological mechanisms behind it, this paper focuses on exploring the impact of factors on consciousness, such as autonomy and rule constraints, insufficient socialization, diversified values, etc. On this basis, some educational countermeasures are proposed, including systematic education to strengthen consciousness, innovative education forms combining online and offline activities, and the integration of mental health and rule education, aiming to effectively enhance college students' rule consciousness. Cultivating college students' consciousness is not only conducive to their personal growth, but also an important guarantee for social harmony and progress.

Keywords

College students; rule consciousness; psychological mechanism; systematic education; campus culture; educational strategies.

1. Introduction

Rule consciousness is a key factor in maintaining social order and promoting personal growth. As basic norms governing people's behavior, rules not only maintain the harmonious operation of society, but also provide a framework for the moral cultivation and legal concepts of individuals. College students are the future backbone of society, and whether they can develop rule consciousness is directly related to their performance of social responsibilities in the future. However, the lack of rule consciousness is widespread among college students, which is manifested in indifference to school rules and regulations, weak sense of public responsibility, and resistance to authority and rules. This phenomenon not only affects the order on campus, but also has negative impacts on the personal development students and social adaptability. Exploring psychological mechanism of college students' lack of rule consciousness and deeply analyzing its causes are the key to solving this problem. Cultivating college students' rule consciousness through effective educational measures can not only improve their moral level and sense of social responsibility, but also provide a guarantee for social stability and harmony. Therefore, it is practically significant to study the lack of rule consciousness among college students and related educational countermeasures.

2. Specific Manifestations of College Students' Lacking Rule Consciousness and Impacts

2.1. Specific manifestations of lacking rule consciousness in learning and life

Some students' lack of rule consciousness is particularly evident in their study and life when they are at school. First of all, lateness, early departure and absenteeism have been common

phenomena. Some students disregard classroom discipline so much, which not only affects their own learning, but also disrupts the entire classroom order. Secondly, dishonest behaviors, such as plagiarizing homework and cheating in exams, are also very common, showing that some students do not take academic norms and integrity principles seriously. Thirdly, in team-based learning, some students lack a sense of responsibility when dividing work, and often do not participate or shirk their sub-tasks, resulting in a decline in the overall quality of a task completion. Besides affecting the cultivation of team spirit, these behaviors also aggravate conflicts and dissatisfaction among students. The lack of rule consciousness definitely affects individual learning outcomes, and meanwhile, it has a negative impact on the learning atmosphere and order on campus to a certain extent. In the long run, it will weaken the overall self-discipline and sense of responsibility of the college student group.

2.2. Weak consciousness of public order in campus life

In campus life, the weak consciousness of public order among college students is manifested in their neglect of collective living norms and indifference to public rules. Some students do not abide by basic order in dormitory management, such as using illegal electrical appliances, discarding garbage at will, not cleaning on time, etc., which leads to a dirty and messy dormitory environment, thereby affecting the quality of life and safety of others. In public places on campus, such as cafeterias, libraries and stadiums, they are reluctant to queue up and use public facilities in a regulated manner. For example, some students cut in line when they want to eat in the cafeteria, or occupy seats in the library for a long time, resulting in waste and unfair use of public resources. Thirdly, noise problems are also common on campus. Some students make loud noises in dormitories or public areas, affecting others' rest and study. This disregard for public rules not only weakens the harmonious atmosphere on campus, but also exposes college students' lack of awareness of public and social responsibilities. In the long run, it will weaken their collective consciousness, affect their civic literacy and social adaptability, and also bring potential negative impacts on their development in the future.

3. Analysis of the Psychological Mechanism for College Students Lacking Rule Consciousness

3.1. Psychological conflict between autonomy and rule constraints

College students are in a critical period of personality development and have a strong pursuit of autonomy and independence, which often conflicts with the school's rules. Many students hold that they should have more freedom after entering college and are eager to escape from the strict management of high school. This makes them less accepting of rules and regulations, believing that some rules and regulations restrict their personal development and free expression. Therefore, some students show resistance and disregard for the rules in daily life and study, such as skipping classes, violating dormitory management regulations, etc. This psychological conflict arises from the increased self-awareness of college students. They hope to demonstrate their personal values through independent choices, but meanwhile they lack a deep understanding of social rules and disciplinary constraints [1]. In addition, some college students only understand rules at the level of external constraints and fail to internalize them as self-constraints, which leads them to tend to circumvent or find loopholes when faced with rules, rather than abide by and respect the rules. The conflict between autonomy and rule constraints is one of the key psychological mechanism for college students lacking rule consciousness.

3.2. Insufficient socialization and lack of rule consciousness

The process of socialization is a critical stage in which individuals gradually internalize social norms, values, and behavioral patterns. However, some college students display a lack of

socialization during this process, leading to a deficiency in rule consciousness. Most college students are overprotected before they enter college. They lack opportunities to deal with problems independently, and have a weak understanding and awareness of abiding by public rules. Faced with a more open campus environment and relatively relaxed management now, they tend to develop free and undisciplined behavioral habits. Most students can only use Internet under parents' supervision before they enter the college. After entering college, the suddenly open information and network environment makes some students more inclined to interact in a virtual environment, ignoring the importance of rules in the real society. The anonymity and virtuality of cyberspace cause some students to show indifference to social norms and lack respect for rules and order in real life. Furthermore, due to differences in their growing environment, some college students have not been fully exposed to rigorous rule education, resulting in a lack of awareness of consciously abiding by the rules when faced with them. The inadequate socialization makes it difficult for college students to internalize rule consciousness and form the habit of respecting and abiding by the rules, which affects their behavior in study and life.

3.3. The weakening effect of value diversity on rule compliance

With the rapid development of society, the values of college students have shown a diversified trend, which has a significant weakening effect on rule consciousness. The openness of modern society and the interweaving of multiculturalism have caused college students to face various shocks to their values in the process of being educated and their life. When faced with these diverse cultures, some students question traditional rules and norms, believing that rules are outdated constraints that cannot meet the needs of contemporary personalized development. Especially in the context of globalization, Western individualistic values have influenced many students, who place more emphasis on personal freedom and self-realization while neglecting collective norms and social responsibilities. This tendency to pursue personal values and freedom can easily lead them to ignore the existence of rules, or even view rules as obstacles to their personal development [2]. In addition, the rapid development of cyberculture, especially the rebellious and critical speech on online platforms, has further strengthened college students' resistance to rules. This diversity of values has gradually weakened the binding force of rules among some students, resulting in a decrease in their respect for public order and collective norms, and in turn weakening their rule consciousness.

4. Weak Links in Rule Education in Student Management

In student management, the weak links in rule education are mainly reflected in several aspects. First, many colleges and universities are too single-minded in the content and form of rule education, which often only stays at the stage of simple school rules publicity, lacking continuity and depth. And at the same time, students' understanding of the rules is mostly superficial, and they fail to internalize them into behavioral habits that they consciously abide by. Second, some schools do not pay enough attention to rule education, and administrators often focus more on academic education and career guidance, while neglecting rule consciousness and discipline education. Colleges and universities often do not systematically and systematically guide and cultivate students' rule consciousness, resulting in a lack of clear understanding of the importance of rules. Third, the lack of innovation in educational methods is another important weakness. The traditional indoctrination education model fails to stimulate students' active participation and reflection. They often passively accept the rules rather than actively understand the meaning behind them. This causes students to selectively follow rules in their daily lives, and their rule consciousness becomes a formality, lacking internal motivation. Finally, the insufficient penetration of rule education in campus culture construction has resulted in a failure to closely integrate rule education with students' daily behaviors. The lack

of practical behavioral guidance and norms has made it difficult for rule education to achieve long-term effectiveness.

5. Educational Strategies to Improve College Students' Rule Consciousness

5.1. Strengthen systematic education on rule consciousness

The key to improving college students' rule consciousness lies in establishing a systematic and continuous rules education system.

First of all, colleges and universities should incorporate rule consciousness education into their ideological and political education as one of the core contents, rather than just limiting it to a simple introduction to regulations at the time of admission. In curriculum design, it is feasible to add a special rule consciousness education module which incorporates legal knowledge, school rules and regulations, and social morality, so as to help students fully understand the meaning and role of rules. Special lectures, case teaching and other forms are useful to transform abstract rules into specific situations that students can understand and accept.

Secondly, rule consciousness education should be continuous, and strengthening campus culture construction is a key part. Colleges and universities can strengthen students' understanding of rules by regularly carrying out relevant activities, such as "rule of law education week" and "campus behavioral code competitions", and it is also needed to demonstrate the importance of rules and the consequences of violating them through actual cases. In addition to theme activities, other forms like lectures and posters can also help to subtly integrate rule consciousness into students' daily lives. For example, by setting up rule reminder slogans and signs in important places such as dormitories and libraries, students' rule consciousness can be effectively strengthened.

Finally, education should emphasize rules, social responsibility, and moral awareness, and help students internalize rules into conscious codes of conduct. Students' rule consciousness can be enhanced by integrating learning with real life through practical projects like community service and volunteer activities, because this can encourage them to understand and abide by the rules in real situations [3]. Systematic rule education can not only improve students' awareness of compliance with rules and regulations, but also provide the society with qualified talents with high quality and strong sense of responsibility.

5.2. Innovate educational forms and combine online and offline methods to improve educational effectiveness

To enhance college students' rule consciousness, in addition to systematic education, innovative education methods are also key. The combination of online and offline education can effectively enhance the effectiveness of rule-based education.

Online education can cover all students through the network platform, breaking the limitations of time and space. Colleges and universities can take the advantage of official campus websites, WeChat public accounts, learning apps and other platforms to push content related to rule consciousness, such as interpretation of laws and regulations, case analysis of campus regulations, etc. It is practical to deepen students' understanding of rules by creating virtual learning communities, allowing them to share experiences and cases related to rule consciousness in discussion forums. It is feasible to conduct special lectures or expert interviews through live or recorded broadcasts. Inviting experts in fields such as law and education to answer students' questions about rule consciousness can help to provide students with more diversified learning resources and interactive opportunities. Highly interactive online activities, such as (online questionnaires, legal knowledge competitions, campus behavior tests, etc.) can also help improve students' sense of participation and cognitive level.

Offline educational activities should also fully mobilize students' enthusiasm for participation. Colleges and universities can organize activities such as moot courts, rule consciousness speech competitions, situational drills, etc. to allow students to feel the importance of rules in real scenarios. In particular, rule education can be integrated into students' daily lives through dormitory management, club activities, volunteer services, etc.[4] For example, through student autonomy and the establishment of discipline committees in dormitory management, students can personally participate in the formulation and implementation of rules, thereby enhancing their understanding and respect for the rules. Colleges and universities should create a fair and transparent campus environment, encourage students to actively participate in rule-making and supervision while abiding by the rules. This can help enhance their sense of ownership, truly make rule consciousness an important part of campus culture, and thus create a good atmosphere of rules.

The combination of online and offline education can not only expand the coverage of education, but also enhance the interactivity and practicality of education. By timely pushing theoretical knowledge online and organizing actual scenario drills and reflections offline, students can not only acquire knowledge through the Internet, but also deepen their understanding of the rules in practice, thereby forming a sense of consciously abiding by the rules in life and study.

5.3. Integrate mental health education and rule education

When faced with rules, many college students often show resistance due to psychological pressure, anxiety or lack of self-awareness, which makes it difficult for them to internalize rule consciousness. Therefore, combining mental health education with rule education can help them understand and accept rules from a psychological level. Mental health education can guide students to correctly view the relationship between rules and personal development, and help them realize that rules are not obstacles that restrict individuality, but a guarantee to ensure fairness and order. Through psychological counseling, group counseling and some other forms of support, counselors and psychology teachers can help students make positive adjustments in self-cognition and emotional regulation, thereby reducing their resistance to rules [5]. Through mental health education, students can also learn how to manage stress and emotions, so that they can be more self-disciplined and adaptable when faced with rules and requirements. Setting up classroom sessions for discussions on psychological topics, such as the balance between rules and personal responsibility, can help them think deeply and apply what they have learned. In addition, incorporating rule education into mental health courses or counseling activities can enable students to gradually accept the rules and form long-term behavioral norms in the process of psychological growth. This is not only beneficial for their personal growth, but can also fundamentally improve their sense of identity with the rules and their ability to consciously abide by the rules.

6. Conclusion

In the context of "foster character and civic virtue", rule education is an important part of cultivating college students' moral literacy and social responsibility. It aims to guide them to form correct values, behavioral norms and awareness of abiding by laws and regulations, and to provide the society with qualified talents with high quality and sense of responsibility. To address the problem of college students lacking rule consciousness, it is difficult to achieve long-term results by relying on a single educational method. The analysis of psychological mechanism can help to have a deeper understanding of the inherent conflicts and socialization deficiencies of college students in rule compliance, and then relevant personnel can combine systematic and diversified educational strategies to help them establish rule consciousness. Systematic education, the combination of online and offline activities, and the integration of mental health and rule education are all effective approaches to enhancing college students'

rule consciousness. Only through these comprehensive measures can rule consciousness truly be internalized as students' conscious code of conduct, and thus more outstanding talents with a high sense of responsibility who abide by laws and regulations could be cultivated for society.

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