

A Study on the Psychological Motivation of College Students' Internal Writing Phenomenon

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Abstract

Nowadays, the whole society is in an era of anxiety. This is a kind of universal and ubiquitous environmental atmosphere, which affects all aspects of the society, and finally induces the internal scroll behavior. Based on in-depth interviews with 18 students, this paper uses the topic analysis method to encode the data and construct a theoretical model. It is found that, on the one hand, the perception of the surrounding environment greatly affects the generation and internal behavior of the anxiety; on the other hand, the influencing factors of the behavior taken by the individual to deal with the anxiety are also multiple. In the atmosphere of social anxiety, anxiety and internal scroll behavior are accompanied by each other, and there is a spiral state of mutual influence, which leads to the emergence of circular psychological behavior.

Keywords

Anxiety; Internal volume; Internal volume propagation; Psychological motivation.

1. Introduction

Nowadays, the whole society seems to be increasingly entering an era of anxiety, "everyone is Jiao Yu Lu" although it is a joke in the network, but this sentence also seems to be a good summary of the current people's living situation: everyone is in an anxious, depressed, busy atmosphere. In the current society, anxiety is no longer a certain psychological state of a single individual, but the atmosphere of the whole society. In the article, the inner volume is more about an individual's perception of the surrounding environment under the influence of anxiety, and a series of psychological changes and specific actions triggered by this. This paper attempts to explore a transmission mechanism of internal paper in a specific group of people in this era of anxiety, clarify its context and dig deep into the reasons for the discussion of internal paper transmission to provide reference ideas.

2. Concept Definition and Literature Review

2.1. The definition of "anxiety" and "internal volume"

"Anxiety" is originally a complex individual emotion, including dissatisfaction with the present, worry and unease about the future, "is not clear, temporarily not recognized risks and threats, but can obviously feel that these risks and difficulties exist in the future at some time" [1]. In the abstract, anxiety is a kind of self-presupposition about the future that is yet to come, assuming that everything has happened before, and giving attention or attention to it. But the lack of reality in this room, its ambiguity, makes the ego not know whether to expect or disappoint, or to expect and disappoint, to disappoint and hope.

The English word for involution is involution, which means "to be involved; Entanglement; Intricate". The concept of "inner volume" is more commonly referred to as "inner volume" in academia, which comes from the American cultural anthropologist Clifford Geertz. Geertz, in "The Internalization of Agriculture: The Process of Ecological Change in Indonesia," describes an agricultural phenomenon in which "the input of more labor does not lead to a significant

decline in per capita income, but at least indirectly absorbs almost all the surplus population created by the entry of Westerners." [2]

The term "internalization" has long been used in the professional world. One of the earliest articles to use this concept in China is the article "Vigilance against the phenomenon of Internal volume in Social Management" [3] in 2011. In 2014's "Inner Volume" Life [4], the verb "inner volume" was changed into "inner volume" for the first time, and it was transformed into a simpler verb - "volume" in the transmission. In September 2020, "GPA is King: The Prisoner's Dilemma of Young People in China's Top Universities" [5] and "Takeaway Riders, Trapped in the System" [6] both promoted the spread of the term "internal paper" in a popular context. For a time, the word "inner volume" became hot in the circle, and even became one of Baidu's boiling point "Top ten knowledge hot words of the year" in 2020 [7]. It is important to note that the current use of "in-roll" in social media by public opinion is not the original concept and definition of "in-roll". Instead, all the contexts involving competition, effort and diligence are expressed by "internal volume", which is a generalization and resolution of the concept of "internal volume".

2.2. Research status at home and abroad

From the current literature at home and abroad, researchers have extended their research on "internalization" to various fields, and have clearly considered the representation of the current youth subculture of "internalization" and "lying flat" (Fu Qianqian, 2022), and defined and distinguished the specific representation and attribution of the phenomenon of internalization (Guo Yanling, 2021). However, there are few studies on the phenomenon of college students' internal examination, and the formation mechanism of this phenomenon has not been clearly proposed.

Therefore, this article will explore: What are the factors affecting the psychological motivation of the formation of the inner paper? How does the inner volume spread through the population? The study design will be based on the research question below.

3. Study Design

3.1. Data collection

The sampling method adopted in this study is snowball sampling to achieve semi-structured in-depth interviews with 18 college students. The basic information of respondents is shown in Table 1. The interviews were conducted both online and offline, covering a period from late December 2023 to early February 2024. During this time, each respondent received at least 45 minutes of in-depth communication. After the interview, the interview recordings were converted into text one by one, with a total of about 30,000 words.

Table 1. Demographic characteristics of respondents

| | |
|------------------------|--|
| Sample size | 18 |
| sex | Male :5(27.8%) Female:13(72.2%) |
| age | 18-26 years old |
| profession | Journalism and Communication :10(55.6%) Other Humanities and Social Sciences :8(44.4%) |
| Educational background | Undergraduate :9(50%) Graduate :9(50%) |
| Learning place | Hangzhou, Shanghai, Jiangxi, Guangdong, Guizhou |

4. An analysis of the Psychological Motivation of College Students' Internal Writing Status

4.1. Environmental perception stage: the interaction of environmental uncertainty and peer pressure

4.1.1. Social uncertainty drives perceptual behavior

At present, China is experiencing a deep-water period of social transformation, the social environment is complex and changeable, and the uncertain factors are increasing, which brings serious anxiety and anxiety to individuals. Different from the difficulties faced by their parents, today's youth are faced with the declining employment situation, the increasingly generalized "996" work model, the solidification of social classes and the differentiation of social interest distribution. Moreover, due to the increasing devaluation of academic qualifications, social competition has not been suppressed along with the popularization and improvement of education, but has been continuously intensified [8]. Therefore, in this uncertain social environment, individuals instinctively strengthen the perceptual behavior of the surrounding environment out of social pressure and anxiety, and out of self-protection.

4.1.2. Peer pressure increases individual anxiety

In social life, individuals must be in different social relations, and if individuals want to find the definition and positioning of their own identity, they need to determine their own position through "comparison". In order to ensure the long-term development of individuals and occupy a favorable position in the competition, people generally pursue the concept of "winning at the starting line", which has become a normal in modern life. People are immersed in an atmosphere full of pressure and anxiety early, and naturally have a keen sense of the surrounding environment. Especially on the perception of peer pressure, because in the group of students, the main competitors are peers with similar age and strength. In the selection of scholarships, due to the fixed number of places, individuals have to compete fiercely with others to squeeze into the limited number of places. Therefore, when individuals have the idea of competing for scholarships and take action, they are destined to fall into this pressure atmosphere of "no most volume only more volume".

4.2. Information pressure stage: social media and information barriers accelerate the formation of internal volume

4.2.1. Social media magnifies internal content and triggers anxiety

Social media are Internet-based applications that allow users to create, exchange, or simply consume user-generated content, i.e. content created, developed, and shared by individuals [9]. In social media, accolades earned by others get widespread likes and the chance to be recommended by the algorithm. When an individual has viewed a blog post or Plog, the social media algorithm considers that the content is the user's "preference" and repeatedly recommends it. Social media magnifies the phenomenon of introspection in groups, causing individuals' anxiety, resulting in a kind of information pressure, unconsciously comparing themselves with others, and taking corresponding behavioral strategies for "inferior" places, thus inducing introspection actions.

4.2.2. The prisoner's dilemma creates barriers that interfere with access to information

The Prisoner's dilemma is a classic case of a non-zero-sum game in game theory, which demonstrates in depth the inconsistency between an individual's best choice and a collective best choice. Similarly, in the process of individuals obtaining information, the prisoner's dilemma will create information barriers. Because individuals have limited abilities and are not omniscient and omnipotent beings, it is difficult to fully understand the complete and true

situation around themselves. When hearing that people around them are competing for scholarships, individuals are more inclined to believe that there is a considerable amount of internal behavior around them, and take corresponding action strategies on this basis, rather than maintaining the original state.

4.3. Self-protection stage: individual psychological guidance "internal volume" action

4.3.1. Seeking group belonging under conformity behavior

Conformity behavior is a common phenomenon in today's society. Individuals in society have different social connections with others in society. This kind of loss of self-judgment, blindly following the group "following the crowd" psychology actually conforms to the needs of individuals in the group to find a sense of belonging. Herd behavior is closely related to individual cognitive ability, future planning, knowledge reserve and psychological factors. In contrast, most of the graduate students who are involved in the study due to blind conformity lack a clear understanding of themselves or a plan for the future. After perceiving the surrounding atmosphere of internal volume and anxiety, they blindly "follow the flow" and cannot have their own clear sense of direction and judgment. Being carried forward by real or imagined group behavior will fall into new anxiety and confusion over time because there is no sense of direction and goals, or they cannot meet their imaginary expectations.

4.3.2. Forced to act under mental anxiety

Most of the causes of mental anxiety are due to the actual existence of stress. Among graduate students, there are key performance indicators (KPIs) that can quantify whether they can successfully graduate. Because this is not a simple question of whether the score is good or not or whether the award is not good or not, but related to the biggest issue of whether the graduate student graduates. Therefore, KPI itself will bring certain psychological anxiety to people. When an individual perceives that the people around him are preparing for the KPI in advance and completing the corresponding indicators, it will also give rise to the individual's sense of tension. Create an atmosphere of being left behind while others are working hard, so as to encourage individuals to take corresponding actions.

4.3.3. Self-drive under competitive psychology

In the society, competition is inevitable, is a universal objective existence. For individuals, appropriate competition is helpful to stimulate individual energy and motivation, produce incentive effect, and contribute to the completion of goals and the improvement of personal ability. In the process of internal communication, other people's internal behavior will stimulate the individual's inner anxiety and unyielding psychological perception, thus stimulating the individual's competitive psychology. And this competition will also be projected on others, will also produce corresponding psychological reactions, resulting in mutual competition, mutual driving cycle, and finally produce internal volume behavior.

4.4. Inner roll cycle stage: Recirculation of "inner roll" and "anxiety" in common view prison

In his book *Discipline and Punishment*, Michel Foucault dissected the Panopticon theory and put forward the concept of panopticalism. "Panoramic architecture" is a mechanism for breaking down the dualistic unity of seeing/being seen. At the edge of the ring, man is completely seen, but cannot see; In the central watchtower, one can see everything, but not be seen." [10] "Shared view prison" is the new development of panorama prison in the new media era, "shared view prison" is the gaze of people to individuals, but also the gaze of individuals to everyone. In the mutual supervision and gaze, to adjust their own behavior. When people adopt self-protective behaviors, in the mechanism of staring at individuals, their self-protective behaviors are also a new atmosphere of pressure and anxiety in the eyes of others, which will

drive the surrounding people to perceive the environment again and produce self-protective behaviors again. Thus forming the inner volume and the recycling of anxiety under the common scene prison.

5. Research on Countermeasures to College Students' Internal Examination

5.1. We will improve the environment for social development and promote the leading role of culture

In the course of social progress, cultural environment plays a crucial vanguard role. In order to optimize the development environment of society and create an atmosphere of fairness and justice, it is a key external factor to eliminate the "internal" phenomenon, which helps to stimulate the spirit of struggle and vitality of the young generation. Educators, news media and we-media professionals should bear in mind their social responsibility and historical mission. Through the dissemination of positive public opinion guidance and high-quality content, to enhance public confidence, unite people, warm people, build consensus, promote the truth, goodness and beauty, and transfer positive energy. By establishing a fair selection and promotion mechanism to ensure that everyone has an equal opportunity to show their talents and realize their personal value, strengthening the social support system, safeguarding social justice and the rule of law, ensuring the fair implementation of laws, maintaining social order, and creating a level playing field for young people.

5.2. Strengthen ideals and beliefs, and guide young people's mission consciousness through struggle

Ideal guide the direction of life, faith determines the success or failure of career. Without ideals and beliefs, it will lead to spiritual 'calcium deficiency' "[11]. Ideals and beliefs are the inner driving force of youth growth. It can provide young people with a clear direction in life and help them stay resilient in the face of difficulties and challenges. The establishment of ideals and beliefs helps young people to form correct values and promote their all-round development. Nowadays, the "internal volume" in the Internet and social media has separated from its original meaning, and there is a trend of gradual generalization. Internal volume is no longer the perception of meaningless negative competition, and some reasonable and legitimate competitive behaviors are also called "internal volume". In the process of the evolution of "internal volume" network, on the one hand, netizens vent their emotions and relieve their psychology by emphasizing "internal volume"; on the other hand, over-ubiquitous internal volume also increases the anxiety of the whole society and expands people's pessimism [12]. In the face of this phenomenon, young people should not choose to "lie flat" or "rot" as a means of coping, similarly, continuous complaints and anxiety can not help them out of the dilemma, but may hinder the pace of progress. Therefore, young people should have clear insight and planning for themselves, pay real attention to the things they strive for, and constantly improve their ability to reflect on themselves and improve their personal ability. Strengthen ideals and beliefs, and guide youth mission consciousness to enhance personal ability through struggle. Only then can we firmly face the present and the future.

6. Conclusion

The phenomenon of "involution" among college students has long been common. Studies have pointed out that most people only focus on the fierce competition under "involution", but in real life, they are mediocre and continue to be "salted fish". One thing we should be clear about is that the exploration and focus on "involution" is not only for venting negative emotions, but also for better promoting one's comprehensive development. 'involution' is not a reason for

completely 'lying flat' or 'collapsing'. Therefore, in the current era of anxiety, we should have a clear understanding of "involution" and have a clear definition and cognition of it. Anyway, we should improve our self reflection ability, enhance our personal abilities, strive hard, and bravely move forward.

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