Construction and Optimization of College Students' Self-Identity from the Perspective of Symbiosis

Yihan Du

Wuhan University of Science and Technology, Wuhan, Hubei, China

Abstract: Under the background of modernity, people will have a sense of unintentionalness to individuals in the practice of social participation, that is, individuals' denial of themselves. College freshmen are bound to face the change of self-identity in the change from high school life to college life environment. Individuals produce psychological discomfort and even emotional disorder in this separation, which can not effectively adjust their self-identity. Based on the existing research literature, this paper explores the possibility and mode of action of self-identity structure under the framework of symbiosis theory, and puts forward relevant opinions and suggestions from the three basic elements of symbiosis, in order to form an effective construction model of College Students' self-identity.

1. Factor Analysis and Action Mode of Self-Identity Construction under Symbiosis Theory

The word "symbiosis" comes from Greek and was put forward by German biologist debery. It is briefly described as "different organisms live together". In 1998, Yuan Chunqing extended the concept of "symbiosis" from biology to sociological research. He proposed: "symbiosis refers to the relationship between symbiotic units in a certain symbiotic environment according to a symbiotic model [1]. The symbiotic unit relationship, nature and development state in the general sense of symbiosis theory are applicable in the field of sociology, Symbiosis generally exists in nature and human society.

1.1 Symbiosis Factor Analysis

The formation of self-identity includes many levels, including the reflexive thinking of the individual, the connection between the individual's history and future, and the interaction between the individual and the outside[2]. At the same time, the external interaction can be divided into micro interpersonal relations and social culture. Therefore, self-identity is studied and discussed at the symbiotic level. Its symbiotic unit can be divided into individualized people, individuals with two or more intimate relationships, social morality and culture. Because individuals obtain self-identity due to their participation in society, their symbiotic degree and correlation degree are high, and symbiotic relationship is very easy to occur[3].

1.2 Symbiotic Relationship and Action Mode

The role of symbiotic relationship in the construction of self-identity can be divided into three relationships according to the three elements of self-identity. One is the self symbiosis within individuals, that is, individuals are divided into "past" and "present". The two parts are unified in the individual as a whole. The two parts are interrelated and complementary to each other, and work together with the individual to promote the better development of the individual; The second is the interaction and symbiosis between the individual and the group where the individual belongs. The individual has a close trust relationship and interaction with the group[4]. The individual establishes an interactive relationship with other individuals with similar internal parameters and generates energy transmission, so that both sides can improve and develop each other; The third is the symbiosis between individuals and narrow societies such as social culture and morality. By making individuals actively participate in society, experience and integrate into society, individuals can improve their dynamic ability on the basis of actively understanding social needs.

2. Symbiotic Dilemma and Reasons in the Construction of Freshmen's Self-Identity

2.1 There are Great Differences in Quality Parameters and Low Symbiotic Density

Symbiotic relationship can be formed only when there is some internal relationship between symbiotic units. [] whether the quality parameters between different symbiotic units are effectively compatible and how compatible they are all determine and affect whether symbiotic relationships can be formed and whether symbiotic relationships are stable. Due to the "self-centered" concept and other reasons, the differences in quality parameters between college students and between college students and society are increasing, the interconnection is becoming increasingly loose, and the isolation between individuals and society is increasing, so that the symbiotic relationship can not be established effectively and the symbiotic energy can be transmitted. The reasons are mainly concentrated in the following aspects.

2.1.1 Strengthening of Self-Centered Concept

Taylor believes that the self-centered life is both mediocre and narrow, because life lacks meaning and care for others. Egocentric consciousness increases the difference of internal parameters as a symbiotic unit, which makes it difficult to form an effective symbiotic relationship with other individuals. The pre university education mode emphasizes the concept and consciousness of competition in the learning process, while ignoring the interaction and connection between individuals and other members; At the same time, due to the excessive attention of the family, it is often in the role of being concerned, concerned and understood. This excessive attention growth environment makes individuals lack mutual understanding with others, ignore or do not care about the needs of others, which increases the invisible differences in internal parameters between individuals[5].

2.1.2 Shortcomings of Reflexive Thinking

Reflexive thinking refers to the two-way objectified cognitive activity between man and self, which has a certain subjective initiative. In the process of recognizing the external world, individuals realize their own understanding, and realize the effective unity of their own subjective understanding and objective self. Because the formation of College Students' personality is not perfect, they are vulnerable to external influence and produce cognitive deviation. This deviation can be subjective negation of themselves and produce their own sense of unintentionalness; It can also be over affirmation of the self, over emphasis on the self in the subjective cognition and masking the subjective experience of the objective self. In addition. Most of the contradictions between individuals are due to the deviation caused by different self cognition. The lack of individual self reflexive thinking can easily lead to the antagonistic relationship between people and self, strengthen self-centered, and lead to the intensification and strengthening of the contradictory relationship between people in social communication, so that the interpersonal relationship can not be established normally, and the symbiotic relationship between individuals is alienated and fragile.

2.1.3 Loss of Self-Worth

The loss of self-worth is the strengthening of personal value, which leads to the deviation or even separation from social value. With the continuous development of society and the popularity of the Internet, more diversified value systems are presented to college students. However, college students lack the ability to actively screen and analyze, and their value system has not been fully established. At the same time, families, colleges and universities and society fail to effectively help them in the face of value impact, making them fall into chaos[6]. Individualized society puts more emphasis on individual subjective initiative. Under this social background, universities can still put more emphasis on the realization of their own personal value. The values advocated by the public should also be altruistic. Therefore, when college students choose their own value, it is very easy to have the opposition between themselves and society and form value conflict. The loss of value also makes the value system in an unstable state, which is not conducive to establishing effective relations with others, separating individuals from society, making it impossible for individuals and between individuals and

society to form an effective symbiotic relationship and effectively transmit symbiotic energy.

2.2 The Interaction Effect between Individuals is Weak and the Symbiotic Energy Transmission is Insufficient

Symbiotic energy is an important feature and symbol of the existence and stability of symbiotic relationship. It is generated by the interaction of symbiotic units in symbiotic relationship. It is a visual description of the interaction effect of symbiotic elements. Due to the differences of values in university groups and the construction of social support system, the symbiotic interface function can not be brought into play effectively, which significantly reduces the interaction between individuals and weakens the interaction effect. There are negative phenomena such as poor transmission and insufficient energy in the transmission process of symbiotic energy.

2.2.1 The Difference of Values among Peer Groups Increases

Individuals are more inclined to establish interactive relationships with individuals with similar or similar values, because their strong homogeneity can minimize the communication difficulties caused by different values. The behavioral differences brought by multiple value orientations make it difficult for individuals to form a positive interactive relationship. The reduction of interactive communication leads to the weakening of the transmission of symbiotic energy, which makes it more difficult to establish a symbiotic relationship between individuals. On the one hand, there are significant differences in urban and rural areas, family structure and educational background, which makes college students face more obvious value differences after entering the University, and this difference makes it difficult for individuals to establish an interactive trust relationship; On the other hand, with the continuous implementation and deepening of the credit system, the separation of teaching class and administrative class reduces the collective cohesion of the class, students are in a more independent and decentralized state, and the connection of interpersonal relationship is weaker.

2.2.2 Imperfect Construction of Social Support System

In the social support system of college students, family members, peer groups and teachers occupy the main position. Due to the separation of family members and the psychological maturity of college students, college students will form a subjective sense of separation. The role of parents in the social support of college freshmen is relatively weakened, and the role of peer groups is increasing compared with that in high school. College Students' support expectation for peer groups is more inclined to others' respect, recognition, support and understanding of themselves. This relationship is mostly formed based on interpersonal interaction and communication. With the development of Internet technology, interpersonal interaction has been weakened, and "the turn of praise" has become an important part of College Students' social support system. The self-identity of individuals for "network me" and "real me" is in a chaotic state. It is the continuous expansion of this virtual relationship that weakens the real interactive relationship, and the symbiotic energy can not be effectively generated and transmitted.

2.2.3 Insufficient Function of Symbiotic Interface

In the process of the formation and development of self-identity, parasitic relationship can not effectively deal with the internal and external relationship of individuals, which is not conducive to the formation of self-identity. First of all, the work of colleges and universities in leading the social core values is mostly the content of Ideological and political education. The educational level is relatively single, and it does not play a sufficient role in leading the campus culture, so that college students can not effectively get help in dealing with the choice of cultural values in the process of dealing with the relationship between themselves and society; Secondly, colleges and universities do not play a strong role in connecting individuals and society. In the existing curriculum system, college students face the problem of social separation in the construction of self-identity to a certain extent; Moreover, student organizations should have more effectively provided opportunities for individuals to communicate and interact with each other. Due to "transactional work", the individual developmental communication within the organization is reduced, which affects the positive

interaction between individuals and social members.

2.3 Insufficient Construction of Symbiotic Environment and Separation of Individual and Social Morality

For college students, the main environment in the formation of self-identity can be analyzed from the aspects of macro social environment, meso school environment and micro individual surrounding environment.

2.3.1 Weakening of Mainstream Values and Insufficient Guidance

With the continuous development of society, cultural diversity and ideological diversity have increasingly become important characteristics of social culture. The spread of multiculturalism will inevitably bring the coexistence of multiple values. College students are more active in the acceptance of new things and challenge the core position of mainstream values. Their ideals and beliefs are easy to shake, so that individuals can not effectively realize the integration of self-consciousness in the face of social changes and value shaking. The role of colleges and universities in campus cultural construction still needs to be improved. The concept of all staff education is not closely related to the concept of Ideological and political education, so it can not effectively play the positive guiding role of campus culture.

2.3.2 The Social Expectation is Too High and the Social Pressure is Too High

Nowadays, the labeling of college students in society, such as "the favored son of heaven" and "high-quality talents", reflects the high expectations and high requirements of college students in society, but the social evaluation of college students is not unified. Higher social expectations lead to the increase of social pressure, and negative labels such as "rebellion", "impetuous" and "lack of sense of responsibility" also exist. The more decentralized labeling evaluation makes the freshmen face the decentralization of social evaluation in participating in the society, and also makes the college students face greater social pressure in the actual social life. At the same time, college students are facing the game of "self" and "superego" in real life. Now there is greater pressure on college students. The pressure of high house prices and high prices makes college students face difficulties in the choice of social value. In their own behavior choice, they are more inclined to solve their own problems and ignore the realization and play of social value and social significance.

2.3.3 The Impact of Network Environment is Increasing

With the popularity of the network, college students' values are also deeply affected. The virtual communication relationship formed by the network is more convenient for information transmission, but the network is virtual, which weakens the social support in real life. The symbolization of expression makes interpersonal communication more fragile and leads to the weakening of real communication. College students rely more on the Internet and lack the skills and ability to carry out interactive communication in real life, which is not conducive to the formation of the intimate relationship between individuals and others, and weakens the symbiotic relationship. On the other hand, the content of non mainstream values also affects the individual's judgment of correct values through the network. College students are easy to lead to the deviation of individual values in the process of network communication because they lack the ability to distinguish negative information and resist the invasion of bad culture, and have a great acceptance of new things.

3. Countermeasures and Suggestions for the Construction and Optimization of College Students' Self-Identity

Effectively realize the construction of individual self-identity, realize the symbiosis between individual and society, and promote the mutual benefit and win-win between symbiotic units. The focus is on the symbiotic units in the process of Building College Freshmen's self-identity: College Freshmen's past experience, future planning College freshmen and the social community mainly embodied in social culture and social values can adapt to each other and develop together.

3.1 Optimize Individual Symbiotic Matrix

Optimizing the symbiotic unit matrix focuses on the optimization of college students as the internal matrix of the symbiotic unit, especially the exploration and optimization of the symbiotic matrix within individuals, between individuals and between individuals and society, so that they can effectively establish symbiotic relations to realize the effective construction of individual self-identity.

3.1.1 Improve Self-Worth Cognition and Construct Reflexive Cognition

The reduction of intra individual parameter differences is conducive to the generation of individual symbiotic matrix, the continuous construction and improvement of individual reflexive cognition, the optimization of intra individual parameters, and the steady establishment of intra individual and inter individual symbiotic relations. Firstly, actively guide college students to effectively deal with the objective cognition and evaluation between individual past experience, current situation and future planning, so as to clarify individual self-worth. In this process, they should consciously organically connect individual self-worth with social value. Secondly, improve the comprehensiveness of College Students' self cognition, so that subjective evaluation and objective evaluation can be organically integrated and form effective cognition; Families and schools should pay attention to the corresponding education and guidance, and make college freshmen avoid the deepening of self-centered concept through collectivism education and socialist core values education.

3.1.2 Enhance the Awareness of Individual Interaction and Promote the Formation of Symbiosis

First of all, actively guide college students to form a sense of interaction and communication, generate a sense of gain through cooperation and mutual assistance, encourage college students to actively participate in various student organizations and activities, make them form a sense of interaction with peer groups in their active participation, and improve their awareness and ability of social communication in the process of social participation. Secondly, when facing the new social communication environment, college students should not face the real social communication with an avoidance attitude, but prefer network social communication. We should pay attention to the differences between online social networking and real social networking, avoid indulging in virtual identity communication, obtain recognition and understanding, and make the "virtual me" rule the "real me"; Colleges and universities should pay attention to the construction of school social communication platform and carry out attractive cultural activities, so that college students can go out of the network to real life and truly feel the sense of gain and support generated by actual social communication.

3.1.3 Guide and Enhance Social Participation and Improve Self-Identity

The actual needs of society for college students are not limited to a single performance measurement. College students should purposefully enhance their social participation in their actual study and life, whether participating in school student associations or social participation in the form of internship and part-time, so as to form competition and cooperation with social culture, social value and social community in the process of participating in society. College students should take the initiative to establish a symbiotic relationship with the social community, obtain the basis for their own value choice from social culture and social value, and timely find the content that does not match the social needs in the energy interaction with the social community and consciously improve it.

3.2 Strengthen Mode Cultivation and Promote Symbiotic Energy Flow

The integration, symmetry and reciprocity model has more advantages in the generation and distribution of symbiotic energy, the interaction of symbiotic units and symbiotic relations. It is the most favorable resource allocation state produced by symbiotic effect in the process of individual self-identity construction[7].

At the level of optimizing symbiotic organization model, we should explore and find the internal inevitability of symbiotic relationship among symbiotic units. The symbiosis between individuals is conducive to establish a stable intimate relationship, which is of great significance for the stability

and development of self-identity. The symbiosis between individuals and society also makes freshmen connect with social morality and culture, making self-identity more social. Pay attention to the maintenance of the independent nature and function of symbionts. In the process of self-identity construction, although we should pursue a more optimized symbiotic model within individuals, between individuals and between individual societies, we should pay more attention to the uniqueness of symbionts; Finally, pay attention to the omni-directional interaction between symbiotic units. It is not only the interaction between units at the single level of self cognition, but also the interaction of self reflexive thinking, intimate relationship between individuals and social attributes of self-identity in the process of self-identity construction.

In terms of the development of behavior, in the process of constructing the symbiotic relationship among freshmen, individuals and between individuals and society, we should pay attention to the universal evolution of symbiosis, avoid the independent growth of a single unit and the one-way transmission of symbiotic energy. The energy flow and interaction between individuals are important to establish the intimate relationship between individuals and promote individual self cognition. They can obtain different symbiotic energy that can promote their own development from richer symbiotic units.

3.3 Create a Safe and Open Symbiotic Environment and Improve Self-Identity

The construction and improvement of College Students' self-identity from the perspective of symbiosis can be divided into social macro factors, college meso factors and individual internal environmental factors. Macro factors affect individual self-identity by affecting social culture and value orientation. Meso factors are the most frequent individual contacts.

On the one hand, we should avoid negative labeling of college students and create an open symbiosis, so that college students can actively participate in the social atmosphere and pay attention to the publicity and development of social mainstream culture and core values; Create a symbiotic environment conducive to their participation in society and promote their symbiotic communication with other individuals and society in the social macro environment; Pay attention to enhancing the positive influence of mainstream culture and values, and avoid value loss caused by the invasion of non mainstream values[8].

On the other hand, as an important place for the socialization of college students, colleges and universities should pay attention to the active guidance of this group and the exertion of educational function. Strengthen the guiding role of social mainstream culture and social core values, enrich the contents and channels of Ideological and political education and values education, and truly internalize and externalize values education in the mind and behavior of college freshmen; Give full play to the role of the link between individual and society, actively promote students' social participation in school, and enable college students to effectively realize the process of "self-awareness, social needs and self-identity" during college. Give full play to the interactive role of peer groups within student organizations, avoid taking transactional work as the leading role, give full play to the functions of students' self-education and self-service, promote the enhancement of Freshmen's social communication ability, and create a positive environment conducive to individual interaction and symbiosis.

4. Conclusion

Helping individuals realize the combination of University and social mission, form self-identity in the process of interaction with other individuals, build stage life value system, and actively transfer the interactive energy between individuals and social community with the symbiotic interface of University, so as to form symbiosis with society in personal development. This is the significance of exploring the construction of self-identity from the perspective of symbiosis, Based on the symbiosis theory, this paper explores the construction of College Students' self-identity. Through the analysis of the three dimensions of individual self-identity, individual internal, individual and individual and society, it establishes the energy flow interface of the symbiosis unit between the three dimensions, starting from the perspectives of optimizing individual symbiosis matrix, strengthening model

cultivation and creating a safe symbiosis environment, Integrate the three processes in the construction of self-identity into the symbiotic model to promote the transmission of symbiotic energy.

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