



**American Journal of Educational Research and Reviews**  
(ISSN:2474-9265)



## **Cultivating college students' self-discipline consciousness under the new media environment**

**Yu Han**

School of Education, Qingdao Technical College, Qingdao, China.

### **ABSTRACT**

Through the investigation and analysis of college students' self-discipline in the new media environment, this paper summarizes the current situation and puts forward some feasible suggestions.

**Keywords:** College students; Self-discipline consciousness; New media

### **\*Correspondence to Author:**

Yu Han

School of education, Qingdao Technical College, Qingdao, China.

### **How to cite this article:**

Yu Han. Cultivating college students' self-discipline consciousness under the new media environment. American Journal of Educational Research and Reviews, 2019,4:50.

 **eSciPub**  
eSciPub LLC, Houston, TX USA.  
Website: <http://escipub.com/>

## 1. Introduction

In recent years, network new media technology has developed rapidly and spread to all fields of social life. Simultaneously, New Media Technology provides comprehensive services together with its negative impacts towards college students. Under the negative influence of the New Media environment, the consciousness of self-discipline of college students tends to be weakened. This should arouse the attention of college students and teachers. In other words, the weakness of college students' self-discipline consciousness is a part of the negative impact of the New Media Internet environment. With the development of technology, we are in the internet-integrated society. Consequently, researches on college students' self-discipline consciousness under the new media environment are of great significance. Therefore, improving the self-discipline consciousness of college students under the new media environment is an objective which colleges and universities shall put strong emphasis on.

Since the emergence of New Media, the form and connotation of it has been changing and developing constantly but without any specific definition. This paper aims to define the connotation of new media based on the viewpoints of different scholars. Compared with the old media, new media provides new methods of communication with the help of digital media forms, information technology and digital technology. New media can deliver information to human beings in a timely and convenient manner, which indicates its close relation with human life. During the development process of new media, its humanized features are highlighted. Meanwhile, human beings are increasingly dependent on it. New media such as QQ, WeChat and digital television are becoming an essential part of daily life. Compared with the old media, the new media not only has the timeliness property from the former, but also presents its own characteristics during the process of its formation and development, mainly in three aspects. Firstly is the comprehensiveness, fragmentary and timeliness of

the information content. Secondly is the rapidity and timeliness of information dissemination. Thirdly is the diversity, causality and routine of the utilization of new media. The comprehensiveness of information content refers to its excessive quantity which covers various fields and aspects. Internet is a kind of dissemination vector of new media with numerous information reserve. Therefore, the information of new media is naturally extensive. Fragmentation means that current mobile phones and other media have memory storage function. According to the searching result of users, new media can actively and automatically push some fragmentary information to meet user requirements. Timeliness is the common characteristic of media. New media is different from traditional media in information dissemination. It omits the complicated communication process, breaks the boundary of time and space, and realizes the information transmission timely and quickly.

Different scholars have different views on the concept of self-discipline. The author prefers the explanation: "the so-called self-discipline refers to self-control and self-supervision of the coercive force. One could control his own behavior within the legal and moral rules." The limits of behavior vary in different domains. The role of self-discipline is recognized by almost everyone even outside the academic domain. From the characteristics of self-discipline, the author believes that self-discipline has three characteristics: 1. Spontaneity 2. Cybernetics 3. Sustainability. The so-called spontaneity means that the self-discipline behavior is spontaneously formed by the party concerned. Even though the causes may be affected by external factors, the self-discipline behavior is spontaneously generated. Cybernetics means that self-discipline is a kind of control behavior of one's own desires. One can control one's own behavior in the plan and devote himself towards it. Continuity means that the occurrence of self-disciplined behavior is not an accidental whim but a continuous process. The duration of this process is determined according to the particularity of the actor. It can

be a task from beginning to end, or it can last a lifetime.

## **2. The Performance and Reasons for the Weakening of College Students' Self-discipline Consciousness in the New Media Environment**

Under the current developing network environment, the new media environment still has a great influence on College Students' weakening self-discipline consciousness. During the process of using new media among college students, all kinds of bad behaviors, except for the imperfect management system of new media, can all be attributed to the weakening of self-discipline consciousness and low moral level of College students. The weakening of College students' self-discipline consciousness is the result of the interaction of various aspects, which is closely related to the living and learning environment of College students. With the continuous development of new media technology, the life of college students is also changing. Their ideas and consciousness are also changing consciously or unconsciously. Some college students' network behavior is not standardized. College students are in the immature stage of physical and mental development, and also lack of knowledge in certain aspects. Being influenced by the negative information under the new media environment background, various problems could be easily existed. Such as stealing other people's information, making improper remarks, etc. The arbitrariness of network language seriously hinders the stable development of network environment. Secondly, due to the anonymous identity function of the network, the problem of network integrity of college students is particularly prominent. The phenomenon that college students use anonymous posting bars, micro-blogs and other media to publish false and fake information also shows that college students' network behavior is not standardized. This is due to some college students' moral and psychological development is immature and their cognitive capability and personal idea is not enough. In other words, college students are

still in the stage of immature, both physically and mentally. In addition, in the new media environment, large amounts of temptations and values lost exist. Consequently, it is easy to lose themselves and reduce self-discipline consciousness. According to statistics, the enthusiasm and devotion of college students towards study and researches are less than enough. Major courses are sometimes regarded as a supplementary course. One of the most direct consequences is that college students do not have a profound understanding of the specific content of Ideological and political courses, and do not correctly recognize the profound connotation of moral, self-discipline and responsibility, which leads to their low level of moral awareness. The "online borrowing" and other events on the Internet are the best instances.

Some college students do not have strong self-control ability. Nowadays, college students live under multicultural values coupled with the negative impact of the new media environment, which leads to vagueness of their orientations and own values. With the development of science and technology, the competition in the new media market becomes more and more vital. Some illegal elements aim at gaining more private interests, providing various unhealthy products, and selling them in order to seize the "requirements" of college students. Some college students with weak self-control ability drift with the tide and gradually lose themselves. In addition, some college students are excessively addicted to the Internet and obsessed with online games, which lead to the decline of learning willingness. This could also be considered as manifestation of the weakening of self-discipline consciousness. Due to the negative impact of the new media environment, some college students are unable to correctly understand the mission, study motivation and social responsibility of themselves. Some college students consider that learning is for others but not for themselves with priority. Under the new media environment, daily study of those who in-

dulge into internet are just confined to classroom without finishing their homework after class. What's more, because of excessive indulgence in online games, they choose to skip classes and credits, leading to demotion or being persuaded to quit.

At present, when students are attracted by the new media, their focus of daily attention shifts to online games, which makes learning becomes redundant and further leads to decline of self-discipline and self-control ability. Moreover, this decline could seriously affecting their own development. The emergence and development of new media have changed the traditional campus culture construction as well as entering and changing the society. It also changed teaching. When new media being integrated into teaching system, new teaching methods such as flipping classroom, SPOC and so on emerge. To a great extent, the new teaching methods have replaced the traditional ones and become the mainstream teaching methods. At present, most college students were born after 2000, and they have been influenced by the new media in their growth. The emergence of new media-based teaching methods also caters to the trend of contemporary college students' pursuit of new things, which can better mobilize the their learning enthusiasm. In order to provide a convenient learning environment for students, the school has improved the network facilities on campus to meet students' learning requirements.

However, everything has its advantages and disadvantages. Students with strong self-discipline will make full use of resources, study hard and keep their grades steadily improved. Students with weak self-discipline will use the Internet to play games and watch live broadcasts to do other things unrelated to learning. Even skipping classes to play games and watch TV series. In this sense, self-discipline is continuously weakening. As a conclusion of this chapter, the reform of teaching methods brings about the advantages of teaching convenience, but it also brings about the problems such as students' abandoning their studies, indulging in network

and weakening their self-discipline ability.

In addition, the impact of the relaxed environment is also the reason for the weakening of College Students' self-discipline consciousness. College students are the main group whose sense of self-discipline is weakening. This is because compared with high school students, college students have more autonomy and initiative after entering the University, and the environment is relatively relaxed. In the middle school stage, there are fixed classrooms for class. The traditional class teaching system strengthens the daily management of students. The daily supervision of the head teacher and the daily supervision of parents are all important forces to promote the self-discipline of middle school students. After entering the University, college students are separated from the daily supervision of the head teacher and from the supervision of parents. Many college students use the autonomy and initiative provided by the school unreasonably, which makes them farther and farther from social ethics code of college students. Students with higher self-discipline consciousness can better plan their own time and achieve self-efficacy in to enrich their College life, while students with lower self-discipline consciousness tend to go farther and farther on the road of abiding by college students' code of conduct due to loose management and less contact between Counselors and students. Because the group of college students is still young, their life experience and social experience are relatively shallow. As a consequence, they lack the ability of self-control and self-reflection in law and morality. Hence, it is of necessity to strengthen the cultivation of self-discipline consciousness of College Students under the relaxed environment of university. So that college students in the new era can reasonably use the network and cultivate self-discipline consciousness under the new media environment.

### **3. The Importance of Cultivating College Students' Self-discipline Consciousness**

The formation of college students' self-discipline

consciousness is conducive to their better self-management and self-control, which could further leads to the improvement and development of themselves. What's more, it is also beneficial for the formation of the concept of lifelong education of college students, and the construction of a "learning society". The formation of self-discipline consciousness is the embodiment of promoting the all-round development of college students, whether it is latent or explicit.

### **3.1 It is beneficial to the improvement and development of college students themselves**

Self-discipline consciousness is conducive for college students regarding four aspects.

Namely, improving self-management and self-control, cultivating good habits in study and life so as to promote better developments of college students in all aspects. According to the survey, there are significant differences in the awareness of self-discipline among college students. Students with excellent grades and modest and polite manners tend to do things in a planned way and have a high sense of self-discipline in dealing with people. Students who are abusive and addictive to games tends to skip classes without any reason and tend to have no self-demand on themselves or even to not have any understanding of what self-discipline is. Obviously, campus time is the key stage of human growth. In this stage, their parents stop to provide advices and guides towards them and their head teacher could not provide comprehensive supervision upon them. Students' personal growth and development totally depends on their own sense of self-discipline. Hence, the sense of self-discipline plays a particularly important role in the development of college students.

### **3.2 It is beneficial to organize educational activities with the main body of students**

The cultivation of college students' self-discipline consciousness is conducive to the exertion of students' main body function. In the context of network in the new era, the cultivation of college students' self-discipline consciousness is particularly important. Firstly, the formation of

a good self-discipline consciousness is conducive to college students' strengthening of their own management. Under the background of new media as a "double-edged sword", it is necessary to make good use of the role of network to strengthen their own development. Educational activity with the main body of student means carrying out students' autonomous learning and also advocating student-centered education concepts. The formation of college students self-discipline consciousness could provide them more motivation in study and life. In this way, students could better manage their time, emotion and so on, which can give full play to the students' as the subjectivity of educational activities. The cultivation of self-discipline consciousness is an important principle to carry out the student-centered education. In traditional teaching model, students are often passive in learning. Students are tend to believe that only under the management of teachers could them receive the sustainability and effectiveness of learning. Thus, under the traditional concept of education, students are difficult to study autonomously. Comparatively, with the formed self-discipline awareness, the subjectivity of students as well as educational activities with students as main body could be promoted.

### **3.3 It is conducive to the implementation of the concept of lifelong education**

With the development of economy and society, cultivating college students' self-discipline consciousness is conducive to promote the development of the concept of lifelong education. As the name suggests, the concept of lifelong education includes the education in all stages of one's life. When a person has a high sense of self-discipline in study, the formation of concept of lifelong education is promoted. The formation of self-discipline consciousness is beneficial to students for developing a lifelong regulation upon themselves, which could improve their learning habits further cultivate lifelong learning consciousness. As the young generation in the new era, learning is a long and continuous process. Only by forming a good sense of self-discipline

can college students ensure the continuity of learning activities and the improvement of self-cultivation. Additionally, it can promote the construction of a “learning society” and the development of the concept of lifelong education. The formation of the concept of lifelong education for college students is very beneficial to their future development. It can not only promote the improvement of current learning ability and the formation of self-accomplishment, but also promote college students to develop good learning habits to adapt to the development of the future. Therefore, the cultivation of college students' self-discipline consciousness can effectively promote the development of the concept of lifelong education and contribute to the construction of a learning society in the new era.

#### **4. Cultivation Measures of College Students' Self-discipline Consciousness under the New Media Environment**

The importance of cultivating self-discipline awareness of college students is self-evident, especially under the background of new media environment. A good awareness of self-discipline of college students is not only benefit to the improvement of college students' learning ability and their own moral cultivation, but also the concept of lifelong education for contemporary college students, motivating them to adapt to the development of society better. Therefore, the awareness of cultivation of self-discipline awareness among college students under the new media environment should be cultivated vigorously.

##### **4.1 Building self-disciplined atmosphere in New-Media environment from the heteronomy to the autonomy**

With the development of social economy, the rapid development of emerging media has brought some conveniences to people. At the same time, as more and more network problems appear obvious, we need to take good advantage of the role of emerging media and build a good atmosphere for self-discipline cultivation. The construction of self-discipline atmosphere plays a very important role for college students.

When the advantages of emerging media are utilized, the cultivation of self-discipline consciousness can be better realized through them. Measures that establish a new media network regulation system, make use of the school's emerging media platform, and publicize the importance of self-discipline through the Wechat Official Account and the network platform can help to spread the positive energy of self-discipline in the school and even the whole society. The construction of self-discipline consciousness atmosphere of college students is not only aimed at the school atmosphere, the family environment is also an important factor influencing the formation of self-discipline consciousness of college students. It's obvious that the behavior habits of college students are firstly influenced by the family. Consequently, parents should pay attention to the self-discipline cultivation, and build a family self-discipline culture with the children. Through the forces of family, school and society, we can cultivate a synergy to build a self-disciplined atmosphere under the emerging media environment.

##### **4.2 Strengthen moral education to promote self-discipline recognition of college students**

The reasons for the lack of self-discipline among college students are mostly the lack of corresponding concepts of the importance of self-discipline awareness. It is necessary to inject the essence of self-discipline consciousness from the ideological aspects. Ideological and moral education is the correct process for the change of college students' cognition and thinking, which enables students change from the cognitive concept level and helps them establish correct values and cognitive concepts, thus it enhances the ideological and moral literacy as a whole and promotes self-discipline consciousness. Strengthening ideological and moral education, teachers play an important role in cultivating and guiding. Another is education system, which enhances self-discipline recognition of students from the perspective of ideological co-

gnition, especially under the influence of emerging media environment. Students should be guided to make rational use of the advantages of emerging media and promote the formation of self-discipline with the help of it.

In addition, college can also improve the ideological and moral curriculum system to draw on the "self-supervision" thinking, incorporating the self-discipline theme into the ideological and moral education curriculum, and enhance the self-discipline recognition of college students from the fundamental ideology, thus promoting the cultivation of self-discipline awareness.

#### **4.3 Breaking the traditional environmental drawbacks and establishing a supervision system of new network environment**

With the development of the network economy, emerging media has brought many conveniences to people. At the same time, there are some drawbacks. In order to avoid the impact of the proliferation of network problems on the self-discipline of college students, the government should establish a network environmental supervision system actively. With the use of new media platforms to promote the cultivation of self-discipline, the school has established a new media operation system for the development and enhanced the role of using new media to promote self-discipline recognition of the students. Firstly, universities should reinforce guidance and enable students to have the ability to distinguish right from wrong fundamentally; secondly, we should also establish the normative system of each school, and promote college students from the perspective of establishment and supervision comprehensively.

Meanwhile, providing real-time supervision of new media operations is necessary, which can ensure the standard operation of it, thus protecting students from the negative effects of the network environment. Starting from the establishment of the network environment supervision system, it provides a safe and stable environment to guarantee the cultivation of awareness.

#### **4.4 Implementing the rotation system of stu-**

#### **dents to raise the awareness of self-discipline**

According to relevant research and analysis, students who work in class cadres and student unions have a significantly higher self-discipline than those who do not hold any positions. They do not understand that their self-discipline will have a negative impact on the organization. This requires the counselor to establish a rotation system that the students take turns to manage the class and the student union affairs, which can enable the students realize that their self-discipline behavior will bring negative effects to others, so as to achieve the purpose of restraining themselves and improving self-discipline. The implementation of the cadre rotation system enables each student to have the experience of participating in the class management, so that they can understand the effect of others' self-discipline better, and indirectly enhance the self-discipline awareness of each student for their class.

College students are in the critical period of personal growth and success. Self-discipline is important to the future and destiny of them. The development of self-discipline is not a one-off event, but a continuous process. Especially in the context of the new media environment, we must make good use of the advantages of new media and promote the cultivation of self-discipline awareness among college students actively. Contemporary college students should proceed from the current reality and define their mission clearly, starting from the ideological and behavioral perspectives. Finally yet importantly, do in practice.

#### **Reference**

1. Chen Da. Analysis of the manifestations, causes and Countermeasures of the weakening of self-discipline ability of contemporary college students[J]. Journal of Jiangnan Petroleum Workers University, 2017,30(04): 72-74.
2. Xu Xiaoyan, Cheng Gang and Wang Yanjuan. The lack of self-discipline consciousness of college students in the new media era and its cultivation path [J]. Journal of Zhejiang University of

Technology (Social Science Edition), 2016, 36 (06): 585-589.

3. Zhou Xiaohong. Research on the Self-discipline of College Students'Network Morality in the Age of Media [J]. News Front, 2015 (05): 121-122.
4. Zhang Qiwei, Liu Jian. Confucian Thought of "Caution and Independence": Reference to the Self-discipline of College Students'Network Morality [J]. Higher Agricultural Education, 2014 (08): 70-72.

