

THE MANAGEMENT OF STUDENT AFFAIRE IN FRUSTRATION QUOTIENT OF ART COLLEGE

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ABSTRACT

The purpose of this study is three more: to investigate and analyze the types and causes of frustration among students in art colleges. Discuss the composition of current frustration education in the frustration of art college students. This paper proposes and verifies the effectiveness of frustration quotient education on the frustration of art college students.

This study starts from the frustration quotient of art college students in the new era, and takes the characteristics, performance and frustration quotient education of art college students in the new era as the research center. By means of means, combined with his years of educational work practice and field research, he conducted an experimental study on the frustration quotient of art college students in the new era. Strive to express the relevant research on the frustration quotient of art college students in the new era to have both an experience level and a theoretical level, and then explore the methods and approaches to improve the frustration quotient of art college students in the new era and improve the educational methods of frustration quotient.

Keywords: Art College Students, Setback Quotient, Setback Quotient Education

1. Research Background and Significance

In recent years, many college students' psychological endurance and ability to deal with setbacks have gradually declined, and they will react excessively when faced with some extraordinary situations. In addition, the neglect of psychological education in colleges and universities in recent years has made such a situation increasingly aggravated. At the same time, in the daily education, the psychological education level of college students appears to be separated from the knowledge education level, and the psychological education sometimes lags far behind the knowledge education; this situation is particularly significant in art colleges and universities.

This research can provide an educational management orientation in student affairs for the direction of art student frustration citations.

In this study, the concept of frustration quotient was introduced to summarize the psychological resilience of college students and their coping styles to setbacks. cognition. In response to this cognition, the research will be able to conduct research and exploration on its educational methods in a targeted manner.

2. Research Problem

The current focus of this research is: 1. Investigate and analyze the types and causes of frustration among art college students. 2. Discuss the composition of current frustration education in art college students' frustration. 3. Propose and verify the effectiveness of frustration quotient education on the frustration of art college students.

3. Research Methods

For these three different research purposes, different research methods were used in the research. In the investigation and analysis of the first research question, the interview method and the literature method are mainly used. In the investigation and analysis of the second research question, the questionnaire survey method was mainly used, and the case method was used in the research of the last research question.

4. Research Process and Results

4.1. interview method

The main purpose of the interview method is to use the interview method to study the related issues of frustration quotient education from the perspectives of students, teachers and experts, in order to jointly analyze the related issues of the frustration quotient of art

college students from multiple perspectives.

The data display of the interview method is mainly carried out in the form of an interview form. The objects of this interview are 20 college students majoring in art, 2 in-service counselors and teachers, and 1 psychology expert. The interview places are all on-campus places, such as school cafes, restaurants, etc., so that students and teachers can conduct interviews in familiar places, which is more conducive to the conduct of interviews.

From the interview records of different art college students, teachers and experts, it can be seen that:

The interviews with art college students confirmed our previous findings that family factors, interpersonal relationships and employment have become the primary problems encountered by art college students. For the education of setback quotient, experts, teachers and students all think that the development of setback quotient education is very necessary. Moreover, setback quotient education plays a huge role in students' psychological counseling, venting, and teachers' management of students. The deep-seated reason lies in the fact that setback quotient education can adjust students' personality and psychology.

4.2. Survey

Before the questionnaire was written, a group discussion was held with relevant teachers and experts, some options in the questionnaire were modified, and some special questions in Chinese universities were added. For example: whether you are an only child, whether you have encountered setbacks when you go to school and use public transportation when you go home during the holidays, etc. Make the questionnaire more detailed and targeted.

The following formulas are mainly used in the questionnaire: response rate = summary/n penetration rate = total number/n

The questionnaire is divided into two questionnaires, and the survey population is: students from Luxun Academy of Fine Arts, students from the Art Department of Dalian University for Nationalities, the Art Department of Dalian University of Technology, and the Dalian Art Institute. The number of questionnaires issued are: AQ frustration quotient (anti-frustration ability) survey of college students - 215 copies, and college students' frustration ability survey - 255 copies. Among them, 215 questionnaires of AQ frustration quotient (anti-frustration ability) of college students were recovered, of which 210 were valid, and the effective rate was 97.67%. There were 255 questionnaires on the frustration ability of college students, with 251 valid scores, and the effective rate was 98.43%. In the summary column of

the response rate and penetration rate summary table, because the questionnaire is an indefinite choice (multiple options can be selected), the penetration rate in the summary column exceeds 100%.

Frustration education is not only in a single school, but in a wide range of colleges and universities, there is a lack of problems. In terms of the way of setback education, there is also a problem of low evaluation of setback education, which is rare in schools. At the same time, most of the teachers' teaching methods for frustration education are accepted by college students, but the general population is large, which means that more kinds of frustration teaching methods can be researched to adapt to various student groups. For the direction of setback education, the needs in the direction of awareness of setbacks, education on life concepts, ideals, healthy personality, survival skills and anti-frustration education, improvement of self-understanding ability, and cultivation of communication skills are relatively balanced. In a series of questions and answers about frustration scenarios, the tolerance of mild frustration scenarios is acceptable, but when encountering problems such as interpersonal relationships, economic status, etc., college students tend to have a deep influence on their choices.

4.3 case law

The case method in the project is mainly used for students who have suffered great setbacks at the current stage. Take it as a research example to analyze the influence of setback education to get it out of setbacks. Here, two typical cases in the questionnaire are selected as cases for analysis and research. The details of the two cases are as follows:

Case 1: "Golden Phoenix" in the mountains.

Li, a third-year student majoring in visual communication at Dalian University for Nationalities, comes from a remote mountain village. In college, what troubled Li most was not only financial embarrassment, but also psychological inferiority and confusion. These two questions have been bothering me since I was a freshman. Li also had the idea of dropping out of school. He is about to start his senior year. The family cannot afford the heavy tuition during the summer vacation. With the assistance of the school and the government, Xiao Li's tuition was solved through an emergency student loan. However, the family's poverty, psychological inferiority and confusion remain. Pressed on Xiao Li's body. As a result, Xiao Li has basically been unable to focus on his studies since he entered his senior year. He has taken four tutoring jobs and some other part-time jobs.

Case 2: Postgraduate entrance examination or employment, difficult to choose?

About to enter the senior year, a very real question troubled Chen: Is it the postgraduate entrance examination or the employment? Chen's major is architectural design, with excellent employment quality, high salary, and good expectations. At the beginning of the school, state-owned enterprises and large enterprises came to the school to recruit. However, Chen believes that his professional ability is poor and his practice is insufficient, and his career prospects as an undergraduate are under great pressure. Choosing to take the postgraduate entrance examination after being admitted to 211 and 985 colleges can on the one hand make up for the regret of the college entrance examination, and on the other hand lay the foundation for future employment. Worry that the effort is not proportional to the gain! Chen was deeply entangled in the entanglement of the two and could not make a decision, which made him lose his motivation in daily learning and live a muddled life.

In addition to the inherent difficulties, the following reasons are also important reasons for its poor anti-frustration ability:

(1) The influence of social factors

Art college students are a relatively sensitive group among college students, and they have a strong pursuit of economic development. Even some students make full use of their own strengths and enter the economic field during their studies. The temptation of interests makes them have a great desire for professional knowledge. Therefore, most students pay attention to improving their professional ability and invest more in it. a lot of time and energy. But at the same time, art college students ignore the shaping of their social image to varying degrees. Moreover, due to the positioning of the major in the society and the comparison among classmates, the study life in the university is far from the ideal. In addition, in recent years, the competition of art majors has intensified, which has caused a change in the relationship between occupational supply and demand, resulting in a psychological gap.

(2) The influence of family factors

Physical and mental stress is much higher than that of ordinary students. With a lot of money invested, you often want to get more returns. Under this concept of "high investment and high return", there are also more expectations and care for children. This invisibly makes students feel pressure, increases their sensitivity to external stimuli, and makes students prone to extreme emotions, usually manifested as being more confident or conceited. It is more difficult to extricate oneself after encountering setbacks.

(3) Influence of professional characteristics

The study of art majors is different from that of students of other majors, and the study

of their majors is often individual or group-based. Whether it is the content of its learning or the effect of learning, it has a strong pursuit of personalization. In this way, students are trained to start from themselves and consider the gains and losses of personal interests. This habit of thinking and behavior leads to students being self-centered in learning and life and focusing on the realization of personal values. The influence of majors makes students face setbacks blindly in accordance with the thinking habits formed in professional creation and according to their own ideas in the process of facing setbacks, which will make the students themselves sink deeper and deeper into setbacks.

(4) The influence of the college entrance examination method

They did not form good study habits in high school, they lacked self-control during their studies in the university. In the relaxed educational environment of the university, the progress of personal professional skills would be far behind others, which further caused Due to the difficulty in the job search process in the future, the lack of self-esteem higher than professional skills is often an important reason for employment setbacks.

Through the case of students, it can be seen that the frustration quotient index of most art college students is far lower than expected, and they cannot effectively and accurately reflect the setbacks in the face of setbacks. From the perspective of students Expose the inadequacy of school setbacks and quotient education.

5. Conclusion

First of all, on the whole, from the perspective of data, there is a certain gap in the overall frustration quotient of art college students in the new era compared with the previous ones. There are both their own reasons and school reasons, and it may also be the reasons for social development and material sufficiency.

As for the education of frustration quotient, we cannot deny that although the education system is becoming more and more perfect, the importance of knowledge education is far higher than that of students' psychological quality and the education of frustration quotient in the increasingly perfect education. This is evident from the survey data. Nearly 45% of students in the questionnaire that mentioned whether you had received formal education about frustration had no formal education about frustration. As for the frustration education organized by tutors and teachers after class, although the coverage rate is very high, the data shows that the students surveyed have more or less received this kind of informal

frustration quotient education, but the satisfaction of education and About 40% of the students choose to meet the psychological tolerance. From the interviews with students, teachers and experts, it can be seen that students have an urgent need for FQ education, and teachers are also in favor of introducing FQ education. Experts also hold a supportive attitude towards setback quotient education. This proves that there is still a long way to go for art students' frustration quotient education.

In the new era, art college students' ability to cope with setbacks and setback quotient will definitely improve with the progress of setback quotient education. On the other hand, it can also be seen that major colleges and universities are now paying more and more attention to setback business education. The research on setback quotient education is also getting deeper and deeper. With the improvement of the theory and system, in the future, setback quotient education for art college students will be more and more on the right track, ushering in a brighter tomorrow!

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