

# Influencing Factors of Self-control of College Students

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## ABSTRACT

College life environment and high school life environment is very different, in preparation for the college entrance examination, there are teachers constantly urge you, supervise you, and around the same goal and strive for the same students are constantly encouraging you. In contrast, the living environment of universities is relatively loose and free, basically relying on self-management and self-restraint. Therefore, the most important thing for college students is to cultivate self-discipline and learn to control themselves. In simple terms, it is to improve self-control.

**KEYWORDS:** Undergraduate; Possessiveness; Internet

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## 1. INTRODUCTION

Due to the poor self-control of contemporary college students, the Internet and other temptations are quite large, this project discusses the factors affecting the self-control of college students, and explores how to improve self-control. Through literature review, questionnaire survey and comparative analysis, this project combines quantitative and qualitative research to conduct a preliminary study on the group with poor self-control and the emotional control of academic procrastination of college students and find effective solutions. To investigate the situation of self-control of college students, distinguish the group with self-control and the group with poor self-control, investigate the impact of poor self-control, whether it will delay study and affect mood, and analyze the relationship between the two according to the survey results. To investigate the characteristics and trends of the group with poor self-control the correlation factors of poor self-control and time management and concentration of two groups with self-control were studied.

To study the influence factors of self-control, we designed a questionnaire about the impact of living habits, academic completion, shopping, emotions and other aspects. Discuss various aspects to identify problems and propose solutions.

## 2. Analyze the factors affecting the self-control of college students

According to the questionnaire "Influencing Factors of Self-control of College Students", 53.13% of college students think that they have no self-control and need to improve their self-control ability, and less than half think that they have self-control and can control themselves well. It seems to me that some of these people really have as much self-control as the answers they choose, but some of them think they do. For these problems, it is necessary to carry out further case studies.

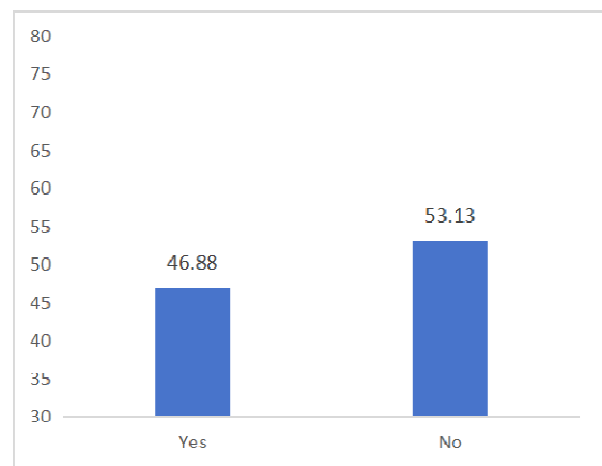
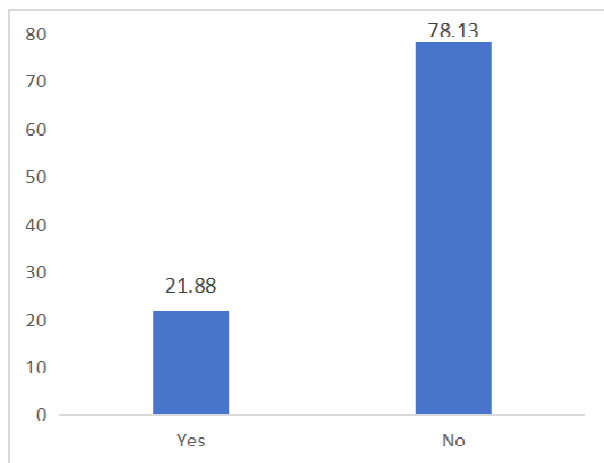


Figure 1 self-control ability

## 2.1. Internet

The survey showed that 78.13% of college students could not get up on time and would sleep late.

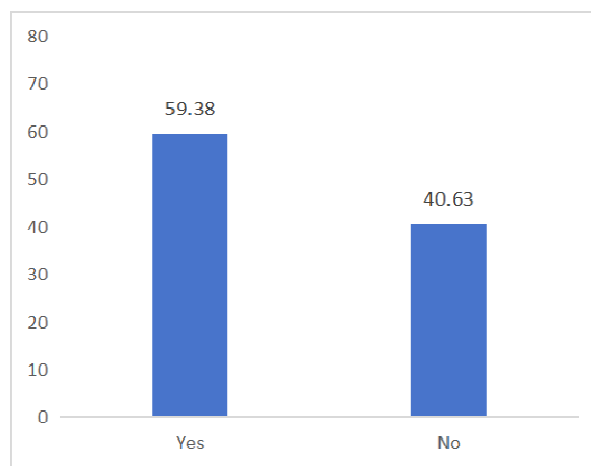


**Figure 2 College students don't stay up late**

It is obvious how difficult it is for college students who have no self-control to get up early in the morning. Getting up early may be a thing that many people hate. In my opinion, the reason why they can't get up in the morning may be because they can't sleep enough, perhaps mainly because they go to bed relatively late at night. Among those who stayed up late, playing mobile phones was the most common reason for staying up late. Some brush Tiktok, some visit Taobao, some play games, etc., the content is not the same, but the result is that playing mobile phones lead to late sleep. College students can't reasonably control the time they spend playing mobile phones, lack self-control, and are dependent on the Internet.

## 2.2. Emotion

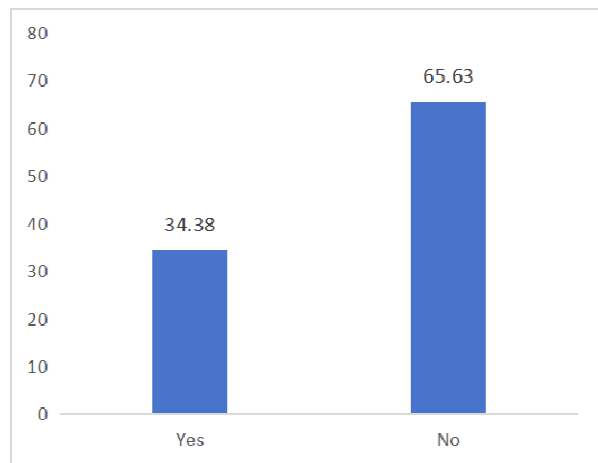
Self-control is also related to whether they can reasonably control their emotions. The questionnaire shows that 40.63% of people cannot control their emotions well when they have conflicts with others. Emotions can affect people's self-control, and self-control can control emotions. When people are emotional, they will do some surprising or unexpected actions, and these behaviors are not from the heart, and maybe when the mood is relatively calm, they do not understand why they did these things. High emotions make people difficult to control themselves and their self-control decreases, so emotions can affect self-control. However, if a person has strong self-control, can control their emotions, so that their emotions can be stable in this environment, then it must be a strong self-control, so self-control can be a good control of their emotions, so as to avoid losing temper in front of everyone.



**Figure 3 Whether college students can reasonably control their emotions**

## 2.3. Study

Poor self-control also has a greater impact on studies, such as college students addicted to mobile phones, which affects their studies. The results of the questionnaire show that 18.75% of college students can't finish their homework on time. From the results, it can be seen that even though many college students have poor self-control, they can distinguish their priorities and finish their homework on time. However, there are still a few people who have the opposite situation, and the transition from middle school to university is a change in the mode of education. The learning in the basic education stage is basically stipulated by teachers, and students only need to follow the arrangement of teachers step by step, while in university, they will learn from teaching and transition to self-study. Students' learning is no longer completely dependent on teachers, and universities advocate students' independent learning and thinking ability. Therefore, college students have more free time, and the arrangement of learning and entertainment time has strong autonomy and flexibility, so it is very important to have self-control and reasonable arrangement of their own time. In addition, 21.88% of college students can't attend class on time, the main reason is because they want to sleep. It can be imagined that if you do not sleep at the time when you should sleep, you are obviously addicted to the Internet, and your poor self-control can not control your mobile phone use time, thus affecting your studies.



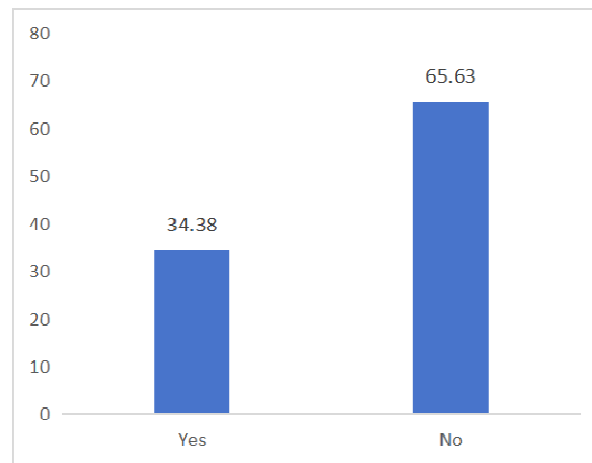
**Figure 4 College students listen carefully**

The survey results show that 65.63 percent of college students can not restrain their impulse to play mobile phones, can not listen to teachers carefully.

The questionnaire also shows that about 68.75% of college students do not make study plans, are very relaxed about their study status, and have no self-control for their study. Even though 31.25 percent of college students make a study plan, 30 percent of them fail to follow the plan. It is equivalent to just making a plan, whether or not it will be followed is another question. In addition, 59.38% of college students do not always seriously devote themselves to study when studying by themselves, and their poor self-control leads to not being able to well control themselves to study at the time they should study, but to do something else, which affects their studies. Therefore, poor self-control will lead to decreased concentration in study, lower efficiency in study, and poor use of time, which will lead to academic procrastination. The emotional distress caused by academic procrastination shows that academic procrastination not only affects students' academic performance, but also the negative emotions of anxiety, distress and remorse caused by procrastination deeply affect the mental health of college students. Therefore, self-control has a crucial relationship with learning effect.

#### 2.4. External factors

Self-control not only has an impact on studies, emotions and other aspects, but also some external factors will affect self-control. According to the results of the survey, 65.63% of college students do things under the influence of people around them, have no opinion, and may change their decisions because of one or two words from others. People say that "the insiders are confused, the onlookers are clear", in my opinion, the suggestions of others can be listened to, but do not use to have their own unique insights.



**Figure 5 Whether college students will be affected by external factors**

In addition, 50% of college students said that their monthly pocket money will exceed the standard, 37.5% of college students will eat dirt because of online shopping, and 37.5% of college students will not be able to restrain themselves to buy something when shopping, even if they do not need it, but they will still place passionate orders. Strengthen their self-control, prevent this problem from the source, reasonable distribution of living expenses, avoid extravagance, and stay away from loans and other relevant regulations. Improving self-control not only guarantees our basic life, but also protects the personal safety of individuals.

### 3. Discuss related issues

By all accounts, self-control has many advantages for you. First of all, people who have the right to choose, self-discipline, pay more than others, gain more, how much self-discipline you have, how beautiful life is. Secondly, people who strive for self-discipline can go further in their fellow travelers, can see more beautiful scenery, and will have more opportunities to realize their dreams. People who truly adapt to society are people who will restrain themselves and strive to improve their own strength. Finally, strong self-control can resist the temptation, but also persevere, change the habit of fishing for three days and drying the net for two days, insist on doing one thing, so that success will eventually belong to you.

### 4. Propose solutions to the corresponding problems

First of all, the way to improve self-control is to change the concept. Better control of myself will bring satisfaction and improve myself better, and the process of self-control will be relaxed and interesting.

Secondly, you can make an environmental field around you, and people will make different behavior choices in different environments. For example, in high school, everyone is working hard to learn, and

you instinctively follow everyone to study hard. On the contrary, in university, almost no one listens to the class, most people are addicted to mobile phones, and there are all people playing mobile phones, so of course, you will choose to join everyone. Immersed in a tiny six-inch screen.

David Hawkins, a famous American psychology professor, has done millions of cases on this issue and concluded that the influence of energy on us is incredible, and when a positive person appears, his magnetic field will drive everything to become orderly and beautiful. It shows that there is a positive environmental field around you, and this magnetic field will subtly affect you to change for the better, and then harvest a better yourself in the process of achieving your goals. Environmental field, there are two main factors, behavioral cues and historical habits, behavioral cues are how many things related to the goal in the environment, such as in the classroom, there are your learning tools around, there are learning materials, so that you will enter the learning state. Historical habits are the behavior patterns you have made in this environment in the past, such as in the library, as long as you have entered, you will begin to learn, if you do not study, or if you are tired and want to rest, you will take the initiative to leave this environment. The main thing is

to develop regular, fixed patterns of behavior. Some people say that self-control is to oneself, in fact, self-control is not so difficult, as long as it is a habit to stick to it over time, this seemingly difficult thing will become as natural and easy as eating and sleeping.

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