

## Research on College Students' Degree of Satisfaction with Self-study and Growth

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### Abstract

Taking the undergraduate students of a college of Sichuan University of Science & Engineering as an example, this paper selected 800 samples as the survey objects, aiming to analyze the current situation of college students' Degree of Satisfaction with Self-study and Growth. Combined with the investigation and analysis, it puts forward suggestions on the education management of colleges to improve the Degree of Satisfaction with Self-study and Growth the quality of talent training.

### Keywords

College Students; Self-Study; Growth; Degree of Satisfaction.

#### 1. Definition of meaning

Learning is the main responsibility of students, and self-learning of students is an indispensable element in growing up. Self-learning is the process of "earning individuals actively diagnosing learning needs, setting learning goals, identifying learning interpersonal and material resources, selecting and implementing appropriate learning strategies and evaluating learning effects."<sup>[1]</sup> Satisfaction is a subjective experience after participating in activities, and satisfaction is the degree of satisfaction. Combined with the theory of satisfaction, the connotation of Degree of Satisfaction with Self-study and Growth can be understood as: "under the supervision of others, students actively diagnose learning needs, scientifically set learning goals, effectively identify learning resources, rationally apply learning strategies, and correctly evaluate the continuous process of learning effect."<sup>[2]</sup>

This study extracted the students' feelings in self-learning and growth as the key index, and investigated the degree of self-learning and growth satisfaction of a college of Sichuan University of Science and Technology, providing reference for students' growth and education teaching.

#### 2. Research Design

The data used in this study are from 2015-2017 undergraduate students of a secondary college of Sichuan University of Science & Engineering. The data collection method is in the form of online answering. 752 valid questionnaires were collected and the recovery rate was 94%. The survey was conducted in three grades and five majors of the undergraduate course. Through comparative analysis of the survey data, we can get a preliminary understanding of the Degree of Satisfaction with Self-study and Growth.

The questionnaire has three parts. The first part is the basic information of the students, including gender, household registration, college, grade and so on. The second part is about the satisfaction of learning. First, the satisfaction of the school environment and conditions, including the satisfaction of the school, the school and the major, the teaching environment of the school and the conditions of running the school. Secondly, the degree of satisfaction with the daily management of the school and the mental health work, including the measures on the construction of the style of study, the campus cultural atmosphere created, and whether the student community activities are carried out. Third, the satisfaction of teachers, including the general impression of teachers' morality and style, the general

impression of teachers' professional dedication, the general impression of teachers' education awareness, and the satisfaction of teachers' classroom teaching content and methods. The third part is about the issue of growth satisfaction, including learning attitude, learning effect, autonomous learning ability, academic planning and achievement. In this sample, the proportion of female students was higher, as high as 78.98%, which was consistent with the proportion of male and female students in relevant majors. The proportion of students from rural areas is different from that from urban areas. There are slightly more seniors in each grade.

### **3. Learning satisfaction analysis**

From the perspective of students' satisfaction with the school environment and conditions, students' satisfaction with the school's teaching environment, school-running conditions, schools and majors they attend, measures taken by the school in terms of academic atmosphere construction, campus cultural atmosphere created and learning atmosphere is relatively high, all above 85%.

From the perspective of students' satisfaction with the school's daily management work and mental health work, students' satisfaction with the school's association activities, various association activities, mental health guidance, education support, graduation employment guidance, and innovation and entrepreneurship guidance was higher, all above 86%. Among them, students' satisfaction with the activities of student societies carried out by the school is lower than that of other jobs. Therefore, it is necessary to improve the quality of the activities of student societies and improve the satisfaction of students. From the perspective of students' satisfaction with teachers, students' overall impression of teachers' morality and style, their general impression of teachers' professional dedication, teachers' awareness of education, and teachers' classroom teaching content and methods are extremely high, all of which are above 93%. However, among the people who have the greatest influence on students' thoughts, behaviors and growth, professional teachers, classmates, roommates and other friends and counselors rank the top three, with the proportion of 72.47%, 70.61% and 55.19%, while tutors, head teachers and psychological counselors have the least influence on students, with the proportion of 14.17%, 3.86% and 2.79%, respectively. It can be seen that university teachers, especially teachers and head teachers, should exert the influence of teachers on students through various ways. Considering the common phenomenon of college students' psychological problems, colleges and universities should strengthen their psychological counseling work and give full play to the positive role of psychological counselors in the growth of students.

### **4. Growth satisfaction analysis.**

In the survey of growth satisfaction, students are satisfied with their own quality and ability, but they are less satisfied with their learning effect, autonomous learning ability, academic planning, office software operation ability and new media application ability. During college, students were most satisfied with their personal ability, with 66.76% satisfaction, but their personal aesthetic taste satisfaction was the lowest, with only 21.14% satisfaction. In terms of students' learning and life, schools are full of talents, and the competition in learning takes up the highest proportion (62.90%). However, the study pressure is too great, and the ratio of multiple homework is the lowest (16.37%). In terms of improving students' learning effect, the students thought that "they should have a positive learning attitude and action", with the highest proportion being 80.19%. In the second place, 60.10% of students believed that "schools should provide more abundant learning resources". Among the weakest options, college students rated their "innovation and entrepreneurship ability, professional learning ability and interpersonal skills" as the weakest.

In general, Sichuan University of Science & Engineering students' satisfaction with self-learning and growth is at a high level.

### **5. Countermeasures**

According to the research and analysis, in order to improve the self-learning and growth satisfaction of college students, countermeasures and Suggestions are put forward from three aspects, namely,

strengthening the innovation of the school's teaching management system, strengthening the construction of the university's teachers team, and improving the career planning of students in higher grades.

### **5.1 Strengthening the innovation of school teaching management system**

The teaching management system is one of the components in the teaching work of education in colleges and universities. The management and guidance of teaching work are carried out. Only through continuous innovation can the teaching management system inject new vitality into education in colleges and universities and meet the diversified and multi-level teaching needs of students. First, innovation is carried out from the macro level. The national and social level should provide a good environment for the innovation and marketing of the teaching management system in colleges and universities, which should not only provide relevant policies and regulations, but also pay attention to the purification and shaping of the social environment. Second, as the main body of innovation, colleges and universities should work hard in the innovative quality of managers. Third, as the master of practical innovation, college teachers should enhance the awareness of innovation, actively change education concept, create a good innovative atmosphere through diversified means, and fully explore the creativity contained in teachers and students.

### **5.2 Strengthening the construction of college teachers**

As the foundation of higher education, we should train students to be talents with lofty ideology, moral character and high quality. The so-called: "teacher also, teach with the matter but also you the various virtues". College teachers should not only teach professional knowledge, but also guide students' moral words and deeds. Specifically, the tutor should guide students in their studies, life and career, help them understand their strengths and weaknesses, help them overcome difficulties in life, such as the confusion brought by interpersonal communication, and finally help students plan for the future and prepare for the future. Psychological consultant will guide students through mental health education to set up correct cognition of learning about the world, to follow the law of physical and mental development under the premise of brain science, cultivate innovative thinking, improve the thinking of fluency, flexibility and uniqueness, combining convergent thinking and divergent thinking, guiding innovation, through continuous practice, improve the innovation ability.

### **5.3 Improve the ability of college students to plan their careers**

A reasonable and scientific career planning can help students develop good learning and living habits, so as to improve learning efficiency and improve the satisfaction of autonomous learning and growth. One is to have a clear understanding of oneself. Knowing oneself is the basis for understanding other things, including the understanding of one's role and one's interests and hobbies. Second, we should actively improve the ability of academic planning. By giving full play to the influence of excellent classmates, roommates and other peers, we can help students build learning and ability development plans suitable for their own characteristics, enhance their awareness and ability of self-education and self-management, and enhance their initiative and consciousness of independent learning and innovative learning. To choose and plan the university life that you want, to make the action plan and devote yourself to it, to change the plan of university from paper to execution, from thinking to action, to become the real and best self, and to gain more satisfaction in growing. Third, improve the ability of career planning. On the basis of fully understanding myself, through scientific and reasonable academic planning, further improve the understanding and planning of social environment, combine academic planning with career planning, and promote the growth of self.

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