Research on Interpersonal Relationship of College Students based on Network Social Platform

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Abstract

With the rise of social media, online social platform has become an important part of college students' daily life. However, while providing convenience, the online social platform also has a far-reaching impact on the interpersonal relationship of college students. This paper will study the influence of online social platform on college students' interpersonal relationship and the countermeasures.

Keywords

Social Platform; College Students; Interpersonal Relationship.

1. Introduction

With the development of information technology and the popularity of the Internet, there are more and more social networking platforms, which not only bring convenience to people's interpersonal communication, but also improve the efficiency of communication. However, the unfavorable factors are also worth thinking about. These unfavorable factors need to be improved, so that the online social platform can truly become a tool to promote the healthy growth and harmonious communication of college students. This paper investigates the current situation of college students' use of online social tools, analyzes the positive and negative effects of online social tools on college students' interpersonal relationships, and puts forward the rationality and necessity of using online social tools to build harmonious college students' interpersonal relationships, and puts forward some suggestions and countermeasures for building harmonious college students' online interpersonal relationships. The practical significance is to strive to build a positive relationship between the two, so that the society, especially ideological and political educators in colleges and universities, can give full play to the positive advantages of the network and the use of online social tools, guide college students to use online social tools correctly, reasonably and appropriately, cultivate college students' sound personality and good psychological quality, and make them become social tools conducive to college students' growth and success.

2. An Overview of Network Socialization and Interpersonal Relationship of College Students

As the name implies, social networking means social interpersonal communication through the network platform. People in network social interaction are both the subject and the object of communication. By using network intermediary, digital information is disseminated and emotional communication is carried out. Frequent communication leads to the emergence of network society and the formation of networked interpersonal relationships. Network socialization has typical characteristics such as virtuality, concealment, openness and freedom. As college students who are at the forefront of the times and dare to accept new things, online socialization has quickly become an indispensable way and means of communication in their study and life, which is manifested in knowledge, thoughts and emotions. The so-called interpersonal relationship of college students refers to the dynamic process in which college

students use verbal and nonverbal symbols to exchange opinions, exchange news, convey thoughts, express emotions and needs in the process of communication with others, collectives and society, thus producing mutual influence in psychology and behavior. The interpersonal relationship of college students is one aspect of social relationship, and the networking of interpersonal relationship is an important symbol of interpersonal communication today. However, the phenomenon of college students' excessive dependence on online social interaction has caused endless negative consequences, such as the spread of bad information such as cyber violence, which leads to frequent criminal incidents among college students, which is not conducive to the healthy development of college students' body and mind. Therefore, it is imperative to put forward feasible countermeasures against the negative effects.

3. The Positive Influence of Network Social Platform on College Students' Interpersonal Relations

Among college students, online social platform is the most popular social way now. On the one hand, social networking can effectively reduce the communication barriers among college students. The communication between people is often influenced by some factors. For example, the family background, cultural background, external image, personality characteristics and so on. In the social circle of real life, these factors often bring some negative effects and influences to the in-depth communication between the two sides. However, in the online social platform, it is manifested as facing the inner spiritual communication. Especially for college students who lack social experience, online social platform provides an equal and free communication environment, so that they can really open their hearts and talk with others. On the other hand, online social platforms effectively eliminate communication barriers brought about by cultural conflicts. Cultural conflicts are reflected in a person's lifestyle, hobbies and values. If there are cultural differences between the two parties, it will definitely affect the result of communication. In the online social platform, the elements of communication between the two sides are words and symbols, and there is no need to express too many expressions. In this way, communication barriers and conflicts caused by face-to-face communication are greatly reduced. The communication mode in the network social platform can effectively avoid unnecessary communication conflicts caused by cultural differences.

4. The Negative Influence of Modern Internet Social Tools on College Students' Interpersonal Relations

4.1. Modern Online Social Tools are Easy to Cause Difficulties in College Students' Real Interpersonal Relationships

The characteristics of freedom, equality and randomness of network communication conform to the psychological characteristics of college students, which makes more and more college students tend to use network social tools to communicate and find communication objects. However, on the one hand, frequent network communication will shorten the time of real interpersonal communication, and to some extent reduce and hinder the time of face-to-face communication between college students and others. For a long time, they communicate with others through the network that lacks emotional feelings and lack real face-to-face emotional experience. In the long run, college students will lack patience with real interpersonal communication, resulting in real interpersonal communication. On the other hand, college students engage in social networking too frequently, which makes them ignore the establishment of real interpersonal relationships, leading to loneliness and depression, and some even show anxiety, compulsion, melancholy, depression, loss of interest, lack of energy

and reduced self-evaluation ability, thus weakening interpersonal communication ability and making real interpersonal relationships difficult.

4.2. Modern Social Networking Tools Can Easily Lead to the Trust Crisis of College Students' Real Interpersonal Relationships

In the absence of any interest relationship, people can unload their psychological defense and let their own ideas and preferences communicate online. A person can play a variety of roles, making up his own identity, economic situation, family background and so on. The virtual role affects the performance of college students in real communication, which leads to many college students being totally different online and in real life. Psychological research has found that when a person gradually develops a certain behavior habit, it will become a part of his personality traits. College students are used to making false statements in the process of using online social tools, which is easy to bring into real interpersonal communication. However, the real society has strict ethical norms and moral norms, which are different from the online world. False words and insincere behaviors are often condemned in real interpersonal communication, which leads to the credibility crisis of interpersonal communication, thus aggravating the credibility crisis of college students' real interpersonal relationship and affecting the healthy development of college students' interpersonal communication. At the same time, the anonymity and weak monitoring of the network give universities greater autonomy and choice, which leads them to easily get rid of the shackles of real authority when using online social tools and display their personality according to their preferences, wishes and interests, resulting in false information dissemination, material and emotional deception on the network from time to time, which also makes college students easily distrust others and have a trust crisis to some extent.

4.3. Modern Social Networking Tools Lead to College Students' Indifference and Alienation from Real Interpersonal Communication

The use of social networking tools provides college students with great autonomy and selectivity. On the one hand, these characteristics enable college students to relax physically and mentally and meet their needs to realize their self-worth, but at the same time, excessive dependence on the network will dilute the real interpersonal interaction and affect the interpersonal communication in real life. In the virtual world, college students seek spiritual friends through human-computer interaction, lacking realistic interpersonal communication. Although this kind of dialogue communication can satisfy their temporary psychological desires, it cannot replace real emotional communication, and it is difficult to produce real social emotional experience because of the lack of necessary social practice and participation in social activities. To a certain extent, it will remove their social attributes, leading to college students who rely on online social tools tend to be isolated, indifferent and non-social, and indifferent to others and social development. They alienate their family, dilute their friendship, and lead to apathy and alienation in real interpersonal communication. Some college students have been deceived in the communication with online social tools, so they choose not to believe in people and interpersonal relationships in reality, and even retaliate against society, resulting in more contradictions.

5. Countermeasure

（1）Actively participate in offline social activities: College students can use online social platforms to find like-minded friends and further deepen their communication through offline social activities.

（2）Pay attention to the information quality of social platforms: College students should pay attention to the information quality on online social platforms and try to avoid being influenced by false information in order to maintain healthy interpersonal relationships.

（3）Keep face-to-face communication opportunities: College students should pay attention to keep face-to-face communication opportunities in order to maintain their face-to-face communication skills and establish more real and intimate interpersonal relationships.

6. Conclusion

The social networking platform has a far-reaching impact on college students' interpersonal relationships. While making use of the convenience of online social platform, college students should also pay attention to its influence on interpersonal relationships and take corresponding measures to establish more healthy and positive interpersonal relationships.

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