

# The Research on Cultivation of Post-90s University Students' Interpersonal Communication Ability

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## Abstract

*The ability of university students' interpersonal communication impacts their personal development. The post-90s university students are the body part of the present campus, and they have their own distinct personalities and manners of impersonal interactions. This article is aimed at the problems existing in interpersonal interactions among post-90s university students and giving suggestions of how to cultivate the ability of interpersonal interactions from three aspects: school, family and students themselves.*

**Key Words:** post-90s university students, interpersonal communication, ability, cultivation

## **1. Introduction**

In human social life, interpersonal communication is a sort of mind and behavior which meet people's development demand by using some media, such as parole and body language, during the process of coordinating with others. Interpersonal communication of university students has always been a serious issue concerned by society, especially university administration. Good interpersonal relationship is an important element of university students' individual development. It can influence their schoolwork, their life after graduation and their self-improvement. Thus, good interpersonal relationship is a necessary ability for university students to meet the need of social development.

Post-90s university students are the body part of the present campus. They were born in 1990s, accompanying high-speed economy in China. They called "post-90s university students" are mostly the only child in their families who have strong self-consciousness and good material condition. This special situation makes the post-90s university students different from their elder generations. They have distinctive characteristics, and they have unique concept and special behavior styles towards interpersonal communication. Of course, there are some noteworthy problems in interpersonal relationships. Based on these problems, this article gives several suggestions on how to train post-90s students' interpersonal communication ability better.

## **2. The characteristics of the post-90s university students' Interpersonal communication**

Students in different era have different features in interpersonal communication. Considering growing condition and personal character, post-90s university students with some features in interpersonal communication are as follows:

### **2.1 Diversification of communication ways**

With the high-speed development of technology and economy, the popularization of information technology and convenient network determines diversification of university students' interpersonal communication. Instead of single old reciprocal visits and letters, university students prefer modern communication, such as landline, telephone, short message, Internet (QQ, Wechat, Fetion), so on and so forth. As for the content of communication, besides traditional expertise and homework communication, they also talk about dreams, politics, arts, loves, and social hotspots; besides thoughts and culture, they also talk about mutual support, teamwork, entertainment and so on.

### **2.2 Opening of communication characters**

This kind of feature shows in four aspects. Firstly, objects they communicate with enlarge. Post-90s university students who aren't trapped in social experience and traditional concepts can build fantastic relationship with kinds of individuals from the same sex schoolmate to the opposite, from classmates and teachers to kinds of groups, as long as they have the same senses in heart. Secondly, the range broadens. The social circle of university students expands largely, from one class and dormitory to other classes and faculties, even other universities. Thirdly, the contents enlarge. Although regard study as the prime task,

university students are involved in not only study, but also all kinds of activities such as college students work, social practice, science and technology innovation and so on.

### **2.3 Individuation of communication concepts**

Owing to diversification of communication ways, objects and circumstance, post-90s university students have more choices influenced by competition pressure, causing the individuation more conspicuous.

They are aware of the importance of communication. They take initiatives to communicate with others and show themselves. Faced with difficulties, they will have no hesitation to deal with these matters. Students, with subjective emotion, choose partners based on their willingness mostly such as characters, qualities and hobbies.

## **3. The problems on interpersonal communication of post-90s university students**

### **3.1 Ill-being of communicative psychology**

On one hand, almost post-90s university students are the only child, the exclusive child in the family. Parents' overindulging make them form self-centered psychology—during interpersonal communication, they always consider their own needs and benefits, emphasize their own inner feelings and get used to looking at and dealing with the problem from their point of view, instead of thinking it from others' view. On the other hand, almost post-90s university students grow up with praise, which lets them excessively care about others' evaluation for them, worry leaving the bad impression on others and be afraid of losing face. Thus, during interpersonal communication, it is easy to come into being jealousy, be jealous for others and set up defenses everywhere, even suspect others without reasons, which must lead to widen the distance of interpersonal communication.

### **3.2 Impurity of communicative motivation**

With the development of market economy, benefits have become the goal that the whole society seeks for. Under the influence of this environment, the motivation of communication has become more and more utilitarian, appearing the problem that all things are based on money and substance. The students whose family is equal power and money always tie up. For all kinds of excellent titles and running Party members and cadres, some students do not depend on their hardworking and treating people sincerely, but inviting people to dinner and gift giving. Some students choose friends with standard of money, instead of their ideal and interest and above all, the problem on choosing boyfriend or girlfriend among university students is worse—choosing lovers is based on family background, instead of character, self-cultivation and ambition.

### **3.3 Shortage of interpersonal skills**

Though post-90s university students have a strong consciousness for interpersonal communication, due to they do not know how to deal with good interpersonal communication correctly and the result always is

unsatisfactory. They desire to make friends, but they do not know how to run friendship. Most students lack the necessary emotional concern for others; they do not know how to communicate, hurt by others' words and behavior when communicating, and how to express their discontentment; they are short of the skills of controlling themselves when dealing with contradiction.

### **3.4 Increase of virtualized communication**

The development of technology and the popularization the Internet lead to that the communication path of post-90s university students is changed from realistic communication to virtualized communication, such as online game, making friends with QQ, online virtualized marriage and virtualized family and so on.. Realistic interpersonal communication is often more complex than virtualized communication, some students are confronted with difficulties in realistic communication and to satisfy the needs of psychology of interpersonal communication, they choose to virtualized communication with Internet. Escaping from reality and addicting themselves to Internet must influence the depth of interpersonal communication and cultivation of interpersonal communication ability of university students.

## **4. The suggestions of cultivation of post-90s university students' interpersonal communication ability**

The good interpersonal communication ability is not inherent and it needs to learn, practice, enhance during social communication practice. Cultivating interpersonal communication ability needs to interact on schools, families and students, which can get the better effects.

### **4.1 Aspect of school**

Cultivating interpersonal communication ability is one of the tasks of training men for profession of college and university. In connection with the character of post-90s university students' interpersonal communication and the problem existing in the interpersonal communication, college and university should set up cultivating system with scientific system.

#### **(1) Setting up curricular system and strengthening classroom education**

College and university should set up a series of curricular education from thoughts to behavior., including the curricular education of consciousness and view of interpersonal communication, the training curriculum of interpersonal skills, the educational curriculum of safety and protection consciousness, the educational curriculum of Internet communication, the practice course of interpersonal communication and the educational curricular of psychology of interpersonal communication.

#### **(2) Enriching campus culture and building good-quality campus environment**

Students live and study in campus and campus environment has an influence on students' world outlook, outlook on life and values. Good-quality campus culture can help post-90s university students setting up scientific view of interpersonal communication, founding good communicative behavior and building harmonious interpersonal relationship. Thus, college and university should pay more attention to building and promoting campus culture and make every effort to build harmonious campus culture.

#### **(3) Developing a series of activities and creating the platform of communication**

Only with practice can university students can improve their interpersonal communication ability, so college and university also should take advantage of all kinds of resources and build more communication platform for post-90s university students through student work. Activities can be started between class and class, department and department, school and school, school and learning, such as activity of ideological and political education, activity of social practice, activity of the Party and the League and activity of recreation and sports and so on.

(4) Attaching importance to mental health and strengthening psychological consultation

Largely, the problem in university students' interpersonal communication is caused by mental block, thus, college and university should attach importance to mental health education and strengthen psychological consultation. The persuasion and interposal psychological problem in university students' interpersonal communication can be strengthened by psychology curriculum education, psychological consultation and group guidance and so on.

#### **4.2 Aspect of family**

Parents are the first teacher for children and many things children learn are from parents. To cultivate post-90s university students' interpersonal communication ability, as the students' first school, family, should pay attention to same problems.

(1) Renewing the view of home education

Most post-90s university students are the only child and parents and eldership's protection and doting and predominant living condition cause that most university students develop the values of self-centered and little minding others' feelings. Parents should renew the view of home education, be free themselves of the mistaken ideas and guide students to recognize themselves and others correctly.

(2) Improving family interpersonal relationship and building harmonious family environment

Students are unconsciously influenced by how parent deal with the interpersonal relationship in the process of growing up and they must subconsciously form the method and attitude of dealing with the interpersonal relationship, thus, only with good family interpersonal relationship and harmonious family environment can post-90s university students develop the correct view of communication and develop good communication behavior and build the harmonious interpersonal relationship.

#### **4.3 Aspect of individual**

In fact, education on school and family is just exterior condition. Internal effort is the real key to realize cultivation of interpersonal communication.

(1) Enhance the subjective willingness of interpersonal communication

In order to improve own interpersonal communication ability, we'd better have subjective demand and consciousness firstly. We are supposed to take initiative to communicate with others and foster our own abilities, including nice interpersonal communication view, great interpersonal communication mental and scientific interpersonal communication skills.

(2) Learn some knowledge related to interpersonal communication

To improve interpersonal communication ability, students should be familiar with some knowledge related to interpersonal communication, including psychological knowledge and social etiquette knowledge. For example, in psychological interpersonal communication, it includes interpersonal cognition, interpersonal emotional control and interpersonal communication. In social etiquette aspects, it includes concepts, principle, characters, types, specific requirements and caveats.

(3) Master the interpersonal communication skills

Besides some theoretical knowledge, students should also master the interpersonal communication skills. The things they should do are showing themselves and communicating actively, treating others as we expect to be, praising others and criticizing properly, learning to listen and response actively, learning to refuse and apologizing sincerely, obtaining forgiveness and resolving conflicts and so on. Meanwhile, students should pay attention to some principle in interpersonal communication. The first is equal. Everyone is equal in interpersonal communication no matter who they are and how much money they have. Only when they treat others equally can we gain others equal treat. The second is honest. Each one should have a sincere motivation and attitude to understand and believe others. Only in this way can we steady the relationship better. The third is lenient. Students must learn to put themselves in other's ways, be strict with themselves and lenient towards others.

(4) Cultivate interpersonal communication abilities in practice

Students boost their interpersonal communication abilities in practice by joining in some training and activities. They can take initiative to take part in training organized by the school for individuals and groups. It's also conducive to join class activities and social practice activities. They learn to apply to various skills, experience the difficulties in interpersonal communication, enjoy the entertainment produced by interpersonal communication, and conclude lessons to improve interpersonal communication abilities.

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