The Influence of New Social Style on the Mental Health of College Students

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Abstract
With the popularity of social media, it has a significant impact on the mental health of college students, which has become a hot issue in the current education field and society. This study is conducted against the backdrop of social styles deeply permeating the daily lives of college students, which undoubtedly has a broad and profound impact on their mental health. Nowadays, social media has not only become the primary channel for college students to access information and entertainment but also a crucial platform for them to express their emotions and build social networks. However, the popularity of social media has also led to a range of mental health issues, including internet addiction, social anxiety, and information overload. These concerns have sparked significant attention in both society and educational spheres. Therefore, this study aims to comprehensively explore the positive and negative effects of social style use on the mental health of college students. The positive effects may include improving college students' social abilities, broadening access to information, and enhancing self-identity. The negative effects may include addiction to the virtual world, social difficulties in reality, and increased mood swings. Through an in-depth study of these influences, we aim to offer more focused guidance for mental health education in higher vocational colleges.

Keywords
College students in higher vocational colleges, Mental health, Positive impact, Negative impact

In the information age, social style has become an important part of college students' life. The purpose of this study is to explore the impact of social style use on the mental health of college students. Through literature review, we found that although social style has advantages in providing convenient communication and information acquisition, its overuse may also cause anxiety, depression, and other psychological problems. Therefore, a comprehensive understanding of the positive and negative effects of social style use is of great significance for promoting the mental health of college students. This study will use questionnaires, in-depth interviews and other methods to investigate the use of social style by college students in vocational colleges, and analyze its impact on mental health, in order to provide useful references for relevant education departments and universities.

1. The positive impact of social style use on the mental health of college students

1.1 Social satisfaction
Social style plays an important role in the life of vocational college students and has a profound impact on their mental health. Many studies have shown that one of the positive effects of social style use on the mental health of vocational college students is social satisfaction. Social satisfaction refers to the satisfaction and happiness obtained
by individuals through social relationships. With the popularity of social style, vocational college students can more easily connect with others and share their thoughts and feelings. Social style provides a platform for college students to communicate with like-minded people and participate in discussions on topics of interest, thereby expanding their social circle. This interaction not only helps to build and maintain relationships but also helps to improve college students' social skills and communication skills. A study of vocational college students showed that those who used social style frequently scored higher on social satisfaction. They are more likely to interact with others through social style to share their lives and emotional experiences, thereby gaining emotional support and a sense of identity. This interaction helps to enhance college students' sense of belonging and self-worth, which in turn has a positive impact on mental health. It should be noted that the positive impact of social style use on the mental health of vocational college students is not absolute. When using social style, college students need to be moderate and avoid over-dependence and addiction. At the same time, educators and parents should also pay attention to college students' social style use and guide them to properly deal with the relationship between virtual and real, so as to promote their mental health development.

1.2 Information acquisition and knowledge expansion

The positive effects of social style use on the mental health of vocational college students are mainly reflected in many aspects. In terms of information acquisition and knowledge expansion, social style, with its wide coverage and convenient interaction, provides an unprecedented information platform for college students. According to the 49th Statistical Report on China's Internet Development released by the China Internet Network Information Center (CNNIC), as of December 2022, the number of Internet users in China has reached 1.067 billion, and the Internet penetration rate has reached 75.6% (Shi J et al., 2024). Through social style, vocational college students can easily access all kinds of information, including academic frontiers, social hot spots, international developments, etc. This information not only helps to broaden their horizons but also provides them with a window to understand the world and society. In addition, the rich knowledge-sharing and dissemination platforms on social styles, such as Zhihu and Douban, provide vocational college students with space for self-improvement. They can communicate with experts and scholars from all walks of life, explore academic issues, and expand their knowledge systems. Higher vocational college students are in the age of thirst for knowledge, and social style information acquisition and knowledge expansion function undoubtedly meet their needs. Reasonable use of social style can promote the knowledge accumulation and cognitive development of college students, and have a positive impact on their mental health.

1.3 Promote self-expression and communication skills

Social style plays an important role in vocational college students. One of its positive effects on mental health is to promote the improvement of self-expression and communication ability. In the digital age, social style provides a new platform for vocational college students to express their thoughts and emotions more freely. According to a survey of college students aged 18-24, 78% of students believe that social style makes it easier for them to communicate and share their ideas with others. Through social style, college students can interact and communicate with people around the world across geographical and time constraints. This kind of interaction and communication not only helps to expand their social circle but also improves their language skills. In addition, social style also provides an opportunity for vocational college students to express themselves. Through blogs, microblogs, and other platforms, they can show their talents and personalities, and at the same time gain recognition and support from others. This process of self-expression and recognition helps boost their self-esteem and self-confidence, which can have a positive impact on mental health. In conclusion, the use of social style in vocational college students helps to improve their self-expression and communication skills, and has a positive impact on mental health. As social style continues to grow, we expect it to play an even greater role in promoting the mental health of college students.

2. Third, the negative impact of social style use on the mental health of college students

2.1 Internet addiction and mental health problems

Internet addiction and mental health problems among college students in higher vocational colleges, the popularity of social style use has brought a phenomenon that cannot be ignored: Internet addiction and mental health problems. According to the 52nd Statistical Report on China's Internet Development released by China Internet Network...
Information Center (CNNIC) in August 2023, the number of young Internet users in China has reached 179 million, of which the proportion of Internet addiction among students in higher vocational colleges is as high as 30%{sup}. Internet addiction not only affects college students' studies and lives but also seriously affects their mental health. Internet addiction refers to a psychological and behavioral problem in which an individual relies too much on the Internet, which seriously affects his normal life, study, and work. Immersed in social style for a long time, the mental health status of vocational college students is worrying. They may suffer from anxiety, depression, and other emotional problems, and even have higher rates of suicidal ideation than the general population. Research from the American Psychological Association (APA) states that excessive use of social style has been linked to an increase in psychological disorders such as depression and anxiety. In addition to emotional problems, Internet addiction can also lead to personality disorders. Over-reliance on virtual socializing may lead to the decline of college students' social ability in real life, self-isolation, and other tendencies. This phenomenon is particularly prominent in teenagers, because their psychological development is not yet fully mature, and they are more susceptible to the influence of the external environment. Addressing Internet addiction and mental health issues requires a multifaceted effort. First, schools should strengthen mental health education and guide students to view and use social style correctly. Families and society should also give enough attention and support to help teenagers establish the correct values and outlook on life. At the same time, the government should strengthen supervision to limit the spread of bad information and provide a healthy online environment for teenagers.

The negative effects of social style use on the mental health of college students should not be ignored. Internet addiction and mental health problems have become an urgent problem that needs the joint efforts of the whole society to solve.

### 2.2 Social anxiety and loneliness

Social anxiety and loneliness are some of the negative effects of social style use on the mental health of college students. Social anxiety refers to the emotional experience that an individual feels nervous, uneasy, and afraid of being evaluated or not accepted by others in social situations. There are several reasons why social style use may exacerbate feelings of social anxiety and loneliness. First, social style makes people more dependent on virtual social interaction and reduces real-life interpersonal interactions, which leads to increased loneliness and social anxiety. Information overload and comparative psychology on social style can cause individuals to evaluate themselves more negatively, which can trigger social anxiety and loneliness. The research shows that college students in vocational colleges have a certain degree of over-dependence and addiction to social style use. A national survey of vocational college students shows that more than 60 percent of them spend more than three hours a day on social style, most of which is spent browsing and replying to messages and Posting status updates. This phenomenon of excessive use of social style can lead to a lack of real-life human contact and interaction, which can increase loneliness and social anxiety. In addition, information overload on social style may also exacerbate social anxiety and loneliness. According to statistics, the average person receives thousands of messages a day, most of which are insignificant gossip and entertainment messages. This information overload may lead to an individual's inability to process and sift through information effectively, resulting in feelings of anxiety and uncertainty, which in turn trigger social anxiety and loneliness. Therefore, in order to reduce the negative impact of social style use on the mental health of college students, it is recommended that students use social style moderately, pay attention to interpersonal communication and interaction in reality, and maintain a healthy lifestyle and mental state. At the same time, schools and society should also strengthen the supervision and management of social style, and formulate corresponding policies and measures to protect the physical and mental health of students (Anwar, 2024).

### 3. Strategies for coping with the impact of social style use on the mental health of college students

#### 3.1 Improve college students' style literacy

Under the tide of the information society, social style has emerged as a pivotal platform for information dissemination and interpersonal communication, deeply infiltrating the daily lives of college students. Platforms such as Weibo, WeChat, and Douyin have become vital channels for them to access information, express themselves, and exchange ideas. However, the sheer volume, fragmentation, and style of information brought by social style also pose significant challenges to college students' style literacy. Style literacy now entails not only the ability to acquire and disseminate information but also critical thinking, moral judgment, and responsible dissemination of information.
According to the Statistical Report on the Development of the Internet in China, the number of Internet users in the country has surpassed one billion, with college students comprising a substantial portion. They are active participants in every corner of the online world, serving not only as receivers but also as transmitters of information. Nevertheless, the level of style literacy among college students exhibits a noticeable disparity. Due to inadequate discernment and critical awareness, they are often susceptible to false information, malicious rumors, online violence, and even pornographic content on the internet. Such harmful information not only disrupts network order but also poses a potential threat to the mental health of college students. To address this issue, it is imperative to prioritize style literacy education in higher education institutions. By incorporating style literacy courses into the curriculum and providing students with the necessary tools and skills to navigate the online world critically, we can empower them to become more responsible and informed digital citizens. Furthermore, collaborations between universities, families, and society can create a holistic approach to style literacy education, ensuring that college students are equipped with the knowledge and skills they need to thrive in today’s digital age.

In conclusion, the prevalence of social style in the lives of college students underscores the importance of style literacy education. By fostering a culture of critical thinking, moral judgment, and responsible information dissemination, we can help college students navigate the complexities of the online world and emerge as informed, engaged, and responsible digital citizens.

3.2 Strengthen mental health education and counseling

In the face of the impact of social style use on the mental health of college students, it is particularly important to strengthen mental health education and counseling. Up to 75 percent of vocational college students say they have been cyberbullied on social style, which has had a serious impact on their mental health, according to data released by China's Ministry of Education. Therefore, higher vocational colleges should strengthen mental health education, popularize mental health knowledge to students through the form of curriculum, special lectures, and psychological counseling, and improve their psychological quality and coping ability. For example, courses such as “College Students' Mental Health Education” can be set up and incorporated into the school public compulsory course system to ensure that every student can receive mental health education. At the same time, psychological experts are regularly invited to give special lectures, so that students can understand the importance of mental health and learn how to self-regulate and cope with psychological problems. In addition, higher vocational colleges should also strengthen psychological counseling work and provide personalized psychological counseling services to help students solve psychological confusion and problems encountered in the use of social style (Michelle A & Brent D, 2024). Through the implementation of these measures, we can effectively reduce the negative impact of social style on the mental health of college students and promote their healthy growth.

3.3 Establish an effective network supervision mechanism

In the face of the impact of social style use on the mental health of college students, establishing an effective network supervision mechanism is a crucial coping strategy. According to the data released by China Internet Network Information Center (CNNIC), among which college students are one of the main groups using social style. Therefore, the supervision of social style not only helps to ensure network security but also effectively maintains the mental health of college students. Effective network supervision mechanisms should include the following aspects. First, supervision of social style platforms should be strengthened to limit the spread of unhealthy content and clean up harmful information in a timely manner. This can be achieved through technological means such as the use of artificial intelligence and big data analytics to identify and filter objectionable content[2]. At the same time, the government should strengthen the legal supervision of social-style platforms, formulate strict laws and regulations, and crack down on the spread of bad information. Higher vocational colleges should strengthen the network literacy education for college students. Network literacy education aims to cultivate college students’ ability to use the Internet correctly, including the ability to distinguish the authenticity of network information and resist the adverse influence of the network (Van D T et al., 2024). By carrying out relevant courses and activities, college students’ information literacy and network security awareness can be improved, so that they can better cope with the negative impact of social style. In addition, higher vocational colleges should pay more attention to and intervene in college students’ mental health. Mental health surveys should be carried out regularly, students with mental problems should be found early, and psychological counseling and counseling services should be provided (Anwar I M & Jari S, 2024). At the same time, mental health education activities should be conducted to improve the psychological quality and self-regulation ability of college students, so that they can better cope with the pressure and trouble brought by social style (Shi J et al., 2024).
4. Conclusion

This paper explores the complex effects of social style use on the mental health of college students. Research suggests that while social style provides social satisfaction, information access, and improved self-expression, it can also lead to problems such as Internet addiction, social anxiety, and loneliness. In order to cope with these challenges, the paper puts forward strategies such as improving style literacy, strengthening mental health education, and establishing a network supervision mechanism. In general, the influence of social style is multi-faceted, and we need to fully understand and cope with it in order to promote the mental health development of college students.

References


