New Media Teaching Form Based on the Improvement of College Students' Self-efficacy

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ABSTRACT

College students are a very special group, which is in the critical period of personal development,It is necessary to enhance the psychological quality and personal ability of college students by effective means. College students' self-efficacy can fully reflect their self-confidence in their behavior ability and self-control degree. At the same time, now in the new media era, colleges and universities need to actively explore the new media education mode, and promote students' self-efficacy with rich educational means. In this paper, the influencing elements and significance of college students' self-efficacy are analyzed in depth, and the organic connection between self-efficacy enhancement and new media teaching is realized,The background, logic, difficulties and measures are comprehensively analyzed, in order to realize the effective cultivation of students' self-efficacy and promote the development of college students' comprehensive quality through reasonable new media means.

Keywords: college students; Self-efficacy; new media.

AIMS (OR INTRODUCTION)

Due to the influence of long-term traditional education, we are more willing to realize knowledge teaching in the form of indoctrination in the implementation of daily education. On the other hand, the improvement of students' self-efficacy is neglected, and it is difficult to meet the practical needs of cultivating students in an all-round way in today's society. College students are important human resources and the main

builders of society in the future, so it is necessary to adopt targeted educational means to effectively train students. Moreover, the emergence of new media such as Weibo and WeChat has brought great changes to the dissemination of information and facilitated people's study and life. Similarly, the emergence of new media has also changed the learning methods of college students, which has a great impact on the improvement of students' self-efficacy.

The significance of college students' self-efficacy training

To optimize student behavior

When students enter colleges and universities, they learn the same knowledge even if they are in the same environment. However, it will gradually develop towards different trends in ideological cognition and psychology. This situation is mainly due to the differences in students' self-cognition. In addition, students are unique individuals, and their preferences and interests will also have certain differences. Therefore, there are differences in the values and cultures they come into contact with. At the same time, colleges and universities emphasize the idea of inclusiveness. In schools, Chinese and Western thoughts coexist and different cultures collide, which also provides basic conditions for students' individualized growth. Although the internal environment of colleges and universities creates multiple environmental spaces for students, it also brings more vacant emotions to students due to the influence of new media. Especially for some students who have just entered the university campus, they will gradually question themselves in the collision of ideas, which leads to the deviation of their self-development direction. Based on this, colleges and universities must attach great importance to students' confusion at different levels, such as psychology and thought, and realize targeted education for students from the perspective of improving their self-perception. Only by paying attention to the influence of self-efficacy on students, can we give full play to its role, make students better adapt to the university environment, make students adjust their corresponding behaviors reasonably, dare to face the challenges in life, etc., rationally realize the planning of study and life, and clarify the future development direction.

To enhance students' self-confidence

No matter what kind of behavior people have, they need the support of corresponding motivation. At the same time, it is precisely because of the existence of motivation that the enthusiasm of individuals to participate in activities can be

enhanced. The motivation supporting individual behavior is complex and will be affected by itself or environment. Moreover, as a concrete manifestation of students' self-awareness, self-efficacy will also play a corresponding role in behavioral motivation. In real life, self-efficacy and behavior motivation are in direct proportion. Therefore, if self-efficacy is strong, its motivation will naturally be improved, so as to participate in activities more actively and enhance its initiative. Therefore, in order to cultivate students' self-efficacy, colleges and universities need to focus on stimulating students' interest in learning, so that students can strengthen their self-confidence in learning and activities, and enhance their motivation to participate in activities, so that students can better participate in college study and life.

Improve self-control ability

Through the corresponding investigation, it is found that the current emotional problems of college students are extremely serious, and most students are difficult to control their emotions, and they are always affected by various negative emotions, resulting in students' weariness and social fear. Therefore, in the exploration of educational work, colleges and universities pay attention to effective ways to alleviate students' negative emotions. At the same time, related research shows that students' self-efficacy is related to emotional changes. If students have strong self-efficacy, they will be full of self-confidence in study, life and other aspects, have strong control over their own behavior, keep their emotions in a relatively stable state, and will not be afraid of failure, nor have negative emotions such as inferiority. If students' self-efficacy is not high, there will be increasing psychological pressure and timid behavior in specific activities, which will also lead to greater emotional fluctuations. Therefore, improving students' self-efficacy in colleges and universities can effectively enhance students' ability to resist negative emotions, and learn how to relieve their emotions, thus maintaining a positive and healthy attitude in their study and life.

The dilemma of the development of new media teaching forms for improving college students' self-efficacy

New media is the corresponding product of the rapid development of the present era, which brings certain convenience to college students' learning,Students can use the corresponding media of new media to carry out knowledge learning, so that students can freely query relevant information, and then help students understand

professional knowledge more deeply. However, the corresponding characteristics of new media also greatly reduce the self-efficacy of students' learning ability, and they think that they cannot achieve their learning goals in the process of exploring knowledge by using new media.

Information selection is difficult

New media is a new product at present, and people need a comprehensive understanding of its functions and functions. Although, college students' ability to accept new things is faster. However, corresponding practical experience is needed [6]. After the emergence of new media, students use it to inquire about information. Because the new media information has the characteristics of mass in communication and richness in content. At the same time, students do not have enough practical experience in the application of new media. Therefore, in the specific operation, students will be faced with the dilemma of blind choice when conducting data query, and they do not know how to grasp the knowledge points. To be specific, if there is too much knowledge, it may lead to burnout in the learning process, thus thinking that there is a lack of learning ability, feeling that there is no corresponding ability to achieve the completion of learning goals, and self-efficacy has dropped significantly.

It is difficult to distinguish between true and false information

The dissemination of new media information is characterized by fragmentation and virtuality. Therefore, students have the anxiety to distinguish the authenticity of information in the application of new media learning. The fragmentation of information itself makes it difficult for college students to distinguish between true and false information, which leads to a great increase in their anxiety in learning,They think that their mastery of the corresponding skills of new media is not enough, which will lead to confusion about whether their ability to learn and analyze is enough, resulting in low self-efficacy and affecting learning effectiveness.

Affect value judgment

Because of the particularity of college students, they are in an important period of the formation and establishment of values, and it is particularly crucial to do a good job in education at this stage. New media is not only a tool for spreading information, but also has the function of cultivating students' thoughts and shaping their values. Therefore, it is necessary to pay attention to its own propaganda function and realize the penetration of correct values. In addition, the new media has no barrier in

information dissemination [7]. Therefore, providing convenience for the dissemination of some historical nihilism and other thoughts has a bad influence on the formation of college students' values. If students have wrong values, they will form a decadent life style, which will lead to problems in their critical thinking ability, and also lead to serious delays in study and life, etc.

Combined with the analysis of ternary interaction theory, the influence among individual, environment and behavior is mutual. At present, college students grow up in the new media environment, and their characteristics will also have a certain influence on students' personal learning behavior.

The learning environment is complex

People will connect with the surrounding environment through their own behaviors, and then decide the environment in which they perceive and experience. At the same time, the environmental factors of their perception and experience will have an impact on their behavior [8]. In the new media environment, the learning environment of college students has become more complicated because of its freedom and openness. Moreover, hedonism, utilitarianism and other thoughts will erode college students' ideas to some extent,Once these thoughts are internalized by college students, they will produce negative thoughts and lack the consciousness of active creation in their study, which will eventually lead to their failure to achieve the corresponding goals, and their self-efficacy will naturally decrease.

Study and choose blindly

Because of the communication of new media, its information contains many different cultures around the world, which makes the cultural communication form of new media develop towards diversification. In a country, there are not only the essence but also some dross. However, because of the complexity of new media information, students will be blind under the influence of multiculturalism, and do not know how to make choices. The essence of college students' choice of multicultural types is the choice of learning behavior. However, if their chosen corresponding culture negates our excellent culture, there is a deviation between their learning and our culture, and their learning behavior cannot achieve the set goals, and their self-efficacy will decline.

Learning to lose direction

With the advent of the information age, new information appearing every day

will be spread by new media all over the world, and college students have become the fastest and richest group to receive new information. Because of the immediacy of information dissemination, it can't adapt to the fast-developing social environment [9]. Therefore, when students use the new media to start learning, they are always unable to know their own learning direction, and their self-efficacy is reduced because of their disorientation.

BACKGROUND (ORLITERATURE REVIEW)

Nowadays, China's educational model has changed on the whole,For example, vocational education and higher education are all developing in some common directions, that is, to realize the integration of new media and tools in teaching practice.

On the essential level, in the stage of college education, it is necessary not only to improve students' self-efficacy, but also to pay attention to the education of students' morality, ability and physical fitness. Colleges and universities are faced with special educational objects, which are students who have been enlightened but not fully mature psychologically. Therefore, in order to realize the innovation of college students' self-efficacy, teachers need to realize socialization enlightenment in diversified life education instead of carrying out education based on knowledge content. In the process of innovative education, life education should be regarded as the trend analysis of innovative education at different levels such as educational philosophy and experience. Educators believe that the idea of life education itself is not complicated, and advocate respecting students' status in social life and taking life as the core to realize the formulation of teaching programs. Combined with the analysis of the background of the times, people now live in the digital age, and life has been inseparable from various new media. Therefore, the new media has become a typical life scene, strengthening students' self-efficacy, which is inevitably related to this life scene.

In the analysis and construction of modern educational theory and philosophy, there is a same orientation, that is, to emphasize the mutual subjectivity between teachers and students. However, due to the promotion of college students' self-efficacy, the educational objects will be affected by the corresponding specific elements, and

they do not have the knowledge and experience related to interactive subjectivity, so there is an information asymmetry with teachers. Therefore, experiential teaching is put forward. At the same time, this method has become an effective way to improve college students' self-efficacy. For example, in educational practice, teachers can play educational functions such as WeChat and micro-lessons, which can bring practical experience opportunities to students, or lead students to think enlighteningly and make up for the shortcomings of unilateral knowledge teaching before.

Practical teaching refers to an idea of deeply analyzing the educational model from the practical and practical aspects. At the same time, it should be noted that practical philosophy focuses on concrete historical practical behavior, not abstract ideas. In the exploration of college students' self-efficacy, it is necessary to link the corresponding theories of psychological education with information technology and new media. Moreover, in this process, we should not neglect the actual needs of students, and start with the psychological difficulties faced by students, so as to effectively explore practical methods and improve educational effectiveness in real experience.

The concept of psychological intervention was born with the continuous blending of management and psychological science. At present, in the academic field of our country, the psychological intervention for college students is still at a relatively basic stage, and the results have not been much and have not been paid effective attention. However, based on the analysis of the present research results, improving college students' self-efficacy can enable students to form positive psychological intervention in the process of contact with different new media such as Internet and computer, and effectively reduce the corresponding burden on students' psychological level. In addition, with the rapid development of new media, cross-space psychological intervention is also realized for students' learning, so that students can learn more knowledge, carry out personalized exploration and provide technical support for the improvement of self-efficacy.

RESULTS AND DISCUSSION

The concrete implementation of the new media teaching form of improving college students' self-efficacy

Bandura believes that language persuasion can enhance people's self-efficacy.

Based on this, college teachers need to strengthen their language ability and strengthen students' self-efficacy through verbal persuasion. In higher education, students' learning mainly needs teachers' guidance and penetration. Therefore, as a teacher, it is necessary to have the awareness of education advancement, change the previous working ideas and methods, organically integrate their working ideas with new media technologies, and carry out effective education for students in a more innovative way to enhance their learning effectiveness. In the specific work practice, teachers need to strengthen their various qualities, learn more knowledge under the background of new media, improve their information literacy, and master more new media technologies. The information of new media is massive and virtual [10]. Therefore, teachers need to combine their own knowledge reserves and moral qualities to teach students how to distinguish information correctly. Teachers should also keep pace with the times, achieve the innovation of their own educational model, and flexibly carry out the education work for students. New media has the characteristics of immediacy and convenient dissemination, so teachers can reasonably realize the effective use of new media. For example, WeChat, Weibo, etc., increase the interaction and communication with students, and fully grasp the dynamics of students in learning, thinking and other aspects. At the same time, with the help of new media, we can maximize its functions, publicize correct ideas and values for students, and enable students to realize the formation of good ideas and values. College teachers should adhere to the principle of lifelong learning, constantly learn new ideas and methods, not be abandoned by the developing new media era, and adopt scientific means to promote students' self-efficacy.

To enhance students' self-efficacy, it is necessary to strengthen students' media literacy. Media literacy is an effective way for people to observe and recognize the world. Because of the different characteristics of new media, such as concealment, virtuality and fragmentation, students will face many difficulties when using new media in the learning process, such as being unable to understand information and being difficult to realize reasonable evaluation of information. Therefore, teachers should strengthen the comprehensive cultivation of media literacy, so that students can break through many difficulties in the new media era, thus effectively enhancing students' learning ability and deepening students' self-efficacy.

In improving the self-efficacy of college students, increasing the cultivation of

practical ability can bring some hints to students at the psychological level, that is, I can do it, I can do it, and so on. To achieve this goal, it is necessary to build a real life situation for students and promote their development in the connection with real life. Based on this, the educational space outside the classroom can be used effectively. For example, through the virtual network in colleges and universities, we can build study groups for students and build virtual art corridors. In the specific work practice, it is necessary to innovate the corresponding situations to enhance students' self-efficacy and help students increase their cognition in multiple situations. At the same time, this is the essence of practical teaching. In the path of realization, we can try to innovate the mode of psychological education collaboratively,With the help of many subjects in the society, such as the government, public welfare organizations, psychological counselors, etc., we can achieve the participation of various forces, realize the construction of psychological education base together, and encourage college students to take the initiative to go out of school and participate in life personally. For example, psychological education can be effectively implemented in different life scenes such as production workshops and red cultural bases, and students' self-efficacy can be enhanced. In addition, we can also try to organize psychological education in the form of inter-school alliance, realize the complementary advantages between schools, establish psychological education forums, volunteer service bases, etc., and lead students from different schools to actively participate in social practice activities, achieve effective cultivation of communicative rationality, overcome obstacles at the psychological level, and build a broader space for the improvement of students' self-efficacy.

Under the background of new media, based on students' subjective experience, the following approaches can be taken. One is to use the explicit things on campus. In colleges and universities, it is necessary to integrate the corresponding culture into the explicit things in various regions of the school, so that students can be infected in the cultural atmosphere. For example, we can add some famous sayings and stories that can produce psychological intervention to students in obvious places such as teaching buildings, dormitory buildings and canteens, so that students can be infected unconsciously under the influence of campus culture, thus achieving good educational results. The second is to integrate into students' life. In the process of strengthening students' self-efficacy, psychological education can be added to students' life and

study. For example, we can interact effectively with students on specific topics such as emotion and study by using WeChatWeChat official account and campus radio, and infiltrate students' psychological knowledge through their favorite living language, so that students can strengthen their personal moral accomplishment and psychological level in the long-term influence. Teachers need to define their role in the new media era, become evaluators, service providers, etc., and guide students to apply new media learning as participants, so as to enhance students' experience of knowledge learning and effectively improve students' abilities in many aspects.

Psychological education itself has corresponding development and practice rules,In the previous educational philosophy, psychological education was regarded as an educational work for students with mental illness, which was also narrowly divided into curriculum education. However, this educational idea can no longer meet the needs of the times. In the new media social environment, if college students want to improve their self-efficacy, they need to use different tools such as WeChat, Weibo, Tik Tok, micro-lessons, etc., so as to better integrate education in job embeddedness into campus culture, change the previous simple preaching mode, and carry out education in a more interesting and vivid way, so as to enhance students' learning motivation and effectively promote the development of students' ability. For example, in the process of strengthening students' self-efficacy, there will be various problems such as irrational consumption, love confusion, and vacant career planning. Based on this, we can give full play to the educational function of new media tools, effectively integrate psychological education content, and make students unconsciously achieve the goal of self-education in the process of reading literary works and watching movies independently. At the same time, the educational effect of this model is more obvious. It can also be combined with campus cultural festivals and other activities to build a good space for college students' psychological education, and use new media to carry out education in psychological dramas, mock trial, debates and other ways, fully respecting students' status, completely changing the original indoctrination form of psychological education, truly leading students' experience, and organizing students' effective dialogue, thus greatly improving the educational effectiveness.

CONCLUSIONS

The new media teaching mode is closely related to the improvement of college

students' self-efficacy. Therefore, in the implementation of educational work, it is necessary to pay attention to the development and utilization of new media, consider students' cognitive ability, preferences and other elements, and design a more effective teaching plan, so that students can master the method of conducting knowledge analysis independently on the basis of knowledge learning, and also get self-efficacy promotion, which lays a foundation for college students to better adapt to the society in the future.

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