

An Analysis Of College Students' Burnout Behavior In Classroom Learning From The Perspective Of Opportunity Cost

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Abstract: Through a questionnaire survey of students in a certain university, the research team found that contemporary college students are generally suffering from class-learning burnout behaviors. The author analysed this problem from the perspective of opportunity cost, which based on economic principles, and explored the underlying reasons of this phenomenon. Based on the reasons, the author gives some specific and feasible advice on different subjects in macro, meso, and micro levels.

1. The Current Situation of College Students' Burnout Behavior in Class

"Learning burnout" refers to the negative attitudes and behaviors of learners who are bored with learning due to learning pressure or lack of interest in learning. It is generally believed to include three dimensions of low mood, improper behavior and low sense of accomplishment [1]. The learning burnout of college students reflects the negative learning psychology of college students. As one of the dimensions of learning burnout, "learning burnout behavior in class" is also an intuitive form of emotion and sense of accomplishment, which can better reflect the learning state of college students.

The most intuitive manifestation of college students' class learning burnout behavior is skipping classes. Some studies divide class skipping into two categories: "dominant skipping" and "recessive skipping". The so-called "explicit skipping" refers to students' absenteeism in ignoring school discipline; "Sexual truancy" means that although students do not have absenteeism, the students in the classroom "are wandering in their presence" and do not listen carefully to the teacher's knowledge, but do their own way, ignoring the existence of the classroom [2].

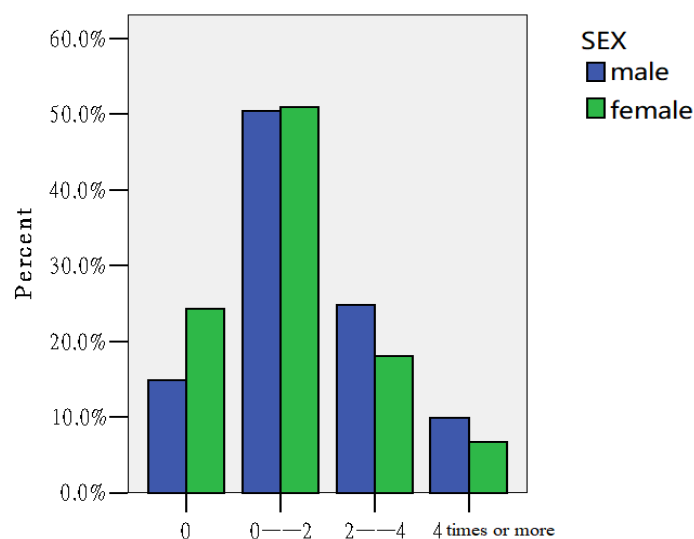


Figure 1. The average number of skipping classes per week in your senior year.

The survey results of this subject show that more than 80% of students have more or less experience of skipping classes, and the phenomenon of skipping classes among seniors is even more serious, with an average of 29.7% skipping classes more than 3 times a week. Figure 1 Statistics on the number of skipping classes for students of different genders in the senior year shows that, in general, the number of explicit skipping classes for girls is lower than that for boys, but the proportion of girls who have no experience of skipping classes is only about a quarter, and the other quarter Girls skip class more than 2 times a week. The survey data on the enthusiasm for classroom learning shows that only 13.1% of students listened carefully to all courses, and 8.1% did not listen at all. Other students' listening status was unstable and affected by various factors such as courses, teachers, personal emotions, etc. influences.

Attitude determines behavior, and the universality of college students' burnout behavior in classroom learning reflects the negative attitude of contemporary college students toward college classroom learning. The survey data shows that when asked "how much do you think you can learn from the classroom", only 17.1% of the students answered "can learn a lot and gain a lot", and 63.3% of the students think they can learn something. In fact, nearly 20% of the other students think that classroom learning is useless, and they cannot learn knowledge at all. Undergraduates' low awareness of classroom learning functions lowers their expectations for university classrooms. When weighing between classroom learning and other things, students naturally abandon classroom learning that they think is low in return. This is exactly what economics means. As a result of the selection of "rational people", the following will analyze the phenomenon of college students' classroom learning burnout from the perspective of cost-benefit, discuss the underlying causes of this problem, and put forward targeted suggestions.

2. Causes of College Students' Classroom Learning Burnout Behavior from the Perspective of Opportunity Cost

The concept of "opportunity cost" comes from economics and refers to what must be given up in order to get something. In real life, because people are faced with trade-offs, they must compare the costs and benefits of alternative action plans when making a decision [3] in order to choose the one with the lowest cost and the highest benefit. College students weigh in between attending class and doing other things. When they feel that the opportunity cost of skipping class is extremely low, they will take the action of "rational people" and give up class study to do other things. The results of the subject investigation show that the current opportunity cost of skipping classes for college students is extremely low, which is one of the main causes of class burnout behaviour [4].

2.1. School management has low penalties and poor system binding

At present, the development of higher education in our country is facing a series of social problems. Among them, the reduction of the source of students and the difficulty of obtaining employment have put pressure on various universities for survival and competition. The emergence of the phenomenon of students being employed is the extreme manifestation of this problem [5]. Under the pressure of employment rate indicators, many schools have adopted a reckless attitude towards the class burnout behavior of senior students. Students skip classes to seek jobs, take exams, and study the content of examinations and postgraduate entrance examinations in the classroom. There are few school management departments. Can truly be severely punished [6].

The survey results show that less than 10% of students have been punished by the school for skipping classes; when asked about their mentality when skipping classes, more than half of the students had an attitude of "indifferent and not afraid"; When being punished for seriousness, almost all students answered "As long as it does not affect other students' attendance, the teacher does not care". This fully shows that the school's management system has poor binding force on students and the obvious opportunity cost of skipping classes is extremely low. In addition, the herd effect of students and the school's law of non-accountability constitute a vicious circle, which also encourages students' misbehaviors in classroom learning to a certain extent.

2.2. The student examination system is unreasonable and the evaluation system is not comprehensive

The "strict entry and wide exit" policy adopted by higher education in our country has made the examination system of colleges and universities a virtual reality. Many colleges and universities have undesirable phenomena related to examinations, such as teachers marking key points before examinations, students making surprise study before examinations, and making up examinations. The results of the subject data showed that none of the sample students who had skipped classes had a low attendance rate that affected the passing of the exam. There was no significant correlation between the student's academic performance and attendance rate. At the same time, 75.2% of the students think that attending the lectures carefully does not affect the test scores, because the test is very easy to pass, and more than half of the students indicated that they have got the test focus or test questions before the test. This kind of unscientific student assessment system has failed to cause greater academic pressure on college students, but instead has become a driving force for students to ignore classroom learning. Student exams that are easy to pass, on the other hand, highlight that the opportunity cost of skipping classes is extremely low, and to a certain extent, aggravate students' burnout behavior in class.

2.3. The market information of labor buyers and sellers is asymmetry and college students have low income from classroom learning

Labor economics believes that, as a training base for talents, schools are the sellers of the labor market, and the employers are the receivers of talents and the buyers of the labor market. At present, buyers and sellers in the labor market have a certain degree of information asymmetry in the training and identification of talents [7]. For example, the standard for training talents in schools is still based on classroom teaching and test scores. However, buyers of employment mostly depend on how many certificates students have taken. There is little reference to the school's academic performance for any skills that can be used. This shows that the demand of the labor market and the school's training goals are deviated. This leads to lower income of students' classroom learning knowledge in the job market. This results in a reduction in the opportunity cost of skipping classes.

Therefore, in the face of huge employment pressure, in order to gain a competitive advantage in the graduation market, college students have to devote their energy to various forms of textual research or training courses, so it is not uncommon for them to study professional courses in schools and skip classes. Subject data shows that 65.7% of the students think that the senior year should be based on job hunting or postgraduate entrance examinations, which shows that currently graduates generally believe that employment pressure is high. At the same time, 66.9% of students believe that their academic performance during university will not affect employment, which increases the incidence of class burnout behavior among seniors.

3. Suggestions on solving student's learning burnout behavior in class

Aiming at the current situation and causes of college students' burnout in classroom learning, the author puts forward specific suggestions for different subjects from three perspectives: macro, meso, and micro.

3.1. Macro level

The school management department improves the evaluation indicators for colleges and universities, strengthens the supervision of the daily teaching management of colleges and universities, and urges colleges and universities to attach importance to curriculum reform and classroom teaching. At the same time, encourage colleges and universities to innovate talent training models, encourage colleges and universities to develop their own unique education, and cancel the guiding role of the "employment rate" indicator to avoid the embarrassment of being "employed". In addition, colleges and universities should be equipped with sufficient staff to enable them to absorb high-level talents into the teaching staff, and thus have the ability to set up and

develop a scientific curriculum system.

The social and personnel departments and employers do a good job in their service work, and innovate the employment recruitment service system based on the needs of college students, so that employers can run more and students run less. For example, qualified employers can use network information technology to conduct online recruitment to reduce the time and money spent by college students on job hunting. In addition, when the relevant departments organize various recruitment examinations, try to open more examination areas in areas where colleges and universities are concentrated to reduce the time and financial expenditure of students on the road. At the same time, try to set the test time on weekends or holidays to prevent students from delaying normal class time. The author's survey found that many senior students take time off to apply for jobs or exams [8]. They run all over the country, sometimes just going to other places to take a half-day exam. It takes several days to go back and forth. This is also in line with the requirements of many students in the survey. The reasons for the centralized arrangement of courses are consistent [9].

3.2. Meso level

On the one hand, the school must strictly control the quality of graduation, establish a sound student assessment system, and reform the current university examination system. The author suggests that college examinations should be divided into stages and the assessment should be divided into levels. The end of a course can't be done with just one paper. Various examination forms should be adopted for multiple assessments. The graduation certificate of college students indicates the grade according to their assessment, or a more comprehensive and scientific student evaluation is attached. , So that the society and employers have a comprehensive understanding of graduates.

On the other hand, schools should strengthen daily management, increase awards and punishments, and truly incorporate the daily performance of students into their assessment system. Only in this way can the binding force of the management system be improved. Attendance assessments in many colleges and universities are in vain. The extreme phenomenon I discovered is that if a student fails to take a certain course, eventually the exam for this course will be passed. It can be seen that the current daily management and examination systems of colleges and universities urgently need to be reformed. In addition, the school should give full play to the enthusiasm of students in employment, master the initiative, and actively contact employers, recommend excellent students to employers first, and promote students' recognition of the assessment hierarchy [10]. Only by adopting a variety of measures to strengthen the function of other disciplines on the basis of student self-discipline, increase awards and punishments, increase the income of students' classroom learning, and increase the opportunity cost of skipping classes, can we fundamentally improve students' enthusiasm for classroom learning.

Universities should adjust the curriculum system in time according to the development of society and the progress of knowledge, reform the backward curriculum system, and increase the knowledge and application of university courses. The author believes that the scientific curriculum system should adopt a pyramid design, as the base of the tower base course group is more comprehensive and broad, allowing students to have room for choice; higher-level professional courses should highlight the professionalism, system and time characteristics, can be from In terms of knowledge and ability, students have a real improvement.

In addition, the survey found that more than half of the students' learning burnout is affected by the teacher's teaching ability. Among the various dimensions of the teacher's teaching ability, according to the level of attention of the students, the teacher's emotional state, whether the teacher's lecture is lively and interesting, Factors such as whether the teaching knowledge is rich, whether the teacher's classroom management is strict, and the interaction between teachers and students. This requires teachers to improve their teaching level in all aspects, enrich classroom knowledge, increase the interest, vividness, practicality, and interaction of teaching, and strict classroom order, so as to truly keep students in the classroom. For this reason, reforming the

evaluation mechanism of college teachers, increasing the assessment of teachers' teaching ability, and increasing the income of students in classroom learning can effectively reduce the degree of student burnout in classroom learning.

Relevant departments of the school attach importance to the publicity of their own management policies, attach importance to the functions of ideological education courses, increase the guidance to students, and according to the principle of group effect, draw most students back to classroom learning, thereby affecting some of the behaviors of learning burnout Of students, thus forming a virtuous circle and creating a positive learning atmosphere.

3.3. Micro level

Classroom learning burnout is a reflection of contemporary college students' misconceptions, low self-discipline ability, and unscientific value evaluation system. But the study and life of universities are not primary and secondary schools after all, and they should not be under supervision all the time. It requires college students to discipline themselves, strengthen self-management and control capabilities, and only by establishing a correct value system can they form a positive learning attitude and nurture Develop good study habits.

The results of a survey on students' behavior during truancy period show that although some students choose, surf the Internet, go shopping and other negative behaviors during truancy period, compared with other grades, the proportion of senior students who have academic burnout behavior due to employment pressure is higher. Among them, 34.9% of the students chose to skip classes due to the need to find a job, and 30.9% of students skipped classes due to the need for postgraduate entrance examinations and examinations; and the survey of classroom learning status found that 48.2% of the students who did not attend the class carefully studied for the postgraduate entrance examination. , The content of the textual research, 15.5% of the students learn job-related content. Therefore, in the face of increasingly fierce competition in the job market, college students must pay attention to the accumulation of usual knowledge and improve their own quality and ability in many aspects. Only in this way can they get rid of the predicament of pre-examination surprises and pre-employment confusion, and can they use job hunting as learning Motivation, not the help of learning burnout.

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