Analysis of the Development of Emotional Quotient of Students in Medical Colleges Based on WeChat Platform

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Abstract. Emotional quotient plays a vital role in the growth of college students. At present, the current situation of the emotional quotient of medical college students is not optimistic. And WeChat platform has incomparable advantages for the development of the emotional quotient of medical college students. Therefore, it is of great practical significance for medical colleges to make good use of WeChat platform to cultivate and improve the emotional quotient of students.

1. Analysis of the Current Situation of the Development of Emotional Quotient in Medical Colleges and Universities

1.1 The Concept and Connotation of Emotional Quotient

The abbreviation of the emotional quotient is commonly known as "EQ", which refers to the qualities of people in such aspects as mood, will and tolerance to frustration, including leading quotient (LQ). The concept of emotional quotient was put forward by two American scholars, Salovey and Mayer, in 1990. However, it was not until five years later, when professor Daniel Goleman of Harvard University published the book *Emotional Intelligence*. The concept of "emotional intelligence" gradually became a hot topic of research, and professor Goleman became the "Father of Emotional Quotient". Professor Goleman suggests that there are five aspects to the concept of emotional intelligence. The first one is the ability to recognize his own emotions, that is, people should have the ability to perceive and recognize their emotions. And the second aspect is the ability to properly manage emotions, which means that people should be able to control, regulate and manage their emotions. The third one is the ability of self-motivation, that is, people should have the ability to continuously motivate themselves when they encounter setbacks or difficulties. The fourth one is to have the ability to recognize other people's emotions, that is, to be able to perceive other people's emotions, and to see the changes of other people's emotions from details. And the last one is the ability to build good interpersonal relationships, that is, the ability to adapt to other people's emotions and turn other people's bad sentiments around [1].

General Secretary Xi Jinping said that emotional quotient is very important when doing practical work, and we need to have the ability to adapt to the society [2]. It can be seen that as a contemporary college student, in addition to having a high intelligence quotient, special attention should be paid to the cultivation of high emotional quotient. And the students in medical colleges and universities should attach great importance to the cultivation and cultivation of emotional quotient for they are the custodians of human health and shouldering sacred responsibilities. In their communication with patients, how can they get along well with patients and bring the best medical service to patients? In addition to their knowledge reserve, what's more important is the level of emotional quotient [3-5]. Therefore, it is urgent to carry out emotional quotient education in medical colleges and universities.

1.2 The Current Situation of Emotional Quotient of Students in Medical Colleges and Universities

Medical colleges and universities generally have a 5-year academic system, which is
characterized by a long academic system, high degree of professionalism and high academic pressure on students. As a result, medical colleges and universities have always focused on the cultivation of intellectual factors such as students' professional knowledge, thus neglecting the cultivation of emotional quotient on students. In addition, the rapid development of the Internet in the world we live in now and the pace of life keep speeding up, resulting in the phenomenon that some medical students are self-centered, have poor ability to resist setbacks and lack gratitude, tolerance and understanding. At present, in many medical colleges and universities, some students are forced to suspend their studies because they do not adapt themselves to the college life. What's more, some medical students choose to end their lives because they are unable to adjust themselves due to psychological frustration. The extreme events that mentioned above all indicate that some medical students lack the ability to control themselves and manage their emotions, as well as the ability to regulate interpersonal relationships. In other words, some medical students have the phenomenon of "low EQ".

For the extreme events of some medical students, the root cause is the imbalance of their psychological adjustment ability. Firstly, they can't adapt themselves to the changes in their environment. As medical students move from high school to college, their living environment has changed. The dormitory is occupied by many people, and the interpersonal relationship becomes relatively complicated. They also lose their individual independent space, but passively accept the collective life. Therefore, they lose their dependence on their families and have to face the study and life independently, which is not adaptive for some medical students and leads to the imbalance of psychological adjustment. Secondly, they are unable to adjust their mentality when facing setbacks and pressure. As medical students transition from high school to college life, the range of personal interactions becomes wider, and the students in adolescence are full of endless longing for love. However, medical students who just entered university have little social experience and have not yet fully developed their minds. Therefore, when they encounter setbacks and pressures in love or study and life, they will not regulate it by themselves and cannot timely dispel negative emotions, which leads to their depression and brings adverse effects to the normal study and life.

2. The Advantages of WeChat for the Development of Students' Emotional Quotient in the Medical Colleges and Universities

2.1 Individualization can Reflect Personal Characteristics

The usage of WeChat platform is personalized, and users can publish the information according to their own preferences. Moreover, students can communicate and interact with educators on WeChat to form a two-way interactive communication mode, which can stimulate students' desire to participate, communicate and publish. Therefore, WeChat is a platform for people to spread their personalities.

2.2 Strong Interactivity which Guarantees the Real-Time Communication

WeChat platform is used for network communication, which is characterized by strong timeliness of communication. Both parties can exchange their ideas and views in a timely manner through the platform. Educators can communicate with the medical students immediately on issues related to emotions, interpersonal relationships, and emotional management and other problems that raised by the students, so as to realize the three-dimensional interactive mode of point-to-point and face-to-face communication.

2.3 Zero Cost, Simple Operation and High Adhesion

WeChat platform is widely popular among medical students because of its zero cost and simple operation. Therefore, WeChat has been widely used among students and teaching staff. WeChat is highly cohesive to users, and the colloquial communication has also narrowed the distance between people, which enables WeChat platform to quickly become one of the channels to cultivate the emotional quotient of medical students.
3. The Path of WeChat in Promoting Emotional Quotient of Medical Students

3.1 Improve the Ability of Medical Students to Recognize Them with the Help of WeChat Platform

Subscribing the public accounts related to psychological assessment on WeChat platform, students can get a professional psychological guidance report after they took part in the assessment. Then, students can know what kind of personality and temperament they belong to, whether their interpersonal relationship is adaptive, and whether their psychological development is healthy and other indicators through the evaluation, so that students can understand their personality characteristics through the same type of test, and deepen their self-understanding and examination.

In addition, medical students are encouraged to post meaningful and positive events in their study and life to their circle of friends on the WeChat platform. Of course, teaching staff can release some chicken soup for the soul and entertainment information to help medical students build a cognitive system for themselves and society.

3.2 Enhance the Self-Management Ability of Medical Students with the Help of WeChat Platform

Self-management is to improve the ability of self-reflection and self-monitoring. As a teaching staff in medical colleges, we can use the form of clocking in on WeChat platform to enhance students' self-management ability. For example, before each class, students can open WeChat and clock in, which can effectively improve student attendance and urge students to conduct self-management for the purpose of self-learning.

Stress is pervasive in life, especially for the students in medical colleges and universities. They may not have a better way to share their concerns with others. So, when found that students have negative emotions, teaching staff can guide students to use WeChat information release function to ease negative emotions, and encourage students to release information, so as to properly vent their dissatisfaction with life. In this way, students are guided to release bad emotions in a timely manner and in a proper way, constantly hone their minds and improve their self-management ability.

3.3 Improve the Self-Motivation of Medical Students with the Help of WeChat Platform

WeChat public account is used to disseminate relevant knowledge of positive psychology and regularly release information to provide psychological counseling and psychological motivation for medical students. For example, medical students can be inspired and encouraged by regular release of good and good deeds of the school. Self-motivated courses can be regularly carried out in the public account. Teachers with relevant experience in the school are invited to give lectures and interviews and interact with students online to help them develop a positive attitude.

In addition, students can be encouraged to write "mood diary" on WeChat every day, and use words to motivate themselves to keep moving forward, encourage themselves to accept challenges, and motivate themselves to keep moving towards their goals. After that, they can post their diaries on the Internet, and then students can give them thumbs up and leave messages to each other so as to achieve the effect of mutual motivation.

3.4 Improve the Ability of Medical Students to Understand Others' Emotions with the Help of WeChat Platform

Students should be guided to care about other people's circle of friends. When students release negative information, they should pay attention to it in a timely manner, learn to observe the changes of other people's emotions, and feel what others are thinking, as well as forming a resonance with others, which constantly improve their ability to understand other people's emotions. Management workers can also identify students' emotional changes through browsing the circle of friends, and then specifically guide students with negative emotions, which give them timely emotional care. Emotionally thoughtful care can motivate college students, which is also conducive to improving their emotional quotient of understanding other people’s emotions.
4. The Outlook of WeChat for the Development of Emotional Quotient of Students in the Medical Colleges and Universities

College students are in the critical period of emotional quotient development. The education in emotional quotient plays an important role in students' psychological development and interpersonal communication. Communication on WeChat platform has many advantages in guiding the development of college students' emotional quotient in medical colleges and universities, because we can cultivate college students' emotional quotient through WeChat platform at any time. Medical colleges and universities should also pay attention to the education of students' emotional quotient, improve and maintain the public accounts related to students' emotional quotient on WeChat, constantly improve working methods and means, and effectively improve the level of emotional quotient of students in medical colleges and universities.

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