

Original Paper

Research on the Causes and Countermeasures of the Lack of Learning Enthusiasm of College Students in the New Era

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Abstract

This paper systematically analyzes the main factors affecting college students' learning enthusiasm from the aspects of college students' unclear learning motivation, teachers' ideological and moral character and professional quality, teacher-student relationship, school software and hardware management and social atmosphere guidance, and summarizes the reasons for the lack of learning enthusiasm of college students in the new era. On this basis, it is proposed that students should establish correct learning awareness and improve self-regulation and self-control ability; teachers should improve their self-cultivation and actively explore the innovation of education and teaching methods; the school should pay attention to the construction of the overall learning atmosphere and style of study. Through the organic combination of the three modules of students, teachers and schools, students' learning initiative is stimulated and their all-round development is promoted.

Keywords

learning enthusiasm, influencing factors, countermeasures

Introduction

With the rapid development of society, network information technology and human life are highly integrated. On the one hand, contemporary college students enjoy the achievements of material and spiritual civilization that predecessors have never had, on the other hand, they are also facing unprecedented temptation. Some students are difficult to maintain a high learning enthusiasm due to external interference. However, learning enthusiasm is an important factor restricting the learning effect of college students, which is related to the learning efficiency, the mastery of knowledge and skills, the formation and development of good psychological quality and moral quality of college students. The university stage is an important life stage for students to be vigorous and promising. The low enthusiasm

for learning not only has a negative impact on the students' own personality shaping and academic completion, but also is not conducive to the construction of the school's style of study and the creation of a learning atmosphere, and is not conducive to the reserve of outstanding talents needed for socialist modernization. Therefore, it is of great practical significance to analyze the influencing factors of college students' learning enthusiasm and put forward reasonable countermeasures to fully mobilize college students' learning enthusiasm and improve the quality of university teaching.

1. Cause Analysis

College students' lack of enthusiasm for learning, both their own factors, but also teachers, schools, families and other external factors. The following analysis from several aspects.

(1) Students' own factors

1. Unclear learning objectives

Learning goal is the standard or expected result that people are engaged in learning activities, and it is the prerequisite to stimulate the enthusiasm of learning and make it produce conscious behavior. A clear learning goal is an important factor to stimulate college students' learning motivation, and it is the key to improve learning enthusiasm, consciousness and efficiency. However, students have moved from a tense and boring high school life to a relatively relaxed university, from a passive learning mode to a relatively active learning mode, and the time available for free control has greatly increased. In the process of this transformation, many college students can not fully and quickly adapt to the new learning mode, are vulnerable to the influence and interference of the external environment and new things, and lack clear learning objectives and self-control. Some students believe that they have reached the end of the road to study, there is no pressure to study, there is no need to study as hard as high school, and fail to realize that higher education is an extension of high school education, a new starting point for learning rather than the end point. Although some students can persist in learning, they lack long-term planning for the future, resulting in slack psychology. There are also students who think too much, but do not practice, and the final plan stays on the surface and cannot be implemented.

2. Lack of self-efficacy

Self-efficacy refers to the individual in a particular situation to engage in a certain behavior and achieve the desired results of the ability to believe. For college students' learning, self-efficacy is reflected in the ability belief that students produce and put into learning behavior, and finally achieve academic achievement. The strength of self-efficacy directly affects the formation of college students' learning motivation. College students with high self-efficacy are confident in their learning ability, so they will have higher learning motivation. At present, in the new era of talents, college students are facing various pressures such as academic, employment, and self-development. These pressures suppress them who are not yet fully mature physically and mentally. If the pressure can not be transformed into positive power, it will affect the judgment ability and decision-making ability of college students, and seriously affect personal growth and development. Although with the increase of grade, knowledge and social practice,

the self-efficacy of college students will be improved, the survey shows that there are still many college students who attribute the lack of learning motivation to the lack of self-confidence. Having a firm belief and believing that they have the ability to succeed is one of the important conditions for educational incentives to play a role. It can be seen that self-efficacy has an important impact on college students' learning, which not only affects behavioral choices, but also affects the degree of effort and persistence. Therefore, in the process of education incentive, we must pay attention to the self-efficacy of college students.

3. Weak self-management skills

In the basic education stage, students mostly study and live under the management of parents and teachers. Once they leave their parents, they are prone to lack self-control and restraint. After entering the university, the discipline of parents gradually decreases or even tends to disappear, and the university's management of college students is not as strict and detailed as that of basic education, which usually encourages students to achieve self-management. At this time, the external binding force is weakened, and the self-binding force is insufficient. Students often cannot control themselves in the face of mobile phones, networks, and games. In addition to the relatively loose arrangement of university courses, students have more free time except for classes, experiments and internships. Some students with poor self-control begin to indulge themselves, indulge in online games, novels, love, and their studies are shelved. Without planning, self-control and effective supervision, some students are becoming more and more tired of learning and their academic level is stagnant.

(2) School factors

Students study in school, their own reasons are important, the responsibility of the school can not be ignored. This is closely related to the current college entrance examination system and school management system.

1. Professional choice dilemma

With the continuous expansion of the scale of colleges and universities, the diversification of professional settings, and the current college entrance examination policy allowing students to fill in the high school stage, many students are often in a state of confusion when filling in the application, lack of basic understanding of the major to be studied, and it is more difficult to form professional identity and interest in learning. After entering the university, some students gradually find that they do not adapt to or do not like their major. However, due to the high threshold and strict procedures for transferring majors in most colleges and universities, it is difficult for students to freely adjust their professional direction, which leads to weak interest in professional learning and insufficient motivation for learning. Some students turn to other professional knowledge through self-study, minor and other methods, and even plan to engage in work unrelated to their major after graduation, resulting in hidden problems such as low classroom attendance and low learning enthusiasm, which seriously affect their learning status and development effectiveness at the university level.

2. Teachers' teaching issues

In most university campuses, students can only see teachers in class, and teachers and students lack communication, communication and interaction. In the process of teaching, there is a lack of effective feedback mechanism. Students cannot reflect the questions and confusions in learning to teachers in time. It is also difficult for teachers to effectively know students' mastery of knowledge, which leads to the disconnection between "teaching" and "learning." It separates teaching from learning, widens the distance between teachers and students, and may lead to students' prejudice and distrust of teachers. The classroom activity is not high, students are drowsy in class, and even directly skip class. In addition, many college teachers should not only engage in scientific research tasks, but also undertake teaching tasks. Some teachers are good at scientific research but not suitable for teaching, and some teachers' teaching ability is not up to standard, which is also one of the reasons for the decline of students' learning enthusiasm.

(3) Family factors

Family plays an important role in students' learning and growth. Previous studies often ignore family factors, but family also has an important impact on college students' learning enthusiasm. The influence of parents on children is comprehensive. Most children understand the world under the guidance of their parents and form the original world outlook, outlook on life and values. This influence is lifelong. Parents' cultural level, marital status, cognitive level, family economic level, and children's attention at home will have an important impact on children's future learning and development. It is generally believed that parents with higher education level and good social and professional cognition generally have higher enthusiasm for learning in such families. Moreover, the better the family's economic situation is, the higher the children's attention at home is, and the higher their learning enthusiasm is, showing a significant positive correlation. Among them, children's attention in the family environment has the most significant impact on learning enthusiasm.

Chinese society is family-based, and attaching importance to family affection is a major feature of Chinese culture. However, some parents' sense of responsibility for their children shows a trend of 'overweight' and assume too much responsibility. All the housework is arranged and even the phenomenon of 'accompanying reading' appears. However, the children's responsibility 'weightlessness' appears accordingly, and the responsibility that should be borne by themselves is pushed to the parents. Some only children are more open mouth, clothes to reach their hands, accustomed to accept and do not know how to pay. Such children lack the consciousness of repaying others since childhood, and lack the basic survival skills and the spirit of self-responsibility and social responsibility to others when they grow up. Therefore, at present, some college students' sense of social responsibility is not strong, which is related to their families' lack of responsibility education from an early age. The lack of family responsibility consciousness and social responsibility makes it impossible for students to cultivate perseverance and perseverance in their studies. When they encounter difficulties, they retreat, and even become bored with their studies, and their learning enthusiasm cannot be improved.

2. Countermeasures

(1) Students themselves

1. Guide students to set learning goals

Counselors have the closest contact with college students and the most understanding of the characteristics of college students. They should give full play to their role advantages and effectively guide college students. The career planning guidance system to be established by counselors should start from promoting the physical and mental health of college students, guide students to accurately evaluate their own ability, so as to accurately locate the professional direction and self-worth, and set a rational career direction. Counselors should carry out targeted individual guidance according to different majors and grades, and at the same time consider students' different specialties, interests and hobbies, so that students can clearly understand themselves at each stage of college learning, have objective self-evaluation ability, and take the initiative to face up to their own strengths and weaknesses. Regarding the issue of entering social employment, it is necessary to set up scientific and effective learning goals in close connection with the reality of society, restrain the mentality of eagerness for success, enhance the awareness of the overall situation, and seriously consider their own future development direction. When a scientific career selection standard is set, students can be confident in their learning and maintain the highest level of learning motivation in college.

Teachers should help students to carry out systematic career planning, guide students to explore their own interests, personality and values, make university planning according to their own situation, clarify the goals during the university, and determine the direction of efforts. Teachers should help students set annual goals, monthly goals, weekly goals, track the completion of the survey goals, help students summarize and reflect, cultivate students' ability to think independently, let students learn self-regulation and control, exercise the ability to set goals and summarize, and develop independent learning habits; help students evaluate the completion of each goal and task, correct in time, promote self-monitoring and self-evaluation, and then promote the improvement of students' autonomous learning ability.

2. Enhancing the incentive effect of self-efficacy

Social learning theory holds that self-efficacy will affect what students learn, how to learn and how long they persist. When college students face setbacks in the learning process, if they can believe that they have enough strength to overcome difficulties and ultimately achieve learning goals, self-efficacy will be enhanced and improved in this cycle of continuous overcoming and realization, so as to encourage students to continue the next stage of learning tasks. First of all, we should focus on cultivating college students to produce correct self-cognition and understand their own learning ability. Secondly, guide students to set up phased goals suitable for their learning ability and strive to complete them to experience a sense of success. Thirdly, guide students to analyze the attribution of problems encountered in learning, and attribute failure to insufficient efforts rather than insufficient ability. Through these methods, students are encouraged to develop self-efficacy in learning and stimulate long-term learning motivation.

3. Improve self-regulation and control ability

College students should learn to arrange their daily life reasonably and effectively. If the time arrangement is too loose, it will make people appear loose, and the will and enthusiasm will be exhausted. If the time arrangement is too tight, it will make people in a tight state for a long time, which will easily lead to emotional instability. College students should arrange time reasonably according to their own conditions and actual situation, strengthen physical exercise, and devote themselves to learning with healthy physique and abundant energy. Colleges and universities can set up special self-control ability training courses to gradually cultivate college students' self-control ability and improve their learning enthusiasm through targeted counseling.

(2) School guidance

1. Create a good learning atmosphere and strengthen professional guidance

Schools should constantly improve all aspects of conditions to meet students' higher and newer knowledge needs, experimental needs and practical needs. For example, adjust the professional curriculum in a timely manner, so that new and popular courses into the classroom, so that the content of the old curriculum exit. In addition, the school can organize various competitions to enable students to innovate and think actively, and provide a broader platform to show their talents and abilities, so as to stimulate their enthusiasm for learning.

Colleges and universities should strengthen the professional guidance of students, hold more professional lectures, increase professional introduction courses, etc., guide students to systematically and thoroughly learn the context of professional knowledge, so as to think from a higher perspective, which is very beneficial to students' future professional learning and career development. Before graduation, we should set up courses related to career planning, strengthen students' understanding of future career choices, explain the advantages and disadvantages of different career directions, and teach how to make excellent resumes and deal with complex interviews, which will help students build self-confidence and have a profound impact on their career planning, choice and development. When teachers point out the future path for students, students' learning direction is gradually clear, efforts also have a direction, learning enthusiasm will inevitably increase.

2. Improve teachers' personality charm, pay attention to the innovation of teaching methods.

Teachers' personality charm and professional quality play a vital role in students' learning enthusiasm. Teachers' personality charm consists of comprehensive qualities such as ideal and belief, knowledge level, knowledge ability, personality interest and moral cultivation. Improving teachers' personality charm can enhance students' "teacher-orientation" and thus improve students' learning enthusiasm. In this regard, teachers should have a sense of self-cultivation, establish a correct outlook on life and values, seek truth, goodness and beauty as the code of conduct, and infect students with a positive attitude towards life, open-minded and optimistic mind, noble ideal sentiment and lofty professionalism; action close to the students, psychological close to the students, so that students are willing to 'close'. In addition, the professional quality of teachers is an important condition to attract students and enhance their

enthusiasm for learning. Teachers should seriously study the theory of education through independent learning, training and other ways, actively adapt to new educational concepts, learn new teaching methods, and ensure that the teaching language is standardized, civilized, decent, serious and not stereotyped. At the same time, we should constantly explore and summarize the laws of education in teaching practice, attract students with good professional quality, and improve students' learning enthusiasm.

Between teachers and students mainly through the completion of the teaching of the preacher. Teachers should be enthusiastic, humorous and informative, actively guide and stimulate students' interest in this major, and integrate the boring theoretical knowledge through different ways and means. The novelty of teaching methods and the interest of teaching content are important ways to stimulate interest in learning. In the process of teaching, teachers should communicate with students in a sincere love. In the classroom, teachers and students interact, and teachers' teaching and students' learning are organically combined. For example, by setting questions, students can develop thinking habits, and link interesting phenomena in life with theoretical knowledge, so as to broaden students' thinking, fully mobilize the classroom atmosphere, and stimulate their interest and enthusiasm in learning. In the era of increasingly updated knowledge economy, teachers' knowledge level is facing higher requirements in depth and breadth. Teachers should always maintain their desire and demand for new knowledge learning, and constantly stimulate students' scientific exploration spirit in combination with the frontier development of this major.

3. Conclusion

The low learning enthusiasm of college students is a problem that cannot be ignored. The lack of learning motivation has a serious impact on the quality of education and the effect of learning. Therefore, it is necessary for teachers and students to work together to cultivate high-quality talents for the development of society.

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