

Original Paper

Influence and Role of Social Practice on the Development of Comprehensive Quality of University Students

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Abstract

With the development of society and the popularization of higher education, the cultivation of comprehensive quality of college students has become the focus of attention of the education sector and the community. This paper researches and discusses the influence and role of social practice on the development of comprehensive quality of college students. Firstly, it discusses the importance of social practice activities in enhancing the comprehensive quality of college students, including the role of cultivating practical ability, enhancing the sense of social responsibility and teamwork spirit. Secondly, it analyzes the influence of social practice on the cognitive level, emotional attitude and values of college students, and points out that social practice can promote the overall development of college students. Finally, the problems and challenges of the current social practice activities are discussed, and corresponding countermeasures and suggestions are put forward to further play the role of social practice in the comprehensive quality cultivation of college students, and to provide better support and guarantee for the growth and development of college students. (Bai, 2020)

Keywords

social practice, comprehensive quality of university students, practical ability

1. Introduction

With the continuous development of society and the popularization of higher education, the cultivation of comprehensive quality of college students has become the focus of attention of the education sector and all walks of life. As an important group for training future pillars of society, the development of comprehensive quality of college students not only concerns the growth and development of individuals, but also directly affects the future development and competitiveness of the country. In this context, an in-depth study of the influence and role of social practice on the development of

comprehensive quality of college students is of great significance in promoting the overall development of college students and improving their comprehensive quality level.

First of all, as an important part of extracurricular activities of college students, through participating in various social practice activities, college students can not only apply the knowledge learned in the classroom to practice, but also cultivate the practical ability, enhance the sense of social responsibility and teamwork spirit and other important qualities. Secondly, social practice activities can help expand the horizons of college students, improve their cognitive level, deepen their understanding of society, and promote their overall development. Therefore, an in-depth study of the influence and role of social practice on the development of comprehensive quality of college students can help to better play the role of social practice in college students' education and promote the in-depth development of college students' quality education.

The purpose of this paper is to explore the influence and role of social practice on the development of comprehensive quality of college students, and the specific research objectives are to analyze the mechanism of the influence of social practice activities on the development of comprehensive quality of college students; to explore the role of social practice in enhancing the cognitive level, affective attitudes and values of college students; and to summarize the problems and challenges of the current social practice activities, and to put forward the corresponding countermeasures and suggestions.

In order to achieve the above research objectives, this paper will adopt a variety of research methods, combining relevant theories and practical experience, to deeply analyze the influence and role of social practice on the development of comprehensive quality of college students, and to provide theoretical support and practical guidance for the promotion of comprehensive development of college students. (Wu, 2014; Liu, 2012)

2. Social Practice Is the Basis for the Development of Comprehensive Quality of College Students

Comprehensive quality refers to the degree of comprehensive development of a person's qualities in a variety of areas, including cognitive, emotional, volitional, moral, physical and aesthetic. It goes beyond the traditional knowledge structure and covers all aspects of an individual, including but not limited to the mastery of subject knowledge. In comprehensive quality, thinking ability, innovation ability, emotional sentiment, social adaptability, etc. are all vital components. Comprehensive quality education aims to cultivate students' ability to develop in an all-round way, equip them with the ability to face all kinds of complex challenges in the future society, and become socialist builders and successors with all-round development in morality, intelligence, physicality, aesthetics and labor.

As an important way and carrier of comprehensive quality education for college students, social practice has an irreplaceable status and role. First of all, social practice is a bridge between theory and practice, which can help college students apply what they have learned in practice and enhance their practical ability and problem-solving ability. Secondly, social practice can help broaden the horizons of college students, enhance their sense of social responsibility and civic awareness, and cultivate their

good social behavior and values. Furthermore, social practice can promote college students' teamwork and leadership abilities, and cultivate their good interpersonal skills and teamwork spirit. In addition, through participating in social practice, college students can also recognize their own shortcomings, constantly improve themselves, and realize the unity of personal value and social value. (Yuan & Wang, 2011; Zou & Liu, 2007)

Social practice plays an important role in the development of college students' comprehensive quality, and is one of the effective ways to cultivate students' comprehensive development ability. Strengthening social practice education and improving the quality and level of social practice activities are of great significance in promoting the overall development of college students and improving their comprehensive quality level.

3. The Influence of Social Practice on the Comprehensive Quality of College Students

The influence of social practice on the comprehensive quality of college students is multidimensional, involving the comprehensive development of individual cognition, emotion, behavior and values. In the process of social practice, college students can not only gain practical experience by participating in different forms of activities, but also shape their comprehensive quality, making them more comprehensive, confident and valuable in their studies, life and society, (Wang, 2012) which is mainly reflected in the following aspects:

(i) Social practice cultivates the practical ability of college students. Through practice, college students are able to apply the knowledge learned in the classroom to practice, learn the ability to solve problems and deal with affairs, and improve their hands-on practical ability and sense of innovation. For example, participating in community service activities can cultivate college students' communication skills and problem-solving ability, and participating in social research can cultivate college students' data analysis and research ability.

(ii) Social practice enhances college students' sense of social responsibility. Through personal participation in social practice activities, college students can deeply feel the reality of social problems and challenges that need to be solved, thus cultivating a sense of responsibility and mission to the society. For example, participating in environmental protection volunteer activities can guide college students to pay attention to environmental protection issues and establish the consciousness of protecting the environment and living a green life.

(iii) Social practice cultivates college students' teamwork spirit. In social practice activities, college students usually need to cooperate with others to accomplish tasks, which helps to cultivate their teamwork, communication and coordination skills and leadership abilities. For example, participating in volunteer team service can cultivate college students' teamwork spirit and sense of collective honor.

(d) Social practice improves college students' cognitive level. Through participating in social practice, college students can broaden their horizons, gain insights, understand the diversity and complexity of society, and improve their social cognitive level and comprehensive analysis ability. For example,

participating in social research can help college students understand the current situation and problems of the society and cultivate their critical thinking and analyzing ability.

(v) Social practice shapes college students' emotional attitudes and values. Through participating in social practice, college students can feel the needs and sufferings of others, enhance their compassion and sense of responsibility, and form positive attitudes and correct values. For example, participating in poverty alleviation activities can cultivate college students' love and dedication, and improve their sense of social responsibility and humanistic caring ability.

The influence of social practice on the comprehensive quality of college students is comprehensive and positive. Through the cultivation of practical ability, the enhancement of social responsibility, the cultivation of teamwork spirit, the enhancement of cognitive level, and the shaping of emotional attitudes and values, social practice provides college students with a platform for all-around development, which helps them to become new-age youths with a sense of social responsibility, a spirit of innovation, and the ability of teamwork. (Ma, 2019)

4. Current Situation and Problems of Social Practice on the Development of Comprehensive Quality of College Students

At present, social practice plays an important role in the development of comprehensive quality of college students, but at the same time, it also faces some realistic problems and challenges. First of all, as far as the development of social practice activities is concerned, the social practice activities of college students have shown a booming trend. Many colleges and universities and social organizations are actively organizing all kinds of social practice activities, covering various fields such as education, environmental protection, public welfare and volunteer service. By participating in these activities, college students can increase their knowledge, exercise their abilities and improve their comprehensive quality. (Xue, 2015) However, compared with the extensive development of activities, there are still some problems and challenges in social practice activities. First, some social practice activities lack relevance and effectiveness, and the content of the activities does not match enough with the professional learning and personal development of college students, resulting in low motivation of the participants. Secondly, the organization and management of some social practice activities are not standardized enough, lacking effective guidance and supervision, and prone to safety accidents and disputes. Furthermore, some social practice activities are utilitarian and false, and some organizations, in order to pursue fame and fortune or to cope with the assessment, turn social practice activities into formalistic performances, ignoring the educational function and value of the activities. Some college students lack interest and motivation to participate in social practice activities due to heavy school work, time constraints or lack of interest, resulting in insufficient knowledge and experience of social practice activities. At the same time, the motive of some college students to participate in social practice activities is not pure enough, just to fulfill the requirements of the school or social organizations, and lack of self-worth and internal motivation.

Although social practice plays a positive role in the comprehensive quality development of college students, there are still some problems and challenges in its development. Therefore, it is necessary to strengthen the organization and management of social practice activities, improve the relevance and effectiveness of the activities, and cultivate the awareness and ability of college students to actively participate in social practice activities, so as to promote the comprehensive development of college students' comprehensive quality.

5. Countermeasures and Suggestions for the Development of Comprehensive Quality of College Students by Social Practice

In order to promote the positive influence of social practice on the development of comprehensive quality of college students, this paper puts forward the following countermeasures and suggestions after analysis.

(i) Improve the quality and level of social practice activities. This includes improving the organization, content and guidance of the activities. Organizers should fully investigate the needs and interests of participants, design targeted and attractive activity content, and ensure the effectiveness and sustainability of activities. At the same time, it is necessary to strengthen the training and guidance for activity participants to improve their ability and level of participation. In addition, it is also necessary to strengthen the supervision and evaluation of social practice activities, timely detection and resolution of problems, and improve the quality and level of activities.

(ii) Strengthen guidance and direction for college students. Schools and social organizations can introduce the significance and value of social practice to college students, teach them the methods and skills of participating in social practice activities, and guide them to take an active part in social practice activities by offering relevant courses or holding training activities. At the same time, schools and social organizations can also set up special guidance institutions or mentor systems to provide personalized guidance and counseling for college students, help them solve problems and difficulties encountered in participating in social practice activities, and promote their all-round development.

(iii) Promote the integration of social practice and curriculum teaching. Schools can incorporate social practice activities into the curriculum system and combine them with classroom teaching, and through curriculum design and teaching arrangements, guide students to apply what they have learned in practice to improve their practical ability and problem-solving ability. At the same time, the school can also promote the communication and cooperation between students of different majors and grades, expand their horizons and enhance their comprehensive quality by offering interdisciplinary or inter-professional social practice courses.

Improving the quality and level of social practice activities, strengthening the guidance and direction for college students, and promoting the integration of social practice and curriculum teaching are effective countermeasures and suggestions to promote the development of the comprehensive quality of college students by social practice. Only by giving full play to the role of social practice in college

students' education can the comprehensive development of college students' comprehensive quality be truly realized. (Wang, 2003; Wu, 2023)

6. Conclusion

Social practice has far-reaching and positive influence and effect on the development of comprehensive quality of college students. Through the research and discussion in this paper, it can be concluded that social practice is an important way for the development of comprehensive quality of college students, which has a positive impact on their cognition, emotion, skills and other aspects.

In social practice, college students combine what they have learned with practice, and through participating in various practical activities, they can exercise their problem-solving ability, innovation ability and practical ability. The cultivation of such practical ability helps them to better adapt to the social life and work demand, and improve their own competitiveness. Through social practice, college students are able to deeply understand the social reality, realize their responsibilities and obligations as a member of society, and then develop a positive sense of social responsibility. The enhancement of this sense of responsibility enables college students to care more about others and society, actively participate in public welfare, and make their own contributions to social development. The teamwork spirit cultivated in social practice not only helps them get along with others better, but also helps to improve work efficiency and realize common goals. The social warmth and sense of achievement that college students feel in social practice activities will also affect their emotional attitudes, making them more positive and optimistic. (Chen, 2020)

Therefore, social practice has an important influence and role in the development of comprehensive quality of college students. In the future educational practice, we should give full play to the role of social practice to provide more opportunities and support for the comprehensive quality development of college students. At the same time, we need to further improve the design and management of social practice activities, and improve the quality and effect of the activities, so as to better promote the comprehensive growth and development of college students.

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