Positive Self-Talk encourages college students to study more diligently: A case study at FPT University
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ABSTRACT
Stress among students can be brought on by an excessive amount of studying, a failure to adjust to a new living situation, and a lack of spending. The fact that students have issues that lead to psychological stress is fairly normal; virtually everyone goes through difficult times. But, if a quick fix is not found, it can have serious negative effects on students. Students are among the groups most at risk for stress, with symptoms including melancholy, exhaustion, poor eating habits, sleep deprivation, and even uncertainty about whether to continue studying. This study demonstrates how the advantages of self-talk may be highly beneficial for college students who are still dealing with unsolved issues.

Keywords: education, student, positive, self-talk, softskill.

1 Introduction
As soon as we start ranting about all the things that are wrong with how we feel, we frequently start to feel bad. Thus, the greatest method to be motivated is to constantly remind oneself to strive for positivity, pleasure, satisfaction, and happiness in life. We will become accustomed to the reassuring encouragement for one another and the eye contact grin after a few days of practice. It will serve as a powerful source of inspiration for us to get through difficult times like rainy days or when we feel abandoned or alone. We can write down our bad thoughts if we can not actually locate a comfortable space to communicate to ourselves. Simply said, student should jot down all of your thoughts, along with any inquiries that may be used to solve problems or are encouraging. With your phone, you can record audio and play it back. Student will undoubtedly find your spirit more at peace after some time, and student will discover more effective methods to encourage and comfort others than by allowing negative ideas to linger in your head constantly. This format is comparable to keeping a daily journal. So rather than writing as though you were a child, discover your sentiments towards the conclusion of the piece and offer reassuring pointers. Several surveys have been conducted to estimate the levels of stress among students. Most recently, 383 dentistry students participated in a poll regarding stress at colleges in 2020–2021. Of of them, the findings revealed that 256 students (66.84%) experienced stress. In which 63.45% of male students and 68.91% of female students report feeling stressed out. Also, the poll revealed that 6.27% of students had extremely significant depression and 8.88% had severe depression. Another poll, carried out between December 2019 and May 2020, revealed that up to 37.9% of students experienced stress, with 11.3% of those experiencing a severe condition. Also, this research demonstrates that third-year students and nursing students frequently experience the highest levels of mental stress. Students often experience stress, especially those who study away from home and are less psychologically strong. It can have a number of potential harmful effects if not recognized and addressed properly. When you attend to college, you may freely select the topics you desire and pursue your own interests, according to many lecturers. When you are a student, you will not need a teacher to instruct you as you did in the past; instead, you will need to manage a variety of new information on your own. Even in class, a tiny bit of distraction would prevent you from keeping up because lecturers frequently lecture fast without focusing or going over each point thoroughly like in high school. On the other side, the subject of study can also cause stress among pupils. Due to their extensive and challenging course loads, professions like medicine, engineering, and nursing frequently have high rates of student stress.

2 Literature review
Dr. Aaron Beck, who created cognitive behavioral therapy, pioneered the idea of automatic negative thoughts, but it was Dr. Daniel Amen, a psychiatrist and expert in brain disorders, who first used the name "ANTS" in the 1990s. One evening, after a difficult day with patients, he arrived home to find his kitchen overrun with ants. The way negative thoughts take our delight is similar to how ants do it. They make us more anxious. The average human brain produces up to 70,000 thoughts daily. Unfortunately, people tend to be more negative self-talk when faced
with a problem. “I can’t do it” or “I completely fail” are common examples. They suddenly appear that you cannot control. Psychologists call these Automatic Negative Thoughts (ANTS). Psychologists advise that you should focus more on ANTs as they may subtly harm mental wellness. Your emotions and quality of life will be affected by toxic thinking. Even still, these unfavorable sentiments won’t help you resolve the issue on their own. Students must first comprehend that being negative is common. Everybody experiences them. The second reason why students frequently think negatively about themselves is because it is difficult for them to stop the habit of negative thinking. Self-talk is actually a common occurrence. Even during the days of separation, individuals start to notice the existence of self-talk more vividly. Up to 25% of adults have a propensity of letting the things in their brains come out loud. Since the 1880s, research on self-talk has been conducted. Lev S. Vygotsky, a psychologist, asserts that children who are left alone to communicate can better develop their capacity for autonomous thought by determining for themselves what is happening around them. Because language learning takes place mostly in the early years of life, children are frequently the topic of self-talk. This behavior can persist until adulthood. Hence, speaking to oneself is entirely normal and consistent with human evolution. We may learn more about ourselves and how we feel about the world around us by paying attention to these self-dialogues. The self-talk approach has been used in education to help students memorize information better and use language and grammar correctly in communication settings.

Many students think that practicing output skills—speaking and writing—takes more time and is more challenging than practicing input skills (listening and reading). In his book Language Teaching: A Plan for Teacher Education, Martin Bygate claims that speaking is one of the reflective abilities that enables students to use a foreign language to communicate their ideas, feelings, and views with others, listener and presenter. As a result, someone with high speaking skills will communicate more effectively and can express themselves in English with ease and confidence.

3 Research Methodology

This approach makes use of data that has previously been compiled from a variety of sources as well as information that was gathered firsthand through interviews and in-person interactions with phenomena. using custom-made questions to provide you with the most powerful summary. In order to gather data, the study conducted interviews at the fpt university using a practical manner using Zalo, Facebook, and internet channels. The research also incorporates and draws from both domestic and international studies.

4 Research result and discussion

Figure 1. The general information
According to the statistics acquired, women make up 67.67% of the survey overall, while males make up 33.33%. Collegiate business Maes, Leroy, and Sels (2014), male and female, display striking distinctions from one another. So, it stands to reason that promoting and balancing entrepreneurship between the gender is important for each student, for society as a whole, and for the school. The entrepreneurial aspirations and ingenuity of students differ by gender.

Table 1. Question about the benefits of self-talk

<table>
<thead>
<tr>
<th></th>
<th>agree %</th>
<th>neutral %</th>
<th>disagree %</th>
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<tbody>
<tr>
<td>Reduces stress</td>
<td>78</td>
<td>17</td>
<td>5</td>
</tr>
<tr>
<td>Confidence</td>
<td>80</td>
<td>15</td>
<td>5</td>
</tr>
<tr>
<td>Build relationships</td>
<td>75</td>
<td>10</td>
<td>15</td>
</tr>
<tr>
<td>Greater life satisfaction</td>
<td>92</td>
<td>5</td>
<td>3</td>
</tr>
<tr>
<td>Physical well-being</td>
<td>65</td>
<td>20</td>
<td>15</td>
</tr>
<tr>
<td>Curbs negative emotions</td>
<td>55</td>
<td>35</td>
<td>10</td>
</tr>
<tr>
<td>Encourages taking risks</td>
<td>60</td>
<td>38</td>
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The student survey results shown above demonstrate the advantages of being self-confident and the excellent results it produces. The field of positive psychology investigates how each of us may thrive on our own by creating a meaningful, optimistic existence. Positive self-talk has been shown to have significant benefits for learning, self-awareness, anxiety management, and work performance. Decreases stress. When faced with difficulties, those who think positively have superior coping mechanisms. Encourages confidence. Positive self-talk makes us feel we are capable of reaching our goals and helps us believe in ourselves, which enhances our confidence. Enhances interpersonal relationships. Individuals look up to their positive coworkers because it encourages better collaboration and cooperation.

5 Recommendation

Making affirmations may help student focus and put things into perspective. Positive comments or phrases that are used to counteract unfavorable or negative ideas are known as affirmations. Make a list of at least 50 affirmations for this practice. Student should think about the things student wish to capture, enhance, and accomplish in your life. Future success will result from keeping your attention on the here and now. Even though student could have negative ideas, try your best to overcome them and replace them with good ones. Consider your attitudes, experiences, beliefs, and values with some thought and effort. Finding out about your essential ideas may need a few self-reflection sessions, but the work is definitely worth it. You'll become more aware of yourself by thinking about this fundamental aspect of yourself. Similar to meditation, it can assist you in achieving a higher level of consciousness and assist you in discovering important facts and solutions regarding your identity and views. Both negative and good self-talk are possible. It has the potential to be both uplifting and upsetting. Your personality affects how you communicate to yourself a lot. If you are an optimist, you can speak more optimistically to yourself. If you have a pessimistic disposition, the contrary is frequently true. Optimism and positive thinking may be powerful stress-reduction strategies. Actually, having a more optimistic attitude on life can have a lot of favorable effects on your health; optimists also tend to live longer and perform better in school. Recognize the pitfalls of negative self-talk. Some circumstances might make you feel more insecure and encourage you to talk badly to yourself. For instance, job, graduation projects, and academic activities might be very difficult. Students can anticipate and be ready for the most unpleasant speech by knowing when to expect it. Find comedy in your own thoughts. Laughing may be a stress and pressure reliever. Find a strategy to make yourself laugh when you need to increase positive self-talk, such as by viewing amusing videos of animals or comedians. Be in the company of uplifting individuals. You can still take in the opinions and sentiments of others around you whether or not you're aware of it. Choose positive individuals whenever you can since this encompasses both the bad and the positive. Make sure to tell yourself kind things. Sometimes all it takes to change your perspective is seeing encouraging words.
or visuals. Place modest reminders anywhere you spend a lot of time, including your house, office, and other spaces. Your view on life may be changed with the use of positive self-talk. Also, it could have favorable long-term health effects, such as greater health and a higher standard of living. Self-talk, on the other hand, is a habit that is developed through time. You can learn to modify the way you speak to yourself if you frequently speak badly and incorrectly on the pessimistic side. You can learn to use upbeat, encouraging self-talk, but it takes time and practice. Speak with a therapist if you’re having trouble. You can get assistance identifying the cause of negative monologues from health experts or student support services.

6 Conclusion
Self-talk that is constructive can help. Our ideas are a sort of self-talk, whether we express them aloud or not. Our self-esteem and self-image are clearly reflected in the way we speak to ourselves. Speak to yourself aloud or in your journal, and concentrate on thinking of answers that are always constructive. So that we can wake up every day feeling loved and certain that someone is ready to listen to us whenever and wherever we are, with the utmost sincerity and care.

Conflict of interests
None

References