Analysis on the Causes of Poor Psychological Quality of College Graduate Student Cadres based on Questionnaire Survey

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Abstract. College graduate student cadres are the key majority of graduate students. The level of their psychological quality determines the overall quality of college graduate students. Through the analysis of the questionnaire, we found that the college graduate student cadres have poor psychological quality, and analyzed the causes of it.

1. Introduction

In a university, graduate student cadres are the majority of most students, the level of their psychological quality determines the overall quality of graduate students, especially under the new situation of the rapid development of economy and society, university graduate student cadres’ psychological quality is a realistic problem worthy of great attention. Based on this, we investigated the mental quality of graduate student cadres in Bohai University through questionnaires, then analyzed the data, and summarized the cadres’ performances and causes of their poor psychological quality.

2. The present performance of poor psychological quality of graduate student cadres in Colleges

2.1 The consciousness of official standard and the consciousness of utilitarianism are obvious

The official standard consciousness refers to the University Graduate cadres take "official" as their standard, “officer” a value of rights, status and honor concept. The graduate student cadre of the University evaluates his position with the position of the post, overviews the right and dissolves the interpersonal relationship with other students. Through the survey, in answer the question "what kind of relationship it is between student cadres and students", 22% graduate student cadres answered “students relationship”, 21% answered "service relationship", 38% answered "leadership relations", 19% answered "not clear"; in answering "do you think to be a student leader makes sense to improve the position in school", 51% answered “it makes sense really much”, 22% answered “it makes sense a lot”, 18% answered “a little”, and 9% answered “none”. It can be seen that most of the graduate student cadres see their rights and positions too seriously, and they classify themselves with ordinary students and mentally override them, we can also find out that the higher the position, the more obvious it is.

Utilitarian consciousness refers to the psychological phenomenon of graduate student cadres to pursue high official positions and riches as the main purpose. Moderate utilitarian awareness can push ahead and keep a positive attitude, but utilitarian consciousness is to do things for external rewards. Such graduate student cadres violate the purpose of serving students. Through the questionnaire, in answering “what is your original purpose to be a student cadre”, 22% graduate student cadres answered "to join the party and receive awards", 49% answered “to increase their own advantages", 16% answered “to be close to the teacher, and 13% answered “to serve students
and dedicate to school”. So we can see that most of the student cadres are mainly to get closer to the teachers, get more honor and increase their employment advantages, only a few student cadres are simply serving students and contributing to schools. This reflects the strong sense of utilitarianism and lack of the sense of serving students. Some student leaders often use their posts to seek personal interests rather than do practical things, which lead to rigid relations between student leaders and their classmates and lost their due prestige in their classmates, which is not consistent with the basic responsibilities of student leaders. Once these "external rewards” have been lost or disappeared, the efforts of student cadres will also cease, which is not conducive to the healthy, upward and stable mentality of student leaders in the long run.

2.2 Poor self-awareness and poor self-regulation

Self cognition refers to the awareness of postgraduate student cadres about their physical and mental activities, including correct self understanding, objective self evaluation, positive self improvement and self growth. Graduate student cadres who with strong self cognition have strong self-regulation ability in their thoughts and behaviors, so they are more likely to form a complete personality. However, at present, most graduate student cadres' self cognition is weak, and their self-regulation ability is also insufficient. They are mainly manifested in two aspects: on one hand, some graduate student cadres can not make correct cognition and evaluation of themselves. The questionnaire shows that in answering "if you can make a correct cognition and evaluation of yourself", 9% graduate student cadres answered "no", 41% answered "not really", 32% answered "a little", 18% answered "yes". This shows that only a small number of graduate student cadres can fully recognize themselves, accept themselves and be full of self-confidence. Most graduate student cadres do not understand themselves, and do not have the right cognition and evaluation of themselves. On the other hand, some graduate student cadres have a poor ability of self adjustment and self control, in answering "if you can make an effective adjustment to your psychological state, graduate student cadres who answered “totally yes” accounted for only 13%, 19% answered “a little”, 41% answered “not really”, 27% answered “no”. This shows that only a few graduate student cadres can regulate their mental state effectively. Most of the graduate student cadres still cannot adjust themselves well. When they are under pressure, it is difficult for them to achieve a balance in a short time.

2.3 Weak will and resistance to frustration

A strong will enables postgraduate student cadres to have strong resistance to difficulties and setbacks in group work, and be able to control their emotions, so as to maintain a high degree of self-confidence and accomplish tasks successfully. However, some graduate student cadres are relatively weak in their will, and the ability to resist setbacks is poor. Survey shows that in answering "how do you feel the working state recently”, 47% graduate student cadres said that “the work pressure is too big, and the task is too heavy to handle”, 29% said that “the work is of moderate intensity and can be finished”, 24% said that the word is simple and have no pressure when doing it, and can even overfulfill the task”. It can be seen that most graduate student cadres feel pressure when working. When facing a lot of work tasks and unable to finish, they will feel frustrated immediately, feel that their working ability is low, and tasks cannot be completed, and they will shrink from difficulties. Survey shows that in answering "if you can correctly handle the relationship between study and work”, 9% graduate student cadres answered “absolutely yes”, 26% answered “just ok”, 51% answered “not good”, 14% answered "very bad”. In answering "when faced with setbacks, to what extent can you handle”, 20% graduate student cadres said that “they can handle them very well", 29% said “they can solve most of them”, 38% said “they can solve a small part of them”, 13% said “they can not solve them", therefore, when faced with setbacks and difficulties, only a few graduate student cadres can handle, there are still many graduate student cadres can not solve the problem independently, and with a poor anti-frustration ability.
2.4 Lack of awareness of initiative and innovation

Initiative refers to the strength which comes from graduate student cadres themselves and drive their actions in the process of completing certain activities. It has certain influence on the formation of self-confidence and creative quality. People's initiative is different in different activities. If one is interested in the activity, then the initiative is strong, if not, the initiative is not strong. At present, most of the graduate student cadres are less active in the student works. The survey shows, when answering "if you will take initiative to find the task and finish it", 13% of graduate student cadres chose "often", 24% chose "occasionally", 52% chose "almost never", and 11% chose "never". In answering "after receiving the task, how will you complete it", 19% graduate student cadres will immediately set out to do in advance to complete the task, 36% will make a reasonable allocation of time, just finish a part of the task every day, 13% graduate student cadres choose to set aside the task for a few days and then do it, 42% graduate student cadres choose not to finish until the time is near deadline. Thus most of graduate student cadres have negative psychological state, lack of initiative, can not finish the task on time, always think if they do not do that, someone else will do.

Innovation consciousness refers to the motivation which people create unknown things or concepts according to the needs of social and individual development, and the intention, aspirations and ideas which expressed in the creation activities. Innovation consciousness includes creation motivation, creation interest, creation emotion and creation will. [1] At present, most of the university graduate student cadre's innovation consciousness is not strong, they are lack of innovative thinking. Survey shows that in answering “do you often come up with innovative solutions in planning activities”, only 14% of the graduate student cadres answered "often", while 32% of the graduate student cadres answered "occasionally", 47% graduate student cadres answered "almost never". Even 7% of the graduate student cadres answered "never". Thus, there are still some graduate student cadres lack of awareness of innovation, not thinking of the liberation, not bold enough to work, make activity plans in accordance with the previous mode directly, the activities are not only boring, but with the rigid formality, lacking of attraction, which will resulted in unsatisfactory activity effect.

3. Analysis on the causes of poor psychological quality of graduate student cadres in Colleges and Universities

3.1 The influence of social environment changes on the psychology of graduate student cadres

With the continuous development of China's socialist market economy and reform and opening up, it has a strong impact on Contemporary College Students' values, ideology and psychology and behavior. Graduate student cadres are the most active elite in graduate students. They are most sensitive to the change of social environment, so they are more prone to have psychological quality problems. In particular, the negative effects of market competition and the influx of Western utilitarianism and egoism in the reform and opening up make graduate student cadres pay much attention to rights, status, honor and interests. Moreover, the long and persistent "official standard" thought in Chinese traditional culture has also made graduate student cadres deeply influenced by it, resulting in serious attention and strong sense of authority among some graduate student cadres, and officialdom style is prevailing. At the same time, the severe employment situation has also led many employers to recruit and make advertising such as "student leaders first" and "cadres having working experience first". All this leads to utilitarian awareness of student cadres and is getting stronger, they are lack of service consciousness, personal interests, and pay more attention to the awards themselves, only to increase their advantages in competitive employment. In addition, in today's network information is highly developed, the impact of the network cultural environment on the psychology of graduate student cadres is also more prominent. The student cadres participation consciousness is strong, contact with fresh things with high enthusiasm, but shallow social experience, mental development and values is not yet mature, the ability to select information and the ability to resist risks are weak, to the bad ideas on the network and the popular view of society, they can not make a right selection. Thus, unhealthy and wrong information, will have an impact on
graduate student cadres’ ideology and psychology, and has a negative effect on their psychology and behavior.

3.2 Lack of effective psychological monitoring, dredging and training mechanism for graduate student cadres

Psychological monitoring, dredging and training mechanism should include psychological assessment for graduate student cadres, establish psychological files based on evaluation data, make regular observation of psychological dredging and psychological training. At present, most of the colleges and universities for graduate student cadres monitoring, psychological dredging and training system and the content is still not perfect, in answering “if your school make assessment and training of student cadres' psychological regularly”, 12% graduate student cadres answered “often”, 18% graduate student cadres answered “occasionally”, 46% graduate student cadres answered “seldom”, 24% graduate student cadres answered “never”. It can be seen that colleges and universities do not attach enough importance to the psychological quality education of postgraduate student cadres, and few of them evaluate and train postgraduate student cadres' psychology. This leads to difficulties in finding and correcting postgraduates' psychological problems. If universities do not conduct psychological assessment and create psychological files for graduate student cadres, it is difficult to grasp the psychological characteristics and development of each student cadre, so that we can not ensure that the psychological quality of graduate student cadres is compatible with their posts. If we don't adapt to work and work for a period of time, graduate student cadres will have a negative and weary mentality. Their enthusiasm for work is not high, and their creativity is not strong enough. If there is a problem, if we don't take timely measures to guide and correct the psychology of postgraduate student cadres, we will make the psychology of graduate student cadres enter a vicious circle. Although graduate student cadres are elite in graduate students, they also need to learn and carry out work. They are also under great pressure. If we neglect the monitoring, dredging and training of postgraduates' psychology, they will bring about a decline in their enthusiasm and initiative, and their ability to resist setbacks.

3.3 Family education neglects the training of postgraduates' psychological quality

Family education has an important influence on shaping the personality of graduate student cadres, forming good psychological quality and behavior mode. There is a positive correlation between the psychological quality of graduate student cadres and family education atmosphere, family education mode and family education idea. Family educational philosophy plays a guiding role in the psychological development of postgraduate student cadres. Modern educational philosophy mainly adopts the concept of all-round development, especially focusing on quality education. However, some graduate parents' educational concepts are backward, and they only have a single emphasis on postgraduate's training scores, they lack of effective development of intelligence and potential, and lack of psychological quality training for postgraduates. After entering university, due to geographical constraints, the majority of graduate students are far away from home, parents and students of communication is relatively little, most parents only provide economic support, neglecting the cultivation of postgraduates' psychological quality and healthy personality, eventually lead to imbalance of physical and mental development of graduate students. The inappropriate way of family education will also seriously affect the psychological development of graduate student cadres. Some parents use simple methods to educate children of violence, causes the child to rebel; while some parents obey their children in every way, spoiling the children, leading to the poor anti-frustration ability and social adaptability. When facing difficulties, the graduate students depend on their parents ask for their help, they can not suffer from difficulties and setbacks. At the same time, the bad family atmosphere has a more profound influence on the formation of the psychological habits of the graduate student cadres. Cracks in parents' relationship, tensions and disagreements, frequent quarrels, all these negative factors can lead to postgraduates' psychological characteristics such as selfishness and loneliness. Incomplete family structure makes graduate students lack of complete love. When they encounter setbacks, they cannot get timely consolation. Their psychological endurance is weak and their compression resistance is poor.
4. Summary
Through the questionnaire analysis, we can see that at present, graduate student cadres’ unhealthy psychological quality performance of official standard consciousness and utilitarian consciousness is obvious, self awareness and self adjustment ability is poor, the will and the anti frustration ability is weaken, the initiative and innovation consciousness is not strong. The reasons for these are the influence of the changing social environment, the lack of effective graduate student cadre training, psychological dredge and monitoring mechanism and family education ignore the graduate students psychological quality building. The formation of graduate student cadres' unhealthy psychological quality must be highly valued and effectively improved, so as to promote the psychological quality of postgraduate student cadres

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