Poor College Students' Psychological Capital Statues and Promotion Strategy

Hongxiu Tan

Abstract

With the development of society and increasing study burden, psychological problems of college students have become a problem. Many factors, such as the study burden, the pressures of life, emotionally immature, employment pressure and other trouble students, has a direct impact on every aspect of their lives, leading to anxiety, panic and other negative mental state, even caused commitment of crimes. Improvement of students' psychological capital in this environment has important practical significance. Students need to improve their psychological capital, but few study has been done regarding of college students’ psychological capital, this paper focused on enhancing psychological capital, current situation and future development trend of college students, with an aim to enhance the mental health of college students and respond to various pressures.

Keywords: poor college students; psychological capital; health; anxiety

1 INTRODUCTION

With the expansion of college enrollment each year, more people can access to higher education, of course, also included the poor students struggling for their future and fate, perhaps in their eyes, through the entrance into the universities, higher education are the only way to ultimately change their fate. Poor college students' problems are becoming increasingly serious, has become social concerns, the major media constantly reports on the issues, it is possible that some poor students who has been reported has change their life and the their fate will therefore be changed, but they are fortunate ones, there are much more poor college students, how will their fate become? In order to protect the poor college students from dropping out of school due to tuition problem, state carried out a series of measurements, the most common one is probably student loan, but do the applications for poor students goes smoothly? What new problems will appear? Does the student loan reach poor students really and play its role? After enrollment, how is the poor college students' life? After graduation, will they encounter any other problems? During winter vacation, I used the time to do a survey in the local civil affairs departments and families of poor students, understood that the difficulty of poor students enrolled in underdeveloped rural areas has become a more serious problem, tuition has become another burden on farmers’ shoulders, closely linked poor students’ problem with the farmers’ problem.
Physical and mental health in physiological capital study field

Many studies showed that psychological resources, such as good psychological quality, good spirits and positive attitude are important factors affecting students' healthy growth. Individual psychological capital is manifested in the growth and development of a positive psychological state of development, including four aspects, self-confidence or self-efficacy, hope, optimism and resilience. Psychological capital theory provides a unique perspective of how to obtain capital; development and effective utilize of students positive psychological resources. In this paper, on the basis of literature research, we reviewed the current status of research in the field of psychological capital, had a forecast of its application in the field of study.

Psychologist who define psychological capital concept found that some positive psychological elements can contribute to the prevention and elimination of psychological disorders in the late 20th century. Based on this background, the former chairman of the American Psychological Association Seligman in the 1990s initiated the positive psychology movement; he believes psychology research should focus on the positive quality of the human race. Positive psychology make people focus toward positive-oriented research, to re-interpretation of psychology, give psychology new impetus and vigor.

Positive psychology of thought and research orientation permeates organizational behavior, resulting in a positive organizational behavior (POB) study. It is about the research and application that capable of positive-oriented, can be measured, development and effective management, can improve the performance targets of human resources and mental abilities. The concept of psychological capital is evolved from POB, its features are: possess self-confidence of performance and pay the necessary efforts to successfully complete the challenging task (self-efficacy); make current and future success positive attribution (optimistic); adhere to the goal, in order to succeed, re-selection route to achieve the goal when necessary (hope); when encounter problems and difficulties, can adhere to, recover quickly and take circuitous mechanism to success.

Evolution of the concept of psychological capital
The concept of psychological capital first appeared in the literature of economics, investment and sociology, etc., for example, in 1997, Economist Goldsmith, Veum and Darity believe that psychological capital refers to the personality characteristics that can affect productivity of individuals, which reflects a person's a sense of perspective or self-esteem, dominates a person's motivation and general attitude to work. In 2000, the father of American positive psychology, Mr. Seligman referred to "psychological capital" the word again from another angle. He pointed out that we should include positive mental state that may lead to positive behavior of individuals in the scope of capital. In 2002, Luthans etc., from the point of positive psychology and positive organizational behavior, advocated psychological capital is a positive mental state of a person, mainly including four aspects, namely self-confidence or confidence or self-efficacy, hope, optimism and resilience. Different from the conventional understanding of the psychological capital, they emphasize the psychological capital has the features of can be measured, can unlimitedly develop and manage, and pointed out the...
specific methods for psychological capital investment, development and management. In 2007, Luthans, Youssef, and Avolio corrected the definition of psychological capital, believed the psychological capital refers to “positive mental state in the growth and development of individual”.

4 Serious harm of poverty on poor students
Admission to university should be pleasant, but when facing thousands or even more than ten thousands of tuition, poor children and their parents are unhappy, in some places, there is even tragedy of poor students leaving school to work, suicide of parents. Below are summary of serious hazards of poverty on poor college students:

4.1 Severe impact on the health of poor college students
Tuition led to increase of poor students, 30 percent poor students cannot go home at spring festival due to lack of money for the trip or working to get living expenses for next semester. Before and after the Spring Festival this year, the media reports make people heartrending caused widespread concern in society. Because of poverty, many poor college students have to choose one or even several part time jobs to "save" themselves. Embarrassment of poor college students from lack of money and their psychological distress is difficult for outsiders to feel. Poverty seriously affects the lives and study of poor students, damages their physical and mental health. Investigation from the university campus impact on people's heart now and then: poor students are diligent and talented, but because of poverty, they must struggle to live when they have a hard time of study.

4.2 Cause psychological disorders and even crime of college students
Poor college students suffer more than the average college students' from physical and mental pressure. In order to alleviate the economic pressure, they do everything possible to find the opportunity to go to work; meanwhile they study very hard to get a higher level of scholarship. Poor student need to fight time between working and study, as well as fight energy, they became exhausted after a while, over time their personality changes, and even suffered from psychotic symptoms.

Poor college students’ psychology is also under pressure of peer groups. Classmates from wealthy family are generous and have more friends, while poor students living in poverty, not only have to learn, but also have to make a living, there is no economic strength and energy to do social network, to participate in campus culture activities. Thus, poor students trend to have psychological defense reaction, appear hostile and obsessive-compulsive symptoms.

In addition, poor students were laughed at, ridiculed and discriminated due to their poverty. Strong self-esteem makes their hostile attitude against "money-oriented social and cultural”, which might cause them to commit crimes.

4.3 Lack of psychological counseling and career planning
Poor college students' mental health problems have gradually drawn attention to many colleges and universities, major colleges and universities clearly realized the importance and
urgency of mental health of students, a lot of work have been done to achieve this purpose. However, it must be admitted that, for now, specialized research and counseling agencies for poor students’ employment psychology is still rare. The reasons for this situation is objective: first, there are less staff specializing in employment of students, college and university cannot arrange staff specializing in this work, basic research regarding of employment psychology of poor college student cannot been carried out, it is impossible to have enough staff to carry out specialized college students employment psychological investigation. Research on poor college students’ employment psychology needs plenty of human sources, material and financial resources and energy. Secondly, some colleges have specialized psychological counseling agencies, have specialized teachers engaged in this work, but because of the lack of guidance from experts, among them, few had deep study and research on the poor college students’ employment psychological, a lot of guidance work can only stay in the surface, did not scientifically, comprehensively understand the employment psychology of poor students. Some universities directly replaced employment psychology counseling with professional ethics education. All these, did not play effective role in college students’ psychological adjustment at all.

5 Current research and development situation of college students' psychological capital

Studying of the college students’ psychological capital, aims to develop and improve their psychological quality and tap their potential, and then to meet the needs of social development better. The current study found that psychological capital has a positive role in enhancing the employability of students, easing the pressure of learning and improving subjective happiness, as well as promoting innovation. In term of employability, through empirical study, psychological capital and employability were found significantly correlated, and the research pointed out that transactional psychological capital has a higher stability, development needs more nurturing and training, therefore, more attention should be paid to cultivate transactional psychological capital. In view of positive role of psychological capital in this aspect, scholars have put forward the corresponding development strategies. Using four dimensions of psychological capital as theoretical basis, they believed that "Establish and training of hope can be achieved through three strategies, including target design, determine pathway to achieve goals and overcome the difficulties and obstacles"; they advocated the cultivation of self-efficacy through practice to experience success, improve self-confidence; on the optimistic dimension, we should on one hand to reduce barriers to the success of college students, on the other hand to encourage students to face difficulties. In terms of resilience, they advocate cultivating the ability of students to pondering calmly and face problems objectively. In terms of ease the pressure of study, using student pressure as the independent variable, the dependent variable is the psychological symptoms, satisfaction and health problems of life, using the psychological capital as a mediating variable, the researchers found that the psychological capital can buffer the negative consequences of pressure. A similar view was obtained by this study, "psychological capital plays a regulatory role in relationship between students study pressure and subjective happiness, relationship between study stress and mental depression, as well as relationship between study pressure and psychological
6 CONCLUSIONS

Students' psychological capital is often positive; they have a high score in acknowledgement, indicating that college students are grateful to people helped them and hope to use their own efforts to reward community and family. Secondly, cooperation and vision of university students scored near five. In the study and life in school, there are many activities require students to work together to complete, such as classroom discussion groups, after-school survey research, organizing community activities, mutual help in life etc., therefore very important capability of students is the ability to cooperate, in the experience of practice, college students are truly recognize the importance of cooperation; vision dimension scored higher, indicating that college students pay attention on vision and plan for the future. They are capable of setting their own goals and choosing the right path in order to achieve their goals, to make continuous efforts for a better future, which I think are closely related to the current social and school education. Now many colleges carried out courses or lecture series offering a variety of career guidance for college students, in this process students formed a consciousness of plan ahead; there are some institutions carried out experiences exchange seminars of graduated students, lectures from outstanding enterprises, social practice activities etc., most of these lectures and activities conveyed that college students need to look preconscious, to have thoughts and foresight on their own university, to establish the goals at various phases, to do advance preparation for hunting suitable jobs in the future. On this dimension of interpersonal, variance analysis showed that there is significantly difference among psychological capital and six dimensions, but six dimensions are significantly different from psychological capital on dimension of interpersonal, overall, students with better interpersonal had higher score on psychological capital; cause of these differences may be the family, society and culture, as well as status barriers etc.

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References

