Research on the Influence of Employment Situation on the Mental Health of College Students

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Abstract

Under the severe situation of the current jobs crisis, the employment of college students has become a hot and difficult problem. Changes in the employment situation will inevitably lead to changes in the employment psychology of College students, who shows several unhealthy psychologies, such as anxiety, inferiority, pessimism, indifference, dissatisfaction, etc. How to correct the unhealthy psychology of college students is a hot issue. There are many factors that cause these unhealthy psychologies, including external factors and internal factors. In this paper, we analyze the psychological state of college students under the new employment situation, and put forward several coping strategies.

Keywords: Employment Situation, Mental Health, College Students, Jobs Crisis, Formal Parsing, Crisis Awareness.

Introduction

The employment of college students is a hot issue which always has society's attention, because it is the first step for college students to get into society. The choice of a career is an important choice in their life. According to the latest statistics, the employment problem is the most concerned problem of college students. In fact, it is a kind of "future consciousness" that dominates the study and life of college students. The total amount of college graduates is greater than offered jobs, and this situation caused great pressure on employment. Fierce competition in employment and the severe employment situation have a negative effect on the psychology of many graduates, which mainly represents as blind psychology, inferiority, self-esteem and anxiety.

• Blind Psychology: University graduates are in the stage of rudimentary personality, and they are easy to be affected by the outside world. They lack of personal opinion, blindly follow the common thinking. For example, in the course of employment, some graduates lack of independence, and they are unable to make choices and decisions decisively when facing of contradictions and difficulties. Under the pressure of employment, they feel that there is a certain way to follow others' choices, thus they might give up on their goals and interests. Some students ignore their own interests and hobbies, usually do not take their own actual situation into account, and blindly follow others' choices. As the result, they are not able to make the right choice.

• Inferiority: Inferiority is a kind of negative psychological state. Some college graduates feel the school is not well-known or their professional is not popular, and they think their actual operation ability is not high enough. They often underestimate their own value, lack of confidence and courage. Inferiority complex in the heart often left a bad impression on the company.

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• Conceit: Self-conceit is over exaggerates their own strengths and advantages, but ignore their own shortcomings and deficiencies. Some graduates think that they have all kinds of advantages in the course of employment, and left a negative impression on the employer.

• Anxiety: It is generally believed that anxiety is a complex emotional state including expectations, tension, anxiety, worry, fear, etc. After graduation, college students have to face a lot of choices which will cause anxiety.

The Proposed Methodology

Current Employment Situation. In this section, we analyze the current employment situation.

• Marketization of employment mechanism: At present, the graduate employment system has a historic change, and the concept of competition for posts has been basically formed in the graduates. Graduate job market has been basically established, and the employment mechanism is more flexible.

• Modernization of employment means: Due to the rapid development of science and technology and the wide application of Internet, the career choices for college students becomes more convenient. Network, fax, telephone and other advanced science and technology equipment has become the main means of self promotion of college students.

• Diversified employment concept: With the reform of the employment system of college graduates, the concept of employment of graduates has changed a lot, which is showing a trend of diversification.
- Scientific employment mode: With the growing maturity of the talent market, facing fierce competition in employment, supply and demand parties will be more rational and scientific.
- Economization of Social value orientation: The dominance of economic goals and the economic value of human resources are important features of the realization of the resources value in the new century.
- Under the condition of market economy, the labor capital is configured through the market, and follows the competition law of survival of the fittest. Graduates should accept the employers' selection and evaluation, at the same time, employers should accept graduates' selection.

![Figure 2. The Career Path.](image)

**Students' Mental Health Awareness.** Self-positioning is to help students to correctly understand themselves, i.e. "Who am I", "What can I do", "What should I do to get a job". Platon, the Greek philosopher once said, only have the scientific understanding of ourselves, can we obtain strict management, in order to create a new life. In the face of the employment, college students not only objectively analyze the employment environment, but also make a correct and comprehensive self-evaluation. At present, some college students have some mental health problems.

- College students lack of self awareness. Because some college graduates have imbalance of knowledge range, structure and depth, they only see their own advantages and have unreasonable expectations. They are in an ideal position to pursue a good job.
- College students lack of basic quality and accomplishment. Human quality is an indispensable and necessary condition for students to pursue a good job. In the face of fierce employment competition, high-quality college students can make full use of their advantages, however, those low-quality students will have a negative mentality of anxiety, fear and disappointment, etc.
- Poor mental preparation. Some college graduates lack adequate psychological preparation for employment, and they cannot correctly solve the problems in the employment process. Once encountered setbacks and difficulties, they could not timely adjust employment mentality.
Some external factors also cause the student to have the bad psychology. Although these factors cannot be changed artificially, we need to take these factors into account.

- Changes in the international employment situation. Almost 3 billion of the world's population takes economic activities, the unemployment population is around 400 million, thus there is still grim employment situation around the world.
- College enrollment expansion for years, which results in a large number of graduates.
- The continuous reform of employment system. Plans cannot catch up with changes.

**Countermeasures to solve the psychological problems of college students' employment.**

At present, due to various reasons, college students have different psychological problems in the employment process, which seriously affect the career of college students and their future development. Therefore, it is necessary for us to put forward some suggestions and countermeasures to solve or minimize the negative impact of this kind of employment psychological problems.

- College students need to have a correct understanding of themselves. Students should make the right cognition and make a proper self-design, in order to pursue their social values which is consistent with themselves, and cultivate a good sense of self-recognition. Everyone will have their own advantages and disadvantages, thus, an objective and just evaluation is necessary. Students should make full use of their own advantages, and objectively correct their own shortcomings.
- Schools should strengthen the employment guidance and training of college students, and help college students to establish the correct life goals and career plan. The teacher's teaching approach and guidance are very important for college students, because students can establish a good sense of worth throughout university.
- Students should face to their problems, and relax, learn to adjust their mind, so as to ease the psychological conflict. College students just out of the school gate with no social experience, when facing a career choice, sometimes they have some bad mood, and they have to study how to adjust their own state of mind. When necessary, they can carry out some movement to vent the inner repression.
• Keep a strong confidence in mind. It is normal for college students to encounter setbacks in job hunting, but you should not be upset, students should find out the reasons of the failure carefully.
• Schools need to set up the special psychological counseling agencies, to strengthen students' psychological health education.
• Students should always communicate with their parents. There is an old saying, parents are the children's first teacher. When students encounter difficulties in their life, we suggest that they should often communicate with their parents who can provide some useful suggestions.

Conclusion
It is a hot issue for teachers about how to correct the unhealthy psychology of college students when they are under employment pressure, and there are many factors that cause these unhealthy psychologies, including external factors and internal factors analyzed in this paper. In this paper, we first analyze the current employment situation of the society, and point out some psychological problems of graduates when they are facing employment choices, eventually we propose some suggestions that can help improve their ability to handle these problems. In order to avoid some adverse psychological state of students, students themselves and schools, teachers, parents have to do their related stuff. Employment is not only just a problem for students, but also a social common problem.

References