

## Group Mental and Psychological Skill Training of Higher Vocational Students Based on the Elective Course

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**Keywords:** Higher vocational education, Student group psychological training, Training method, Interpersonal communication; employment, Effect

**Abstract.** Group psychological training is a kind of important education method which rises in China's colleges and Universities in recent years, it can strengthen the students' confidence and enhance their physical and mental health and optimize their quality in the psychological, ideology and morality, and behavior quality. In our country, there is a good reason for the implementation of the students' group psychological training, which can not only break the traditional teaching education thinking mode "teacher teaching", but also make higher vocational students acquire knowledge in a relaxed and happy state. More important is the expansion of the implementation of mental health education. Therefore, this study mainly takes Chongqing Vocational Institute of Engineering as an example, based on the psychological behavior problems of students in this school to develop a targeted student group psychological training program, to open a group of psychological training elective courses to carry out training practice, seek the promotion way on students' interpersonal skills, cooperation ability and future career development ability.

### Introduction

The students' group psychological training object of this issue is the students of Chongqing Vocational Institute of Engineering, which mainly cultivate engineering and technical personnel. In recent years, the educational practice found that the group psychological training this assistant teaching method integration with the process and content, and to assist in training experiments, results evaluation summary of the means, to take the final mode of elective courses to show students, can help them ease the psychological pressure in their studies and future employment, help they set up their self-confidence, greatly help the school train future social "plug and play" type high quality integrated technical personnel.

### Related theories of group psychological training

#### Connotation

Mental or psychological skill training was originally derived from sports psychology, it is used to adjust the psychological state of athletes in a conscious training mode, which can help athletes better adapt the requirements of the game, and ultimately achieve the purpose of improving sports performance. Therefore, the mental or psychological skill training can be defined as through the special instruments, action and psychological influence means, for the training object to carry out the influence of consciousness, to make it produce psychological changes, in order to achieve the most appropriate behavior play level, meet the training object to improve the performance of the work, improve the physical and mental health training.

With the development of the times, the mental or psychological skill training has been applied to all walks of life, so it played more and more extensive influence and role. Group mental or psychological skill training discussed in this paper is a kind of psychological training, which is also used in the psychological training and group dynamics theory, it improves the psychological quality and personality development of the training object by the group strength.. For higher vocational students, the group psychological training covers the aspects of interpersonal communication, self

perception, frustration, emotional management, self confidence training, learning psychological adjustment, social adaptation and groupwork, so it is a more comprehensive way of training and education. It is good to improve the emotional, self-control ability, psychokinesis and potential, especially can lay a good psychological foundation for their employment and adapt the society in the future.

### **Training mode**

Group mental and psychological training on the cultivation of vocational college students is a good choice. This is because China's vocational college students is still generally immaturity in psychological , interest in learning is not high, emotional ups and downs largely and sensitive, overall personality plasticity is greatly, so according to their mode of psychological training to do without weakening effect of normal education at the same time, should fully understand the psychological characteristics of their premise by layers of progressive, gradually the mode of education into the Vocational College Students' study and life. Therefore, the author suggests that for higher vocational college students group psychological training mode should be divided into two levels.

The first level, firstly is the development of psychological training, its target of is the higher vocational students, the initial level is the core content of the vocational students' group psychological training, it can be the future of higher vocational education work to establish the core direction. While for students, the main role of the development of psychological training is to enhance the students' ability to adapt to the environment, and then stimulate their potential, to maximize the active in their personality development space. So when higher vocational students are firstly in the school, they should be on the implementation of the development of psychological training, for them in the future of school life, learning and career development and lay a solid foundation. In terms of specific content, higher vocational colleges can through the selective course to develop students' developmental psychology, such as the practice teaching, behavior training, and group research which have the role playing attribute, which is a good opportunity to develop their interpersonal, cooperative and career decision-making skills.

Level two, followed by preventive psychological training. In higher vocational students, psychological problems of life and learning is not uncommon, they let students go astray in thought and behavior, so the main function of psychological training is in accordance with the higher vocational students psychological characteristics of the existing problems carry out the group psychological training, for example to campus and professional psychological adaptability training based on freshman; and the Grade 2 students are mainly on the emotion, interpersonal relationship, professional ability training; the Grade 3 students faced graduation and employment, the training mainly to career planning mainly. Preventive psychological training is before the step of realistic, it has the pertinence and the prospective, is the best measure of the mental health problems of higher vocational students <sup>[1]</sup>.

### **The design and research of the higher vocational college students' mental and psychological training method**

In the above mentioned, the higher vocational colleges to carry out the group psychological training is to establish a healthy psychological growth mode and environment, more important to solve the problem that students enter into higher vocational school, which is the promotion of personal confidence, professional ability and future employment ability. So this paper also take Chongqing Vocational Institute of Engineering as an example, for them to design a set of elective courses based on group psychological training, to exercise and evaluate the school students' emotional management ability, problem-solving ability, self cognition, acceptance ability and other professional qualities, and also provides a strong basis for their mental health education..

## Training object and method

This training mode selected 40 students from the Chongqing Vocational Institute of Engineering, carry out the group training in the form of group, the total are 4 groups, and each group is 10 people.

In terms of training methods, the Personality Inventory University (UPI) was chosen as the standard explanation for advance measuring the 40 students who participated in the training. After the test, the 4 groups students will be carried out 16 group training selective courses, after the course, the use UPI again to measure the 4 groups students.

## Group psychological training

The implementation of group psychological training is the core content of the elective course, it is based on the UPI results before the test to formulate students' training content and objectives, including the main form of group activities, group discussions, experience teaching practice and so on, intent through the group of students' mutual cooperation and mutual cooperation to enhance the level of personal psychological quality. In order to longtime maintain the detection of the level of of the psychological quality improvement of students, the elective course is set two times a week, a total of 80 minutes length of the course content, the total is 16 times of the whole term, the training process is mainly divided into 4 units, as shown in table 1

Table 1. The contents of the elective course in group training term for students in Chongqing Vocational Institute of Engineering

	Training target	Activity content
The first unit	Understand the group training model and other members of the group, and jointly signed the agreement on the growing of the group, and set up the training plan for the whole term.	Teachers as the guider to organize the group members to understand each other, do self introduction. And to develop a mental training program and plan for the group.
The second unit	Self recognition, acceptance and training of emotion management.	Teachers set up the exclusive elective course, to help the group to solve the problem of learning and life, meditation and relaxation training, the organization of the group to implement the practice of the classroom and the role of the group to play the role of professional practice.
The third unit	Training of interpersonal communication and trust cooperation management training.	Establish target and professional tasks with group member psychological problem to train them to overcome the difficulties, beyond the ability to transcend themselves, but also to foster cooperation and trust ability between members of the group.
The fourth unit	Career planning.	Design career maps for students, and discuss the future of the career planning.

## The comparison and analysis of the data results

After a semester of group psychological training elective class, again use UPI test to 40 students, found all participating students' total scores is mainly divided into four classes, of which 0-9 points and 10-19 points classes students in the distribution ratio decreased significantly, and the third class students showed upward trend, indicating that students' mental health level experienced after a semester of training is significantly improved. As shown in Table 2

Table 2. Comparison of the UPI measurement data before and after the students' groups' psychological training

Score section	Before training		After training		increase percentage
	number	Percent	number	Percent	
0~9points	18	45%	25	62.5%	17.5%
10~19 points	10	25%	8	20%	-5%
20~24 points	9	22.5%	5	12.5%	-10%
25 points and above	3	7.5%	2	5%	-2.5%

In addition, UPI measurement also shows a variety of psychological problem of training objects, such as too sensitive to some problems occurred in the cultivation process of personal professional skills, too anxious for future employment, forcing myself to do something, inferiority, self-control low, and so on. But after the group psychological training, these problems also get a considerable degree mitigation<sup>[2]</sup>. As shown in Table 3.

Table 3. Comparison of UPI measurement data of various mental behavior problems in students' group psychological training

Serial number	problems the students existing	Proportion of the number of people		increase Percentage
		Before training	After training	
1	Thought not concentrated	19	0	47.5%
2	Emotional ups and downs	15	3	30%
3	Lack of confidence	10	0	40%
4	Nameless anxiety	7	0	17.5%
5	Often angry	21	6	37.5%
6	Worried about the future	30	13	42.5%

### Evaluation and elective course reform proposals

According to the training process and data statistics of the elective course, the group psychological training plays an improvement role on the cultivation of Higher Vocational College Students' psychological quality, the establishment of self-confidence, self-control ability and promotes the interpersonal skills. At the Chongqing Vocational Institute of Engineering, the practical process achieve the desired results basically, and the evaluation and elective course reform proposals after the practice can be summarized as the following.

#### *Self awareness and acceptance level has been improved*

For higher vocational students, the improvement of vocational ability firstly is the improvement of self awareness and acceptance of new things, the evolution of these two indicators also for higher vocational students to expand the road, so that higher vocational students have a more powerful self-confidence. Carry out the group psychological training elective classes just train the ability of the students, which makes students can make a correct assessment of the ability of self, self affirmation and self acceptance, this is a complete process for higher education students improve accepted the self ability. The Grade 3 students of high vocational college are coming to the end of the studies, have employment interview pressure caused by phase, so group psychological training is to help students to restrain a sense of depression, for students to find a reasonable position, to cultivate students' optimism, in order to facilitate their more relaxed in the face of the future competition in the industry. The author believes that the school education must be done taking "the students as the

center", take full advantage of the resources of higher vocational colleges, rich in the campus community, combined with the activities of the content types and forms, according to the characteristics of vocational ability, psychological tendency and personal character to enhance their different self consciousness. Had better with the help of "peer training" to establish vocational education mode on the basis of group psychological training. The long time practice shows that the group psychological training is more obvious, and the efficiency is higher and has a very strong infection, which can satisfy the higher vocational students' sense of belonging, and enhance their ability to feedback information.

#### *Emotional management ability has been improved*

Through the group psychological training, it is found that there exists significant decrease in the emotional sensitivity, especially some students' Obsessive compulsive symptoms has been improved greatly. Group psychological training course is to tell the students, the mood is not right or wrong, it is not the fact or the pressure of life, so when higher vocational students in the face of academic and future employment pressure, interpersonal conflict, they can more easily ease their emotions and accept others emotions, which is a higher vocational college students' elastic reaction on the emotional change in their own personality, which gradually develop their strong adaptability and competitiveness.

To this end, higher vocational colleges should set up mental health guidance center or psychological counseling room, and to open up psychological counseling clinic for those students who have psychological problems. The psychological training theory and group theory should be integrated into psychological counseling. Like the Chongqing Vocational Institute of Engineering, the establishment of their own higher vocational moral education department, which set up such as group psychological training room, psychological test room and psychological counseling room, etc., they are always ready for answering the students' psychological problems, helping higher vocational students put off the difficulties, and facing their studies and society employment problem in the future [3].

## **Conclusion**

In the promotion of quality education, the new curriculum reform in the context of today, higher vocational colleges to carry out group psychological training mode is the right choice, it caters to the growth of higher education students, personality characteristics and psychological characteristics improve the students' personality in education, teach students' things couldn't be learned in the traditional classroom. Especially in the environment for vocational colleges to pay attention to the cultivation of social and professional personnel, the group psychological training education can maximize its advantages, and make more contribution to social development.

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