

Analysis on the Effect of Psychological Guidance for Problem College Student*

Shuyang Sun

Baicheng Normal University
Baicheng, China

Abstract—With the deepening of educational system reform, the group of problem college student appears subsequently. This paper describes the meaning and main traits of problem college students, and then analyzes the causes from different perspectives of society, school, family and individual student, as well as putting forward relative correcting strategy.

Keywords—problem student; causes from different views; correcting strategy

I. INTRODUCTION

The new word “problem college student” appears as the constant deepening of Chinese educational system reform. At present, some relative research has no united recognition of this concept. From the view of psychology and behavior study, Sukhomlinski thinks that problem college student shows specially on mind, psychology and behavior, such as lacking of responsibility, correct fame and wealth view, extreme personality, authority and institution ignorance. He also deems that if one of the above cases appears on students, we can treat them as problem ones, and the refuse by society, school and students. In the specific space, students live in the process of socialization, the author thinks that problem college student can be affected by outer things, so that lead to an abnormal way on personality, emotion, thinking mind, as well as violating main educational laws, value standards and social principles on the aspects of behaviors, quality, scores and morality, they should be corrected by the special social group.

II. MAIN PERFORMANCE OF PROBLEM COLLEGE STUDENTS

A. Psychology Under the Sub-health Condition

College stage is one key transforming period for the students in their life. In this stage, college students have a mature psychology, but not so mature than physiology. Under the background of multi-culture and fierce social competition, a few of college students cannot adjust themselves with big pressures, so that gradually form into some bad state like loneliness, anxiety, inferiority, depression and so on, and make themselves in the sub-health

state.

B. Personality Deficiency

In general, the students who have the personality show as weak will, strong personality, no respect and understanding to students, serious reversal mind, behavior excesses, etc. This is the reason why they appeared as the misplacement on the view of world, value and life, lack of responsibility and justice, egocentric, stressing on the personal interest.

C. Extreme Behavior

Some college students wear strange clothes and show weird expressions, several boys wear earring and walk in the campus, like the slogan of “brotherhood”, smoking, fighting, extreme behaviors. All in all, they have vague law idea, high mood motion, hard to control their emotion and make rational decision, especially when facing bad allure, they can easily show the violation of discipline, even to illegal act.

D. Poor Scores

Self-study is the main study mode, however, some students cannot better use the large free time, not only lighten the inquests of study, but also chase the so-called free personality life, no more motivation and initiative on study. Later on, scared of study and hatred of study was appeared, even to the serious result of stopping learning.

III. CAUSES OF PROBLEM COLLEGE STUDENT FROM DIFFERENT VIEWS

The causes of problem ones come from different aspects, they can be analyzed from the perspectives of society, school, family and students.

A. Society

Society is the inseparable environment in college student life. First, under the background of multi-cultural interaction, kinds of bad social trends appear with it, and lead to negative effect, one is western vulgar value and negative life view; additionally, cheating and corruption facts continue to appear; the other contains any unhealthy information like sex, gamble and drug. Things above largely affect the contemporary college student in negative way. Second, incorrect value guides negative effect, domestic media create kinds of selection show on TV, full of allure, with a very

*This paper is the phrase achievement of the social science research project “research on psychological counseling countermeasures of problem college students” of the education department of Jilin province in the 13th five-year plan.

superficial way, constantly affect the value among college students. Third, network leaves negative effect to college students. Usually, most problem college student has network addition. Tensive family relation, deficient communication, or frustration in study and lack of confidence, therefore, they would like to search for achievement in the network world.

B. School

College has the key effect on the student's education and life. First, from the view of educational idea and way, some educators tend to have a way of short sight, aims to do research and ignore teaching part, omit to give necessary moral and emotional cultivation, so that leading to mind drifting. Second, from the view of internal campus, there is a commonly accepted idea, that is, the having a good personality and be persons of ability are the prerequisite for better students group. As the research shown, positive group have low rate of problem college students. Third, from the view of employment, not only adding some major courses, but also forcing them to attend some professional training and exam, however, leave the ignorance of psychological health education. Under this stressful background, they will get more and more depressed, and hate to study as well.

C. Family

The precondition of problem college student usually has the relation with inharmonious family. First, from the view of family economic aspect, the students who have the better home conditions often show with the traits of arrogance and self-center. For those who have not so good family condition, usually form into some negative psychology of paranoid, envy and inferiority.

Second, from the family atmosphere, census indicates that inharmonious family members' relationship has the effect on the children's personality, study habits and daily behaviors. If parents appeared in the way of fighting, disrespecting each other, it would make their children feel nervous and anxious, so that leave with the precondition of bad psychological barriers. Third, from the educational view, the forming of world and life originated from parents' responsibility and family teaching way. In general, inferiority, sensitive, lack of confidence and self-center always appears under the autocratic family. Oppositely, the students live in the spoiling way of family will have the personality of self-center, arrogance, lack of perspiration, bad psychological bearing ability.

D. Individuals

First, from the view of problem college students forming, the willpower decides their personality. Due to the little social experience, badly distinguish between right and wrong, weak willpower, no more training, therefore, lack of resistance, and easy to be affected by negative mind. Several historical problems made the students feel inferiority, low evaluation on themselves, finally abandon themselves, and be the problem college students.

Second, from the view of causes, one is about laziness, absolute thinking pattern. Combined with census, problem

college students who have frustration on study, in fact, don't have the relation with their intelligence, but the laziness. In the daily study, they presented having no interest on doing research, and used to be know the half of one thing, in addition, the one child in their family, they lack of independence, easy to give comment on things from the superficial aspect. The other is that they have the personality of arrogance, and this trait has effect on their relationship, and hard to build new friends in later life. There are two reasons, psychology is not so mature than physiology, as well as psychology matured is lower than students at the same age. In other words, both the vertical and horizontal direction shows backward. At last, those will increase their negative emotions.

IV. THE CORRECT STRATEGY FOR PROBLEM COLLEGE STUDENT

A. Social Stage

Firstly, public opinion should correct the view of psychological barriers. With the effect of our Chinese culture, public opinion has discrimination on the problem students who have the psychological barriers, and make them feel shy to expose the problem to the public. In fact, psychological problem should be considered as a kind of disease, we should use the rational way to judge and discuss it, and develop it into a key public scientific program. This barrier needs the government to join in it, promote this disease in public, make people correctly know this disease, and abandon the old opinion to build a friendly educational environment.

Secondly, public opinion should stress on the individual difference among problem college students, and make multiple judging standards. Gardner deems that evaluation program should take individual difference into account, if not, the project won't be practical, cannot fulfil the actual need of the times. Therefore, our education administrative department should stress on the cultural and personal teaching, respect student's personality and talents, make the multiple and personal standards. Meanwhile, use the distinct evaluation way to make the student get more gladness and confines. What's more, relative evaluation, is the way that need the student to learn from each other, and expose their talents, as well as the disadvantages.

B. School Stage

Firstly, help problem college student to build correct life and world view, let them balance the society and themselves, dare to take responsibility and being active to reality, to avoid to lost in self-blind state.

Secondly, to build the profile for problem college student, so that to hold their personality, as the basis of problem cause and for deepening research. For details, the profile includes some information of problem college student, such as family background, parents' profession and learning experience, daily communication, personality and main psychological traits. Based on those information, a lot more

effective ways should be used to will train, and enhance their ability of emotional control and psychology adjust.

Thirdly, to build and develop the psychological consultation system, is the effective way to advance the consultation system, the precondition to guarantee students' psychological health. Some elements for building the consultation system, one is about the comfortable and silent counseling space. Two is to assemble the professional counselors. Three is to make some principles for relative consultation work, which the confidential part should be emphasized through the work.

Fourth, to establish the employment guidance system, and release the stress of it. School and relative departments should actively search for information, and widen the employment market channel, strengthen the guidance of employment and psychology, so that make them have a better work choosing view, as well as help them to analyze problems with objective and subjective condition, rationally judge the advantage and disadvantage. Students should catch the opportunity and find a ideal job, so that use the healthy way to step into the society. In addition, because the daily operation of the school student league committee, student union and other institutions is at the forefront of the student's work, the students' daily life and learning situation and the dynamic changes of the psychological situation are very well understood, and can be deeply integrated into the daily life of the students. Among them, it can help college students fully understand their personality characteristics, so as to be able to carry out personalized career counseling work for students' specific problems.

C. Family Stage

First, the family is the constituent cell of society, and its important functions are self-evident. The family members of the "problem college students" must form a democratic, harmonious and mutual understanding relationship, thus creating a good family atmosphere for "problem students" that is conducive to healthy growth.

Second, family members of "problem college students", especially parents, actively cooperate with the establishment and implementation of the "parental contact system" of the school. At the beginning of the freshman enrollment, the school usually holds a parent meeting, and selects teachers with educational experience to introduce the school's relevant regulations to parents and to clarify the parents' need to cooperate with the school's specific education work during the university to ensure that the college students successfully complete their studies. Especially for "problem college students", parents should be more proactive in keeping in touch with schools and student counselors through various communication methods such as the Internet, telephone, letters, etc., and continue and comprehensively study the daily learning and life of students in the school. Understand and actively cooperate with the school, through scientific methods, do a good job in the educational transformation of "problem college students", and pay attention to the positive incentives, so as to do the "problem

students" thinking and psychological transformation work make due diligence.

D. Individual Stage

First, the "problem college student" should actively learn to fully and objectively understand and evaluate themselves. On this basis, they actively participate in various beneficial social interactions to gradually gain wide recognition from the outside world. On the one hand, they can continue to gaining useful social knowledge experience; on the other hand, it can continue to get a little bit of achievement, and can also overcome the original feeling of inferiority while cultivating self-esteem.

Second, "problem college students" must learn to cultivate self-confidence. Specifically, by reading the typical cases of successful people at home and abroad, we can abandon the original fears, form a correct setback, establish a personal lofty ideal, and continue to improve their overall quality. On the basis of in-depth study of professional knowledge, we must learn to get rid of the depression in our hearts by expanding our interest, thereby continuously enhancing our ability to control and self-confidence in the future.

Third, let yourself be hopeful about the future in your mentality. Hope is the foundation of human existence and an important part of optimism. The famous German educational philosopher Borlov believes that "man is the life body that creates the future." Since people have "morality", don't deliberately suppress people's self-development to a certain extent, but let them fully express tomorrow's nature. In addition, due to the many uncertainties in the future, it is very difficult to completely prevent failure. For this, everyone should have enough psychological preparation and optimism for unsatisfactory results and even huge setbacks. Good attitude. With hope, power and courage will arise, and vice versa will become depressed and decadent. But hope is not given by God, but by learning. This requires "problem college students" to absorb nutrition from all aspects. In the process of education, we always see that we have great hopes for success in the future, and we can always put ourselves in a good attitude.

V. CONCLUSION

Although "problem college students" is an emerging concept, the formation of this group has its complicated background. This paper has carried out research from the perspectives of society, school, family and individual. Due to the complexity of the problem, research can only be used as a framework analysis. It is also necessary for more experts and scholars to continue to deepen this background in light of China's education system reform, and to make more in-depth, comprehensive and systematic research on other related issues that will arise in the future.

REFERENCES

- [1] Xia Wei, Jiang Guangrong. Compilation of Psychological Question Perception Questionnaire[J]. Educational Research and Experiment. 2014(05)
- [2] Wang Xiaogang, Huang Xiting, Chen Ruijun, Zhang Lin. Implicit stigma of mental illness: evidence from a single class implicit association test [J]. Psychological Science. 2014(02)
- [3] Wu Mengxi, Liu Chaoying, Fang Xiaoyi, Hu Wei, Tang Qin, Chen Haide. Adolescents' Psychological Behavior Problems and Professional Psychological Help-seeking Attitudes: The Mediating Role of Parental Knowledge[J]. Psychological Science. 2014(01)
- [4] Tong Xueli, Peng Huamin. The stigma of college students' psychological problems and their responses[J]. Education Review. 2013(06)
- [5] Yan Liuna, Zhao Qun. The Influence of Mindfulness on AIDS Stigma: Evidence of Drug Users[J]. Chinese Journal of Clinical Psychology. 2013(06)
- [6] Chen Xinzong. Causes and Countermeasures of the "Stigma" Phenomenon of Grassroots Cadres[J]. Leadership Science. 2013(34)
- [7] Ji Weiwen, Zhang Ning, Wang Chun. Investigation on the characteristics of psychological help for male and female college students[J]. Chinese Journal of Mental Health. 2013(10)
- [8] Peng Yushuang, Zhang Baoshan, Yuan Fei. Psychological effects and mechanisms of concealing stigma[J]. Chinese Journal of Clinical Psychology. 2013(04)[9] Xie Heping, Tian Xiaohong. Formation Mechanism of Urban Pipe Stigma Research on Countermeasure and Decontamination Countermeasures——Taking Wuhan City as an Example[J]. Theoretical Journal. 2013(07)