

# Analysis on Influence Factors of Mental Health of Rural Impoverished Students in Non-governmental Undergraduate University

Taking Non-governmental Colleges and Universities in the Northwest as an Example\*

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**Abstract**—Rural college students in private undergraduate universities accounts for a relatively high proportion among poor students. Taking a university in the west as an example, such proportion reaches 70% of poor students and 18.75% of the total students in the school. From wide view, the mental health status of Chinese college students is not optimistic, especially that of poor students is more concerned. Moreover in private undergraduate universities serving as a key part of higher education, the mental health status of poor students tends to be more serious especially in private undergraduate universities with relatively high tuition fees. To make this research, poor students in a private undergraduate college in Northwest China as the sample was taken as the sample and

investigated by using the symptom checklist (SCL-90) questionnaire. Data of the investigation result is analyzed in this paper in quantitative and qualitative analysis methods. Compared with the data of the youth norm provided by Jin Hua and et al, it is found that the overall mental health status of poor students in private undergraduate colleges is far from reaching the average level of youth in the nationwide, their difference in obsession, anxious, horrible and mental disease factors is extremely obvious and thus need to be paid more attention; they still have sense of inferiority although there is no obvious difference in somatization performance and interpersonal relation factors and no obvious difference in the sense of inferiority closely related to interpersonal relation with other groups; meanwhile, there are researches proofed that the sense of shame is in positive relation with each factor of SCL-90. As indicated in this sampling data, the scores of such rural poor students in private undergraduate universities as on each factor of SCL-90 are relatively high and the difference between the eight factors (except interpersonal relation and somatization performance) and youth norm is obvious. As can be seen, such group of students has relatively high sense of shame. This paper analyzes the causes among which the internalization of the conflict between the rapid increase of tuition fee in private college undergraduate colleges in recent years and the low income level of family of rural poor students, the rapid success sense of the society, the lack of psychological care from their family and the weak basic education on mental health in primary and secondary schools

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are the main causes. In particular, tuition fees are closely related to the cost of running private schools, the source of students, and the functional role of the government. Finally, relevant suggestions are put forward so as to get all circles available to better understand the status quo, understand and support the psychological development of this type of students, build a harmonious campus, open up the last mile of "Poverty Alleviation", and develop the endogenous motivation for precise poverty alleviation.

*Keywords—precise poverty alleviation; private undergraduate universities; rural poor students; mental health dilemma; spiritual poverty alleviation*

## I. INTRODUCTION

At present, rural students account for a considerable proportion among the overall college students in China, which indicates that the number of people receiving higher education in China is increased and the quality of Chinese people is improved. Due to some subjective and objective reasons, the mental health status of a considerable number of rural students is not good. For private undergraduate colleges with relatively high tuition fees, especially for those located in the northwest area with underdeveloped economy, as well as colleges and universities with more than 60% students sourced from the local province, is there any difference in the mental health status of the rural poor students in school? Is there a psychological conflict that is caused by the huge difference between this real environment and demand, and is this the main cause of abnormal mental health conditions of poor students? This paper will focus on discussing the mentioned points.

After sorting out the existing literatures, it is found that there is almost no research on the psychology of rural poor students in private colleges but Zhang Bo and Han Ziyu's "Analysis on the Cause of Psychological Problems of Rural College Students in Independent College"[1] which is the only one paper described the research on the psychology of rural college students in private colleges and universities, mainly expounded the cause of psychological problems of rural college students in independent colleges and is mainly in form of discussion, without data analysis and further research; there are only a few papers on the study of "psychology of poor students in private colleges and universities" such as Wu Weiwei's "Exploration on Ways to Solve Psychological Disturbances of Poor Students in Private Colleges and Universities in Shaanxi from the Perspective of Positive Psychology" [2] which is mainly in form of discussion, without data analysis and further research; there are a hundred articles on researches of "psychology of rural college students", most of such researches were made in 2017 and 2016 and 33% of the researches focused on employment and entrepreneurship psychology of rural college students and mainly paid attention to employment pressure and mental adaptation to the employment, such as Han Li, Li Ling and Lin Xuemei's "The Impact of Rural College Students' Psychological Capital on Job-search Stress and Job-search Performance: A

Moderated Mediating Effect"[3]; there are partial researches on the personality, inferiority, interpersonal relationship and mental health status of rural college students, such as Cui Libin's "A Brief Analysis of the Psychological Characteristics of Rural Students in Colleges and the Countermeasures for Their Education"[4] and Liu Qiaoli's "Study on the Inferiority Sense of Rural Students in General Colleges and Universities and the Countermeasures"[5]. The existing researches make less data analysis, especially for data supporting the research on inferiority sense of rural college students but make many subjective inferences; among them, there are many descriptions on poor students' psychological conflicts such as inferiority, jealousy and sensitivity, anxiety and confusion, lock-up and loneliness; Sang Haiyun's "Investigation and Suggestions on the Mental Health of Rural College Students in Underdeveloped Areas in Jiangsu Province"[6] makes a detailed data analysis and comparison on the mental health status of rural college students in underdeveloped areas of Jiangsu province, but the sampling was mainly made in underdeveloped areas of Jiangsu province. So currently, there is still no research on mental health of rural poor students in private undergraduate universities. However, such research cannot attract enough attention for the following four reasons. First, rural college students accounts for a large proportion in private undergraduate universities. Taking a private undergraduate university P in Shaanxi province as an example, the rural freshmen enrolled in successive 7 years accounts for 67.1%~67.5% among the school students, which seems in contrary to the social image of "the proportion of enrolled rural college student is continuously reduced". However, it is not difficult to find that the proportion of rural students in the first batch of undergraduate universities especially in the universities under "985 project" and "211 project" is very low. For example, Peking University reports show that in 2014, Peking University (including the Medical Department) admitted a total of 4,076 undergraduate freshmen wherein rural students accounted for 18.5%, the highest proportion in recent years [7]. This means that the proportion of rural college students enrolled seems increased in general. In fact, the quality improvement of enrollment is limited; that is to say, the unbalanced distribution of educational resources faced by rural students, weak fundamental education and the "one-shot affair" college entrance examination system implemented in China at present, the orientation of colleges in vocational education and orientation of universities in score and level and corresponding concepts all determine that those students have to choose private undergraduate universities to some extent, even if what they will face is the huge conflict between the high tuition fees and the low income level of their family and this conflict is further internalized into mental conflict. Second, the proportion of rural poor students in poor student database is large. Taking a private undergraduate university P in Shaanxi province as an example, the number of rural students who have entered the poor student database over establishing file, locally-granted student loan and "poor college students subsidy" (general poverty and special poverty) verification at the end of the year reaches 79% and accounts for 20% of the

students of this grade. This group of students is too large to be paid attention to their mental health status. Third, by analysis, it is found that the academic foundation of this group of students is not that high and their comprehensive quality especially in non-academic qualities such as organization ability, art performance, emotion expression, volunteer service and so on is relatively weak; their mental health status is also reflected in the mental stable extent and performance in key time of their life to some extent. Fourth, the contradiction between the constantly rising tuition fees of private undergraduate colleges in recent years and the low income of rural poor families further intensified their psychological conflict. Taking a private undergraduate university P in Shaanxi Province as an example, the tuition fee is 13,000~23,000 Yuan/year, in addition to living expenses, so that a student's expenditure is at least 24,000~38,000 Yuan/year. According to the data disclosed on the "Annals of Shaanxi Province" by Shaanxi Provincial Bureau of Statistics, in 2016, the income per capita of urban residents is 28,440 Yuan and that of rural residents is only 0.9396 Yuan[8]. This means that it's difficult for a family of three people in rural areas to pay for a college student even spending all their income of the year, besides it is in rural poor family. This conflict is in positive correlation to stimulating and intensifying the sense of shame of this group of students.

Above all, the analysis on factors having influence on mental health of rural poor students in private undergraduate universities from perspective of mental poverty alleviation in the field of targeted poverty alleviation compensates the research blank. The so-called mental poverty alleviation in this paper is in terms of economic poverty alleviation and emphasizes the status of mental health and the concern of factors affecting mental health. From the perspective of psychological alleviation, mental poverty alleviation is the first source of the main factor. This research also helps to further understand and correctly evaluate the mental health status of such college students and provides a scientific psychological reference for more effective educational management on rural students (especially for poor students) in private undergraduate universities so that relevant institutions and departments can provide targeted mental health services, timely take appropriate intervention measures. Meanwhile, it also provides effective data for administrative departments, provides a reference for policy formulation and fine management and creates a new vision to opening up the last mile of "poverty alleviation" work. There is a saying that "The most serious poverty is mental poverty". The so-called "mental poverty" is the lack of psychological resources and support. Many students may face numerous difficulties, especially in hunting for a job. Some companies only recruit students graduated from universities under the "985 project" or "211 project" or universities affiliated to ministry and some companies even announce that they don't accept graduates from private undergraduate universities. That's so unfair that some students are frustrated repeatedly during employment interview. In addition due to their sensitive sense of self-

respect and shame, they may avoid go back to rural area as they think that they are unable to do farming work and they are educated people. As a result, they are unfit for higher posts but unwilling to take lower ones. "Mental poverty" and "material poverty" have mutual influences on each other. Therefore, this paper puts forward relevant suggestions on how to carry out mental poverty alleviation for rural poor student in private undergraduate universities to help them get rid of the "mental poverty" and develop the endogenous motivation for precise poverty alleviation so that poor students in private undergraduate universities can finally get rid of the poverty in spirit and move towards a healthy personality.

## II. THE PROCESS OF RESEARCH ON MENTAL HEALTH STATUS OF RURAL POOR STUDENTS IN PRIVATE UNDERGRADUATE UNIVERSITIES

### A. Research Object

A total of 951 people were randomly sampled from the poor students among freshmen~ senior students in a private undergraduate university in Shaanxi Province. Poor students refers to students in general colleges and universities whose basic living funds are difficult to pay for the minimum food standards of the school during their school days, unable to pay tuition fees and purchase necessary school supplies, and have no guaranteed financial condition in their daily lives [9].

In this survey, 951 questionnaires were distributed and 924 were recovered. The recovery rate was 97.2%, of which there were 890 effective questionnaires, accounting for 96.3%. Among them, 452 questionnaires were recovered from rural students and 438 were from non-rural students. The research object involves freshman ~ senior students in the college.

### B. Research Method

In December 2017, the SCL-90 questionnaire was used to test the mental health status of students in a third batch of private undergraduate university in Shaanxi Province. The data collected from the test was processed by using SPSS16.0, and the significance of difference in the samples was tested.

### C. Result Analysis

1) *Mental health status of poor students:* Among 890 students (measured and valid questionnaires), 112 students (accounting for 12.58%) were in very bad mental health status and needed to be concerned at first class; most of their positive factors in the checklist are scored 2~5 points and total score is more than 3.5 points, so this group is indicated as "first type" in the list; in addition, 224 students (accounting for 25.17%) were in bad mental health status and needed to be concerned at second class, with positive factor scores ranging within 2.5~3.5 points, so this group is indicated as "second type" in the list; 62.25% of the

investigated students were in good mental health status and needed to be concerned at third class, with positive factor scores less than 2.5, so this group is indicated as "third type" in the list (see "Table I"). Among the 56 positive factors, the more common and typical factors are anxiety, terror, and hostile and mental disease factors.

TABLE I. STATISTICS OF SAMPLING SURVEYS ON MENTAL HEALTH STATUS OF POOR STUDENTS IN A PRIVATE UNDERGRADUATE UNIVERSITY IN SHAANXI PROVINCE

Household registration type	First type	Second type	Third type	Total	
	Qty of students Proportion	Qty of students Proportion	Qty of students Proportion	Qty of students	Qty of students Proportion
Non-rural household	35 3.93%	72 8.09%	331 37.19%	438	49.21%
Rural household	77 8.65%	152 17.08%	223 25.06%	452	50.79%
Total	112 12.58%	224 25.17%	554 62.25%	890	100%

2) Comparison of the difference between the mental health level of rural poor students in a third batch of private undergraduate university in Shaanxi province and the national youth norm [10]: The national youth scl-90 norm used in this paper is the first national youth norm [10] established by Jinhua and et al in 1986.

Through a comparison of the difference between the mental health level of rural poor students in a third batch of private undergraduate university in Shaanxi province and the national youth norm [10], it is found that:

- The ten factors in general show that the mental health status of rural poor students in private undergraduate university is far from reaching the national average level of young people;
- There is no significant difference in aspects of somatization performance and interpersonal relationship factors (see "Table II");
- There are large differences in the other eight factors such as obsession, depression, anxiety, hostility, terror, paranoia and mental disease and eating and sleeping disorders (see "Table II"), which should be highly concerned by private undergraduate universities to take care of and relieve the mental health status of rural poor students;
- There are extremely significant differences in the four factors such as obsession, anxiety, terror and mental disease (see "Table II"). This indicates that there are certain problems in the above psychological dimensions of students investigated in this research and such students need to be further paid attention to and relieved.

TABLE II. COMPARISON OF THE DIFFERENCES BETWEEN RURAL COLLEGE STUDENTS AND NATIONAL YOUTH NORM (N=452)

Factor in SCL-90	Rural students in private undergraduate universities Poor students (N=452)	National youth norm [10]	t	p
Somatization performance	1.33±0.39	1.34±0.45	0.138	>0.05
Obsession	1.90±0.56	1.69±0.61	8.198***	<0.001
Interpersonal relationship	1.76±0.56	1.76±0.67	0.259	>0.05
Depression	1.63±0.48	1.57±0.61	2.990**	<0.01
Anxiety	1.53±0.46	1.42±0.43	5.290***	<0.001
Hostility	1.55±0.52	1.50±0.57	2.232*	<0.05
Terror	1.42±0.44	1.33±0.45	4.739***	<0.001
Paranoia	1.58±0.49	1.52±0.60	2.681**	<0.01
Mental disease	1.52±0.93	1.36±0.47	3.915***	<0.001
Eating and sleeping	1.54±0.48	1.50±0.50	2.047*	<0.05

<sup>a</sup> Note: if P<0.05, the difference is significant; if P<0.01, the difference is very significant; if P<0.001, the difference is extremely significant.

- Through a comparison of the differences between different genders of rural poor college students, it is found that the mental health level of female college students is much lower than that of male college students, and significant differences are found in depression, anxiety and terror factors (wherein, P<0.05) (see "Table III"). This conclusion is consistent with other similar studies in China.

TABLE III. COMPARISON OF THE DIFFERENCES BETWEEN DIFFERENT GENDERS OF RURAL POOR COLLEGE STUDENTS

Factor in SCL-90	Male (N=134)	Female (N=318)	t	Sig(2-tailed)
Somatization	1.33±0.40	1.35±0.38	-0.49	0.624
Obsession	1.86±0.60	1.93±0.52	-1.447	0.149
Interpersonal relationship	1.73±0.57	1.80±0.53	-1.351	0.177
Depression	1.58±0.50	1.69±0.45	-2.544*	0.011
Anxiety	1.49±0.49	1.57±0.42	2.142*	0.033
Hostility	1.55±0.54	1.56±0.50	0.206	0.837
Terror	1.37±0.46	1.48±0.41	-2.639*	0.009
Paranoia	1.59±0.51	1.57±0.48	0.556	0.578
Mental disease	1.50±0.47	1.56±0.24	-0.765	0.445
Eating and sleeping	1.52±0.48	1.57±0.47	-1.163	0.245

<sup>a</sup> Note: if P<0.05, the difference is significant; if P<0.01, the difference is very significant; if P<0.001, the difference is extremely significant.

Above all, the mental health status of rural poor students in private undergraduate universities is not that optimistic. There is significant difference no matter in overall status or in obsession, anxious, horrible and mental disease factors. For female rural poor students in private undergraduate universities, their mental health status is even more severe, especially in depression, anxiety and horrible factors.



**D. Result Discussion**

First, from ten factors in general, it can be seen that the mental health status of rural poor students in private undergraduate universities is far from reaching the national average level of young people; Zhu Rongchun, Wang Tongli, Qian Mingyi and et al's "Correlation Research of Shame, Mental Health, Self-efficacy and Self-esteem" proofed that the sense of shame is in positive correlation with score of each factor of SCL-90 (the p value is less than 0.01 on average) [11]. Namely, from the scores of each factor shown in "Table II", it can be inferred that the sense of shame of rural poor students in private undergraduate universities is more significant than other group of students, but their sense of shame is relatively concealed and is more extensive and cannot be aware of, having more hidden effect on the person. In deepened psychological practice, it may be found that the sense of shame is often expressed in a secondary mood of grievances and anger. The so-called sense of shame is a sense generated when they get negative comment from themselves or others when they say or think of their unfortunate events or show disgraceful and flawed features. The sense of shame often makes people feel that they are so small, worthless and powerless that they may try to hide their heads, cover their faces or eyes to hide or evade themselves to be observed and judged, and sometimes may deny these

negative behavioral characteristics or criticize others to transfer their bad feelings [12]. It is a kind of painful, embarrassed, and shameful experience that points to themselves [13]. At the same time, research also shows that reducing the sense of shame may have positive significance for improving individual's mental health [11]; then what are the causes of the sense of shame of such college students in private undergraduate universities?

1) *Internalization of conflict and formation of sense of shame*: The contradiction between the high tuition fees of private undergraduate universities and the economic poverty of poor students' household is the internalized as inner conflict of such poor students, and the conflict is the direct source of the sense of shame. In recent years, there is a rise in tuition fees in private colleges and universities. As tuition fee is the main funding source of private colleges and universities, the increase of tuition fees on the grounds of raised prices becomes a specific practice in many private colleges and universities (see "Table IV"); since general private colleges and universities are allowed to price for tuition fees at their decision, most schools' tuition fees are increased and are even planned to be increased continuously.

TABLE IV. TUITION FEES OF SOME PROFITABLE PRIVATE COLLEGES AND UNIVERSITIES IN SHAA NXI PROVINCE AFTER BEING PERMITTED TO PRICE FOR TUITION FEES AT THEIR DECISION

School name	2015		2016		2017	
	Arts	Non-arts	Arts	Non-arts	Arts	Non-arts
Xi'an International University	1.9	1.5-1.7	2.1	1.7-1.9	2.1	1.7-1.9
Xijing University	1.9	1.5-1.7	1.9	1.5-1.7	2.1	1.7-1.9
Xi'an Siyuan University	1.88	1.48-1.68	1.88	1.48-1.68	2.1	1.7-1.9
Xi'an Fanyi University	1.8	1.3-1.7	2.1	1.7-1.9	2.1	1.7-1.9
Xi'an Eurasia University	1.8	1.3-1.5	1.98	1.68-1.92	2.18	2.18

<sup>a.</sup> Note: The data is sourced from tuition fees information disclosed on website of each college and university.

<sup>b.</sup> Unit: 10,000 Yuan

On the one hand, for rural poor students in private universities, they must face the sense of shame that they can not enter a better school, that is, the shame for their own conditions; on the second hand, they must face the sense of shame for their own abilities, namely the sense of losing self-love; on the third hand, they must face the sense of shame caused by the mismatching of over high tuition fee and their households' economic conditions, the pressure and blame from surrounding environment and the self-abuse sense after making comparison. The sense of shame is a most destructive negative emotion that human beings suppress in the deepest place and also has huge impact on human mental health of human beings;

2) *The relationship between the sense of shame and the rural poor household and lack of family accompany (the experience of being left-behind children) of students in private undergraduate universities*: In the history of growth of rural poor students in private undergraduate universities, more than half of them had experience of being "left-behind children". They were lack of mental care and accompany from their rural families. It is this painful experience like "left-behind children" makes them enter university in a status of personality "injury" and "poverty", often makes mistakes in important time of their lives and even appear the loss of compensatory personality behind the so-called maturity in the saying "children in poor families can become

independent very early". For example in clinical situation, there is a dissociation state in which panic attacks often occur. Fang Yuan's master's thesis "Study on the Sense of Shame and Its Relationship with the Household Upbringing Manner and Social Anxiety of Rural Left-behind Children" shows that the overall sense of shame and the factors of the left-behind children are at a low level; wherein, the level of sense of shame for personality is the highest, that for behavior is higher and that for body and relationship is in the next level [14].

3) *Social factors and intensified sense of shame of rural poor students in private undergraduate universities*: Due to the "one-shot affair" college entrance examination system implemented in China and the single evaluation mechanism as well as the impetuous and utilitarian tendencies of the whole society, rural poor students in private undergraduate universities obviously intensify their sense of shame in self-evaluation and self-cognition for reason of their relatively low scores. Meanwhile due to the unbalanced distribution of rural education resources, such students have relatively poor academic foundations and have defects in comprehensive qualities especially in non-academic qualities such as talent show, organizational ability and emotional expression so that their sense of shame is further intensified in another aspect. As an important part of national people, they should be shared to the "economic development achievement", enjoy the accompanying and education of good quality from the family and have the expected comprehensive quality over growth. When those factors become the main causes of the mental health status and sense of shame of rural college students, those factors should be paid enough attention to and thought of by the society, education and family. This unbalanced distribution of social wealth not only affects the rights of this group of person but also affects the family structure, family education and mental health status of this group of people.

Second, there is no significant difference in somatization performance and interpersonal relationship factors (see "Table II"). Wherein, the inferiority mental state is mainly reflected in the interpersonal relationship factors and this data does not support the conclusions of many literatures that the inferiority mental state of rural students and poor students in college is higher than other group of students but is consistent with the research conclusion of Sun Xiao's "Attitude of Urban and Rural University Students to Group Preference and Relationship Between the Attitude and Implicit Inferiority" that the measurement result of implicit inferiority shows that college students generally have sense of inferiority and there is no difference between senses of implicit inferiority of urban and rural college students [15]. And the data is consistent with the results of Li Yimin and Kong Keqin (2008)'s measurement of implicit inferiority sense of students in primary and secondary school, namely the three measurement results of primary, secondary and primary school students all show significant implicit

inferiority effects, and students of all ages have sense of implicit inferiority [16]. The reason is as follows: first, the existing relevant papers generally do not have relevant data support and most of the conclusions are inferred by the author subjectively; second, Adler, the first psychologist who advocates inferiority, believed that human beings generally have a feeling of inferiority, in other words in general, different groups of people have different characteristics of inferiority, but the causes and manifestations of inferiority may vary.

Third, there are significant differences in the other eight factors such as obsession, depression, anxiety, hostility, terror, paranoia and mental disease and eating and sleeping disorders (see "Table II"). The mental health educational foundation of rural primary and middle school students is weak. Currently in China, college entrance examination is the main guidance of education in primary and middle school, but there is a lack of a practically effective mental health education system and it is needed to provide professional full-time counselors or teachers majored in mental health education. For a long time, the education in primary school is used to pay attention to knowledge education and political and ideological education on students and often ignores mental health education on students. Except in some first-level cities, most of the mental health system construction in primary and secondary schools is weak, the situation of rural primary and secondary schools is even more serious, the development between urban and rural areas is unbalanced, those in urban area is relatively popular and those in rural area is not popular. Mental health education on students is still a blind spot. In the consciousness of ordinary teachers, they even do not pay enough attention to the mental status of students and lack the basic knowledge and concepts on mental health. However in fact, the mental health status of primary and secondary school students in rural area is more complicated. With the change of structures of large amount of rural families, the mental health foundation of left-behind children and left-behind elderly people are weak, their upbringing manner, upbringing person and attachment style become complicated so that the mental health status of rural primary and secondary school students is not optimistic and in urgent need of being strengthened.

Fourth, through a comparison of the differences between different genders of rural poor college students, it is found that the mental health level of female college students is lower than that of male college students, and significant differences are found in depression, anxiety and terror factors (wherein,  $P < 0.05$ ) (see "Table III"). This conclusion is consistent with other similar studies in China. Female's low level of sense of self-value and self-esteem [17], the idea of the uselessness of study, self-cognitive bias, cognitive narrowness and other reasons jointly make the mental health status of rural poor students in private undergraduate colleges not optimistic, especially in the mental health level of rural female college students in private undergraduate universities.

### III. SUMMARY

First, the mental health status of rural poor students in private undergraduate university is far from reaching the national average level of young people.

Second, each factor of SCL-90 is in positive correlation with the sense of shame and rural poor students in private undergraduate universities have intensive sense of shame.

Third, various factors mentioned further affect the mental health of rural poor students in private undergraduate universities by affecting the sense of shame of this group of students. Namely, the sense of shame is the intermediate effect between the mental status of this group of students and various influence factors:

- The contradiction between the high tuition fees of private undergraduate universities and the economic poverty of poor students' household is the internalized as inner conflict of such poor students, and the conflict is the direct source of the sense of shame;
- The sense of shame is in close relation with the rural poor household and lack of family accompany (the experience of being left-behind children) of students in private undergraduate universities;
- Due to the "one-shot affair" college entrance examination system implemented in China and the single evaluation mechanism as well as the unbalanced distribution of rural education resources and other social factors, this group of students' academic foundation is relatively weak and their comprehensive quality and evaluation level are low so that their sense of shame is intensified;

Fourth, the sense of interiority of this group of students is not significantly higher than national youth norm[9].

Fifth, the mental health level of this group of female students is lower than that of female students and thus needs to be paid special attention to.

### IV. SUGGESTIONS FOR BREAKING THROUGH THE MENTAL HEALTH DILEMMA OF RURAL POOR STUDENTS IN PRIVATE UNDERGRADUATE UNIVERSITIES FROM THE PERSPECTIVE OF MENTAL POVERTY ALLEVIATION IN THE FIELD OF PRECISE POVERTY ALLEVIATION

First, the main nature of private undergraduate universities is the nature of public welfare. Provided that school expenditure is guaranteed, the government should allocate or compensate the school appropriately to ensure that the increase in tuition fees is not too fast, while restraining and controlling the rise of tuition fees. The purpose of education in China is to cultivate socialist successors with all-round qualities of morality, intelligence and morality. It not only includes the non-profit nature of education and the requirements for comprehensive development of students but is more related to the foundation

of inheritance of socialist cause. Therefore, it is important to pay attention the mental health influence posed on this group of college students by the sense of shame caused by mental pressure and conflict internalization brought to rural poor students due to rise of tuition fees. The tuition fee increase is also contrary to the educational purposes of China. Although the survival and development of private undergraduate universities depend on tuition revenue from students, the government should conduct accounting to ensure the public welfare nature of education. At the same time, the government should also make appropriate capital investment into education to reduce the internalization extent of students' sense of shame and ensure the economic security rights and mental health protection rights of students.

Second is extensively providing financial aid for students. Colleges and universities need to get to know the demand of the individual development of poor rural students and promote the comprehensive development of aided students by virtue of such students' motivation to seek for transformation from low level of demand to high level of demand, taking material aid as the working basis and their all-round development as the objective;

Through comprehensive ability development of rural poor students in private undergraduate universities, it is available to increase such students' sense of self-value, reduce their sense of shame and further improve their mental health level.

Third, colleges and universities should take care of such students so that they can make up for their mental health education deviation during their school years. For poor students with serious mental problems, colleges and universities should initiatively contact their families to explain the situation, and strive for getting their parents' understanding and support. The most important thing is to encourage students to make psychological counseling, create support circles, and appropriately provide their parents with mental education in order to change the problems in their family system, so that the family can become a resource for repairing students' psychological trauma. However, these tasks should not be completed only by psychological center and psychological counselor but be divided on the basis of their responsibilities to ensure the consultation effect and practically help students.

Fourth, carrying out various forms of psychological education based on the growth goals such as "personality development", create a students' mental growth targeted "psychological workshop" characterized model to strive to explore an effective way to improve the political and mental education quality of college students so that students, especially rural poor students, can improve their flexible expression of emotion, emotional function and sensory perception level to improve their personality development, enhance their social function and practical ability and strengthen their personality flexibility or psychological resilience.

Fifth, the content and curriculum of private undergraduate education should be closer to the application type, so that such students can acquire special skills and knowledge.

By learning and mastering practical and applied courses, it is available to meet the demand of badly needed majors of the society, improvement the employment quality and rate of rural poor students in private undergraduate universities, improve such students' sense of reality, self-value and achievement, reduce their sense of shame and improve their mental health level.

## V. CONCLUSION

All in all, rural poor students in private undergraduate universities are in eager need to change their status quo and current personality "injury" status, so that some of them are in a difficult position in the process of acquiring the knowledge and skills to get rid of poverty. They need to set an example and see some hope. They have the confidence and motivation to forge ahead and change their destinies. They need to enhance their sense of self-value and life experience and need to further develop their sense of self-recognition. Those are the "key internal factors" of precise poverty alleviation. Only by helping them conquering those problems, can it be available to practically alleviate their status and help them truly get rid of mental poverty.

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