

EMPLOYMENT OF PSYCHOLOGICAL HEALTH EDUCATION METHODS IN HIGHER EDUCATION

Nan Cao¹, Lui Laibing²

^{1,2}*Graduate School, Southeast Asia University, Bangkok, Thailand*

E-mail: S6446B10002@live.sau.ac.th

Abstract

The employment heart and health issue of college graduates has become a focus of wide concern to the government and society. The purpose of this study is to study the employment mental health of college graduates. In this study, data were collected through questionnaire survey. The results of literature search statistics, descriptive statistics and data statistical analysis. The results of this study find that there are a variety of employment mental health problems for college graduates and analyze the causes of the mental health problems of college graduates from personal, school, family and society aspects, and then explore effective and scientific solutions to improve the mental health quality of college graduates from various aspects.

Keywords: Colleges graduates; Education methods; psychological health.

Statement of Research Problem.

College graduates are the backbone of social development. With the deepening of the employment system reform of college graduates and the gradual establishment of the graduate employment market system, the society provides more opportunities for college graduates to compete fairly and display their talents. In recent years, the employment rate of college students is relatively stable, the satisfaction has increased to a certain extent, and the employment income has increased. However, there is also a large employment rate gap between different majors, and the overall satisfaction is low. Especially, college graduates are due to their immature mental development and lack of social experience, which will inevitably have poor employment psychology.

Purpose Of Research.

The Chinese government attaches great importance to the issue of employment and has always taken solving the issue of employment, especially for college graduates, as one of the major strategic tasks in relation to the overall situation of reform, development and stability. All aspects of the society pay more and more attention to the employment of graduates, and the mental health education in the employment process of college graduates is also paid more and more attention. As an important part of employment, its standardization and scientization have become a new trend of social development.

Research hypothesis

The results of this study show that there are a variety of employment mental health problems of college graduates, analyze the causes of mental health problems, and then explore effective scientific solutions to improve the quality of college graduates' mental health from many aspects. To the system of social, school, family and individual four organic combination together, form a designation for interactive mode, as soon as possible on students with employment difficulties, help them to career planning, pay close attention to when they graduate employment dynamics, to help them comprehensive skills upgrading as soon as possible, lest they suffered a setback in the process of employment, employment contradiction formation of serious psychological problems. Psychological correction should be carried out for college students with employment psychological problems, emotional support should be given to graduates, positive incentives should be strengthened, behavioral change and good behavior formation should be promoted, and high-quality employment of college graduates should be gradually realized

Research benefits and significance

First of all, through the in-depth analysis of this topic, it is helpful to timely grasp the employment psychological state of college students, promote the smooth employment of college students, and provide reference and guidance for the future career and life development. The second is the in-depth study of college students' employment psychology, influencing factors and countermeasures to cultivate good employment psychology, which is helpful to promote the sustainable development of college employment guidance. At present, college employment guidance is a very important part of college students' work. The research on the employment psychology of college students can make the employment guidance of colleges

and universities more targeted and operable, and provide a new idea for the employment guidance of colleges and universities. Thirdly, the research of this topic is helpful to construct a harmonious and stable social development situation. Studying and solving the psychological problems of college students' employment can not only help college students achieve better employment, but also have important significance to the stable development of the country and the harmonious construction of the society.

Theory and literature review

1. Marx's view of young people's career choice

Marx discussed the establishment of young people's career choice in the consideration of young people. In the article, his views are mainly reflected in the following aspects: First, he believes that "this choice of man is a place that is far above other creations, but it is also a kind of behavior that may destroy a man's life, destroy all his plans and make him fall into misfortune." Therefore, carefully weigh the choice, no doubt, is to start on a path to life rather than give up the most important thing for the primary responsibility of youth "he first affirmed the individual when choosing profession has the subjective initiative, this option also reflects the unique characteristics of each individual itself, but also explains the choice has the duality, may bring good, can also bring misfortune. 2. Cognitive behavioral theory

Cognitive behavior theory is a group of methods to change bad cognition by changing thoughts or beliefs and behaviors. It is the fusion of cognitive theory and behavioral theory, and the criticism and development of the defects of cognitive and behavioral theory, but it is not simply added or pieced together. 3. Career anchor theory

Career anchor theory is formed by Professor Shihn, a famous American career management researcher, based on the career research of graduates of MIT Sloan School of Management. "A 'career anchor' is the vital thing or value that a person has to give up when they have to make a career choice, the center around which people choose and develop a career." 1. Review of foreign studies

The research on the employment psychology of college students abroad is based on the psychology, mainly from the employment psychology of the specific group of college students. The study of employment psychology in the United States is the most typical. "In 1908, Professor Frank Parsons of Boston University first put forward the concept of 'employment

psychology' and began to study the problems of employment psychology. In 1919, the United States Harvard University opened the employment psychology guidance course for the first time in the university, used to guide the employment of college students, solve the psychological barriers of college students' employment progress of the individual mature and development, so people will also develop in the direction of career maturity.

Self-concept theory: This theory is proposed by Super, who believes that youth is the key period for employment, during which individuals will test their own career level theory by choosing A career that can make them happy, successful and beneficial to society. The career level theory proposed by A Roe emphasizes that, in terms of career needs, People generally have the mentality of striving from the bottom to the top. 2. Domestic Research review

The study of university students' employment psychological problems started relatively late, with the enrollment expansion of colleges and universities, more and more college students to enter the job market, employment situation began to change, in recent years, college students' employment situation is quite serious, the employment problem has become the hot topic in society, with the severe employment situation, employment psychological problem increasingly prominent

Conceptual framework

This research project takes university students in Qingdao as the research object, adopts the methods of literature collection and questionnaire survey, combined with relevant basic theories, adopts the method of literature research, survey research and its influencing factors.

1. Investigate and analyze the current situation of employment psychology of college students in Qingdao. It reflects the universality of college students' employment psychology through employment psychological problems, and explores the influencing factors of college students' psychological employment psychology through scientific quantitative analysis.

2. On the basis of revealing the common employment psychological problems of college students, combined with the analysis of its influencing factors, it gives targeted and effective countermeasures, strengthens the training of college students' active employment psychology, and puts forward the core viewpoint of paying attention to the employment psychological problems of college students.

The results of the study

The results of this study show that there are a variety of employment mental health problems of college graduates, analyze the causes of mental health problems, and then explore effective scientific solutions to improve the quality of college graduates' mental health from many aspects. To the system of social, school, family and individual four organic combination together, form a designation for interactive mode, as soon as possible on students with employment difficulties, help them to career planning, pay close attention to when they graduate employment dynamics, to help them comprehensive skills upgrading as soon as possible, lest they suffered a setback in the process of employment, employment contradiction formation of serious psychological problems. Psychological correction should be carried out for college students with employment psychological problems, emotional support should be given to graduates, positive incentives should be strengthened, behavioral change and good behavior formation should be promoted, and high-quality employment of college graduates should be gradually realized.

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