

Correlation between Vocational Skills Competition and Ability Training of Vocational Education Students

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Abstract: With the rapid development of global economy and the constant adjustment of industrial structure, the demand for highly skilled talents is increasing, and the importance of vocational education is becoming increasingly prominent. Based on the above, this paper aims to deeply explore the internal relationship between vocational skills competition and ability training of vocational education students, and clarify the specific mechanism of competition activities in promoting students' professional ability. In this paper, the correlation between vocational skill competition and ability training is discussed comprehensively and deeply. By collecting the data of students and teachers in many vocational colleges, this paper analyzes and discusses the influence of vocational skill competition on the cultivation of students' ability. The results show that the vocational skills competition has significantly improved students' professional skills, enhanced their comprehensive quality and stimulated innovative thinking. These findings verify the value of competition as an important part of vocational education and its promotion to the all-round development of students' ability. Based on the above conclusions, this paper holds that vocational skill competition is an effective way to improve the ability of vocational education students.

1. Introduction

In today's fast-developing social environment, all walks of life are facing unprecedented changes and challenges [1]. With the rapid progress of science and technology, the in-depth development of globalization and the increasingly fierce market competition, the demand for talents of enterprises and organizations is constantly changing and upgrading [2]. Especially in the era of knowledge economy, having high-quality and high-skilled talents has become the key factor to promote social progress and economic development [3]. Therefore, how to effectively cultivate and improve the ability of talents to meet the changing market demand has become an important problem to be solved urgently [4].

This research is based on this background. As an effective talent training and selection mechanism, vocational skills competition has been widely concerned and popularized around the world in recent years. It can not only test and show the professional skills of the contestants, but also stimulate the learning motivation and innovative spirit of the contestants through the challenges and competition in the competition process, thus promoting their overall improvement. Therefore, it is of great practical significance to deeply study the correlation between vocational skill competition and ability training for optimizing the talent training mode and improving the quality of talent training. In addition, this study also helps to reveal the specific mechanism of vocational skills competition in talent training, and provides useful reference for relevant educational institutions and industry enterprises. By analyzing and summarizing the successful experiences and practices of vocational skills competition, we can promote more fields and industries to carry out similar competition activities, thus forming a more perfect talent training system and providing a strong talent guarantee for the sustainable development and progress of society.

The purpose of this study is to comprehensively analyze the internal relationship between vocational skills competition and ability training of vocational education students, and to clarify the specific mechanism of competition activities in promoting students' professional ability. It is

expected that this study can provide scientific basis for vocational education practice and promote the effective docking of vocational education and students' ability training.

2. Theoretical basis and concept definition

2.1. Overview of vocational education theory

As a type of education aimed at imparting vocational knowledge, cultivating vocational skills and improving vocational quality, vocational education's core idea lies in the combination of theory and practice, emphasizing the practicality and application of skills [5-6]. The theory of vocational education covers many aspects of vocational education, such as the goal orientation, curriculum setting, teaching mode, evaluation system, etc., aiming at making students have the knowledge, skills and attitudes needed to engage in a specific occupation through a systematic and professional education process.

2.2. Definition and classification of vocational skill competition

Vocational skill competition usually refers to the competitive activities organized by the government, industry associations, educational institutions, etc., which are aimed at vocational college students or on-the-job personnel and focus on the skills requirements of specific occupations or industries [7]. According to the level, scale and content of the competition, vocational skill competitions can be divided into national, provincial, municipal, school-level and other levels, as well as special competitions for different professional fields [8]. These competitions not only test the professional skills of the contestants, but also often incorporate the ability inspection of teamwork, innovative thinking, emergency handling and other aspects (see Figure 1), which is an important platform to evaluate the effectiveness of vocational education and stimulate students' growth.

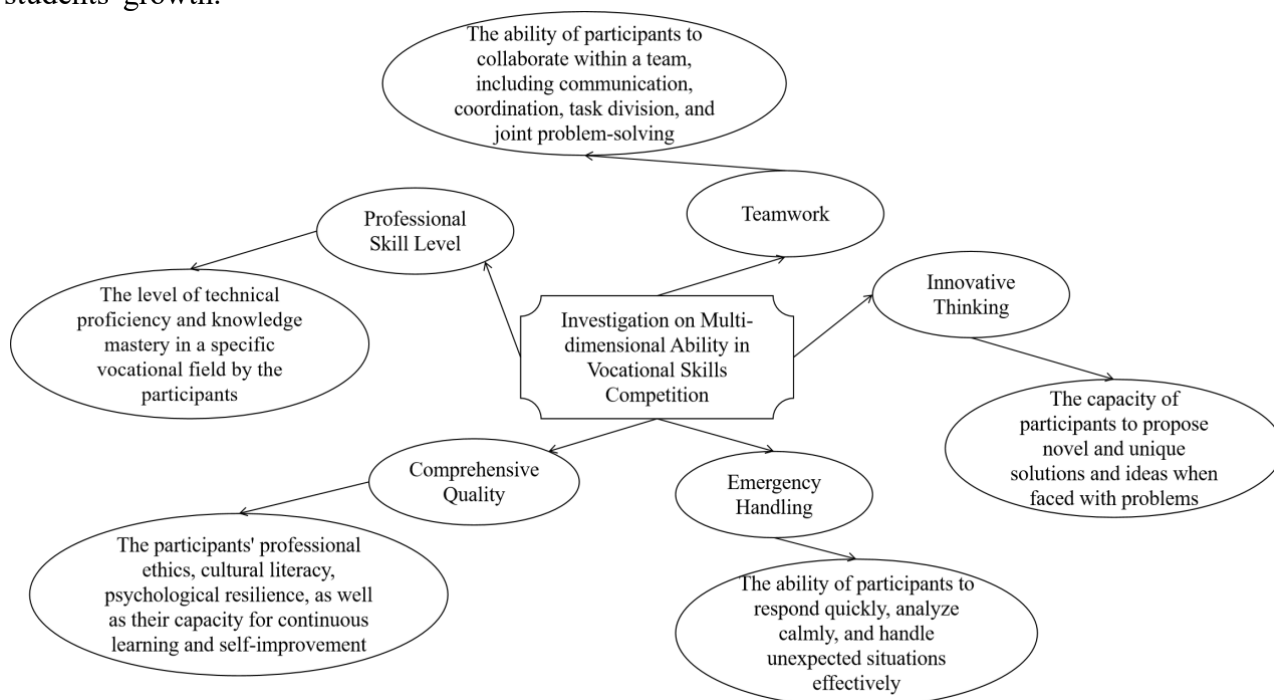


Figure 1 Multi-dimensional ability investigation in vocational skill competition

2.3. Connotation and dimension of ability training

Ability training refers to the process of enabling individuals to acquire and improve the knowledge, skills, attitudes and values needed to complete a specific task or work through education, training and practice. In the field of vocational education, ability training especially emphasizes both professional skills and comprehensive quality [9]. Professional skills refer to the technical operation ability directly related to the requirements of professional posts, such as

machining and software programming; The comprehensive quality covers communication ability, teamwork ability, innovation ability, self-management ability and many other aspects, which is the key to support the long-term development of individuals in the workplace.

3. Influence mechanism of vocational skill competition on ability training

3.1. Competition to promote professional skills

Vocational skill competition provides a highly specialized skill display and competition platform for students by simulating the real working environment and task requirements. In the process of competition preparation, students need to study and master the theoretical knowledge of related majors in depth, and at the same time strengthen practical operation training to meet the high-level skills required by the competition. This high-intensity learning and training process not only consolidates students' professional foundation, but also promotes the rapid improvement of their professional skills. In addition, competitions usually involve the latest technical standards and equipment use in the industry, which urges students to keep up with the development trend of technology and constantly improve their professional skills.。

3.2. Competition enhances comprehensive quality

Vocational skill competition is not only a contest of skills, but also a comprehensive test of students' comprehensive quality. In the process of competition, students need to have good teamwork ability, solve problems and complete tasks with teammates; At the same time, it is necessary to have excellent communication skills and communicate effectively with referees and spectators. In addition, competitions are often accompanied by great pressure and challenges, which require students to have strong psychological endurance and adaptability. By participating in the competition, students can exercise their comprehensive qualities such as teamwork ability, communication ability, psychological endurance and adaptability, and lay a solid foundation for their future career.

3.3. Competition to stimulate innovative thinking

One of the core characteristics of vocational skills competition is to require the contestants to efficiently complete a series of well-designed tasks or solve specific industry problems within a strictly limited time. This characteristic virtually sets an obstacle that students must overcome, prompting them to jump out of the traditional thinking framework in daily study, dare to explore the unknown and actively seek novel and effective solutions. In such a competitive environment, students are no longer just passive recipients of knowledge, but active users and creators of knowledge. They need to flexibly use the theoretical knowledge and professional skills accumulated during their school days, and closely combine these knowledge with the actual problems in the competition for in-depth thinking and practice. This process not only tests students' mastery of knowledge, but more importantly, it stimulates students' innovative thinking and encourages them to be eclectic, dare to try and be innovative.

The cultivation of innovative thinking is a valuable asset given to students by vocational skills competition. In the fierce competition, students learned how to look at problems from multiple angles, how to use cross-border thinking to integrate knowledge and skills in different fields, and how to stay calm and make decisions quickly under pressure. These abilities are extremely important and scarce qualities in the future workplace. They can not only help students stand out from the competition, win honors and recognition, but also lay a solid foundation for their future career, so that they can be more leisurely and continue to show their strong innovation ability and problem-solving ability in the face of complex and changeable working environment.

Therefore, the vocational skills competition is not only a skill contest, but also a baptism of thinking. By simulating real working scenes, it provides an excellent platform for students to exercise innovative thinking and improve their practical ability, which is of inestimable value for promoting students' all-round development, especially the remarkable improvement of their

innovative ability.

4. Correlation analysis between vocational skill competition and ability training

4.1. Research design

In this paper, the methods of questionnaire survey, interview and case analysis are used to comprehensively and deeply explore the correlation between vocational skill competition and ability training. In terms of sample selection, this section selects students and teachers from several vocational colleges as the survey objects to ensure the diversity and representativeness of the samples. In the process of data collection, the changes of students' ability before and after the competition are collected through questionnaires, and the views of teachers and students on the relationship between competition and ability training are understood through interviews, and typical competition cases are selected for in-depth analysis. In data processing, statistical software is used to sort out and analyze the questionnaire data, and key information is extracted, which provides a basis for subsequent results analysis and discussion.

4.2. Result analysis

Based on the collected data, this study found that there is a significant positive correlation between the participation degree of vocational skills competition and the indicators of students' ability training, as shown in Table 1:

Table 1 The promotion effect of vocational skill competition on students' ability training

Indicator Category	Specific Indicator	Average Score Before Competition	Average Score After Competition	Percentage of Improvement
Professional Skill Level	Technical Proficiency	68.5	85.3	24.5%
	Knowledge Mastery	72.0	89.0	23.6%
Comprehensive Quality	Team Collaboration Ability	65.8	80.2	22.2%
	Communication Skills	70.3	82.7	17.6%
	Psychological Endurance	63.0	76.5	21.1%
Innovative Thinking	Creative Problem-Solving Ability	60.5	78.0	29.3%
	Ability to Propose New Ideas/Methods	58.2	74.8	28.5%
	Practical Innovative Ability	59.7	75.3	26.1%

It can be seen that the students' professional skills, comprehensive quality and innovative thinking have been significantly improved. Among them, the improvement of professional skills is particularly significant, which benefits from the high demand for professional skills in competitions and the intensive training conducted by students for the competition. At the same time, the competition also promotes the enhancement of students' teamwork ability, communication ability and psychological endurance, and the improvement of these comprehensive qualities is very important for students' future career development. In addition, the competition also stimulated students' innovative thinking and creative practical ability, which provided strong support for them to solve complex problems in their future work.

4.3. Discuss

The results of this study confirm the positive role of vocational skill competition in cultivating students' ability. By comparing and analyzing the differences between expectation and reality, this paper finds that the effect of competition on cultivating students' ability even exceeds our expectation. This is because of the high intensity and challenge of the competition itself, which

urges students to devote themselves to study and training, thus realizing the rapid improvement of their ability. At the same time, this paper also notes that there are differences in the performance of different students in the competition, which is related to students' basic ability, learning attitude and preparation strategies. Therefore, in the future practice of vocational education, we should pay more attention to teaching students in accordance with their aptitude and provide personalized guidance and support for different students. In addition, this study also suggests that vocational colleges should strengthen cooperation with enterprises and industries, and jointly hold more targeted and practical vocational skills competitions to better serve the goal of cultivating students' ability.

5. Conclusions

Through empirical analysis, this study makes clear the positive influence of vocational skill competition on the ability training of vocational education students. Specifically, competition activities have significantly improved students' professional skills, enhanced their comprehensive quality, and stimulated innovative thinking. These findings verify the value of competition as an important part of vocational education and its promotion to the all-round development of students' ability.

Based on the research conclusion, this paper suggests that vocational education institutions should strengthen cooperation with enterprises and industries and jointly hold more vocational skills competitions to enhance students' practical ability. At the same time, we should optimize the curriculum, integrate the competition content into daily teaching, and form a normalized skill training mechanism. In addition, we should also strengthen the cultivation of students' comprehensive quality and innovative ability to meet the needs of the future workplace.

Although some achievements have been made in this study, there are still some limitations such as limited sample range and incomplete data collection. Future research can further expand the sample range and adopt more diversified research methods to explore the relationship between vocational skill competition and ability training in depth. At the same time, we can pay attention to the differences in the ability training of students of different majors and the influence of competitions on students' long-term career development.

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