

Research on the Mental Health Status and Coping Styles of Poor College Students

Ying Wang

Institute of Chemical Industry and Machinery, Eastern Liaoning University, Dandong, Liaoning, 118003, China

Keywords: Mental health status, Coping styles, Poor college students

Abstract: Poor college students are currently a special group of college students in my country. With the reform of college student funding policies and the continuous expansion of college enrollment, the phenomenon of poor students and the corresponding mental health problems have become increasingly prominent, and have become a general concern for society and colleges. One of the focal points. The mental health of poor college students directly affects the quality of life and academic progress of poor college students. This article discusses the coping styles of poor college students and other issues, trying to provide reference and basis for the mental health education and mental health care of college poor college students.

1. Introduction

Higher education has achieved long-term development in our country, especially in the context of the gradual expansion of college enrollment. Under such circumstances, the number of impoverished college students in colleges and universities has also increased significantly. The society and colleges and universities need to provide adequate support for these special groups. Attention, so as to ensure that college students successfully complete their studies and have a place in society. Therefore, we must pay attention to the mental health of poor students in colleges and universities, conduct appropriate investigations, and find effective methods. Only in this way can mental health education become more targeted, and it is also of important significance for the growth of poor students.

Poor students are a special group on college campuses. They are living in an embarrassing life in the bustling city. Although the Ministry of Education and various colleges and universities have formulated a relatively complete subsidy system for poor college students, it provides a certain economic guarantee for poor students to complete their studies. But while solving their economic crisis, they are also facing a crisis of mental health. Poverty can not only become a driving force for progress, but also a psychological burden for many poor students, and even various psychological problems may arise. This research aims to investigate the mental health of poor students and explore their psychological characteristics, so as to provide a basis for effectively implementing mental health education for poor students and improving their mental health.

2. Definition of Poor College Students

The definition of poor college students has always been a relatively vague and controversial issue. According to the definition of the China Foundation for Poverty Alleviation, the group of students whose basic living expenses cannot meet the minimum food standard where the school is located, cannot pay tuition fees and purchase necessary school supplies, and do not have financial security in their daily lives, are called "poor college students". There are also obvious differences in poverty lines across regions. Generally speaking, the poverty line is basically based on living expenses and the poverty line of local urban residents. The poverty standards of schools in the interior and the west are lower than those in coastal schools, and the poverty line in medium-sized cities is lower than that in provincial capitals.

3. Characteristics of the Mental Health of Poor College Students

Outstanding inferiority complex. The most obvious characteristic of impoverished college students is their inferiority complex. For them, many come from remote and poor areas, without a better family background, which will make them feel that the information they receive is between the students in the city. There is a big difference, it is easy to feel inferior, and then produce inferiority complex. At present, there is a large gap between the rich and the poor in colleges and universities, and the polarization is more serious. This will give them a psychology of comparison, and financial constraints make their inferiority complex more obvious, and they often appear dissatisfied with themselves or taciturn Status.

Excessive self-esteem. For any person, self-esteem must be a good thing, but if there is too much self-esteem, it will cause psychological obstacles. Psychological contradictions often exist between inferiority complex and self-esteem. If there is a strong sense of self-esteem, it will inevitably lead to excessive inferiority complex. Poor college students are often competitive, unwilling to be left behind, and will show stronger emotions in whether they can be respected by others. A very ordinary sentence will put them under greater pressure, and this manifestation is that they have a strong sense of self-esteem.

Depression, loneliness, self-isolation. For impoverished college students, they do not have strong psychological qualities, and they cannot look directly at the difficulties and pressures that arise. In most cases, they will adopt an evasive attitude, which can only lead to more and more self-enclosed , Unable to communicate normally with others, leaving oneself in an extremely depressed mood. In the survey, a poor college student in a college said that they took the hard-earned money of their parents, and only by mixing up with people can they have a face, which will lead to excessive pressure on them. When the students in the same bedroom or class are all out for an outing, I can only think about where my breakfast will be tomorrow. These are all obvious psychological gaps, which can easily lead to depression, loneliness, and self-enclosed emotions.

4. Research on the Relationship between Coping Style and Mental Health

Many studies have shown that the choice of coping style is significantly related to the individual's mental health. Lazarus has related research as early as the 1960s, and problem-oriented coping is related to mental health. Most of the early studies abroad took adults or college students as subjects. There were many and wide-ranging studies. There were also extensive and in-depth discussions on the relationship between college students' coping styles and their physical, mental health, and personality characteristics. However, due to the different social conditions in various countries, There are not many studies related to poor students. Domestic research started late, but related research also shows the relationship between coping styles and individual physical and mental health. Zhang Yuxin investigated the relationship between coping adaptability and physical and mental health of college students, and found that the general non-adaptability of coping styles is positively correlated with symptoms such as depression and terror. Chen Shulin and other investigations also found that: coping styles play an important role in the production of depression, positive coping styles will flush out the production of depression, and negative coping styles will promote the production of depression. Jiang Ganjin and others believe that negative coping is related to mental health. Liu Yuxin's research shows that planning actions, active restraint, etc. are significantly negatively correlated with compulsion, while emotional catharsis is significantly positively correlated with compulsion. Although Li Yanhong, Yang Dehua, Dong Yun and others have studied the mental health and coping styles of different groups from different angles, they are not specific and in-depth. Relatively speaking, there are few domestic researches on the coping style and mental health of impoverished college students. This study will conduct in-depth analysis and discussion on these two aspects.

5. Analysis of the Reasons for the Psychological Problems of Poor College Students

Family reasons. The most important reason for poor college students' mental health problems is their family financial difficulties. At the junior high school stage, they will not feel a significant difference. Once they enter the university, this economic difference will make them feel the world. Difference. College students with good family finances wear famous brands and go to restaurants every day, but college students with financial difficulties have to worry about tuition and living expenses, which will cause extreme inferiority. For impoverished college students, they will be given full hope by their families, and all the sustenance will be placed on them. They bear a heavy sense of family mission, which makes them easy to develop mental illness.

The impact of the university campus environment is mostly from rural poor university students once they come to a prosperous city, their living and learning environment are undergoing earth-shaking changes, which will make them extremely uncomfortable. There is a big difference between the cultural environment and the middle school campus. The club activities are more abundant and there are more opportunities for exercise and performance. However, it is difficult for impoverished college students to find a place for survival in these activities, and they will feel left out. Poor college students do not have more social life. Relatively speaking, they have fewer opportunities to contact the society. Once they come to colleges and universities, they will be more modernized and civilized. Poor college students will be troubled by their speech, behavior and living habits. The way will become more out of place in the city, and unhealthy psychology will appear.

The impact of poor college students' personal qualities In middle schools, only grades are considered for a person, but universities are more concerned with a person's comprehensive quality. Only with a strong comprehensive quality can they have better opportunities for expression. However, poor college students often If you don't have it, you will be affected by your own personality and lead to mental health problems. For poor college students, more often they will study hard, work hard, and be able to keep making progress. These are good personality qualities, but sometimes, although they work very hard and have achieved good results, they feel that Being ashamed and unwilling to let others know your achievements, and then having a strong resistance to some assistance, these will affect the growth of mental health.

6. Research on the Coping Styles of Poor College Students' Mental Health Status

Build a good social environment and cultural atmosphere. For poor students, psychological inferiority and depression are likely to bring about learning, living, interpersonal communication and other problems. Therefore, the school should vigorously advocate an equal and caring civilized environment, build a good class and school spirit, so that students can live in a good atmosphere of optimism, progress, study, and talent cultivation, and minimize the money and benefits in the society. Negative impact. Moreover, for impoverished college students, living in poverty for a long time will cause some changes in their lifestyles and values. The negative emotions will have a greater impact, and their thinking will be restricted and unable to extricate themselves. The wrong way of education by parents will distort the psychological and personality development of the child, leading to a negative psychological shadow in the future. In this way, it is necessary to build a good social environment and cultural atmosphere, solve the worries of poor college students, and also help them solve their urgent needs. The extent and scope of subsidies for poor students also need to be further expanded, and the results of donations must also be fair, just and open, and qualified college students are encouraged to start their own businesses and resolve family pressure.

Pay attention to the publicity and education of good family ethos and school ethos. Good family ethos and school ethos are of great help to the mental health of poor college students. According to surveys, many poor students are reluctant to mention their parents to others. All are caused by unhealthy psychology. In schools, if they are blamed by teachers, they are more willing to lie and make up some lies to confuse them. These are all caused by social customs. It is necessary to spread a good atmosphere, which can create a good social atmosphere and solve the mental health problems of poor college students.

Give full play to the role of class committees, student unions, and student associations. Poor

college students have psychological problems, many of which cannot be solved by psychological counseling. In this context, the role of class committees, student unions, and society can be brought into full play so that they can treat students Guide, this will play a “bridge” role, responsible for the communication tasks between teachers and students. This will not only establish a harmonious teacher-student relationship, but also enable poor college students to establish broader interpersonal relationships, thereby building confidence and relieving mental health problems. As a special group in the university, the psychological problems of poor college students will be more obvious. Only by solving their mental health problems can we better deal with the mental health problems of all college students. Through continuous exploration in practice, the country, society, colleges and universities, and families all assume corresponding responsibilities, and can further pay attention to the mental health of poor college students, so that they can live carefree and grow up healthily.

Establish a sound funding system. To help poor college students get rid of psychological pressure, financial aid is essential. This is the prerequisite and basis for solving the psychological problems of poor students. Therefore, when facing poor students, the government, universities, and society should start from their actual situation, pay extensive attention to their situation and earnestly research, improve the funding system, and provide them with fundamental material for their study and life. Guaranteed. Such as increasing the amount of scholarships, broadening the channels of work-study assistance, etc.

Improve the psychological quality of poor students. Heart disease also requires heart medicine. In order to solve the psychological problems of poor students, the most fundamental thing is to continuously strengthen mental health education and comprehensively improve the psychological quality of poor students. A perfect psychological consultation mechanism is of far-reaching significance for solving the psychological problems of impoverished college students. Establish and improve the mental health education and counseling system, raise the awareness of the importance of mental health education for poor students, provide correct psychological guidance to poor students, and help poor college students overcome psychological barriers to achieve physical and mental health. A considerable part of the negative psychology of poor universities is caused by cognitive dissonance. We must clarify some misunderstandings through patient and meticulous ideological education. Poverty is not their fault, and poverty does not determine a person's ability. Educate poor college students to establish a sense of self-esteem, self-reliance, self-confidence, and self-reliance, and overcome inferiority. Face poverty, keep striving for self-improvement, and get the best development through your own efforts

7. Conclusion

It is suggested that colleges and universities should first strengthen mental health education and psychological counseling for poor students. Through the establishment of mental health education elective courses and mental health lectures, it helps poor students to understand their own psychological characteristics, master positive coping styles, be good at self-regulation, and continuously improve their tolerance for difficulties and setbacks, and enhance their mental health. In addition, colleges and universities should also pay attention to creating a collective atmosphere of unity and interaction, so that poor students feel the collective warmth, feel the care and help of teachers and classmates, and make good use of good social support systems when facing difficulties, and choose positive solution.

References

- [1] Wang Juan. Psychological health problems of college students and the role of counselors in education. *Journal of Shaanxi Youth Vocational College*, vol. 6, no. 20, pp.121-122, 2016.
- [2] Wang Yanxia, Wang Lina. Attach great importance to the mental health education of college students. *Higher Vocational Education of Land and Resources*, vol. 2, no. 7, pp. 175-176, 2019.
- [3] Shi Min. Mental health of college students. *Chinese School Doctor*, vol. 156, no. 40, pp. 159-

161, 2018.

[4] Xiao Heshui. On the main mental health problems and coping strategies of college students. Gansu Forestry Higher Vocational Education, vol. 3, no. 25, pp.68-69, 2014.

[5] Zhang Yanpeng. Review of Mental Health Research. Economic Research Guide, vol. 7, no. 17, pp.34-35, 2015.