

## Research on the Adaptability of Nursing Freshmen in Higher Vocational Colleges and Countermeasures

Huidang Xu <sup>1, a</sup>, Duanrong Wu <sup>2, b</sup>, Hongning Pan <sup>1, c</sup>, and Youfeng Xu <sup>1, d</sup>

<sup>1</sup> Jiangsu Medical Vocational College, 224005

<sup>2</sup> Yancheng First People's Hospital, 224005

<sup>a</sup>xiao.dang2007@163.com; <sup>b</sup>147426536@qq.com, <sup>c</sup>hongningpan@aliyun.com; <sup>d</sup>2323402386@qq.com

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**Abstract:** This article, through the self-made "new students to adapt to the situation questionnaire", in medical vocational college of Jiangsu province level 2017 nursing freshmen adapt to the situation, a total of recycling effective questionnaire 558, questionnaire results show that the main nursing higher vocational freshmen adaptation issues is learning, life and interpersonal communication, the paper analyses the existing problems and puts forward some solutions.

### 1. Introduction

In this paper, a total of 558 valid questionnaires were collected through the survey on the orientation of freshmen in nursing major of Jiangsu medical vocational college in 2017, and the survey was intended to understand the orientation of freshmen in this major and provide a scientific basis for the school to carry out targeted orientation education and teaching management.

### 2. Research Object

This survey was conducted four months after the freshmen were enrolled. 558 valid questionnaires were collected from nursing students of Jiangsu medical vocational college in 2017, including 14 male students and 544 female students.

### 3. Research Methods

This study through the self-made "new students to adapt to the situation questionnaire", undertake to the student questionnaire star system network questionnaire survey, through statistical analysis of questionnaire results classified statistics and cross, understand students to adapt to the situation after a semester, can not adapt to the problems and reasons, and gives some solutions.

### 4. Survey Results

359 people (64.3%) did not encounter problems in "did you encounter problems that could not be adapted to", and 199 people (35.7%) did. Encountered in encounter problems among students, the number of "learning problems" for 153 people, compared with 76.88%, with the number of "life" for the 119 people, compared with 59.8%, with the number of "interpersonal relationship" of 60 people, the proportion is 30.15%, with the number of "economic problems" is 36, compared with 18.09%, meet the number of "love" for 12 people, 6.03%. The results show that more than one third of the students encounter problems, and the problems of students who encounter problems mainly focus on three aspects: study problems, life problems and interpersonal problems.

In the question of "learning problems you have encountered", 113 people chose "lack of reasonable learning methods", accounting for 73.86%, 71 people chose "not strong learning atmosphere", accounting for 46.41%, 58 people chose "unable to keep up with the course progress", accounting for 37.91%, and 41 people chose "lack of learning interest", accounting for 46.8%.

In the question of "life problems you have encountered", 91 people choose "unaccustomed to eating in school canteen", accounting for 76.47%, 67 people choose "inconvenient living conditions in school", accounting for 56.3%, and 55 people choose "homesick, unable to adapt to collective life", accounting for 46.21%.

In the question of "interpersonal problems you have encountered", 31 students choose "not getting along well with classmates and different roommates", accounting for 51.66%, 13 students choose "having difficulty getting along with classmates of the opposite sex", accounting for 21.67%, and 12 students choose "having difficulty communicating with parents", accounting for 20%.

In the question "what is the most important reason for these maladaptive problems?", 59 people answered the question, including 32 people who were attributed to "personal character and adaptability", mainly including introverted personality, poor communication skills, low self-esteem, and poor mentality adjustment. The reason was attributed to "living environment maladjustment" of 10 people, including eating habits, dormitory environment maladjustment, etc. There were 17 people who had "problems in learning", mainly including not mastering learning methods, insufficient independent learning ability and lack of interest in courses.

## **5. Cause Analysis and Suggestions**

### **5.1. Cause Analysis.**

According to the analysis of the above survey results, the existing problems of freshmen mainly lay stress on problems of learning methods, interpersonal communication and living environment that cannot be adapted to. However, from another perspective, psychological problems are also one of the root causes of freshmen's problems. For these aspects:

### **5.2. Learning Problems.**

First of all, after entering the new campus, HVC freshmen are not adapted to the new learning content and way. There is a big difference between vocational learning and high school learning. Many students develop the habit of passive learning in high school. In addition to teachers' knowledge, university teaching requires students to have strong self-learning ability and innovation ability, and emphasizes students' exploration and innovation by themselves. Students need to learn outside the classroom and digest a lot of cutting-edge professional information, which makes it difficult for students who are used to passive learning to adapt to the pace of university learning and keep up with the course progress. Secondly, some students lack motivation and goals to study, which leads to a sense of emptiness, which also leads to their lack of interest in the course and learning lag behind. As a result, many freshmen have difficulty in adapting to learning, resulting in low learning efficiency and lack of interest in courses.

### **5.3. Life Problems.**

After freshmen enter the university from high school, the living environment, lifestyle and living habits have all undergone great changes. First of all, due to the majority of female nursing students, some students left home to go to school in a different place for the first time, feeling homesick and unable to adapt to school life in a strange environment; Secondly, there are great differences in diet between different places. Some students like sweet food and some like spicy food. However, the university cannot take into account the taste of every student. In addition, after entering the university, students have a lot of free time to arrange their own study and life, but many students can't arrange their free time reasonably and effectively, so they tend to spend their precious college time in boredom. There are also some students because of excessive dependence on their parents, into the university independent life needs to solve a lot of life problems such as washing clothes, cleaning the dormitory and so on, so feel not suitable for collective life.

### **5.4. Interpersonal Problems.**

The results of the questionnaire show that most students think their interpersonal problems are due to their personality. For example, some students are isolated and introverted. Facing the new

environment, they tend to be apathetic and self-closed. Some students are born in rural areas, have poor family conditions or overestimate their ability, feel inferior, and are reluctant to communicate with others. Some students tend to ignore others and like to show their face in communication due to their high self-understanding, prosperous life experience or excessively spoiled family education, resulting in poor interpersonal relationship and so on.

### **5.5. Psychological Problems.**

In his monograph "psychological health and education of college students" published in 2004, professor Huang Xiting of southwest normal university argued that the main causes of students' psychological problems were their inability to adapt to the environment, their maladjustment in self-development and the obstacles in interpersonal relationships. From the survey, we found that low self-esteem, introversion, emotional, shy, suspicious, lonely and other bad psychological quality will cause new cognitive decline and adaptive problems[1]. From the survey, we found that low self-esteem, introversion, emotional, shy, suspicious, lonely and other bad psychological quality will cause new cognitive decline and adaptive problems. Now the only child is more, plus long-term exam-oriented education and neglect of quality education, make their psychological ability to decline, encounter emergency situation can not immediately adjust mentality, so it is difficult to achieve psychological balance and behavior on the adaptation.

## **6. Suggestion**

Attach great importance to freshmen's entrance education and strengthen their entrance guidance; Entrance education is the first lesson for new students after they enter the university. It is especially important to help them adapt to college life in the shortest time, the best way and the best effect[2]. First, grasp the characteristics of higher vocational education, teach students to learn, guide new students to master learning methods; Secondly, choose young counselors, whose age, knowledge background and life experience are similar to those of higher vocational school students, making it easier for them to get into students. In addition, it is necessary to select excellent class cadres, exert the positive effect of role models, guide freshmen with conformity psychology, and cultivate good study style of freshmen in higher vocational colleges. In addition, 90.12% of the students choose "employment status and major related information" in our questionnaire. Therefore, it is necessary to develop career planning courses to help freshmen set career goals, cultivate professional qualities, and formulate action plans, so that freshmen can have a specific understanding and plan of their future career. Finally, college life is mainly conducted in a group. In terms of interpersonal communication, students should be taught to listen more, complain less, communicate more and avoid suspicion when interacting with students with different personalities and characteristics. In particular, there are more female students majoring in nursing. Female students are sensitive and sensitive. Only by mutual tolerance and mutual trust can students establish good interpersonal relationship and better adapt themselves to college life.

Pay attention to psychological education; When new students first enter the school, it is easy for them to resist and not adapt to the new environment of the new school[3].

First, partly due to take an examination in higher vocational colleges and students, to guide the student to accept is facing reality, guides the student to set up correct view of the future, the correct understanding of the current situation, the education students to plan their future college life, causes the student to accept the fact of existence, it has effective function to solve psychological problems freshmen. Second, rich in psychological knowledge lecture and expanding activities, teach health and scientific psychological common sense and knowledge, teach students self adjusting method, teach students correct self-understanding, positive self-talk and encourage, improve self assessment, eliminate the adverse psychological, to make them more quickly into the new classmates and new environment.

Create a good campus cultural environment and guide students to develop comprehensively; Improving the interpersonal environment of HVC freshmen will greatly improve their adaptability<sup>4</sup>. College clubs are based on common interests and hobbies. It is an important part of

the cultural life of a university for students to join associations. Students volunteer to form a mass organization with specific members and activities to participate in activities they are interested in, enhance self-confidence and find a sense of identity. Participate in healthy and beneficial extracurricular activities, can arrange their own various life activities, participate in social practice, literary and artistic creation, scientific and technological innovation, a variety of competitions and other developmental activities, from which to expand quality, enhance self-confidence, reduce the sense of frustration caused by low self-esteem, so as to help students to integrate into college life as soon as possible.

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