

Study on the Psychological Needs and Psychological Assistance Mechanism of College Students from Families with Financial Difficulties

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Abstract

This study conducted interviews with 42 undergraduates with financial difficulties in colleges and universities, and analyzed the interview texts. It is concluded that the current psychological needs of financially difficult students are mainly self-improvement needs, interpersonal communication needs and family emotional needs, while poor students are trapped in Psychological dilemma is because one or more of the above needs cannot be met at the same time. In addition, another possible reason for the psychological dilemma is high family expectations and insufficient support. Based on the above needs and reasons, the research puts forward psychological assistance countermeasures and suggestions for these four needs.

Keywords

Family financial difficulties; Psychological needs; Psychological assistance.

1. Introduction

As the cradle of talent training, college education has its deep connotations—developmental, practical, full-featured, full-process, and all-round [1]. However, under the condition of emphasizing material support and neglecting emotional support [1] [2] Many students from families with financial difficulties do not receive effective support other than food and clothing. Due to economic pressure and problems caused by economic pressure, the psychological pressure on students with financial difficulties is also much greater than that of ordinary college students, so they are more likely to produce Psychological problems [3]. Compared with non-financially difficult college students, students with financial difficulties at home are more sensitive and fragile, have worse emotional stability, are more prone to anxiety and depression, have more negative perceptions, and have more passive coping styles for stress [4]. This requires colleges and universities to have a more in-depth and specific understanding of the psychological needs of students, and formulate education measures that are more in line with the development of students according to their needs. This research takes the psychological needs of students as the fulcrum, and through interviews with 42 undergraduates in financial difficulties in colleges and universities, strives to further understand the psychological needs of the current undergraduates and the reasons for the psychological dilemma, so as to provide more practical information for the funding and education of colleges and universities. And thus put forward corresponding psychological assistance suggestions.

2. Psychological Needs of College Students with Financial Difficulties

2.1. Self-improvement Needs

The self-improvement needs of students with financial difficulties mainly include hobbies, skills and expertise, advanced professional studies, self-expression and external image. In terms of professional learning, financial difficulties are the biggest constraints for them to participate in

certificate training, improve their foreign language skills, and further their studies. In addition to learning, they should expand their hobbies and skills, take the initiative to show themselves, and improve their external image. The main needs of self-improvement and whether the needs of self-improvement can be met will affect their psychological conditions to varying degrees.

2.2. Interpersonal Communication Needs

In terms of interpersonal communication, there are three main requirements that affect their psychological status: one is collective integration, whether they can smoothly integrate into the surrounding group will affect their psychological status; the other is to break through the psychological barriers in interacting with people, such as when a habit appears. Changes that are so passive that they dare to take the initiative to communicate with others will have a positive impact on their psychology. Interviewee A01 mentioned, "Because I am actually not used to actively communicating with others, but it was slow afterwards. Slowly discovered that, actively communicating with others can bring a lot of benefits, including that I did this later, and now I feel pretty good." The third is to make up for the shortcomings of poor speech. Due to lack of exercise and other reasons, students with financial difficulties are often poor speeches and do not know how to express themselves when interacting with others. Therefore, many people hope to make up for their own shortcomings in expression. Being weak in speech and improving expression skills is also a factor that affects their psychological status in interpersonal communication.

2.3. Family Emotional Needs

In terms of family emotional needs, the first is the relationship between parents, whether they quarrel frequently and the intensity of the quarrel will affect the psychological condition of students with financial difficulties to a certain extent. For example, when the parents quarrel frequently and the family atmosphere is very depressing, female students often. There will be feelings of sadness, feelings of helplessness that want to mediate but don't know how to mediate; the second is parent-child communication, whether they often communicate with their parents, and whether the parents understand their learning and living conditions, which will affect the mentality of financial difficulties and learning to a certain extent situation.

3. Reasons for the Psychological Dilemma of College Students with Financial Difficulties

3.1. The Needs for Self-Improvement and Collective Integration Are Not Met

When the self-improvement needs are not met, it is easy to cause financially difficult students to have low self-affirmation, depression and other psychological problems. As the interviewee A07 mentioned, "Because it is also in rural areas, there is no such thing as other aspects of developing you. This means that you have a specialty, and when you get older and older, you will enter more other lives around you. I will feel that I don't have any special specialty." In the process of interpersonal communication, when the collective integration needs cannot be met, it is also easy to cause financially difficult students to fall into psychological dilemma, resulting in inferiority, self-enclosure, sensitivity and other psychological problems. For example, respondent A02 said, "It's just a feeling, they think I'm too closed, and they think I'm quite stupid, because I don't really know some things, and I don't know. This feeling of isolation, I don't know why."

3.2. Unsupported Family Emotional Needs

In terms of family emotional needs, the parental relationship is not harmonious, that is, the frequency of quarrels is high, and the intensity is more likely to cause psychological problems for students with financial difficulties, causing them to fall into the predicament of inferiority

and depression. Respondent B01 said, "You see, because my parents have a bad relationship with my mom, the usual family atmosphere is more depressing, so this child will not talk, and talk less"; A08 student mentioned that parents quarreled High frequency, I once made myself feel inferior. "That would be quite inferior. I just want to run away from home. Run quickly. I want to leave them." At the same time, compared with male respondents, female respondents are more likely to be affected by parental relationships and are more likely to have psychological problems due to this.

3.3. Family Expectations Are High But Lack of Support

When family expectations are high and effective support is insufficient, it is also easy to cause financial difficulties students to have psychological problems, mainly due to excessive stress and anxiety, such as excessive study pressure and employment pressure. On the one hand, the pressure of study will encourage students with financial difficulties to be more diligent and motivated, but they may also fall into psychological distress due to excessive pressure. For example, respondent A23 said, "My mother has asked me many times what I will do in the future anyway? I don't know, and then I heard them say that this major is not easy to find a job in the future. Sometimes I get very anxious and I don't know what to do in the future. I always focus on studying in the first half of the semester, maybe At that time, I only had to study, and then when it came time to take the exam, I would be very stressed, very nervous, and very collapsed." Respondent A13 also said that when looking for a job, he is more anxious than others. "Some classmates may have better financial conditions at home, and then he will think about going to the postgraduate or public examination wholeheartedly, or to apply for the public examination. But I won't, I must think about it, I must think about finding a job as a guarantee, and my family actually hopes that I will work as soon as possible, and then reduce the pressure at home, and then I will also face this aspect. Consider. It is obvious that I will be much more anxious than other classmates."

4. Countermeasures for Psychological Assistance to College Students with Financial Difficulties

4.1. Establish A More Complete Psychological Assistance Mechanism

Colleges and universities should put prevention first and give more psychological help to students in financial difficulties. For students with financial difficulties entering the university, they should first be given psychological education and positive psychological guidance; secondly, they should have a thorough understanding of the difficulties and inner needs of students with financial difficulties in their families in life or study, and help them relieve their mental and psychological needs. Pressure, on the one hand, enhances the communication between teachers and students between financially disadvantaged students, counselors, and class teachers. On the other hand, it can also be provided by senior students, such as class assistants, to give them certain psychological counseling to encourage lower-grade students. When psychological problems arise, seek help from teachers or senior students in a timely manner; finally, the school should further strengthen the construction of psychological counseling teams and promote the professionalization and scientificization of psychological counseling. Establish and improve a three-level psychological assistance system for school psychological counselors, college psychological counselors, and class psychological committees, and gradually build a psychological crisis intervention mechanism suitable for colleges and universities.

4.2. Broaden the Abilities of Poor Students and the Channels for Interpersonal Communication

Due to the restriction of economic factors, the needs of students with financial difficulties in their families to cultivate hobbies and improve their overall quality are often difficult to meet. Therefore, colleges and universities can increase students' income sources by providing them with work-study positions, alleviate their economic pressure, and provide economic support for them to cultivate interest and hobbies and improve their professional capabilities. On the other hand, colleges and universities can provide support for Courses for students with financial difficulties will open free training programs to all students with financial difficulties, promote their comprehensive development, and achieve the function of compensatory education to improve the overall quality of poor students. On the other hand, colleges and universities should create a harmonious atmosphere of teachers and students and a good atmosphere of classmates. More attention should be paid to students' interpersonal communication status. Peer-to-peer communication is easier for students in difficulty to accept, thereby gaining a sense of acceptance and belonging. Impoverished students are encouraged to take the initiative to show themselves, and put aside their inner unconfidence and dare not to take the initiative to interact with others. The shackles of communication, bravely seek out like-minded friends, can also guide the class group and dormitory group to carry out more group activities, promote exchanges between students, explore each other's strengths, and help poor students better integrate into the group and establish Own social circle.

4.3. Establish A Smooth Communication Bridge Between Home and School

The growth environment of the native family will have a certain impact on the psychological condition of the financially difficult college students. Compared with other college students, they tend to bear higher family expectations and have lower external support. However, due to family education methods and parents' educational level, students with financial difficulties often communicate less with their parents. Therefore, colleges and universities can appropriately strengthen the connection with the parents of students with financial difficulties and help their parents learn more about it. Thoughts from the heart, enhance their communication with each other. At the same time, encourage students to inform their parents of their inner thoughts, take the initiative to increase communication with their parents, maintain the bond between home and school, and promote mutual understanding between themselves and their parents.

4.4. Build A Diversified Employment Platform

Compared with non-financially difficult students, the employment resources that financially disadvantaged families can provide are very limited [5], and the employment pressure on the face can easily cause anxiety, impatient and other psychological problems. Therefore, colleges and universities should make up as much as possible the gap in employment resources for students with financial difficulties, build a more diversified job search and employment platform, accurately meet the employment needs of students with financial difficulties, and provide them with more high-quality employment resources; at the same time, provide Facing the financial difficulties of graduation, more employment psychological assistance is provided to help them alleviate the pressure of job hunting, eliminate negative emotions, and face and solve the problems that arise with a more peaceful mind.

Acknowledgments

Fund Project: 2020 South China Agricultural University "College Students' Innovation and Entrepreneurship Training Program" Project: Tracking Research on the Effect of Compensation

Education for Psychological Poverty Alleviation in Universities Based on "Zhu Ming Program" (202010564017).

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