

Research on psychological assistance for poor college students

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Abstract: Due to the influence of external factors such as family environment and competitive pressure and internal factors such as personal physiology and cognitive ability, poor students are prone to psychological problems such as inferiority complex, paranoia, jealousy, guilt and depression. Therefore, it is important to carry out psychological assistance to poor students and establish accurate assistance for poverty files.

1. Introduction

Poor college students belong to social vulnerable groups. Compared with other peers, they need to bear the economic burden that is completely incompatible with their age, which affects their physical and mental development and the completion of normal studies. Although the Ministry of education has set up a national student financial aid management center, and requires the establishment of a financial aid policy system in ordinary colleges and universities in the form of national awards and grants, national student loans, tuition compensation loans, work study, on campus awards and grants, difficulties subsidies, food subsidies, tuition reduction and exemption, etc; At the same time, local governments and colleges and universities have cooperated with local enterprises and individuals to establish many local scholarship systems, which further widened the sources and channels of aid funds for poor students, and solved the economic burden of poor students in Colleges and universities to a certain extent, but they are facing more severe psychological problems of poor students in Colleges and universities.

2. Specific manifestations of psychological problems of poor college students

Poor college students often show inferiority in their own value and interpersonal communication because of poverty, hold a self-negative attitude, and are unwilling to try to challenge themselves, so it is difficult to make progress and promotion. In interpersonal communication, they are also very low self-esteem and timid, and even have serious psychological problems. Because sensitivity will alienate students with superior family conditions, but instinctively compare with them in lifestyle, consumption level and interpersonal communication, it is easy to have a high sense of imbalance.

It is normal for poor college students to have anxiety. They not only worry about the economic pressure on their study and life, but also worry about the living conditions of their families. They think that the huge cost of reading and learning has caused a great burden to their families. They are eager to get rid of poverty and improve their family situation, but they are anxious because they are unable to help their families at this stage because of their limited ability or lack of experience. If you are not ideal academically at this time, the mood of anxiety and guilt will be infinitely amplified.

Poor college students may feel depressed and speechless because of economic problems. The difficulties in life make them have a high sense of frustration, strong sense of helplessness and extreme insecurity, lack the courage and determination to face the difficulties, lose their expectations for life, deal with life and study negatively, and maintain a depressed state for a long time, which will have a negative impact on their body and mind.

3. Factors affecting the psychological problems of poor college students

There are many factors affecting the psychological problems of poor college students. It can be summarized into two aspects - external factors such as family environment, competitive pressure and external support, and internal factors such as personal physiology and cognitive ability.

Family environment. Due to the economic poverty of their families, poor college students still have psychological pressure, although they have a variety of subsidy policy systems such as national awards and grants, national student loans and so on.

Competitive pressure. Poor students may have sensitive and suspicious psychological problems, and their sense of trust in interpersonal relationships is relatively low. Under the influence of external competitive pressure, their psychological problems become more and more serious.

Outside support. Due to psychological and other reasons, poor students have weak social ability and are difficult to get the support of the external environment.

Personal physiology. Due to the influence of heredity and various environments, there are differences in individual cognition, emotion, will, character and ability, which is also one aspect of psychological problems.

Cognitive ability. Most poor college students pay too much attention to their own economic situation, fear that others despise themselves because of their family situation, and ignore the shaping of self-sound personality and the pursuit of correct outlook on life and values while living in material poverty.

4. Countermeasures of psychological problems related to poor students

Establish psychological archives of poor students. Comprehensively and accurately grasp all aspects of the situation of poor college students, carry out a general survey of Freshmen's mental health, establish psychological files of poor students, pay attention to their dynamics, study their psychology, analyze their characteristics and grasp their needs, so as to capture their abnormal behavior and abnormal emotions.

Establish a regular interview system for poor students. Talk with poor students regularly, timely understand their ideological dynamics and psychological changes, timely track and pay attention to high-risk individuals with psychological crisis tendency and in a state of psychological crisis, and intervene timely and effectively, and go to the psychological counseling room for the record.

Improve the school psychological counseling mechanism. The school's psychological counseling room can optimize the layout of the environment, update and improve the equipment of the psychological counseling room, and improve the system of the psychological counseling room. Enhance the professionalism of psychological counselors, connect the files established by poor students with the psychological counseling room, and conduct regular follow-up and return visits.

Carry out active mental health education to improve the mental toughness of poor students. Colleges and universities should earnestly strengthen the leadership of College Students' mental health education, attach great importance to mental health education, and carry out targeted and systematic mental health education according to the psychological characteristics of poor students. Develop various potentials positively, cultivate positive psychological quality, and enhance psychological immunity and resistance to unhealthy psychology. The mental health education center publicizes the content of "psychological resilience" through lectures, videos and books, and teaches methods and skills to improve personal psychological resilience in a high-risk environment; Create opportunities for students to participate in meaningful activities and enhance their sense of self-worth; Cultivate poor students' positive attitude towards life and regard challenges as the adjustment of life; Discover the advantages of poor students and encourage them to tap their potential. Encourage poor students to strengthen emotional communication among their classmates, consciously cultivate and improve their psychological resilience; Take part in rich and colorful practical activities to exercise their interpersonal skills and social adaptability; Conduct deep analysis and Reflection on yourself, greatly improve psychological immunity and resistance, and enrich and develop the best state of life.

Carry out group psychological counseling. Group psychological counseling is an important form of mental health education. Through various forms, build a college mental health education team with full-time and part-time combination, professional complementarity, relative stability and high quality, and constantly improve their theoretical level, professional knowledge and skills necessary for mental health education. Using group psychological counseling to help poor students can not only provide them with psychological support immediately, but also is a very effective publicity and education activity. It can provide a place for students to face poverty directly and help poor students relieve their bad emotions; It can make poor students and non poor students communicate, understand and learn from each other, and create a harmonious, warm and mutually beneficial interpersonal relationship for the healthy growth of poor students; A bridge can be built between the mental health education center and poor students to guide those poor students with mental overload to put down their concerns, open themselves and bravely enter the psychological counseling room. The psychological counseling room shall formulate group counseling plans in combination with the characteristics of different grades every semester, carry out group psychological counseling to poor students, expand the scope of mental health education and improve the efficiency of psychological services.

5. Conclusions

From the perspective of cultivating socialist builders and successors, colleges and universities should pay attention to the ideological and political education of poor college students, and carefully analyze their value orientation, mode of thinking and psychological personality characteristics, as well as various different behaviors brought about by them. Carry out self-reliance education for students through ideological and political theory courses, mental health courses, special lectures, thematic class meetings, individual exchanges and other forms. We should change the ideas of poor students, overcome the mentality of dependence and the idea of getting something for nothing, and encourage poor students to actively go to society, actively participate in work study activities, participate in practice, start their own business, use their own knowledge and ability, and take the road of self-reliance. Select the representatives of outstanding poor students who have lofty ideals, study hard, aspire to become talents, have good grades, noble morality, optimistic life and are willing to help others, actively guide poor students to correctly understand their family difficulties through typical examples, and encourage poor students to establish the courage to overcome difficulties and confidence in the future; Educate them to correctly treat all kinds of subsidies from the state, society and schools, reduce dependence, establish their self-improvement consciousness, turn the care of the state, society and schools into a driving force for learning, and serve the society with excellent achievements; Encourage them to actively participate in various social practice activities, eliminate unnecessary concerns and incorrect ideas, bravely accept the challenges of life, strive to become talents in adversity, and cultivate their consciousness and sense of responsibility to work hard, serve the society and repay the society.

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