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An Analysis on Mental Health Education of College Students with Financial Difficulties

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Abstract With the enrollment expansion of college and continuous reform of college education system and college charging system, the number of college students with financial difficulties is increasing. The college students with family financial difficulties not only bear the huge economic burden, but also bear the huge pressure of learning and mental stress, and they have many kinds of psychological problems including psychological distress of tension and anxiety, psychological conflict of self-respect and self-abasement, conflict of desire for interpersonal interaction and self-containment and strong vanity and dependence mentality. This paper puts forward the corresponding recommendations to solve these problems.

Key words College, Students with financial difficulties, Psychological problems, Mental health education

1 Introduction

The enrollment expansion of college reflects the education and especially the deeply-rooted concept of higher education. The enrollment expansion means the surge in the total number of students in school and also means that the number of poor students in school continues to expand. In *Guiding Opinions of the Ministry of Education and Ministry of Finance on Earnestly Identifying the College Students with Financial Difficulties*, it is pointed out that the college students with financial difficulties are those students whose funds raised by themselves and their families are difficult to pay their tuition and living expenses in school. The poor students in colleges face psychological distress due to family financial difficulties, and they bear huge economic pressure, learning pressure and mental stress. These psychological problems seriously affect their learning effect. In this paper, we analyze the mental health problems of the poor students in colleges and universities, and try to explore and improve the mental health education mechanism for the poor students, in order to help the poor students to learn and live and guide the poor students to form positive and healthy mind.

2 Psychological distress facing the college students with financial difficulties

2.1 Psychological conflict of self-respect and self-abasement

Self-abasement is voluntary self-punishment or humiliation in order to atone for some real or imagined wrongdoing. In psychology, self-abasement is associated with shame rather than guilt and involves the reduction of the subject's self-esteem. An important

feature of poor students is psychological vulnerability and sensitivity, and they have both strong self-esteem and obvious self-abasement mentality mainly from economic constraints and material poverty. They are in stark contrast with those affluent students. However, most of the poor students endeavor to be excellent in achievement and form strong self-esteem over time. So, the poor students' sensitive self-esteem is intertwined with inner self-abasement.

2.2 Obsession of anxiety and nervousness Psychology believes that the cause of anxiety is an emotion characterized by an unpleasant state of inner turmoil, often accompanied by nervous behavior, such as pacing back and forth, somatic complaints, and rumination. It is the subjectively unpleasant feelings of dread over anticipated events, such as the feeling of imminent death. The reasons for anxiety and nervousness of poor college students are as follows: firstly, the psychological pressure is high and expectations are too high; secondly, the college students with financial difficulties clearly know their parents' ardent expectations of them, and they hope to change the economic situation of their own and their family through their own efforts but are afraid of poor achievement to disappoint their parents, resulting in more serious psychological burden. Under this kind of stress and psychological burden, the students with family financial difficulties are inevitably faced with anxiety and nervousness.

2.3 Conflict of interpersonal interaction eagerness and self-isolation

Due to the lack of material life, the college students with family financial difficulties only maintain the level of food and clothing because of economic constraints, and can not have computers and other high-end consumer goods owned by the peers with superior family economy. They are unheard of many fashionable clothes and popular foods, directly affecting their exchange with others. The poor students dare not easily make contact with the students with good economic conditions and even dare not talk to them, for fear of being sneered, but these poor students are also

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very eager to be accepted by students and teachers. This contradictory psychology makes them afraid of frustration and injury and unwilling to confide to others.

2.4 Vanity and strong psychological dependence On the one hand, a small number of college students with family financial difficulties are mostly financially funded and attempt to eliminate the economic gap with others, with a view to bringing everyone to admire, which makes them blindly compete with the students with family financial difficulties and pursue high consumption; on the other hand, due to the irrationality of the funding system, the students with financial difficulties have psychological dependence, and they refuse to participate in work-study activities, only relying on outside free funding and taking it for granted.

3 Recommendations

3.1 Improving the mental file of college students with financial difficulties (i) Generally checking after enrollment and establishing the mental file of college students with family financial difficulties. After the students come into college, it is necessary to conduct timely psychological checking and establish the corresponding file. The psychological checking results can be fed back through appropriate channels to enhance students' awareness of mental health. (ii) Regularly checking and updating the information. After the establishment of psychological files for the poor or rich college students, it is necessary to make regular testing in order to understand and discover the changes in the psychological state of the students and grasp their new situation and state. (iii) Conducting follow-up survey and improving the mental file of college students with financial difficulties. In the course of general checking after enrollment and regular inspection, the group psychological consultation or lecture education can be conducted if the problem of universality is found. For some students with prominent psychological problems, it is necessary to encourage them to receive individual counseling and psychological self-education. In the process of follow-up survey, there is a need to improve the mental file for college students with financial difficulties according to the actual situation.

3.2 Improving the mental health education system for college students with financial difficulties (i) Promoting knowledge of mental health. It is necessary to organize special events and activities and use other channels to promote mental health knowledge to college students with financial difficulties. The school should set up the elective courses and lectures about college students' mental health and popularize the mental health knowledge to the poor students to enhance their self-regulation ability. (ii) Strengthening the psychological consultation for the college students with financial difficulties. The college should create dedicated web pages of psychological consultation for poor students while consolidating the daily psychological consultation, open up psychological consultation forum to provide the exchange opportunity to poor students and expand more poor channels of psychological consultation for poor students. (iii) Caring for the college

students with financial difficulties. It is necessary to strengthen the education for the students with financial difficulties, eliminate the emotional factors that discriminate against the poor students, and offer more care and help to them in thoughts, study and life.

3.3 Combining school with family to enhance the stress tolerance of poor students The college students with financial difficulties hold different attitudes toward their families. Some of them thank their parents for their efforts and endeavor to reduce their parents' burden; some show sympathy for their laborious parents and understand their parents' poor life and are determined to change the fate of the family; some do not understand or even show repulsion for their family financial difficulties, with psychological imbalance. The widely established school-family communication mechanism makes the school better understand the relationship between students and parents, and promotes mental health education for the poor families, so as to enhance their parents' attention to students' mental health education. It is necessary to unite with the poor students' parents to deal with psychological problems and strengthen the stress tolerance of poor students, in order to consciously improve the poor students' positive and optimistic learning and life attitude and help them better adapt to society.

3.4 Setting an example and playing the leading role of peers to guide the poor students to establish a correct concept of poverty The college should set an example and use various forms such as media, bulletin board, seminars and role model report for wide publicity and promotion of the hard-working spirit and perseverance of excellent poor students, so as to guide the college students with financial difficulties to rationally treat poverty, establish self-reliance and self-dependence awareness and hold a positive attitude to face and overcome the reality of poverty.

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