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Research and analysis of university graduates' anxiety factors in job-hunting and mental health education

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ABSTRACT

Due to the influence of various factors, university graduates will produce certain anxiety during the job-hunting period, which will have undesirable effect on their health and career development. The relevant departments should pay some attention to this phenomenon and work out corresponding solutions. The main research object of this paper is the 2012 university graduates in Liaoning Normal University. Based on the questionnaire for analysis and research, the scientific data and information validate that the anxiety of university graduates is dramatically higher than that of the current students during the job-hunting period. The existence of this phenomenon will hinder physical and mental development of university students. Due to the seriousness of this problem, colleges and universities and other related social departments should pay more attention and find solutions. Through the factor analysis of the T test in questionnaire, the anxiety factors of university graduates in job-hunting period are as follows: the lack of confidence, concerns for their majors' current employment prospects, the fierce competition in some certain fields and no secure employment support. According to the survey results for further research, solutions are drawn up to relieve university graduates' anxiety during the job-hunting period so as to help college graduates build healthy psychology in the future competitions.

KEYWORDS

University graduates; Anxiety factors in job-hunting; Mental health education.



INVESTIGATION OF THE ANXIETY FACTORS OF UNIVERSITY GRADUATES DURING THE JOB-HUNTING PERIOD - TAKE THE 2012 PRIMARY SCHOOL EDUCATION AND ACCOUNTING PROFESSIONAL GRADUATES OF LIAONING NORMAL UNIVERSITY AS EXAMPLES

Research and analysis of anxiety factors

Three hundred copies of questionnaires were issued to students. The graduates of 2012 session and the current students, including those graduates who were preparing for the postgraduate entrance examination, respectively got 150 copies. The main investigation object was the 2012 graduates of Liaoning Normal University. The usable retrieved questionnaires were 254. Among them, the university graduates' retrieved questionnaires were 133, the current students and candidates' retrieved questionnaires were 121. Through the investigation and analysis of the effective recovery, the effective rate was 85%. As shown in TABLE 1, the respondent's basic situation analysis is as follows.

TABLE 1 : Respondents' basic situation analysis

The respondents		University Graduates	Current Students and Postgraduate Examinees
		133	121
Gender	Male	39	55
	Female	94	66
Region	City	88	70
	Suburbs	45	51
Professional Category	Science and Engineering	80	70
	Liberal Arts	53	51

The exposition of research methods

Aiming at the analysis of university graduates' anxiety factors during the job-hunting period and using the research method mainly through interviews and questionnaire survey to support the data information, this paper proves scientificity and rationality of the data, and further verifies the feasibility.

The survey design

Through literature study, interview and questionnaire, this paper uses the T samples testing of SPSS software to verify the feasibility and rationality of the study and combines with the "State - trait Anxiety Inventory (STAI) Y", which is co-authored by Charles and Ye Renmin, to analyze graduates' anxiety^[1].

The research process

(1) Interviews

First of all, interview 30 graduates and understand the maximum interference factor during their job-hunting process before generalizing the interview results.

(2) Design the questionnaire

According to the maximum interference factors during university graduates' job-hunting period mentioned above, formulate relative questionnaire, which consists of 24 questions, five dimensions each.

(3) The distribution of questionnaires

The main purpose of questionnaire design is to analyze university graduates' anxiety during the job-hunting period and finally find out anxiety factors. Combined with psychological knowledge and supported by interview and questionnaire, this paper provides comprehensive analysis of the specific situation of the contemporary university graduates in their job-hunting. The investigation object was the 2012 graduates of Liaoning Normal University, majored in normal study and non-normal studies. Three hundred copies of questionnaires were issued to them. The two groups, the graduates of the 2012 session and the current students, including the postgraduate candidates, respectively got 150 questionnaires. The usable retrieved questionnaires were 254. Among them, the university graduates' retrieved questionnaires were 133, the current students and candidates' retrieved questionnaires were 121. Through the investigation and analysis of the effective recovery, the effective rate was 85%.

(4) Questionnaire's design and perfection

The questionnaire results were analyzed by the T samples testing of SPSS software. Among the earlier designed 33 problems, after deleting the ambiguous investigation object and problems, 24 were left. Each question has five dimensions.

THE ANALYSIS OF THE SURVEY RESULTS

This paper uses anxiety scale which was designed by two psychology experts to evaluate the anxiety and anxiety factors of university graduates and current students (including those who want to continue their further education). The survey results, the university graduates and the current students' anxiety situation comparative study, are shown in TABLE 2.

TABLE 2 : Research on graduates’ and current students’ anxiety and its factors

N	State Anxiety		Trait Anxiety		
	M	SD	M	SD	
Graduates	133	50.7669	6.5133	44.6090	6.1186
Current Students	121	42.94521	8.7156	43.5915	9.0642
T		7.224***		1.028	

*** : P<0.001

The above analysis shows that the anxiety of university graduates is dramatically higher than that of the current students (including those postgraduate examinees) during the job-hunting period. The difference is more obvious.

GRADUATES MENTAL HEALTH GUIDANCE AND GROUP ACTIVITIES RESULTS ANALYSIS

The analysis of pretest results

This questionnaire is mainly used to analyze factors that affect graduates’ anxiety. According to the data and information in questionnaires, there are four factors in graduates job-hunting period, that is, the lack of confidence, concerns for their majors’ current employment prospects, the fierce competition in some certain fields and no secure employment support^[2]. According to the survey results for further research, this paper works out solutions to relieve university graduates’ anxiety during the job-hunting period so as to help university graduates build up healthy psychology in the future competitions. TABLE 3 shows data analysis of group work in mental health counseling.

TABLE 3 : Data analysis before and after mental health counseling

	In psychological counseling (18 pcs)		No psychological counseling (34pcs)	
	M	SD	M	SD
State Anxiety	48.3333	51.3235	5.7933	1.703
Trait Anxiety	49.1111	5.2903	7.6901	1.523
The fierce competition	19.1667	4.0909	7.0085	0.551
Lack employment support	22.8889	4.9226	8.3728	0.263
Lack confidence	14.6111	3.9279	6.6091	1.005
Concerns for employment prospects	16.1111	3.3936	3.9039	1.765

The research of psychological counseling results

TABLE 4 shows the analysis of psychological counseling results aiming at graduates’ anxiety in job-hunting period

TABLE 4 : Psychological counseling results aiming at graduates’ anxiety in job-hunting period

	psychological counseling (18pcs)		No psychological counseling (34pcs)		T
	M	SD	M	SD	
State Anxiety	43.1111	7.4981	49.5000	6.0013	3.347**
Trait Anxiety	41.3889	5.3773	50.0000	5.5269	5.407***
The fierce competition	14.8889	3.0271	17.9117	3.4934	3.103**
Lack employment support	19.5000	4.0620	23.0882	6.2152	2.207**
Lack confidence	12.0556	2.6672	15.6176	4.5395	3.053**
Concerns for employment prospects	13.3889	3.4324	15.8529	3.6609	2.358*

According to the analysis of graduates' anxiety counseling results, the students' anxiety status was significantly improved after the implementation of the graduates’ psychological counseling activities. The comparison of two experiments shows that the anxiety was significantly reduced, especially in the aspects of fierce competition and lack of confidence.

Comparative analysis of the experiments before and after the counseling

(1) Analysis of the experiments’ results before and after the counseling

TABLE 5 : Comparative analysis of the experiments before and after the counseling

The number of people (18pcs)	Before the experiment		After the experiment		T
	M	SD	M	SD	
State Anxiety	48.3333	6.1069	43.1111	7.4981	2.291*
Trait Anxiety	49.1111	5.2903	41.3889	5.3373	4.360***
The fierce competition	19.1667	4.0909	14.8889	3.0271	3.566**
Lack employment support	22.8889	4.9216	19.5000	4.0620	2.253*
Lack confidence	14.6111	3.9279	12.0556	2.7773	2.284*
Concerns for employment prospects	16.1111	3.3936	13.3889	3.3424	2.393*

*** : P<0.05 ; ** : P<0.01;***:P<0.001

(2) Comparative analysis of experiments' results

TABLE 6 : Comparison the results of the control group

The number of people (34pcs)	Before the experiment		After the experiment		T
	M.	SD	M	SD	
State Anxiety	51.3235	5.9733	49.5000	6.0013	1.256
Trait Anxiety	52.2059	7.6901	50.0000	5.5268	1.358
The fierce competition	18.1765	7.0085	17.9118	3.4934	0.197
Lack employment support	22.3235	8.3728	23.0882	6.2152	0.428
Lack confidence	16.3235	6.6091	15.6176	4.5395	0.513
Concerns for employment prospects	14.1765	3.9039	15.8529	3.6609	1.827

The analysis of the experimental results in TABLE 5 and TABLE 6 shows the effect of anxiety got dramatically relieved in state anxiety, trait anxiety, fierce competition, lack of confidence, concerns about employment prospects after psychological counseling.

ANALYSIS THE RESULTS OF GRADUATES' ANXIETY DURING THE JOB-HUNTING PERIOD

Analytic study of graduates' anxiety during the job-hunting period

The analysis results of the questionnaire shows the main anxiety factors in graduates' job-hunting period are as follows: the lack of confidence, concerns for their majors' current employment prospects, the fierce competition in some certain fields and no secure employment support.

Lack of confidence is the direct cause of graduates' anxiety

University graduates usually do not have enough confidence during the job-hunting period, finally causing the dramatically increased anxiety level. Lack of confidence makes them unable to perform the overall self perception and it also suggests that the graduates don't have enough courage to challenge the fierce competition in the society^[5].

According to the survey results and research finding of related scholars, the self perception of university graduates is not stable. A certain difference and one-sidedness exist in it^[6]. During the job-hunting period, in face of fierce competition and great employment pressure, graduates tend to underestimate themselves, perform a certain degree of self-denial so as to lose confidence and increase anxiety levels.

The fierce competition is the dominant factor

In recent years, the number of university graduates is constantly increasing, and employers also ask for higher comprehensive quality of graduates, such as education and experience, resulting in the fierce market competition. Graduates' great psychological burden during the job-hunting period ultimately causes the anxiety factors.

The vocational guidance lag is the direct source

For university graduates, lack of employment support will bring frustration and helplessness. These feelings produce anxiety factors and social environment is the breeding ground. Social environment pays little attention to university graduates' job-hunting and job-choosing. The lack of attention and care, and the failure to build a fair, harmonious competition environment and good employment platforms, increasing fierce market competition and all sorts of unfair status cause university graduates' anxiety in job-hunting period and bring bad effects to their health and their career development.

The analysis of the results of mental education guidance for university graduates' anxiety during job-hunting period

Several aspects are studied in the analysis of the results of mental education guidance for university graduates' anxiety during job-hunting period.

Group interaction in mental education counseling

Group activities, such as self-introduction and evaluation between group members, group trust training, cooperative inquiry experiment, experience exchange, etc. can be summarized at the end of the activities. In the whole process, they complete tasks and solve difficulties and finally strengthen understanding and trust among group members^[7].

The effects of cognitive psychology on anxiety factors during the job-hunting period

The major factor of anxiety production is the deviation and conflict between the cognition and values. Therefore, effective improvement the cognitive level to overcome anxiety generated during in job-hunting has a certain meaning and function. Psychologists believe that cognitive deviation will cause certain negative influence to people's psychology and affect health and career development^[8].

In the process of career choosing, graduates have some one-sidedness cognition in employment situation. They do not understand their abilities and they cannot make objective self-assessment. These easily promote them to move from one extreme to another during the job-hunting period and generate anxiety factors^[9]. By setting the role play activities in the counseling, graduates' self cognition has been strengthened. They can correctly analyze, understand themselves and give reasonable self assessment. They fill the gap between ideal and reality and form objective occupational values^[10]. Cognitive change plays an active role in overcoming the anxiety.

CONCLUSIONS

University graduates' anxiety in job-hunting period is the current serious situation and the anxiety is much higher than those current students. Based on the gravity of this situation, relevant departments should give a high degree of attention and develop reasonable solutions. According to the research objects of this paper and the experiment results, there are four factors in graduates job-hunting period, that is, the lack of confidence, concerns for their majors' current employment prospects, the fierce competition in some certain fields and no secure employment support. Based on the analysis of research results, this paper provides corresponding solution—graduates' mental health counseling, and the counseling mainly takes the group activities form.

This research uses factor analysis and sums up the four factors that caused university graduates' anxiety. In this paper, the questionnaire and problems have certain one-sidedness, and the analysis of anxiety factors is not thorough, so further perfection of the questionnaire is needed.

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