

## Psychological Poverty of Poor College Students

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**Abstract:** Poor college students have become the most obvious and special group in colleges and universities, and the state and universities have gradually increased the financial support for poor students in colleges and universities. However, students' psychological problems also occur frequently, which have become the main factor of college students' life and study, and affect their psychological growth. Therefore, the psychological problem of poor college students is the most urgent problem.

### 1. Introduction

#### 1.1 Objects of Study

Non probability sampling is applied in this questionnaire, 200 undergraduate students in school in the qujing normal university (although this article investigation or impoverished economy as the foothold, but in order to protect the privacy of poor college students, but also to a greater degree of authenticity of the results of the survey, so he didn't take face to face communication way of direct investigations, but to take the online fill out the questionnaire) as the research object, recycling effective questionnaire 158, 65 boys and girls, 93 people, including 120 students from families from the countryside, 24 families from the villages and towns, only 14 families from the city, It can effectively and truly explain the psychological problems of poor college students.

### 2. Research Results

The questionnaire survey contents include the student's psychological feeling, thinking, behavior, subjective emotional and psychological consciousness, habits and customs, social relationships, diet, sleep, etc., analysis the students there are symptoms of somatization, force, interpersonal sensitivity, depression, anxiety, hostility, terror, paranoia, psychosis bad psychological reaction. According to the literature analysis and interpretation of the questionnaire data, the performance of students' psychological poverty mainly includes the following aspects:

#### 2.1 Low Self-esteem and Excessive Maintenance of Self-esteem

The origin of students

Table 1 Source of family students of qujing normal university

The student source	City	Towns	Rural	Total
Quantity	16	24	118	158
Percentage	10.13%	15.19%	74.68%	100%

According to table 1, it can be found that among the 158 people, 16 were from urban families, accounting for 10.13% of the total number. There were 24 families whose origin was in cities and towns, accounting for 15.19% of the total. A total of 118 families came from rural areas, accounting for 74.68 percent of the total.

The education level of students' parents

Table 2 education level of the students' fathers

Level of education	Primary school and below	Middle or high school	College	Total
Quantity	59	86	13	158
Percentage	37.34%	54.43%	8.23%	100%

Table 3 education level of students' mothers

Level of education	Primary school and below	Middle or high school	College	Total
Quantity	97	57	4	158
Percentage	61.39%	36.07%	2.54%	100%

According to table 2 and table 3, it can be found that the education level of the parents in the 158 students' families is basically lower than that in primary school. Nearly half of the students' families have their parents' education level in middle and high school. Therefore, in general, the education level of students' parents is low, and the family education of students is not particularly strong.

Students' family finances

Table 4 students' family economic situation

Household income	Less than 1000	1000-3000	3000-5000	5000-10000	More than 10000	Total
Quantity	33	47	44	19	15	158
Percentage	20.89%	29.75%	27.85%	12.02%	9.49%	100%

According to table 4 can be found: 158 households, there are 33 years per capita income is in 1000 yuan the following, can not meet the basic needs of life, and there are 47 per capita income in 1000-3000 yuan between, families can get the basic life safeguard, reflects the students in our school family is at the stage of only satisfy basic life to need.

Overall, through all valid survey in our school, we can see: the students in our school there are most of the students are from the countryside, in around half of all students surveyed are the parents' level of education in junior high school and junior high school the following, 70% of parents career is a farmer, plus more than most of the brothers and sisters in the home, household income is low. These reasons lead to economic difficulties for families. Therefore, more than 80% of students in colleges and universities spend their living expenses mainly on food and daily necessities. In the process of classmate communication, most college students will also choose to communicate with their own economic strength. Most college students will inevitably have a comparative psychology with the people around them in their study and life. Therefore, due to economic problems, most college students with poor economic strength from rural areas will have an inferiority complex. They will feel inferior to the people around them, and then they will have the psychology of maintaining excessive self-esteem.<sup>[1]</sup>

## 2.2 Solitary and Extreme Thinking

Students' social skills

Table 5 students' social status

Social skills	Very good	Good	Solitary	Total
Quantity	31	109	18	158
Percentage	19.62%	68.99%	11.39%	100%

According to table 5, it can be found that 31 students have strong social skills and can participate in any social activities, while 109 students have good social skills and selective social skills. However, a small number of students have poor social skills and prefer to stay alone.

Table 6 relationship between students and classmates

Student relations	Very good	Good	Bad	Total
Quantity	80	53	25	158
Percentage	39.26%	32.61%	28.13%	100%

It can be seen from table 6 that among the 158 students, 53 students have an average relationship with their classmates, accounting for 32.61% of the total, while 25 students still have a bad relationship with their classmates, accounting for 28.13% of the total. This reflects that some students in our school do not get along well with each other and students have a strained relationship.

Table 7 students have intimate friends

Bosom friend	More	Less	No	Total
Quantity	30	110	18	158
Percentage	20.05%	70.78%	9.17%	100%

According to table 7, among the 158 students, 9.17% had no bosom friends, 70.78% had bosom friends, but few, while only 20.05% had more bosom friends and had a good relationship with friends. It reflects that most students do not fully trust their friends and there is a gap between them.

Students' family finances

Table 8 students' accepting attitude to the current situation of family economic poverty

Attitude	Willing to mention	Only to friends	Regret and helplessness	Motivation for effort	Total
Quantity	14	31	33	80	158
Percentage	8.86%	19.62%	20.89%	50.63%	100%

According to table 8 we can know that 8.86% of the students for their own family don't want to reveal to others, only 19.62% of the students would like to and her friend said, in the psychological reflects the students are not satisfied with their family status, embarrassed and students, according to worry about the classmates because of his family poverty and being laughed at or look down upon.

Students' cognition of poverty

Table 9 students' cognition of poverty

Poor cognitive	Efforts to change	Accept the reality	Don't accept	Total
Quantity	132	11	15	158
Percentage	83.54%	6.97%	9.49%	100

It can be seen from table 9 that: out of 158 students, 132 have a more optimistic understanding of poverty and can change the status quo through their own efforts. Eleven students believe poverty is born, accept the status quo of economic poverty, resigned to fate; There are 15 students can not accept the reality of poverty, think their poverty is an unfair, more extreme thinking.

So we can see in this survey: because this survey mainly is made in our school, the investigation object is students, three-quarters of them come from the countryside, and can also be seen in the survey, college students surveyed, more than a third of people with classmates, and nearly 2% of people have a bad relationship with classmates, two-thirds of the people have a bosom friends but few, while 3% of those surveyed by people who don't have close friends, more than 11% of people will be in the process of social choice comes alone. It can be seen from this that some college students will be isolated due to economic poverty. Among the surveyed college students, 6% felt that poverty had more negative effects than positive ones; about 30% did not talk about their family status with others in their communication with classmates, and they would feel inferior; more than 15% would have a clear demarcation line between rich and poor in their communication with classmates, and 8% could not accept poverty. It can be seen from this that in the understanding of poverty, some college students lack of thinking understanding, extreme phenomenon.

### 2.3 Cowardice and self-denial

Table 10 student aid tendency

Help tendency	Economic help	Mental and psychological guidance	Learn to help	Employment guidance	Total
Quantity	46	23	19	70	158
Percentage	29.38%	14.37%	11.87%	44.38%	100%

Table 11 employment expectations of students

Employment expectations	Try to find a job	Casually	Worried about getting a job	Total
Quantity	118	14	26	158
Percentage	74.38%	8.75%	16.88%	100%

In the survey, we can see: in college life, a quarter of the people feel pressure in the heart, more than 11% of people in university life attitude feel inferiority and cowardice, for life to help more than 40% of people hope to get help employment, 30 or so people want to get economic help, only a few hopes for the guidance of their ability to help to improve yourself. In terms of college employment, nearly 10 percent of people are resigned to their fate and 17 percent are worried about finding a job. About 5 percent of those surveyed live without a goal. It can be seen from this that some college students will have self-denial unhealthy psychology, lack of confidence and inferiority due to economic problems.

### 2.4 Sensitive and Emotional

Table 12 students' social skills

Social skills	Strong	Selective	Solitary	Total
Quantity	31	109	18	158
Percentage	20%	68.75%	11.25%	100%

We can see that among college students, more than two thirds of them choose to socialize with others by virtue of their economic ability, and they will feel inferior if one tenth of them do not want to mention their family situation with others. One in five students are unwilling or even forced to participate in group activities during their time at school, and one in ten college students feel inferior. We can see from this, because of the economic poverty, will each college students in the school of economic difficulties in the process of learning life will inevitably have a relationship with economic conditions good classmate thus inevitably produces in the process of communication is psychological, and thus hard to avoid can make of the negative psychological part of college students.<sup>[2]</sup>

## 3. The Conclusion

According to the research and analysis of the questionnaire, it is found that many students have a more optimistic attitude towards poverty. Through their own efforts, they can change the current situation of their economic poverty and realize their life value at the same time. However, many students have a poor understanding of poverty and tend to turn to the negative side. They attribute their failure to the poverty of family economy and believe that economic poverty is the fundamental factor that leads to the inadequacy of personal ability. The depravity of thought can make oneself lose self-confidence, do not think ahead, content with the status quo. Negative thoughts cause us to lack the motivation to pursue something better, to make excuses for all our imperfections or failures.<sup>[3]</sup> Therefore, psychological counselling work more and more important, to change students' ideas, from the ideological root into the economic poverty own fight for power, through the school social work to help students reduce the economic pressure, apply the concept of "win-win" in college students mental health education, poverty students self-education, self-control and the

ability of self-improvement, solve their psychological barriers.

## **References**

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