

Based on the Psychological Investigation and Countermeasure Analysis of College Students' Postgraduate Entrance Examination

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Abstract: To investigate and analyze the psychological motivation and state of postgraduate students, the main purpose is to drive their healthy and all-round development. Ordinary institutions of higher learning must be explicitly college students one's deceased father grind psychological characteristics, combined with the college students different personality traits, in terms of relieving college students one's deceased father grind psychological pressure concrete countermeasures are put forward, namely to strengthen college students employment guidance and service work, open a special psychological counseling and consulting studio, lead and guide public opinion.

Keywords: Common; Colleges and universities; College students; Postgraduate psychology; Survey

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1. Quote

Under the background of complex social development and cultural change, college students in ordinary institutions of higher learning are under great psychological pressure and burden in terms of employment and social status identification. When the whole society is comparing personal income and social status, college students will form the motivation to improve their competitiveness by taking the postgraduate entrance examination, and they will have great psychological pressure when facing the economic problems and setbacks of taking the postgraduate entrance examination. The long-term backlog of negative emotions causes college students to have different degrees of mental illness, which is not conducive to their health and overall development. Therefore, it is necessary to carry out scientific analysis and investigation on the psychology of college students in general colleges and universities, and form specific and feasible working strategies according to the actual psychological characteristics and problems of the respondents.

2. Analysis of Psychological Characteristics of College Students Taking Postgraduate Entrance Examination in Ordinary Colleges and Universities

(1) Generally clear the meaning of postgraduate entrance examination

College students with different psychological qualities and professional backgrounds have certain differences in the motivation and anxiety level of postgraduate entrance examination, but they generally know clearly the significance of postgraduate entrance examination and the far-reaching impact of the test results on their career development. Forward to growing background, college students one's deceased father grind the psychological and cognitive level, though different, but will be from their own personal value realization and high quality employment with multi-dimensional considerations, most of the students have a positive one's deceased father grind psychological, and fully understand the meaning and purpose of one's deceased father grind, but due to excessive pursuit of the expected results and produce great psychological pressure, Even in the process of learning to form anxiety and fear, failed to form a good sense of self-efficacy in the postgraduate entrance examination. Once the failure of postgraduate entrance examination phenomenon and results, will further aggravate the anxiety of college students.

(2) College students are more rational

About 60% of college students believe that they can improve their employability and market competitiveness through the postgraduate entrance examination, and then form a rational cognition and deep thinking about the whole

activity. A small number of college students think that postgraduate entrance examination is just for their personal interest and to improve their academic qualifications, but do not give more thought to personal career development. Most of these people are in good family circumstances, without too much pressure of employment and survival. However, most college students will face great employment pressure and survival pressure, and will be encouraged by their families to participate in the postgraduate entrance examination, resulting in anxiety, depression, irritability and other negative psychology.

(3) Postgraduate entrance examination motivation and action are easily disturbed by the external environment

Most college students take the postgraduate entrance examination, mostly in order to improve the employment advantage and ability, is an important means to deal with the employment and survival problems, their own consciousness and enthusiasm is not high, and the motivation and action of postgraduate entrance examination are easy to be interfered by the external environment. It is not conducive to the mental health of college students.

3. The Main Types of College Students with Postgraduate Entrance Examination Psychology

(1) Self-improvement self-reliance

College students with different personality types will form different motivation for postgraduate entrance examination. In the process of investigation and analysis of the postgraduate entrance examination psychology of college students in ordinary institutions of higher learning, it is necessary to make accurate and targeted analysis according to the main types of college students with postgraduate entrance examination psychology. Among them, self-reliant college students choose postgraduate entrance exams mainly to improve their working ability and competitive advantages and ensure that they can obtain good career development prospects. This part of the college students want to rely on postgraduate entrance examination self-improvement self-reliance, through work-study program to solve economic problems. Relatively speaking, self-reliant college students are more strong and firm in the process of postgraduate entrance examination, and can better face the current anxiety and pressure

(2) Diligent and thrifty

From a certain point of view, economic factors are the main factors of college students' anxiety and employment pressure. Most of the college students with poor family environment and economic conditions are under greater pressure to take the postgraduate entrance examination and are more thrifty in daily life and consumption.

4. Effective Countermeasures to Relieve the Psychological Pressure of College Students in Ordinary Institutions of Higher Learning

(1) Strengthen employment guidance and services for college students

Employment pressure and economic pressure are the main causes and influencing factors of anxiety and depression among postgraduate students. In order to relieve the psychological pressure of college students, it is necessary to strengthen employment guidance and service so that they can form a correct view of occupation and development. Colleges and universities need to use a variety of means to strengthen the employment skills and ability of college students, to ensure that part of the students from poor family conditions can enter the social work smoothly, fundamentally solve their psychological problems. In the face of severe employment pressure, college students will escape by taking postgraduate entrance examination, or improve their market competitiveness by taking postgraduate entrance examination. Their motivation for postgraduate entrance examination is to solve the employment and survival problems, which is bound to cause serious psychological pressure and problems. Therefore, colleges and universities must strengthen employment guidance and service for college students, reduce and relieve their pressure in employment and economy, and correctly recognize and understand postgraduate entrance examination, that is, it is no longer the only way to solve employment pressure and problems.

(2) Set up a special psychological counseling and consulting studio

In order to effectively relieve the pressure of postgraduate entrance examination, the school needs to set up special psychological counseling and consulting studio, and then provide professional psychological counseling services for those who have psychological pressure and disease, and effectively relieve and dredge their anxiety and depression. However, colleges and universities should comprehensively promote the psychological investigation and analysis of postgraduate entrance examination of college students, fully understand the psychology and motivation of postgraduate entrance examination of college students, as well as the main factors causing psychological problems and diseases, and then design personalized psychological counseling and intervention programs. Schools need to timely and professional psychological intervention and guidance in different stages and links of students' postgraduate entrance examination according to their psychological performance and behavioral characteristics, and then ensure that they form good psychological quality and psychological character.

(3) Do a good job in the guidance and guidance of public opinion

Postgraduate entrance examination is originally an important means to train and select elite talents, but under the influence of social economy and employment situation, it has become a tool to pursue fame and wealth, and has a negative impact

on the healthy growth of college students' psychology and ideology. Under the prevailing environment of fame and wealth, ordinary institutions of higher learning should be able to give play to their advantages in information dissemination, do a good job in guiding and guiding public opinion, do not overemphasize the idea that the use of postgraduate entrance examination to change their destiny, and should lead college students to take the postgraduate entrance examination with the goal of self-evolution. The society should discuss the development of students rationally, fully respect the diversification and all-round development of human beings, do not overemphasize salary and social status, and create a positive and healthy atmosphere of public opinion for college students. With the reduction of discrimination in academic background and ability in the whole society, college students in ordinary institutions of higher learning can form a more rational psychology of postgraduate entrance examination.

5. Conclusion

Ordinary institutions of higher learning for college students one's deceased father grind psychological science investigation and analysis, according to their psychological characteristics, psychological problems, such as one's deceased father grind motivation, put forward effective strategies in terms of psychological counseling and guidance, ensure that all college students can be healthy and sustainable development, and can form positive one's deceased father grind psychological and open mind, Not to be influenced by the negative views and cultural atmosphere in society.

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