

The Necessity of Studying the Anxiety of Poor Normal University Students

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Abstract: With the deepening of educational reform, impoverished normal college students need to face various life and work problems when they move towards the society in the future. Because many students lack confidence in their future life path, they will have serious anxiety subconsciously. If we can not effectively address the negative impact of this emotion, it will not be conducive to the future development of education in China. Based on this, the article expounds the necessity of anxiety psychology research by analyzing the main factors that lead to the anxiety psychology of poor normal college students and the potential hidden dangers that are easy to occur, for reference.

Keywords: Poor Normal College Students; Necessity; Psychological Research; Anxious

Introduction

Education is a national long-term plan, and teachers are the key occupation leading the education work. An excellent teacher can not only affect the future of children, but also affect the development of national education. At present, teachers in China mainly come from normal universities. Therefore, it is of great significance to strengthen the comprehensive quality education of normal university students. According to the current survey report, a large proportion of normal university students belong to poor students, and these students generally have serious anxiety. If this kind of psychological problem is left unchecked, it will seriously endanger the healthy growth of the physical and mental health of poor normal university students and lay an incalculable hidden danger for the education cause. Therefore, it is of great practical significance to carry out corresponding investigation and research activities against the anxiety of the poor normal college students.

1. Main Factors Causing Anxiety of Poor Normal University Students

1.1 Economic issues

Although most areas of our country have reached the level of well-off life, many families are still at the poverty line. According to the Survey Report on Poor Students in China, in 2019, about 60% of the poor college entrance examination students in China did not have enough tuition fees. On average, these college entrance examination families spent about 6800 yuan each year on education for their children, while their average annual income was less than 4800 yuan^[1]. It can be seen that college tuition has become the second threshold for admission beyond the college entrance examination. And among the poor students, nearly 13% of the members chose to drop out because they could not afford to pay for school. Therefore, economic problems are the main reason for the anxiety of poor normal university students. In addition, many normal colleges and universities choose to establish new campuses outside the urban area. Due to the inconvenient transportation, even if poor students want to work outside, it is difficult to meet the academic and part-time requirements at the same time. Regardless of time cost and transportation cost, it is difficult for poor students to effectively solve the problem. Therefore, poor students cannot improve the poverty situation through their own efforts.

1.2 Learning problems

Poor normal university students seldom participate in remedial activities in high school because of their family circumstances. This also means that the knowledge base of poor students is relatively weak, which is inferior to other

students. And the university is also the gathering place of countless talents, and it is difficult for poor students to stand out from numerous student groups. This also means that whether selecting class cadres, or seeking scholarships, or seeking school awards related to outstanding students, the learning ability of poor students cannot reflect a good competitive advantage. In addition, poor students have to try part-time work in their spare time because of economic problems, which will also share students' learning time and affect their academic performance. To sum up, poor students are inferior to others in terms of family circumstances, and cannot make themselves stand out from the crowd in terms of learning. In the long run, it will seriously combat the learning self-confidence of poor students.

1.3 Social issues

College life is not a blind study. It is also a critical period for students to establish networks and cultivate interpersonal skills. However, in the process of social communication, it is difficult for students to "make friends with gentlemen as thin as water". They always involve some gifts, which will bring extra financial burden to poor students. In addition, there is a strong trend of comparison in universities nowadays. Many students are used to competing for their family background, clothing, car, house and parents. Some poor students feel inferior and anxious because they are looked down upon by other rich students. Some poor students, in order to maintain their dignity, choose to take out high loans or cheat their parents to create a "rich second generation" for themselves in order to obtain a higher status among the student groups. However, the social interaction relying on deception will eventually be deceiving, and such poor students will also be anxious because of the high debt ^[2].

1.4 Employment issues

Nowadays, the branch schools of teachers' colleges are springing up. Although most normal colleges and universities still belong to the first category, the matriculation score line of the college entrance examination has decreased year by year, which means that the entrance threshold has been lowered. As the number of students in normal colleges increases year by year, the employment of students after graduation has become a major problem. After all, the number of teachers in our country is limited. The employment competition of normal school students in the new era is like thousands of troops crossing a single wooden bridge. It is difficult for poor students to work smoothly without good interpersonal relationships. However, the current teachers' posts not only raise the requirements for diplomas, but also increase a variety of examinations, further improving the employment difficulty of students. In addition to the teaching profession, normal university students are limited to such courses as pedagogy, psychology, teaching and training, and "three characters and one painting" because their knowledge is relatively simple. Their employment scope is very narrow, and they are difficult to take on other jobs unrelated to teachers. In addition, poor normal school students have to face the "job hunting" of other non normal school students. To sum up the above problems, the increasingly serious employment pressure has also become the main factor leading to the anxiety of poor normal school students.

2. The Potential Hidden Trouble of Anxiety of Poor Normal University

Students

2.1 Health hazard

Anxiety is not only a simple psychological problem, but also a serious health hazard to students. According to Human Emotion, anxiety is the basis of other neurosis ^[3]. Nowadays, the anxiety of poor normal school students has seriously hindered their health. Many students suffer from endocrine disorders, neurosis, muscle tension, nervous system disorders, insomnia and other health problems due to excessive anxiety. It is difficult to solve the problem effectively even if you ask the doctor frequently. For a long time, students will be slow in thinking, irritable, upset, self abandonment and other problems. Its physical health index will also drop thousands of miles, and even various neurological or psychiatric diseases will appear.

2.2 Social hidden danger

Excessive anxiety will not only affect the physical health of poor normal university students, but also lead to serious psychological problems. Some poor students will breed resentment and hostility towards others due to excessive anxiety, thus committing suicide, hurting others and other violent acts, leading to bloody incidents of a bad nature on campus and in society. This situation has been reported in the news in recent years, such as the well-known Ma Jiajue event, and the event that a roommate recorded someone else's snore, and the recorded person killed the roommate. On the surface, this is the performance of the current college students' immature psychology and extreme work. But from the analysis of the essence, we can see the huge hidden danger caused by anxiety psychology to the development of students and society. Therefore, if we want to establish a harmonious campus and a harmonious society, it is imperative to solve the anxiety problems of poor students in normal schools.

2.3 Hidden dangers in education

If the anxiety problem of poor students in normal schools is not properly solved, poor students will accumulate grievances and injustice in their hearts for a long time due to their constant patience after long-term brewing. This is like a volcano that sleeps for a while. Once it erupts after the event, it is easy to cause serious harm to China's education. For example, there was a poor student in normal school who suffered from anxiety problems for a long time during his enrollment. When he graduated from school and worked as a teacher, he had to continue to face the anxiety problems brought by his children. However, the combination of the former anxiety and the new anxiety is easy to form a qualitative change, leading the teacher to make some dangerous behaviors. For example, excessive corporal punishment of students, or instilling some negative thoughts into students, is obviously not conducive to the development of education in China.

3. The Necessity of Studying the Anxiety of Poor Normal University

Students

3.1 Ensuring the all-round development of poor students in normal schools

For the poor students in normal universities, it is far from enough to provide help through the national grant system, because this can only temporarily relieve the pressure of poor students from the material level. In the actual teaching process, the factors that cause the anxiety of poor normal school students are more complex, not only economic problems. Therefore, educators also need to start from the psychological aspects of students to help poor students establish a healthy outlook on life, morality, world outlook and values^[4]. Inject self-confidence into their study life and face the future life with a full and positive attitude, so as to improve the psychological quality of poor students and prevent students from suffering from various physical and psychological diseases due to psychological problems. Therefore, it is of positive significance to study the anxiety psychology of impoverished normal college students, which can help students successfully complete their studies and realize their own life value.

3.2 Create a harmonious and stable social environment

More and more vicious cases of violence committed by poor college students due to anxiety have alerted us. Let us realize that the problem of poor college students in normal schools should not be ignored, but should be regarded as a serious social event. Because it can not only affect the educational order of universities, but also seriously endanger public opinion and social atmosphere. And in-depth study of the psychological problems of poor normal university students can find out the reasons in time. When there is no irreversible public event, solve the problem in advance to nip the risk in the bud. This will not only establish a good social order, but also save the economic and even life losses. Therefore, to effectively maintain the operation of normal universities is also of great benefit to the sustainable development of national education.

3.3 Make up for the deficiency of the normal education system

The anxiety problems of countless impoverished normal college students obviously reflect the shortcomings of our normal education system. It is the only way for the current education development to conduct in-depth research on the anxiety problems. In this way, we can accumulate more mature educational experience, do a good job of mending the situation, checking and filling the gaps, and comprehensively make up for the defects of our normal education system. In short, we can learn from the past and learn from the past. The early establishment of perfect and mature educational rules can help more poor students in normal schools who have gone astray, so that they can grow up in a good educational environment and face their learning life with an excellent attitude. In this way, a good educational cycle can be formed. Create high-quality teachers with high-quality normal education, and then let high-quality teachers give back to the society [5].

3.4 To lay a solid foundation for promoting national development

Education is closely related to the future destiny of the country and the Party. China needs a large number of talents to build a socialist road with characteristics. All educational policies and talent training plans need teachers to complete. Therefore, building a large and excellent teaching team is directly related to the potential of China's education development. Studying the anxiety psychological problems of poor normal school students and finding out the solutions in time can cultivate good psychological quality for students, so that they can grow into good teachers with self-discipline, self-improvement, self-esteem and self love in the future. Finally, these teachers, as the cornerstone of the development of China's education, can start from the foundation and continuously cultivate excellent talent seeds for the motherland, so that China's education will always maintain a thriving state of development.

Epilogue

Sharp tools make good work. If we want to strengthen the education of future generations, we must start from the source and comprehensively improve the comprehensive quality of the teacher team. Therefore, we should focus on the education of normal school students. From the perspective of life, learning, social interaction and employment, we should comprehensively relieve the psychological pressure of poor normal school students, so that poor normal school students can face the future life with a healthy, positive and optimistic attitude, and gradually become a high-quality education talent. As a result, normal schools can become a reserve base for delivering excellent teachers and provide a strong guarantee for the vigorous development of national education.

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