

Psychological Problems of College Students' Employment under the Impact of the Epidemic

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Abstract: Under the impact of the epidemic, many employment psychological problems such as anxiety and conflicts among college students can affect their employment status. If teachers fail to solve students' employment psychological problems, it will weaken students' overall interest in employment. In this regard, when engaging in employment, teachers must further guide students to have correct employment concepts in order to enhance their employment rate and ensure their development status in the employment environment. In this employment process, not only does it dispel students' fear of employment, but it also enables them to understand the true meaning of employment. This article proposes viewpoints on the research on countermeasures for the psychological problems of college students' employment under the impact of the epidemic.

Keywords: Epidemic Impact; Employment Concept; Psychological Problems in Employment of College Students

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Introduction

With the changing times, psychological issues related to employment have gradually affected the academic development of college students, especially under the impact of the epidemic. In this regard, teachers must change the traditional teaching concepts and start from the psychological issues of students' employment in order to further improve their employment status, which is conducive to maintaining the progress of students' employment environment^[1]. Furthermore, paying attention to students' psychological problems during the employment process can reduce their various conflicts in employment, and on the other hand, make students perceive the connotation of employment in the future trend, which helps to strengthen their employment literacy. In the above-mentioned employment process, it is possible to create a relaxed employment atmosphere, which can further weaken students' negative understanding of the employment forms caused by the epidemic, deepen their understanding of the epidemic employment, and achieve the employment requirements of college students as soon as possible.

1. Psychological Issues of Employment among College Students under the Impact of the Epidemic

Under the impact of the epidemic, factors such as students' professional and geographical choices in employment will be affected, gradually becoming the source of psychological problems for college students. If teachers fail to solve students' psychological problems in employment in a timely manner, it will affect their development status in employment. From a practical perspective, there are more and more psychological issues related to employment among college students, resulting in a low employment rate for their

students. The following are some analyses:

1.1 Emotional psychology of college students

According to the emotional and psychological characteristics of college students, they are most likely to have unstable psychological states. Firstly, due to the impact of the epidemic, students can only use online courses to learn content^[2], which to some extent disrupts their pace in subject education and blurs their subject direction. Secondly, according to the situation of college students, their understanding of employment remains superficial, and some students may not have rich employment experience. Moreover, when they first enter a job position, students are always worried that their own strength cannot meet the requirements of the company and enterprise. Finally, due to the interference of the epidemic factors, students' choices in employment have been greatly reduced, which has also led to anxiety among students, further leading to students not being able to understand the purpose of employment and missing out on the best period for college students' employment.

1.2 Social psychology of college students

For the social and psychological characteristics of college students, there is already a strong mentality of conformity and comparison. First, the reason for the above psychology is that the students do not have clear self-cognition ability, do not carry out detailed thinking and research on the future development direction, or some students fail to grasp the independent professional consciousness and always want to rely on the strength of the peloton in the work. Second, some students exhibit extreme psychological manifestations, such as exaggerating their abilities in the employment process^[3], which can affect their employment status, and even some students choose to pursue fame and fortune in employment. In the above-mentioned psychological problems, not only does it reduce students' positive emotions in the employment background, but it also leads to incorrect employment concepts, which is not conducive to students completing their next employment tasks. Therefore, teachers must transform students' behavior in employment psychological issues in order to enhance their employment quality in future trends.

2. Methods to Solve the Psychological Issues of College Students' Employment under the Impact of the Epidemic

Under the impact of the epidemic, teachers should pay attention to the psychological problems of students in employment in order to broaden their career paths and help lay a solid foundation for their employment. Compared with traditional employment teaching models, the above employment methods can better optimize students' employment status, provide them with more employment information, and make them feel the connotation of employment in the epidemic environment. They also provide students with more employment experience, which helps to change their understanding of epidemic employment. The following analysis is conducted:

2.1 Leveraging the advantages of the government

When conducting the employment process for college students, teachers should further promote the national employment orientation to students, which is beneficial for alleviating their employment burden and to some extent, making students feel the advantages of the government in the employment process. Furthermore, under the impact of the epidemic, the country has established grassroots projects such as the "Special Post Plan for School Teachers in Rural Compulsory Education Stage" and "University Student Village Official". These grassroots projects can guide students to approach grassroots government organizations and provide them with diverse career paths, which is conducive to arousing students' enthusiasm for employment tasks. In this context, on the one hand, it dispels students' fear of the employment background of the epidemic, and on the other hand, it makes students feel the importance that the government attaches to the psychological issues of college students' employment, which helps to maintain students' employment progress and promote the development of college students' employment tasks.

2.2 Building a harmonious social atmosphere

In the psychological problems of college students' employment, it is necessary to timely leverage the power of the social environment in employment. For example, further promoting positive energy examples in society to students can increase their confidence in employment during the pandemic. This is important for students' employment ideas and concepts, as it is easy for them to face the contradictions in the employment background of the epidemic as soon as possible. At the same time, teachers can also tell students the stories of Academician Zhong Nanshan and the fight against the epidemic, which is beneficial for students to understand the strong management ability of the epidemic country and form a harmonious social atmosphere.

2.3 Paying attention to employment education in the university environment

In the psychological problems of college students' employment, it is far from enough to leave the guiding function of universities in

employment. It is not only necessary to guide students' employment psychological problems from the psychological perspective, but also for universities to further organize students to participate in employment training activities, in order to enhance students' employment effectiveness in the context of the epidemic and help them acquire correct employment concepts. For instance, inviting professional employment experts to give speeches, exchange meetings, etc., can all affect students' direction in employment during the pandemic. In the above-mentioned employment activities, students can gain a good sense of employment, immerse themselves in the employment atmosphere, and have diverse employment paths, which helps to consolidate their employment foundation and echoes the employment philosophy of college students.

2.4 Deepening the influence of family education

For college students, the impact of family education in the employment process is crucial, especially in the context of the impact of the epidemic. Considering the situation of students' families, most of them are only children. Parents' advice has a certain guiding effect on students' growth. During the epidemic, the relationship between parents and students tends to be close. In dealing with the psychological issues of college students' employment, teachers should further leverage their parents' advantages in education to alleviate the various burdens of students in the employment environment and help clarify their employment direction.

For example, teachers use information technology to issue class group notices to maintain students' awareness of employment development in the trend of the epidemic, or teachers can promote ways and strategies to regulate students' employment psychological problems to parents, in order to facilitate communication between parents and students on employment issues. Through this form of education, correct employment concepts are disseminated to students, and stable employment paths are provided, which is conducive to changing the employment direction of students in traditional times and implementing teaching tasks for college students' employment.

2.5 Stabilizing students' awareness of employment regulation

In the process of college student employment, teachers should guide students to have a self-regulated employment awareness in order to reduce students' doubts about employment during the epidemic. For newly graduated students, having employment emotions is a normal phenomenon, but how to optimize students' emotions in the employment environment has become one of the teaching focuses of university teachers. In this regard, teachers can set up anonymous campus mailboxes for students in order to address various issues related to their employment background, even their psychological conflicts, and establish their employment orientation in the development of universities. In this context, it enables students to have a good employment mindset and also enables them to understand the true meaning of employment during the pandemic.

3. Conclusions

In summary, in the context of the impact of the epidemic, the psychological problems of college students' employment have already affected the employment process of graduating students. For students' employment psychological problems, teachers need to further optimize their employment status in the epidemic environment in order to enable them to acquire scientific and correct employment concepts, which is conducive to students completing relevant employment goals. In this context, it is necessary to clarify the direction of students' employment development and make them aware of the importance of employment so as to correct their negative perception of employment.

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