

## Study on the Group Counseling Effects on the Status of Occupation Career Planning of College Students

Chang Xiao-chun\*

Tianjin University of Finance and Economics, 25 Zhujiang Road, Hexi District, Tianjin, China, ZIP Code: 300222

**\*Corresponding author**

Chang Xiao-chun

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**Abstract:** Graduate students' employment situation has also appeared in China. Supply > demand, this employment situation has changed. The status and situation of graduate students in the interview, many of the units that have never been considered before are now required to enter for a master's degree. According to the statistics, the country has a55. Six percent of graduate students have no confidence in their career plans, Therefore, from the perspective of psychology, the career planning group psychological guidance for graduate students, eliminate the employment fear. It is particularly important to build confidence in employment.

**Keywords:** Career planning; College students; Group counseling; Fear of employment.

### INTRODUCTION

Career planning education courses and the corresponding lecture are considered as the important way to enhance the employability and entrepreneurial ability of college students, currently, this course in the majority of our universities is mainly for senior graduates. However, the study found that the performance of freshman in terms of interests, abilities and values is more active.

If career planning education course could be popularized in freshman, and then they could make an early planning, set up a clear goal at the beginning of their college life, and to adjust and improve their planning during the next four years, at last leads to a leisurely graduation.

Based on above, this study divided into two stages, first, to investigate the career status of freshman, and second, to provide them group psychological counseling [1].

### METHODS

The first stage, career planning status Survey. This study uses "Career Planning Status Survey Questionnaire for college students", which was written by Xia Haiyan of Nanjing Normal University, to survey 250 freshmen, and uses SPSS17.0 to analyze the survey data. The survey result tells that the score of those participants in the five dimensions is 2.71-3.57, and the score shows freshmen are moderate satisfied with career planning. During the five dimensions, the lowest is "career knowledge" (2.71) and the highest score is "career orientation" (3.57). The second stage, group psychological counseling. Selecting 17 freshmen, who got a relatively low score at the first stage, to be volunteers of the experimental group? While by using the method of 'one finds a ' to select another 17 students as the control group, and to make a pretest between the

two groups. Then to do psychological counseling for the experimental group members by using "freshman career planning group psychological counseling program", and to make a posttest between the two groups after counseling. After posttest, by using the feedback tools of "Members of the group self-rating scale" and "group activities satisfaction feedback sheets" to make a summary. Compared the data before and after group psychological counseling showed that: 1. The "freshman career planning group psychological counseling program" has achieved good results, which means the program is effective for freshman; 2. The members of two groups behaved a significant difference ( $p < 0.001$ ) on four dimensions of "Total career planning table", "career knowledge", "Cognitive planning" and "self-awareness". According to feedback from members of the group and unit activity diary, it could tell the evaluating result of qualitative effect assessment is good, and the career planning group psychological counseling achieved good results.

### **The Impact of Group Counseling on Vocational Students' Mental**

College life is an important stage to a person. Young students have to face mental and physical transformation and role switching. It inquires undergraduates possess relevant mental adaptational abilities [2].

However, the overall condition of undergraduates' mentalization abilities isn't promising because of many factors. Lacking abilities to adapt the complex and changing circumstances, lots of undergraduates show inadaptation for campus life and social environment, which will seriously restrict their growth and development. To solve this problem, it is necessary for us to do the research on current situation and we should probe into the ways to improve their abilities as well. Improve the mental and socialization abilities as soon as they enter the campus, then the level of their mental health will be raised gradually, thus they can get ready for college and social life.

Based on educational management science and psychology, this research investigated and analyzed the causes of the current situation about freshmen's mental adaption labilities, discussed effective measures to improve it and carried out a series of practical mental adaptive trainings combined with the real situation of our school and quested the impacts these trainings had brought to improve the abilities and the health level. As the reality that the research is still locating at a theoretical level in China and there's not enough laboratory evidences either, we should develop applied research actively [3].

Multiple ways including freshmen's entrance education, group psychological guidance, tutorial system, mental adaptation training and assistant advisor system were adopted to help freshmen to acquaint themselves with campus life and social environment, to reconstruct their life-believes and life-goals, cultivate the abilities of resisting failure and adapting the environment, to transform their roles successfully and train the ability of living independently, to strengthen collective sense of honor, develop group spirit and team work coordination ability and finally to improve the mental and social adaptation. Ultimately the education model cognizing-practicing-adapting can be carried out successfully.

The main object of study were freshmen in Lu Zhou Medical College, 13 natural classes in total. First of all, two surveys were carried out to master freshmen's total level of mental health and the situation of mental adaptational abilities by appalling Chinese College Students 'Mental Health Scale and Chinese College Students' Adapting Scale. Then two of the 13classes (120 persons in each class) that did not have significant difference in the level of mental health and

the situation of mental adaptational abilities were chose to be the object of study, the experimental class and the control class. The mental adaptive training was applied to the experimental class during half a year, while the contrasted class wasn't applied. After the experiment the same scale was applied to test and evaluate, then use SPSS10.0 to process and analyses the test data.

### **Study on the group counseling effects on the status of occupation career planning of Freshman**

All colleges and universities should value the work about freshmen's mental training and increase financial and policy supports, build a professional training ground and a professional teaching staffs. In fact, the training time should be lengthening to one year even the whole college life. During training, we should help freshmen to rebuild life believes and goals, achieve role transition and self-identity, establish learning target and improve learning method, cultivate the ability of living independently and arrange personal time effectively and foster interpersonal skill and social adapting capability, to pass on mental health knowledge, and to carry out career planning and career faith education. At the same time, people should attach importance to family education and reform the family education actively. Parents should be responsible for family education mindedly and create suitable growing environment for youngsters.

This study examined the impact of group counseling on vocational students' mental health by opening special group counseling lessons. The assessments included theSCIr90, an open questionnaire for evaluating the effect of group counseling. Subjects were 2 classes of students at 1s` grade of a vocational school in Wu Han, and were divided into experimental group and control group. The experimental group received a series of group counseling, and the compare groups received any intervention. All participants were assessed by SCLr90 before and after group counseling [4]. The results indicated that the experimental group produced significant differences on the level of mental health comparing with compare group. Group counseling contribute the formation of self-concept, improvement of confidence, reduction of negative feelings, anxiety, fear, loneliness, hostility and depression. Thus, grouping counseling is a benefit tool for vocational educator and worthy to reference. According to the research results, the content of group counseling includes self-concept, behavioral cognition, emotional cognition, decision making and career planning. The educator could make use of the theory learning group activity, game, exercises, discussion and sharing. Because of the importance of students' guidance, there should be a series of training and education program to guarantee the educator's technical ability [5].

### **CONCLUSION**

**The results showed that:**

- Mental adaptive training can raise freshmen's mental health level. Except psychosexual disorders, the mental health level of the experimental class appears significant differences in eleven items before and after being trained. However, only four items of the control class appear significant differences at the beginning and the end of the experiment. These four items are: social withdrawal, social contact attack, compulsive and dependent character. The other eight items appear no difference. Comparing the experimental class and the control class after the experiment, except social contact attack and psychosexual disorders other ten items all appear no difference and the mean score of the control class is higher than that of the experimental class, which suggests the mental adaptive training can enhance the freshmen's level of mental health effectively.
  - The mental adaptive training can improve the mental adaptive abilities of freshmen. Six items but occupation abilities appear significant differences before and after the experiment of the experimental class and the mean score is higher after the experiment's the control class except self-adapt and self-worth appear significant differences, the rest items has no significant differences. Before experiment, there are not any difference in 7 items between the experimental class and the control class, but after experiment, six items appear notable difference except occupation adaptability. Moreover, the mean scores of the control class are higher than those of the experimental class, which suggests the mental adaptive training can effectively improve the freshmen's mental adaptability [6].
  - The mental adaptive training can improve freshmen's major performances. At the end of the first term in Grade One, the two classes took the same courses and tests. Except the mean score of biology has no significant differences between the two classes, the other five courses' mean scores of the experimental class are higher than those of the control class, but the mean score of physical education is on the contrary. The failure rate (the number of failure divided by the total number of the class) of the experimental class is evidently lower than that of the control class. The above facts illustrate that mental adaptive training can improve freshmen's learning adaptability.
  - This research has demonstrated that the mental adaptive training can advance freshmen's mental health level and adaptive abilities and it can offer theoretical and practical evidence for entrance and mental health education for freshmen. It can be developed as formal curriculum for colleges to carry forward the quality-oriented education.
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