

## A LITERATURE REVIEW ON THE STUDENTS OF PSYCHOLOGICAL PRESSURE OF POSTGRADUATES

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### ABSTRACT

*China's postgraduate education has nearly 100 years of history, as an important part of the higher education in our country, the development of graduate education plays a vital role not only for the university itself, but also for the whole social development. The development of graduate education is conducive to promoting the construction of high-level personnel training system, improve the quality of high-level personnel, and better serve the economic and social development of our country, so the state attaches great importance to the development of education. In recent years, the graduate enrollment in the scale and quantity is also increasing, however, in the increasingly fierce competition and the employment situation is becoming more and more serious background, the graduate students as a special group, subject to the pressure from many aspects, including education, employment, emotional, economic issues, etc.. Some graduate students in the psychological health of the reasons for the emergence of a variety of psychological and behavioral bias, the growing number of cases. These problems affect their lives, learning and health, resulting in the occurrence of vicious incidents of suicide and murder, is really worrying, not only affect their physical and mental development, but also to the family and social harm. Therefore, it is necessary to study the mental health of postgraduates.*

*The purpose of this study is to review the relevant research on the psychological pressure of postgraduates, analyze its effect on health, and actively seek to solve the countermeasure, and promote the development of mental health of postgraduates.*

**Keywords:** Graduate students, Psychological pressure, Pressure source

### INTRODUCTION

Pressure, it is no strange to us, no matter what kinds of occupation, ages people will mention this word, to express their tension, anxiety, mental state, the spirit is highly nervous, it seriously affect our daily life, but as a daily concept, there is no clear definition. Word stress is from the ancient French "distress" of the introduction of English, that is put into the narrow and oppressed them. The word "stress" has the meaning of "stress" and "oppression". We generally interpret it as "pressure", and the academic circles generally agree with the translation method.

Foreign scholars Buchanan (1994) believes that the pressure is in the external factors under the influence of the body balance disorder, in the case of the danger is not weakened, the body is in a continuous wake up state, will eventually hurt health. Lazarus and Fokma (1984) believe that stress is a state of anxiety arising from the event and responsibility beyond the

scope of the individual's response to the ability, is a person's assessment of whether a certain kind of pressure source and its own response to stress.

When the pressure produced by the physiological changes, Hansselye found a lot of physiological changes in the alert reaction stage, such as nervous, easy to get angry, etc., which helps to increase the ability of psychological awakening. To this end, he concluded that this physiological change represents the body's response to any pressure source, which can be used as an objective indicator of stress, and it is best defined as a general nonspecific response to the body of a body that is applied to him. On the concept of "pressure", Liang Baoyong (2006), domestic scholars believe that stress is a kind of psychological and physical stress which is caused by the fact that people in the adaptation process of life or in the understanding of the important internal and external environment. Stress is often a feeling of life events, and cannot be eliminated, such as the Taiwan scholar Zhang Chunxing (2005) think, the pressure is actually refers to the sense of pressure. It is admitted that pressure is the objective existence of the environment in the presence of a threatening stimulus, but also the psychological pressure for life pressure. Jiang Songmei believes that the psychological pressure refers to the internal or external stimulus, the individual's physical and psychological impact of psychological feelings.

### **Definition of pressure source related concepts**

The pressure source is the situation that causes the individual to produce the pressure response, stimulate, activity, event, etc..

Foreign scholars Folkman Lazarus (2003) believe that the source of stress is the individual's perception and evaluation of things or situations that are threatening to the individual, which can cause the individual's stress response ". Foreign studies have revealed that the pressure of the students mainly comes from the aspects of school, social, economic, career choice and so on. Robbins (1997) identified three types of potential stressors: environmental, organizational, and personal stress, and that these three factors can cause the formation of real pressure depends on individual differences, such as work experience, personal cognition, etc..

Psychologists in the study to analyze the various kinds of life events caused by stress analysis, put forward three types of pressure source: first, physiological pressure source. The physiological pressure source is mainly through the stimulation of the body of human body, which is caused by the stimulation of the body, including physical, chemical and biological stimuli. Second, the psychological pressure source. Psychological pressure source refers to the pressure from the people's minds. Third, social pressure source. Social pressure source mainly refers to the changes in the life style of individuals, and it requires people to adjust and adapt to the situation and events.

## **THE PSYCHOLOGICAL STRESS OF GRADUATE STUDENTS RESEARCH**

Graduate students in a special age, and some have already married, so that they assume a certain social responsibility. The pressure in the process of graduate school and employment difficult contradiction to the pressure level. In the last few years, the research on the psychological pressure of the graduate students in China is carried out in two aspects.

On the one hand, it is mainly from the theoretical analysis of the source of the psychological pressure of the graduate students:

In the study of Xiao Ruen and Ouyang Run (2007), the main reason for the graduate students' pressure is the five aspects, namely, the employment difficulty, the limited personal economic conditions, the study of the tension, the desire for the feeling, the interpersonal

relationship. However, these are the source of the pressure on the surface, the deep reason lies in the understanding of the deviation. Wu Wugang, Linwei in the graduate students under pressure to solve "in an article that, the produced psychological pressure is the main reason can be attributed to two factors: one is learning, strive to learn cannot reach the intended learning goals generated by pressure; the second is life, economic conditions, relationship status, interpersonal relationships, etc. pressure. Zhao Xingkui master's degree of psychological stress structure analysis, the master's degree of psychological stress is the basic structure of the master's graduate students under the main aspects of psychological stress, including life, education and employment of the 3 aspects of the pressure. Shang Junming after analysis, the academic pressure, expectations and the reality of the contrast, the interpersonal relationship is not harmonious, employment pressure, love marriage is the main psychological pressure. He Xiangmei (2005), think of their own role in the conflict, the ideal and the reality of the contradiction, social change and some potential factors is graduate form the main reason of psychological pressure.

On the other hand, it is mainly used to investigate the psychological pressure of the students with the self-compiled questionnaires or other people's reliability and validity.

Chen Jiangbo (2006), use of the "graduate students psychological stress questionnaire" on the part of the study of Chongqing City. To investigate and analyze the interaction of the students in the overall pressure, the gender differences, grade differences and gender and grade, and the differences of the pressure of the different grades of male and female. In the study of Yu Yulan (2005), graduate students face the pressure is mainly academic pressure is too high, the employment problem, heavy economic burden and emotional pressure, facing the interpersonal relationship. Yu Shuhua (2006) that the graduate students psychological pressure mainly from employment, education, and other aspects of the economy, and has distinct, interrelated characteristics. Wang Jufang (2007) studied the medical graduate students psychological pressure source, questionnaire investigation and analysis that the biggest psychological pressure from school, followed by employment, economy, marriage, interpersonal relationship etc.

After the integration of the psychological pressure of the existing graduate students, the current research on the psychological pressure of graduate students mainly uses two methods, one is from the psychological theory analysis, the two is the self-compiled and the psychological pressure of the questionnaire survey. Comprehensive domestic and foreign scholars' research has found that the pressure of graduate students is mainly from the following aspects:

First, Employment pressure. With the increasing number of graduate students, their overall employment situation is not optimistic, the employment pressure is a great pressure on the graduate students. On the one hand, the master's employment competition is fierce, on the other hand, the master's degree is higher, which leads to the great pressure of employment. Xiao Xiao, Liu Xia (2007) in the female graduate student mental pressure of "concluded," the proportion of employment, economic, academic pressure in the female graduate students and psychological stress faced by respectively 67.19%, 62.2%, 55.9% ". Zhou Xiaoping, Zhu Jinshi in "from the perspective of gender analysis of the impact of the study on the psychological problems of the relevant factors and Countermeasures", "the social factors affecting the psychological problems of the students, the students' employment pressure is the highest, followed by academic pressure and economic pressure". Fan Jingjing, Luo Yuanhang (2006) in the investigation of the employment pressure of a master's degree, 97.2% of the master's students said that there is employment pressure. Conclusion this night, Xiao Yu YuLan, Zheng Xifu's research is basically the same, the pressure of employment is the first

graduate high pressure. Yu YuLan, Zheng Xifu (2005) found that, the psychological stress of graduate students is the biggest employment pressure.

Second, academic pressure of the graduate students in university after some hard work was admitted to the, haven't enough time to have a chance to take a breather, but also to invest new learning, to accept new challenges. In the method of learning, the learning method of "memory understanding" turns to "research". In the early morning of 28 April 2009, found a 34 year old Dr. Yang, in Wuhan University the faculty dormitory bathroom with a wire to end his own life. People familiar with the matter said, Yang suicide suspect and doctoral thesis cannot pass, the pressure is too large, the incident caused a wide range of attention. Many scholars have done a lot of research, in Zong Yanbing (2012) and other articles, the current engineering graduate students psychological stress sources and countermeasures, pointed out that many colleges and universities for graduate students to implement the policy, increase the management of graduate students, to prevent the diploma "shrink", in particular, many colleges and universities require graduate students to publish a certain number of papers, and the publication level also made a hard and fast, and the students learning task. In Sun Yuanyuan, Li Yan (2012), the study pressure is the first pressure of the students to study the impact factor analysis of the psychological pressure, the average score of each factor is the highest academic research pressure, followed by employment and development pressure, once again is the self-efficiency pressure, and finally the interpersonal pressure. In Tian Ming (2013) for doctoral research pointed out that the achievements in scientific research can achieve and graduation thesis can smoothly through, the two pieces and PhD related priority every moment will linger in the doctoral students mind, doctoral students have different degrees of psychological anxiety arises spontaneously.

Economic pressure is another factor that influences the source of the graduate students' stress. Ying Cao, Dai Shuxia, (2010) found in Yanqiu study, students' family income has influence on the pressure. Some scholars take nursing graduate students as the research object, such as Zhang Lihong, Wu Weihong (1998) years of study, the students not only have to face the pressure of learning, but also to face the pressure caused by the economic constraints, so the economic burden will give students a certain degree of pressure. After entering the clinic, nursing students are increasingly feeling the pressure from the profession and special work place. In the face of the same event, nursing students are willing to choose the nursing thing. Industry or have a strong interest in nursing work, the feelings of the pressure will be very different. Ellison, RN Tyler PA (1994) studies show that the personality types of nursing students can also affect the feeling of stress.

## **CONCLUSIONS**

Through the literature review, this paper reviews the concept of pressure, the source of pressure, and the theoretical results in the field of psychological pressure in the West to understand the three main sources of the graduate students' stress, to improve and improve the mental health of graduate students, and to provide theoretical basis for the relevant research.

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