The Probe to the Educational Model of “Peer-to-Peer Interaction” for College Students’ Negative Employment Psychology

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Abstract: With the "two-way choice" system of college students' employment provides the students with more career opportunities and makes them face increasingly serious employment situation. The increasingly intense employment competition pressure causes college students to develop anxiety in the process of seeking employment, Frustration psychological, inferiority complex, relying on psychological and other bad psychological state. It is great significance to study the psychological problems of college students' career choice, to help them eliminate psychological obstacles, to form a good attitude and to seek employment from a healthy body and mind. Therefore, the psychological guidance of college students’ employment has become an essential part of the work of colleges and universities, but also an extremely important work of colleges and universities. This paper analyzes the causes of these common psychological problems by analyzing the common psychological phenomena of college students in the process of career choice, and puts forward the measures to deal with these problems from peer-to-peer interaction.

Keyword: college students, psychology; countermeasures, peer-to-peer interaction.

1 Introduction

College students in the career of the emergence of contradictions and psychological misunderstanding, such as cannot be timely and catharsis, it may develop into a psychological barrier to career choice. This bad psychological barriers, once formed, will seriously plague the daily study of college students, life and even career. Generally speaking, college students appear in the psychological barriers are mostly adapt to the process of mild psychological barriers.
Quick success. This is the most common practice of college students, the most difficult to avoid a psychological misunderstanding. It refers to the students in the career of blind pursuit of those who are rich in economic income, social prestige of higher occupations and longing for economic development, living environment superior areas of psychological tendencies.

Negatively dependent on others. Refers to the choice of students in the career choice, in the face of career competition, looking forward to rely on family, friends and family, the country, schools and teachers to help a psychological tendency. This tendency is inseparable from the limitations of college students' own growth experience. College students, after all, only experienced a dozen years of study career, has been living in the ivory tower, the lack of job experience, only a relatively simple family, friends, teachers, social relations. In the face of a major choice of life, it will inevitably produce a certain degree of dependence on the psychological, when you want to make a choice when they cannot decide, the hope of others in the body, thus losing the opportunity to choose career. If you do not try to eliminate this dependence, the employment of college students is very harmful.

Mood swings. College students in the process of choosing abnormal emotional fluctuations, more performance for anxiety, anxiety and even depression and other negative emotional state. A study of the state of pre-employment behavior of college students shows that depression and anxiety are prevalent before college students choose; and the level of anxiety is higher than that of boys, and the level of depression is lower than that of boys. Causes of college students to choose the mood before the mood fluctuations and abnormalities are mainly serious employment situation, college students' lack of self-confidence and adequate pressure to withstand the pressure, love troubles, family background and so on.

Blind comparisons. Students do not fully consider their own actual situation, such as their own professional scope, career interests and career pursuit, the actual ability and overall quality, in the process of choosing blindly from the public and new. We all want to go to the coastal areas, he wanted to go to the coast; heard of the financial, IT industry hot tight, wanted to go to these industries to seek a job. This lack of comprehensive consideration, there is no ability to meet their own ability and interest in the pursuit of professional, often in the job will experience unnecessary setbacks, delays or loss of employment opportunities.

2 The Psychological Obstacles of College Students’ Career
Anxiety. Is caused by psychological conflict or setbacks, mainly for fear, anxiety, and anxiety and so on. On the eve of graduation, most college students’ psychological problems were overly anxious. Especially from remote areas, or introverted, or physical defects, or poor academic
performance of college students, as well as female college students are more prominent. This anxiety makes them in the job when the mental burden of heavy, nervous and irritable.

Inferiority. Lack of self-esteem, self-confidence. Some graduates because they are not famous school graduation, professional is not popular, people look like usual, no power relations available, and no money to support, in short, others have inherent advantages of their own, self-esteem spontaneously. Often manifested as: the lack of correct self-awareness, ashamed, lack of confidence and courage. This makes some college students pessimistic about employment, while hindering their intelligence and creativity of the normal play. Excessive self-esteem, but also lead to lack of energy, negative weary, and even to the extreme.

Cowardice. Is a timid, fragile character. For example, in the interview to participate in the employer, often in the face of red, incoherent, non-asked, before the interview prepared the "lines" forgotten; or because cautious, lest words wrong, a bad answer will affect their representatives in the employer the image of the mind, did not dare to speak, and did not show their own characteristics and advantages.

Pride. Alone psychology is the lack of objective self-analysis and self-evaluation of the performance. They are often ambitious career expectations, expectations are too high, easy to divorce from reality, to fantasy instead of reality, so that career goals and reality have a great contrast.

Indifferent. Is a negative psychological reaction after a setback? Some college students choose job, because of frustration and feel powerless, lost confidence, often appear to be aggressive, depressed, emotional indifference, numbness and other mentality. This kind of psychological and employment competition mechanism and the social environment is incompatible, the ability to adapt to the environment is poor.

3 The cause of these psychological problems
College students experience is relatively simple, the understanding of the employment situation is unclear, mental tolerance and self-regulation ability is poor, mood volatility, emotional is more fragile, difficult to produce anxiety caused by anxiety, after the attack is also prone to inferiority complex. Due to the psychological is not fully mature, self-identity chaos, this confusion in the performance of college students on their own knowledge structure, ability and quality, expertise and career judgment on the chaos, autonomy weakened, self-goal by others and the impact of peer groups. Because of the confusion of self-identity, it is easy to appear in the employment of psychological imbalance, blindly and comparisons. Most of them are the only children, parents for their children to do everything, students living independently and solve the problem is very lack of lack of arduous pioneering psychological
preparation, cannot afford to setbacks and failures, easy to rely on others.

4 Conclusion
College students to seek the ideal career must understand the situation, reasonable adjustment of employment expectations. At present, the rapid expansion of colleges and universities, the employment situation is extremely grim. Students in the career, to combine their own professional and direction, to fully understand their professional needs of the community, from their own interests, hobbies, professional, expertise, personality, ability and family conditions, such as positioning career expectations, career orientation Based on the construction of the correct view of career. However, the current part of the students in the process of career choice for leisure, fear of suffering, vanity, utilitarian, comparisons and other psychological, to a certain extent, will hinder their career choice and development. Colleges and universities should strengthen the choice of students and ideological education, and guide students to correctly handle the relationship between the state, collective and personal development, encourage students to personal career development and social needs, carry forward the traditional arduous pioneering spirit, to promote college students to improve their own The cultivation and quality. Peer mutual help concept can help college students to determine their own life trajectory. Peer mutual help can be better engaged in their own career, to achieve the goal of life, very important. It can be seen that college students should set a long-term view of career choice, should be in the peer relationship between the system of "first employment, after career, and then entrepreneurship" approach, the employment process as an important experience in personal career experience, through employment Improve their social viability, practical ability and career development ability, by virtue of their own efforts, through a reasonable occupation flow, and gradually realize self-worth, to achieve the success of the cause.

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