



Research on Improving Employment Anxiety Among Higher Vocational College Graduates

Ruiwen Yu*

Guangdong Innovative Technical College, School of Information Engineering, 523960
Dongguan, China

*451005326@qq.com

Abstract. With the continuous development of higher education in our country, the number of college students is increasing day by day. Today's employment environment is very severe, and the employment anxiety of college students has become prominent. This article analyzes the basic manifestations of employment anxiety among college students, the impact of employment anxiety on college students, and the influencing factors of employment anxiety. Propose corresponding strategies to enhance graduates' employment cognition and career selection abilities, establish correct employment concepts, and formulate strategies to improve college students' employment anxiety from multiple aspects such as social work, college students themselves, families, schools, and enterprises.

Keywords: employment anxiety; home-school relationship; social work; mental health

1 Introduction

In today's era of rapid development, the country's comprehensive strength and future development prospects are increasingly dependent on the support of higher education. As an important force in social progress and scientific and technological innovation, high-level compound skilled talents have a decisive and qualitative impact on the level and speed of my country's development. As the cradle of cultivating these talents, colleges and universities' status and role cannot be ignored. They are not only the backbone of the national talent training strategy, but also bear the mission of delivering outstanding talents to society[1].

The significance of higher education to the country goes far beyond cultivating batches of outstanding graduates. It is also related to students' future employment and development potential, as well as an important cornerstone of social stability and national prosperity. However, when we deeply analyze the current employment environment, it is not difficult to find various problems[2]. At present, my country's employment situation is facing structural contradictions. The matching between talents and industries is not high, and the surge in the number of graduates has made the job market increasingly tense. In this context, the relationship between higher education models

and student employment is particularly critical. The traditional employment concept has been unable to adapt to the development of the times, and graduates need to have a more open and diverse career concept[3]. However, the impact of social environment on college students' career choices cannot be ignored. With the increase of employment pressure, employment anxiety is becoming more and more common among college students. This kind of anxiety not only affects students' mental health, but may also trigger a chain reaction of a series of employment difficulties. Therefore, how to effectively alleviate the employment pressure of college students has become a hot topic of concern to the national livelihood project reform and education departments[4].

The country, universities and all sectors of society have regarded student employment as an important part of future development. We look forward to creating a broader employment space for students by deepening education reform, optimizing the employment environment, and strengthening employment guidance, so that they can fully develop their talents and potential and contribute to the prosperity and development of the country[5].

2 Analysis of Employment Anxiety Among Graduates from Higher Vocational Colleges

Regarding the definition of employment anxiety, this issue has triggered extensive discussions and controversies around the world. Scholars in different fields have put forward their own opinions and opinions on this issue. However, a unified and clear conclusion has not yet been reached. This just reflects the complexity and multifaceted nature of the phenomenon of employment anxiety[6].

From the perspective of state emotions, employment anxiety can be regarded as a special emotional experience. It is not a lasting psychological state, but the product of a combination with specific environmental stimuli[7]. Some scholars believe that employment anxiety is an emotional reaction produced by college students when they face employment results that may not be in line with their expectations when they are approaching graduation[8]. This emotional reaction may deepen as the problem intensifies, or it may dissipate quickly as the problem is resolved. It reflects the worries and anxiety that college students have when facing employment pressure due to uncertainty about their own abilities, market demand, and future career development prospects. In addition, employment anxiety also manifests itself in physiological aspects. Some scholars pointed out that employment anxiety not only manifests as psychological worry and anxiety, but also produces obvious changes in physiology and behavior. During the job search process, college graduates often feel anxious due to pressure from individuals, families, employers, and the competitive social market environment. This state of anxiety may cause graduates to suffer from physiological symptoms such as insomnia, loss of appetite, and difficulty concentrating, and even affect their daily life and job search performance[9].

There are various factors that cause graduates' employment anxiety, including but not limited to personal knowledge reserve, skill level, family background, educational experience and self-perception. At the same time, factors such as the intensity of market

competition, employers' recruitment standards, and changes in social demand for talents will also have an impact on graduates' employment anxiety. These factors interact to form a complex environment that graduates face in the employment process. Employment anxiety has a comprehensive impact on graduates. It will not only interfere with the thinking judgment and mental state of graduates, making it difficult for them to make wise decisions and choices; it will also affect their normal life and job search behavior, making it difficult for them to fully utilize their abilities and potential. What's more serious is that long-term employment anxiety may also cause irreversible damage to graduates' physical and mental health[10].

Therefore, we need to pay enough attention to the issue of employment anxiety. By in-depth understanding of its causes and impact mechanisms, we can provide more effective support and assistance to graduates, alleviate their employment anxiety, and promote their smooth employment and healthy development. At the same time, we also need to start from a more macro perspective and think about how to fundamentally solve the problem of employment anxiety by reforming the education system and improving the job market[11].

3 Strategies to Improve Employment Anxiety Among Higher Vocational College Graduates

This article will propose the following strategies in response to the current employment anxiety of graduates from higher vocational colleges.

3.1 Introduce Group Work to Improve the Level of Employment Guidance

Improving employment anxiety among college students is an urgent and important task, and group social work has become the most effective and indispensable method with its unique advantages. The group work carefully organizes activities and provides a harmonious and warm communication platform for college students. On this platform, college students with the same employment pressure come together to share each other's troubles and anxieties. This atmosphere enables them to face their problems bravely and thereby better know and understand themselves. Social workers play a central role in group work. They must not only have excellent communication skills and keen observation, but also be able to accurately identify members' problems and make targeted judgments and interventions. Based on the different situations of each member, social workers will develop personalized work plans aimed at helping them gradually overcome anxiety and achieve self-growth.

The charm of group work is that it not only deepens members' self-understanding, but also taps into their potential strengths during the communication process. The mutual support and encouragement among members gradually increases their self-confidence and improves their job interview performance. This positive change not only helps alleviate employment anxiety, but also lays a solid foundation for their future careers. However, to ensure the effectiveness of group work, the professionalism of the

social worker is crucial. In actual operations, social workers often find that they have deficiencies in responding to emergencies and sensing emotional changes among team members. These shortcomings may affect the smooth progress of the work and even make team members feel disappointed. Therefore, it is imperative to improve the professional level of social workers. Social workers need to strengthen their theoretical knowledge learning and have a deep understanding of the principles and methods of group work. At the same time, schools should also increase efforts in practical training, allowing social workers to accumulate experience in practice and improve their coping capabilities through simulated situations and other methods. In addition, social workers should also actively learn psychology, management and other related knowledge to better understand the psychology of team members and improve work effectiveness. In terms of group activity design, social workers should fully consider the needs of all members, while also paying attention to the special requirements of a few members. The activity plan should be feasible to ensure that every member can benefit from it. Social workers also need to flexibly adjust activity plans based on feedback from group members and the actual situation to ensure the smooth progress of group work.

In short, group social work plays an important role in improving college students' employment anxiety. By improving the professional level of social workers, we can further improve the practice of group work and provide effective help and support to more college students. In the future, we should continue to promote and improve the practice of group social work, and make greater contributions to alleviating college students' employment anxiety and promoting their smooth transition into society.

3.2 Improve Students' Personality

Personality health is an important cornerstone for overcoming difficulties. If there are defects in personality, it will be difficult to maintain a perseverant spirit when facing challenges, and you will often be easily defeated by difficulties. Therefore, it is particularly important for contemporary college students to cultivate a sound personality.

Actively participating in various activities is an effective way for college students to exercise their personality and improve their abilities. By participating in activities such as clubs, competitions, and volunteer services, college students can exercise their interpersonal skills, communication skills, and organizational collaboration skills, so as to better adapt to the development and changes of society. These activities can not only improve college students' practical abilities, but also allow them to constantly challenge themselves in practice, exercise their willpower, and learn how to stay calm and firm in the face of pressure. At the same time, college students also need to combine the professional knowledge they have learned with practical work to continuously improve their practical ability and adaptability. By participating in social practice activities, college students can gain a deeper understanding of society, accumulate valuable social experience, and lay a solid foundation for future career development. In this process, college students need to continuously learn new knowledge, master new skills, and continuously improve their overall quality and competitiveness. However, we must also see that some current college students often appear too fragile when facing setbacks. When they encounter some minor setbacks in the process of job hunting, they think that

their lives have lost their color and they have lost confidence in life. This mentality is very undesirable, it will only make people more depressed and confused. Therefore, we need to cultivate strong willpower in college students so that they can remain calm and firm in the face of difficulties and quickly adjust to a state of anxiety and depression.

In view of the current increase in depression among college students, we should pay more attention to the mental health issues of college students. By holding mental health lectures and conducting psychological consultations, we help college students establish a positive and healthy mentality and improve their ability to suffer frustration and self-confidence. At the same time, college students themselves must learn to adjust their mentality, actively face challenges and difficulties in life, and meet future challenges with an optimistic attitude.

3.3 Build a Harmonious Home-School Co-Education Atmosphere

Family, for every college student who is receiving higher education, is an important factor affecting their growth and development. Among them, parents' mentality, words and deeds play a decisive role.

First of all, we must realize that parents' mentality has a profound impact on college students. When parents make rational judgments when seeking employment and can view various careers objectively, their children will also be affected by this positive influence and become more rational and calm when choosing careers. However, in reality, many parents have a comparison mentality. They like to compare their children with other people's children. This kind of comparison often uses the children's shortcomings to compare the advantages of others, which will undoubtedly bring huge psychological impact to the children. Pressure makes them feel inferior.

In addition, parents' concepts when choosing a career will also have a profound impact on their children. Some parents place too much emphasis on salary and face, believing that only high-paying, decent jobs are promising. This concept will undoubtedly bring huge psychological pressure to their children. Under this kind of pressure, children may ignore their own interests and talents and blindly pursue so-called "good jobs", thus losing their true self. In daily life, parents should not only pay attention to changing their own concepts of career choice and employment, but also pay attention to cooperation with schools to jointly guide their children to establish a correct concept of career choice. Parents should adopt a scientific and democratic family education method. In addition to paying attention to their children's academic performance, they should also pay attention to cultivating their children's character and quality. Tenacity, optimism, and positive character are very important for children's future employment and life. At the same time, an open and equal family environment is also very beneficial to the growth of children. In such an environment, children can feel the respect and understanding of their parents, their psychology will be healthier, and their ability to withstand stress will be relatively stronger.

Family is an important cornerstone for the growth of college students, and the mentality, words and deeds of parents are an important part of this cornerstone. In order to cultivate college students with healthy psychology and correct career choices, parents

need to constantly adjust their mentality, change wrong concepts, and work together with schools and society to create a better environment for their children's growth.

3.4 The School Improves Employment Guidance Work

As the cradle of talent cultivation, schools' employment guidance work is particularly critical. Under the current employment situation, it has become an important part of the work of colleges and universities to further improve employment guidance and help college students successfully solve employment problems.

Employment guidance is not only an important part of the education system of colleges and universities, but also an important way for colleges and universities to deliver talents with professional qualities and noble qualities. For college students who are about to step out of campus and enter society, employment guidance is a key bridge for their transition from school to society. Through employment guidance, students can have a clearer understanding of their career positioning and development direction, laying a solid foundation for their future careers. In employment guidance work, improving the employment information network is a crucial link. Colleges and universities should update employment information in real time to ensure the accuracy and timeliness of the information and provide students with abundant employment resources. At the same time, colleges and universities should also actively cooperate with off-campus companies and hold job fairs on campus regularly to build a platform for students and companies to understand and communicate with each other. In addition, colleges and universities can also publish various recruitment information on the campus employment information network, so that every fresh graduate can obtain the recruitment trends of various companies in a timely manner.

In addition to providing employment information, colleges and universities should also pay attention to students' mental health. Faced with employment pressure, many students will suffer from anxiety. Therefore, it is particularly necessary to establish psychological counseling courses for employment anxiety among college graduates. Through professional psychological counseling, students can be helped to relieve anxiety, enhance self-confidence, and face employment challenges with a more positive attitude. At the same time, colleges and universities can also provide psychological counseling in the form of open classes to improve the level of employment guidance and benefit more students.

3.5 Strengthen School-Enterprise Cooperation

Cooperation between universities and enterprises is not only the optimization and integration of educational resources, but also the innovation of talent training models. Through the establishment of a close cooperative relationship between the two parties, colleges and universities can cultivate professional talents in a targeted manner and ensure that educational content is closely aligned with market demand. The implementation of this kind of corresponding professional practical education not only gives full play to the advantages of educational resources in colleges and universities, but also

selects and trains outstanding talents for enterprises, and injects a steady stream of fresh blood into the long-term development of enterprises.

This cooperation model has a significant effect on solving the employment problem of college students. On the one hand, through practical education, college students can better combine theoretical knowledge with practical work and improve their employment competitiveness; on the other hand, companies can directly select talents that meet their own needs from colleges and universities, shortening the recruitment cycle and reducing costs. Labor costs. At the same time, this cooperation also promotes the further development of school education. Through cooperation with enterprises, colleges and universities can continuously update teaching content and methods, improve the quality of education, and cultivate more outstanding talents that meet the needs of society. For enterprises, a complete talent training system can not only meet their job requirements, but also provide opportunities for college students to learn and exercise, so that they can adapt to the corporate culture and work environment more quickly, realize personal value, and also create value for the enterprise. greater value. Cooperation between universities and enterprises is a mutually beneficial and win-win model, which not only helps solve the employment problem of college students, but also promotes the common development of schools and enterprises.

4 Conclusion

After in-depth analysis and research, we gradually realized the core position of promoting education and teaching reform in alleviating the employment anxiety of higher vocational students. Education at the higher vocational level should not only focus on imparting knowledge, but also on cultivating abilities. Improving the level of social workers and setting up psychological counseling courses will not only pay attention to students' emotional changes in a timely manner, but also provide them with strong psychological support at critical moments, helping them build self-confidence and actively face employment challenges.

In addition, strengthening career planning and employment guidance is also crucial. By setting up specialized courses, we can help students better understand market dynamics and clarify their career positioning. At the same time, targeted guidance is provided based on market demand so that students can stand out in the fierce employment competition.

The comprehensive implementation of these measures can not only effectively alleviate the employment anxiety of higher vocational students, but also help them better integrate into society and realize their personal values. We firmly believe that through continuous efforts and exploration, we can create a better employment prospect for higher vocational students.

Acknowledgement

This article was funded by the Provincial High-level Professional Construction Project of Guangdong Education Department: Computer Application Technology Major Group

of Guangdong Innovative Technical College, No. GSPZYQ2021046, Guangdong Provincial Department of Education 2023 Higher Vocational Colleges and Universities Curriculum Civics Demonstration Program Project: Linux operating system application, No. KCSZ04015. and 2023 Guangdong Provincial Education Science Planning Project: Exploration of Talent Training Path for the Integration of "Post Course Competition Certificate" in Artificial Intelligence Technology Application Major Based on Huawei Standards, No. 2023GXJK1075.

References

1. Lattie, E. G., Lipson, S. K., & Eisenberg, D. (2019). Technology and college student mental health: challenges and opportunities. *Frontiers in psychiatry*, 10, 439296.
2. Katz, D. S., & Davison, K. (2014). Community college student mental health: A comparative analysis. *Community College Review*, 42(4), 307-326.
3. Copeland, W. E., McGinnis, E., Bai, Y., Adams, Z., Nardone, H., Devadanam, V., ... & Hudziak, J. J. (2021). Impact of COVID-19 pandemic on college student mental health and wellness. *Journal of the American Academy of Child & Adolescent Psychiatry*, 60(1), 134-141.
4. Lipson, S. K., Zhou, S., Abelson, S., Heinze, J., Jirsa, M., Morigney, J., ... & Eisenberg, D. (2022). Trends in college student mental health and help-seeking by race/ethnicity: Findings from the national healthy minds study, 2013–2021. *Journal of affective disorders*, 306, 138-147.
5. Campbell, F., Blank, L., Cantrell, A., Baxter, S., Blackmore, C., Dixon, J., & Goyder, E. (2022). Factors that influence mental health of university and college students in the UK: a systematic review. *BMC Public Health*, 22(1), 1778.
6. Sprung, J. M., & Rogers, A. (2021). Work-life balance as a predictor of college student anxiety and depression. *Journal of American college health*, 69(7), 775-782.
7. Fauzi, M. F., Anuar, T. S., Teh, L. K., Lim, W. F., James, R. J., Ahmad, R., ... & Salleh, M. Z. (2021). Stress, anxiety and depression among a cohort of health sciences undergraduate students: the prevalence and risk factors. *International journal of environmental research and public health*, 18(6), 3269.
8. Rahimi, R., Akgunduz, Y., & Bilgihan, A. (2023). Impact of COVID-19 on mental health and career anxiety of hospitality and tourism students in the UK. *Journal of Hospitality and Tourism Insights*, 6(2), 892-911.
9. Hao, S., Zhang, X., & Xu, H. (2024). Insecure Parental Attachment and Anxiety in Vocational College Students: The Mediating Role of Subjective Well-Being and the Moderating Role of Self-Esteem. *Psychology Research and Behavior Management*, 1221-1230.
10. Wan, J., & Liu, F. (2024). Analysis of the Psychological Factors Faced by the Final Year College Students of China During Job Interviews and While Choosing Careers. *Journal of Psycholinguistic Research*, 53(2), 24.
11. Zhao, S., Yi, W., Ye, B., Zeng, Y., & Yang, Y. (2024). The Association Between Intolerance of Uncertainty and Job-Seeking Anxiety: A Moderated Mediation Model. *Journal of Career Development*, 51(1), 106-124.

Open Access This chapter is licensed under the terms of the Creative Commons Attribution-NonCommercial 4.0 International License (<http://creativecommons.org/licenses/by-nc/4.0/>), which permits any noncommercial use, sharing, adaptation, distribution and reproduction in any medium or format, as long as you give appropriate credit to the original author(s) and the source, provide a link to the Creative Commons license and indicate if changes were made.

The images or other third party material in this chapter are included in the chapter's Creative Commons license, unless indicated otherwise in a credit line to the material. If material is not included in the chapter's Creative Commons license and your intended use is not permitted by statutory regulation or exceeds the permitted use, you will need to obtain permission directly from the copyright holder.

