

# Employment Pressure and Relief for College Students from the Perspective of Positive Psychology

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**Abstract:** *The employment pressure on college students is a common problem in current society, which has a significant impact on their physical and mental health and development. This paper is based on positive psychology and explores strategies for alleviating employment pressure among college students, and evaluates their feasibility and effectiveness. Through research on relevant literature and empirical analysis, the paper found that strategies such as cultivating a positive mindset and optimistic emotions, enhancing self-awareness and self-control, establishing good interpersonal relationships and support systems, and cultivating adaptability and resilience can help college students better face employment pressure, maintain mental health, and promote personal growth. The implementation of a strategy based on positive psychology to alleviate employment pressure for college students is feasible and provides significant assistance to them. Therefore, the government, educational institutions, and all sectors of society should jointly pay attention to the employment issue of college students, strengthen the promotion and implementation of mitigation strategies based on positive psychology, provide comprehensive support and assistance for college students, and create a good employment environment and atmosphere.*

**Keywords:** *college students, employment pressure, positive psychology, mental health*

## 1. Introduction

With the continuous development of society and the increasingly fierce competition, the employment pressure of college students has become one of the focuses of current social attention. As the backbone of society, the employment situation of college students is directly related to the development of the country and the stability of society [1]. However, in reality, college students face many challenges and pressures, among which employment pressure is the most prominent and common one. The sources of employment pressure for college students are diverse, including the combined effects of economic pressure, family expectations, social competition, and other factors. These pressures not only come from changes in the external environment, but also from inner anxiety and struggle. In this context, how to effectively cope with and alleviate the employment pressure of college students has become an urgent problem to be solved. Positive psychology, as an important branch of psychology, emphasizes individual strengths, positive emotions, and behaviors, committed to helping people better adapt to the environment, improve happiness, and quality of life. Exploring the employment pressure and its relief of college students from the perspective of positive psychology not only provides researchers with new ideas and methods, but also helps to provide more scientific and effective psychological support and guidance for college students.

This paper aims to analyze the current situation of employment pressure among college students, explore it from the perspective of positive psychology, and study mitigation strategies to explore the essence and characteristics of employment pressure among college students, and propose corresponding mitigation strategies. The aim is to provide more comprehensive and effective psychological support for college students, help them better meet employment challenges, and achieve a win-win situation of personal development and social value.

## 2. Analysis of the current situation of employment pressure on college students

### 2.1 Definition and characteristics of employment pressure

The employment pressure of college students refers to the various difficulties, challenges, and

psychological burdens they face in the process of job seeking and employment. Compared with other groups, the employment pressure of college students has some unique characteristics. Firstly, college students are usually in the job search period and are full of uncertainty about their future career paths and employment prospects, which can bring them tremendous anxiety and pressure. Secondly, college students bear family expectations and social pressure, hoping to achieve economic independence and social status improvement through employment. In addition, the employment pressure of college students is also influenced by social competition, with fierce job market competition and limited employment opportunities, which exacerbates the employment pressure of college students.

### ***2.2 Factors affecting employment pressure among college students***

The employment pressure of college students is influenced by a combination of various factors. Firstly, economic factors are one of the important factors affecting the employment pressure of college students. The current economic development in China is slowing down, and the employment situation is not optimistic. College students are facing increasing employment pressure. Secondly, educational factors also have a significant impact on the employment pressure of college students. The differences in employment prospects and abilities among different majors have led to differences in employment pressure among college students. In addition, family and social factors are also important factors affecting the employment pressure of college students. Family expectations and pressures, as well as societal expectations and evaluations of college students, can all have an impact on their employment pressure.

### ***2.3 Performance and impact of employment pressure on college students***

There are various manifestations of employment pressure among college students. Firstly, anxiety and tension are common emotional experiences among college students in the process of job seeking and employment. They are worried about not finding suitable job positions, afraid of economic pressure and social evaluation pressure. Secondly, self doubt and inferiority complex are also common manifestations of employment pressure among college students. They often doubt their abilities and competitiveness, and lack confidence in the job search process. In addition, long-term employment pressure may also lead to psychological problems such as depression and anxiety among college students, and even affect their physical health and interpersonal relationships.

The negative impact of employment pressure on college students cannot be ignored. Firstly, employment pressure can have a negative impact on the mental health of college students, leading to psychological problems such as anxiety and depression. Secondly, employment pressure may also affect the academic performance and personal development of college students. College students may not be able to fully devote themselves to their studies when dealing with employment pressure, which can affect their academic performance and professional ability improvement. In addition, employment pressure may also have a negative impact on the interpersonal relationships and social skills of college students, making it difficult for them to establish good interpersonal relationships with others.

## **3. Employment pressure of college students from the perspective of positive psychology**

### ***3.1 Concepts and principles of positive psychology***

Positive psychology is a branch of psychology that focuses on individual excellence, positive emotions, and human potential, emphasizing individual strengths, growth, and happiness. The core principles include focusing on individual strengths rather than weaknesses, valuing positive emotions and experiences, and pursuing individual growth and development. When dealing with the employment pressure of college students, the concept of positive psychology can help them better understand their strengths and potential, and thus face challenges and difficulties more actively.

### ***3.2 The role of positive psychology in coping with employment pressure***

Positive psychology plays an important role in addressing the employment pressure of college students. Firstly, positive psychology emphasizes the cultivation of positive emotions and optimistic attitudes, which can help college students establish correct employment concepts, enhance self-confidence and resilience. Secondly, positive psychology advocates for exploring individual strengths and strengths, allowing college students to better understand their abilities and values, and

thus make wiser career choices and respond to job search challenges. In addition, positive psychology also focuses on cultivating interpersonal relationships and social skills, helping college students establish good interpersonal networks and obtain more support and resources.

Through the methods of positive psychology, college students can face employment pressure more proactively and find opportunities for growth and development. They can effectively alleviate anxiety and stress, enhance their competitiveness and adaptability, and achieve better employment outcomes through positive thinking, optimistic emotions, and self-awareness.

### ***3.3 Characteristics of employment pressure for college students from the perspective of positive psychology***

From the perspective of positive psychology, the employment pressure of college students has some characteristics [2]. Firstly, college students are more inclined to seek positive solutions when dealing with employment pressure, focusing on improving their own qualities and abilities, rather than passively complaining and resisting. Secondly, from the perspective of positive psychology, college students pay more attention to developing their personal strengths and talents, transforming stress into a driving force for their growth and progress. Finally, under the guidance of positive psychology, college students pay more attention to cooperation and support with others, and face employment pressure together through team cooperation and social support, achieving win-win results.

## **4. Strategies to alleviate employment pressure for college students**

### ***4.1 Introduction to positive psychology intervention methods***

The positive psychology intervention method is not only a psychological counseling method based on the concept of positive psychology, but also a comprehensive psychological health promotion strategy. This method is committed to helping individuals establish a positive mindset, enhance their sense of happiness and resilience, and better adapt to various challenges and pressures in real life. By delving deeper into the strengths and potential of individuals, positive psychological intervention methods focus on guiding individuals to engage in positive psychological training and cognitive restructuring, in order to guide them to face difficulties and challenges in life more actively and achieve their goals of self growth and development. This method not only focuses on alleviating negative emotions, but also aims to help individuals comprehensively improve their psychological quality, cultivate a more positive, healthy, and energetic mentality, and lay a solid internal foundation for their success in the fiercely competitive job market.

### ***4.2 Strategies for alleviating employment pressure among college students based on positive psychology***

#### ***4.2.1 Cultivate a positive mindset and optimistic emotions***

By cultivating a positive attitude and optimism, college students can demonstrate a more proactive attitude when facing employment pressure. A positive attitude enables them to view their abilities and potential with a positive mindset, thereby enhancing their confidence and believing that they can cope with various job search challenges. A positive attitude can also help them better plan employment goals and career development paths, and maintain optimistic expectations for the future [3].

Positive thinking and gratitude are important psychological tools when facing employment pressure. Through positive thinking, college students can view difficulties and setbacks as opportunities for growth and learning, rather than negative burdens. At the same time, a grateful mindset can enable them to cherish the resources and opportunities they already have, and express gratitude for the support around them, further enhancing their inner satisfaction and happiness. The cultivation of this positive attitude and optimistic mood will help alleviate the anxiety and pressure that college students may experience during the job search process. They will have a stronger belief in their abilities and values, reduce concerns about unknown factors, and take proactive actions to overcome challenges. At the same time, a positive attitude can also promote college students to seek more job opportunities and resources, expand their career network, and obtain more support and assistance from it. By cultivating a positive mindset and optimistic emotions, college students can be more proactive in coping with employment pressure. Positive thinking and a grateful mindset will become powerful psychological weapons for them when facing challenges, helping them resolve anxiety and pressure, strengthen

confidence, and make positive efforts to achieve employment goals.

#### ***4.2.2 Enhancing self-awareness and self-control***

College students can enhance their self-awareness and self-control, further understand their emotions and needs, and effectively manage emotional fluctuations. By cultivating self-awareness, they can better understand their emotional reactions in different situations and engage in in-depth thinking on the reasons behind their reactions. This awareness enables them to more accurately identify their emotional state and apply appropriate emotional regulation strategies more targeted.

Meanwhile, college students can also develop their self-control abilities to maintain inner peace. They can learn to control intense emotional changes through deep breathing, relaxation training, or other calm thinking techniques. Through positive self-control, they are able to better handle stress, avoid excessive impulsiveness or negative expression of emotions, and thus maintain calm and rational thinking. Maintaining rational thinking and action is also crucial when facing pressure. College students can maintain a clear mind through self reflection and goal orientation, without being influenced by negative emotions. They can examine their goals and values in order to maintain positive actions under pressure. At the same time, they can seek advice and support from others to gain more comprehensive thinking and decision-making.

#### ***4.2.3 Establishing good interpersonal relationships and support systems***

Establishing good interpersonal relationships and support systems is crucial for alleviating employment pressure, and college students can take proactive actions to achieve this. They can actively participate in various social activities, such as joining clubs, volunteering, or participating in career development activities, to expand their social networks. By communicating with people from different backgrounds and experiences, college students can gain more insights and information, broaden their horizons, and have the opportunity to meet like-minded friends. In addition, college students can actively seek the support and encouragement of friends and family. Sharing your challenges and stress with close people can alleviate psychological burden and provide emotional support. Encouragement and understanding from family and friends can give college students more courage and motivation, helping them face difficulties and maintain a positive attitude towards progress. In addition, sharing experiences and feelings with friends and family can also promote emotional communication and sharing, making college students feel more supportive and understanding.

In addition to interacting with friends and family, college students can also seek professional support to alleviate employment pressure. They can consult the school's career guidance center or professional advisors to seek advice and guidance on employment. These professionals have rich experience and knowledge, and can provide targeted assistance and guidance to help college students better cope with employment challenges.

#### ***4.2.4 Cultivate adaptability and resilience***

Cultivating adaptability and resilience is an important strategy to cope with employment pressure, which requires college students to have certain psychological qualities and adaptability. They should learn to remain flexible in the face of various changes and adjust their job search strategies and goals in a timely manner. With the rapid development of society and industry, the employment environment is also constantly changing. Therefore, college students need to continuously learn and improve their skills and knowledge to adapt to the constantly changing market demands. Maintaining an optimistic and resilient mindset is also crucial when facing challenges and difficulties. An optimistic attitude can help college students better overcome difficulties, see the positive side of problems, and find solutions to problems. Meanwhile, a resilient mindset can help them not give up easily in the face of setbacks and failures, and persist in pursuing their goals. The quality of perseverance can enable college students to maintain confidence and perseverance in the fiercely competitive job market, and constantly move forward. In addition, establishing a positive mindset and healthy lifestyle can also help enhance the adaptability and resilience of college students. Maintaining a good physical condition, regular schedule, and healthy lifestyle habits can help college students better face challenges and stress, maintain a clear mind and energy, and better adapt to various changes in work and life.

Cultivating adaptability and resilience is an important strategy for college students to cope with employment pressure. By maintaining flexibility in responding to changes, maintaining an optimistic and resilient mindset, and establishing a positive mindset and healthy lifestyle, college students can better adapt to the complex and ever-changing employment environment, maintain a stable mindset, and lay a solid foundation for their career development.

#### ***4.3 Feasibility and effectiveness evaluation of implementing mitigation strategies***

Implementing a strategy based on positive psychology to alleviate employment pressure for college students is a feasible and effective approach. Through psychological counseling, training courses, and social support, college students can gradually change their negative emotions and thinking patterns, improve their psychological quality and stress resistance ability, and better adapt to employment challenges and achieve success. Psychological counseling can help college students recognize their emotional changes and sources of stress, guide them to establish a positive mindset and effective emotional regulation strategies, thereby reducing stress and better adapting to challenges. In addition, it is also very important to regularly carry out mental health training courses for college students. These training courses can teach stress coping skills and strategies, helping college students establish a healthy psychological state and good emotional management abilities. At the same time, social support is also a crucial part, as college students can gain emotional support and encouragement through communication with classmates, teachers, and family, face challenges together, and seek solutions to problems.

It is essential to regularly evaluate the psychological and employment status of students in order to ensure the effectiveness and sustainability of these mitigation strategies. This study collects feedback from students and adjusts and improves mitigation strategies in a timely manner based on the evaluation results, ensuring that they meet the actual needs of students, effectively helping them alleviate employment pressure, improve their mental health level, and better adapt to future challenges.

### **5. Conclusion**

The employment pressure on college students is a common problem in current society, which has a significant impact on their physical and mental health and development. This paper is based on positive psychology and explores strategies for alleviating employment pressure among college students, and evaluates their feasibility and effectiveness. Positive psychological intervention methods have a significant effect on alleviating employment pressure among college students. Cultivating a positive mindset and optimistic emotions can help college students better cope with challenges and stress, enhance self-awareness and self-control ability to manage emotional fluctuations, establish good interpersonal relationships and support systems to provide emotional and information support, and cultivate adaptability and resilience to cope with changes and challenges. These coordinated strategies can help college students better face employment pressure, maintain mental health, and promote personal growth. Implementing a strategy based on positive psychology to alleviate employment pressure for college students is feasible. Through psychological counseling, training courses, and social support, college students can receive necessary help and guidance, gradually change negative emotions and thinking patterns, and improve their psychological quality and stress resistance ability. At the same time, the implementation of these strategies also needs to consider the influence of individual differences and specific environmental factors. Therefore, regularly evaluating the psychological state and employment situation of students, and adjusting and improving based on feedback information, is an important link to ensure the effectiveness and sustainability of the strategies.

The strategy of alleviating employment pressure for college students based on positive psychology is significantly helpful to them. It can not only alleviate the anxiety and depression of college students, enhance their sense of happiness and satisfaction, but also promote their self-development and employment success. Therefore, the government, educational institutions, and all sectors of society should jointly pay attention to the employment issue of college students, strengthen the promotion and implementation of mitigation strategies based on positive psychology, provide comprehensive support and assistance for college students, and create a good employment environment and atmosphere.

In summary, the employment pressure relief strategy for college students based on the perspective of positive psychology is an effective measure that can help them cope with employment pressure, promote their physical and mental health and development. However, there are still some limitations in this study, such as limitations in sample selection and a lack of long-term follow-up studies. Therefore, future research can further explore the long-term impact of positive psychological intervention on the employment pressure of college students, and strengthen empirical research under different groups and backgrounds to provide more comprehensive and accurate guidance.

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