

# The Survey of Graduate Students Perceived Stress Influences Stress Coping Style

ZHU Yan<sup>[a],\*</sup>; ZHANG Mengrou<sup>[b]</sup>

<sup>[a]</sup>Master Degree Candidate, College of Teacher Education, Sichuan Normal University, Chengdu, China.

<sup>[b]</sup>Master Degree Candidate, College of Teacher Education, Sichuan Normal University, Chengdu, China.

\*Corresponding author.

Received 5 May 2015; accepted 11 July 2015

Published online 26 August 2015

## Abstract

Master and doctor belong to the elite part of higher education, owing to Chinese higher education expands to register more and more university students leading to master and doctor come across abundant Psychology pressure. Although study pressure is the most important one, master and doctor are adult university students having no salary to support their life expense, without exception that they will be face to financial pressure. Those different kinds of pressures to master and doctor should be paid more attention to it, and try best to help them to transform pressure to the engine to meet a bright future.

**Key words:** Graduate students; Pressure; Discrepancy; Survey research; Education

Zhu, Y., & Zhang, M. R. (2015). The Survey of Graduate Students Perceived Stress Influences Stress Coping Style. *Canadian Social Science*, 11(8), 63-69. Available from: <http://www.cscanada.net/index.php/css/article/view/7427> DOI: <http://dx.doi.org/10.3968/7427>

## INTRODUCTION

With the increasing university students in higher education in 1999, the number of master and doctor will be up per year. In 2008, the country education department called off the divergence of the public fee student and self-charged student, so both full-time and part-time students handed in school fee and increased their financial pressure. During in recent 10 years, the scale of graduate

student enrollment rise up about 72%, while the human resource market couldn't support job requirements with the pace of education revolution. It causes many graduate students unemployment and down the rate of employment. Graduate students are the top of elite of higher education, but they recently face a series of pressures including study, job, economic, relation, and family. Although, there are many scholars research for that phenomenon up to now, it still can't help graduate students out of the pressure problem. Therefore it needs to watch more attention, and they decide how well the future development of country's science and technology.

## 1. RESEARCH METHOD

### 1.1 Research Objective

This research use questionnaire survey in China, Sichuan province of Chengdou two universities on 142 graduate students. It contains arts major 47 students, science major 92 students and business major 3 students. On survey that it includes boys about 71.8%, girls about 28.2%, and postgraduate students grade 1 about 38.7%, grade 2 about 52.8%, and grade 3 about 0.2%, the rest of students are doctor, grade 1 about 0.4%, grade 2 about 0.2%.The students are below 24-years-old of 14.1%, from 24 to 26 are about 65.5%, from 26 to 28 are about 15.5%, above 28 are 0.5%.

### 1.2 Research Tool

This research uses Mr Yang Tingzhong's perceived psychological stress scale (CPSS), Miss Chen Lina's psychological pressure source, and Mr Xiao Jihua's coping style questionnaire to survey graduate students' pressure. This research analyses the graduate students discrepancy in perceived psychology stress and the factors of coping styles such as gender, age, grade, hometown and family economics. In the results of graduate students

psychological press source the strength from high to weak is studied, job, economic, relation, family and marriage. The graduate students are caught in different sorts of pressures, and their perceived psychology stress influence stress coping style.

### 1.3 Research Program

It's limited in time and research materials, so for make up the little information about doctor data statistics to find many doctors in deep talking at the end of research.

### 1.4 Research Data Processing

It gets through to check the answer from the questionnaire and chooses the use questionnaires to sum up. In this research to hand out about 160 questionnaires and hand in 142 questionnaires in the rate of recovery of 89%. It gets research results using variance analysis and *t*-test after the valid data entry in SPSS 20.0 (Chinese version).

**Table 1**  
**The Analysis of Graduate Students Perceived Psychological Stress Discrepancy**

		N	M	S	T Value	
Gender	Male	102	24.9902	6.81799	-2.479*	
	Female	40	27.8750	4.39806		
Age	Under 24	20	23.7500	7.48244	F Value 0.879	
	24-26	93	26.1505	5.56766		
	26-28	22	26.4091	8.24424		
	Above 28		7	25.1429		6.30948
Marital status	Married	13	26.6154	6.03515	T Value	
	Unmarried	129	25.7209	6.39943	0.483	
Hometown	City	32	27.6875	7.77273	F Value	
	Town	35	23.6000	4.94202	3.696*	
	Village	75	26.0267	6.03811		
Grade	Master grade 1	55	26.2364	5.33321		F Value 2.452*
	Master grade 2	75	26.2800	6.63235		
	Master grade 3	3	23.0000	6.92820		
	Doctor grade 1	6	18.6667	9.17969		
	Doctor grade 2	3	23.0000	.00000		
Subject	Arts	47	25.3830	6.84472	F Value	
	Sciences	92	26.1087	6.19545	0.498	
	business	3	23.0000	.00000		
Only child	Yes	42	25.9286	7.76921		T Value
	No	100	25.7500	5.69667	0.152	
Family economic	Very good	8	22.7500	8.69729	F Value 1.812	
	Good	10	27.4000	2.50333		
	General	94	26.4149	6.09673		
	Poor	30	24.1667	7.02254		
Work experience	Yes	63	26.7460	6.18262	T Value	
	No	79	25.0506	6.42291	1.589	
Cross professional	Yes	46	24.7826	6.90222	T Value	
	No	96	26.2917	6.04704	-1.329	

The graduate students are consisted of master and doctor, which are most different in age. In this research of questionnaire survey contain marred about 0.91%, and the rest of graduate students are unmarred of 90.8%. It implies that many graduate students are unmarred and can't set up a family.

The graduate students are from different regions by statistics about 22.5% from city, about 24.6% from urban areas and the most of graduate students from rural areas about 52.8%. This survey implies that most of rural areas

## 2. RESULT ANALYSIS

### 2.1 The Discrepancy of Graduate Students Perceived Psychological Stress Analysis

Perceived stress is a perceptual evaluation process of people who have beyond self-power, which is perceptual evaluation situation. The perceived stress is different from others in diversified perceived psychological stress perceptual evaluation and stress process. Evaluation stress process is to stress event, which evaluates the event whether having disadvantage. Perceived stress is kinds of evaluation of real stress that is people's feeling of threat stimulus circumstance after self-evaluate. People's perceived stress influence a certain degree of real stress. It's possible that different people come across the same situation to conduct different perceived stress. As follows are all results from Table 1 graduate student perceived psychological stress scale:

students choose go on to get master and doctor degree.

The statistics display that 29.6% graduate students are only child, and about 70.4% are not only child. The students from only child family will burden economic financial for they are adults and shameful with asking life-cost from parents. It will be up their study and life pressure.

The 142 graduate students are from different economic situation family, it is about 0.56% from rich family, about 0.70% from medium level, about 66.2% from general situation, and about 2.11% from poor family.

In this research survey implies that the statistics include about 44.4% students having work experience, and they know society of every hue and intrigues. When they deal with the social relation problems in campus feeling skilled and no any stress. The rest of graduate students are directive from university to graduate, they have no chance to experience sorts of society fighting both with open and secret means and serious competition. They find it difficult to cope with those problems, and have a certain psychological pressure.

During graduate study pays more attention to research and self-study model. In this research survey is to 32.4% for graduate students from other majors to take part in the entrance examination to get the degree of master and doctor. It's obvious those students will feel difficult in studying and burden study pressure invisible. It's luck that about 67.6% graduate students are in the same major from the university to graduate, they fell easily to study and research during graduate.

## 2.2 The Discrepancy of Graduate Students Psychological Pressure Source

From Table 2, the statistics show that graduate students psychological pressure behaving mostly in 6 aspects: Study pressure, employment pressure, economic pressure, relative pressure, family pressure and marriage pressure. There are three kinds of pressures from strength to weak such as study pressure, employment pressure and economic pressure. This reason why graduate study is full of fire competitive progress. If the graduate students want to succeed in getting the degree of master and doctor, they must have to demand paper and academic results. In 2008, the education department declares that called of the different free fee of graduate students and self-charged students, all of graduate students needed to hand in school fee to university. Although the graduate education implements scholarship and grant to help study accomplish it, and the number of scholarship is limited. So the demand for graduate study will improve, the students are not only studying excellent but also academically outstanding to get scholarship .In this way, just a little part of the student can get scholarship, and most of them should pay school fee to burden economic pressure. According to the statistics in recent years the graduate enrollment scale expansion in a quick speed, human resource demand can't catch up with the number of the graduate student graduation rate. Therefore the job requirements are less than the graduation rate, and many graduate students finish school next to unemployment. Many graduates are faced up to high not low situation, they must to go on doctoral study, while their age up and rise study stress in later. With graduate students age continues to increase, they will maybe to consist of own family. They will have family pressure, marriage pressure and economic pressure and deal with more complex relation.

**Table 2**  
**The Order of Graduate Students Psychological Pressure Source**

Factor	N	Factor mean	Standard deviation	Order
Study	142	25.5986	6.87276	1
Employment	142	9.4225	3.10187	2
Economic	142	9.3592	3.41324	3
Relation	142	9.2887	3.66037	4
Family	142	9.0423	3.01973	5
Marriage	142	8.9718	3.45989	6
Others	142	6.9859	2.50669	7

## 2.3 The Discrepancy of Graduate Students Psychological Pressure Coping Style

### 2.3.1 The Influence of Gender on Different Coping Styles of Graduate Students' Stress

The difference of graduate students with different gender on the factors of asking help and the retreat in coping styles are significant. From the statistics in Table 3, the score of female on the factor of asking help is significantly higher than male, it says female tends to ask for more help than male. The score of female on the factor of retreat is significantly higher than male, it says female is easier to retreat than male.

### 2.3.2 The Influence of Age on Different Coping Styles of Graduate Students' Stress

The difference of graduate students with different age on the factor of remorse in coping styles is significant. After multiple comparisons, we found that it is significantly different on the factor of remorse between the graduate students under the age of 24 and the graduate students with the age of 26-28. The difference of mean is positive, it says the graduate students under the age of 24 tend to take more remorse than the graduate students with the age of 26-28.

### 2.3.3 The Influence of Marital Status on Different Coping Styles of Graduate Students' Stress

The difference of graduate students with different marital status on the factor of remorse in coping styles is significant. The score of the graduate students with married status on the factor of remorse is significantly higher than the graduate students with unmarried status. It says the graduate students with married status tend to take more remorse than the graduate students with unmarried status.

### 2.3.4 The Influence of Source Land on Different Coping Styles of Graduate Students' Stress

The difference of graduate students with different source land on the factor of trouble shooting and remorse in coping styles is significant. After multiple comparisons, we found that it is significantly different on the factor of trouble shooting among the graduate students with the source land of city, the source land of town and the source land of country. The difference of mean is negative, it says the graduate students with the source land of town and the source land of country tend to solve more troubles than the graduate students with the source land of the city. It is significantly different on the factor of remorse among the

graduate students with the source land of city, the source land of town and the source land of the country. The difference of mean is positive, and it says the graduate

students with the source land of city are easier to remorse than the graduate students with the source land of town and the source land of the country.

**Table 3**  
**The Analysis of Graduate Students Psychological Pressure Coping Style Discrepancy**

		N	Problem solve M±SD	S e l f accusation M±SD	Ask for help M±SD	Fantastic M±SD	Hide M±SD	Rationalization M±SD
Gender	Male	102	10.3922±1.10943	5.4706±3.02696	6.3922±1.54251	6.5098±3.18021	6.9314±2.51041	7.5294±2.81687
	Female	40	10.5500±1.78239	5.4000±2.68710	7.3250±1.16327	6.1750±2.48985	7.9000±1.76577	6.7500±3.08636
T Value			-0.635	0.129	-3.456***	0.597	-2.231*	1.443
Age	Under 24	20	10.2500±0.91047	7.3000±2.05452	6.4000±1.39170	7.5500±2.30503	8.0500±1.23438	8.0500±2.83725
	24-26	93	10.5591±1.33890	5.1183±2.88869	6.7634±1.67720	6.2903±2.92879	7.2903±2.15478	7.1398±2.93254
	26-28	22	10.0909±1.65929	5.0455±3.07799	6.5909±0.50324	6.0455±3.27294	6.0909±3.14581	7.1818±2.83912
	Above 28	7	10.4286±0.97590	5.8571±3.57904	6.1429±1.46385	6.0000±4.47214	7.1429±3.62531	7.8571±3.18479
F Value			0.890	3.416*	0.633	1.170	2.619	0.631
Marital Status	Married	13	11.0000±0.00000	7.3077±2.83974	6.3077±1.10940	7.5385±3.55001	8.3077±2.92645	8.5385±2.84650
	Unmarried	129	10.3798±1.38177	5.2636±2.87913	6.6899±1.53500	6.3023±2.92779	7.0930±2.27912	7.1860±2.89333
T Value			1.613	2.443*	-.874	1.423	1.783	1.609
Home-town	City	32	9.8125±1.71215	6.6250±2.75622	6.3438±1.06587	6.8438±2.98501	6.7500±2.77082	7.2500±3.19273
	Town	35	10.7714±0.87735	5.1429±2.92195	7.0286±1.87060	6.1143±3.10381	7.9714±2.06491	8.0857±2.95427
	Village	75	10.5467±1.24437	5.0933±2.90467	6.6133±1.45094	6.3733±2.97182	7.0400±2.24475	6.9733±2.72116
F Value			5.190**	3.446*	1.819	0.507	2.687	1.777
Grade	Master grade 1	55	10.4545±1.22955	6.0727±2.78790	6.7818±1.71800	7.1091±2.79333	8.1273±1.80590	8.0364±2.72820
	Master grade 2	75	10.3467±1.42841	5.1733±2.91952	6.6267±1.36336	6.1867±2.90244	6.6933±2.32480	6.9200±2.98084
	Master grade 3	3	11.3333±1.15470	3.3333±4.04145	7.6667±0.57735	3.6667±4.61880	6.0000±3.46410	5.6667±2.88675
	Doctor grade 1	6	10.6667±1.36626	3.0000±2.36643	5.6667±1.36626	3.0000±2.68328	4.3333±2.87518	5.0000±1.54919
	Doctor grade 2	3	11.0000±0.00000	8.0000±0.00000	6.0000±0.00000	9.0000±0.00000	10.0000±0.00000	10.0000±0.00000
F Value			0.603	2.960*	1.246	4.362**	7.673***	3.219*
Subject	Arts	47	10.6170±1.58187	5.2979±3.25653	6.6809±1.10545	6.0851±3.34813	7.1489±2.36807	7.0000±3.07868
	Sciences	92	10.3261±1.19623	5.4457±2.77098	6.6630±1.69211	6.5000±2.82259	7.1413±2.35144	7.3804±2.82781
	Business	3	11.0000±0.00000	8.0000±0.00000	6.0000±0.00000	9.0000±0.00000	10.0000±0.00000	10.0000±0.00000
F Value			1.022	1.206	0.291	1.447	2.188	1.594
Only child	Yes	42	9.9524±1.66678	6.2619±2.73246	6.4286±1.08522	6.8095±2.74296	7.2143±3.03263	7.7857±3.35345
	No	100	10.6400±1.10572	5.1100±2.95042	6.7500±1.64148	6.2500±3.09570	7.2000±2.03008	7.1100±2.68890
T Value			-2.887**	2.169*	-1.165	1.015	0.033	1.267
Family economic	Very good	8	11.2500±0.46291	6.5000±2.77746	6.3750±0.51755	6.7500±2.49285	7.5000±2.92770	7.0000±2.61861
	Good	10	10.6000±0.51640	8.6000±0.51640	6.1000±0.87560	9.6000±0.51640	9.1000±0.87560	10.8000±0.63246
	General	94	10.2979±1.57145	4.7872±2.92145	6.9043±1.62685	5.5745±3.07081	6.6809±2.44603	6.4574±2.87617
	Poor	30	10.6000±0.49827	6.2000±2.56502	6.1333±1.25212	7.9000±1.93605	8.1333±1.59164	8.9000±1.88186
F Value			1.561	7.345***	2.712*	10.475***	5.828**	13.284***
Work experience	Yes	63	10.4444±1.46769	6.1587±2.76035	6.4127±1.15891	6.8730±2.94296	7.3175±2.45492	7.7460±2.58387
	No	79	10.4304±1.21617	4.8861±2.94822	6.8481±1.71037	6.0506±3.00810	7.1139±2.29262	6.9620±3.11095
T Value			0.062	2.628*	-1.728	1.634	0.509	1.606
Cross professional	Yes	46	10.2174±1.41285	5.8043±3.20846	6.6739±1.68726	6.7174±3.39714	7.5652±2.33478	7.5652±3.05252
	No	96	10.5417±1.28076	5.2813±2.78229	6.6458±1.41406	6.2708±2.79277	7.0313±2.36400	7.1875±2.84073
T Value			-1.365	0.997	0.104	0.830	1.265	0.724

### **2.3.5 The Influence of Grade on Different Coping Styles of Graduate Students' Stress**

The difference of graduate students with different grade on the factor of remorse, illusion, retreat and rationalization in coping styles is significant. After multiple comparisons, the statistics implied that on the factor of remorse it is a significant difference between the master of grade one and the doctor of grade one. The difference of mean is positive, and it says the graduate students with the master of grade one are easier to remorse than the graduate students with the doctor of grade one. It is significantly different between the master of grade three and the doctor of grade two. The difference of mean is negative, and it says the graduate students with the doctor of grade two are easier to remorse than the graduate students with the master of grade three. It is significantly different between the doctor of grade one and the doctor of grade two. The difference of mean is negative, and it says the graduate students with the doctor of grade two are easier to remorse than the graduate students with the doctor of grade one. On the factor of illusion, it is significantly different among the master of grade one, the master of grade three and the doctor of grade one. The difference of mean is positive, and it says the graduate students with the master of grade one are tend to illusion more than the graduate students with the master of grade three and with the doctor of grade one. It is significantly different between the master of grade two and the doctor of grade one. The difference of mean is positive, and it says the graduate students with the master of grade two are tend to illusion more than the graduate students with the doctor of grade one. It is significantly different between the master of grade three and the doctor of grade two. The difference of mean is negative, and it says the graduate students with the doctor of grade two are tend to illusion more than the graduate students with the master of grade three. On the factor of retreat, it is significantly different among the master of grade one, the master of grade two and the doctor of grade one. The difference of mean is positive, and it says the graduate students with the master of grade one are easier to retreat than the graduate students with the master of grade two and with the doctor of grade one. It is significantly different between the master of grade two and the doctor of grade one. The difference of mean is positive, and it says the graduate students with the master of grade two are easier to retreat than the graduate students with the doctor of grade one. It is significantly different between the master of grade two and the doctor of grade one. The difference of mean is positive, and it says the graduate students with the master of grade two are easier to retreat than the graduate students with the master of grade two. The difference of mean is negative, and it says the graduate students with the doctor of grade two are easier to retreat than the graduate students with the master of grade two. It is significantly different between the master of grade three and the doctor of grade two. The difference of mean is negative, and it says the graduate students with the doctor of grade two are easier to retreat than the graduate students with the master of grade three. It is significantly different between the doctor of grade one and the doctor of

grade two. The difference of mean is negative, and it says the graduate students with the doctor of grade two are easier to retreat than the graduate students with the doctor of grade one. On the factor of rationalization, it is significantly different among the master of grade one, the master of grade two and the doctor of grade one. The difference of mean is positive, and it says the graduate students with the master of grade one are tend to make more reasonable than the graduate students with the master of grade two and with the doctor of grade one. It is significantly different between the doctor of grade one and the doctor of grade two. The difference of mean is negative, and it says the graduate students with the doctor of grade two are tend to make more reasonable than the graduate students with the master of grade one.

### **2.3.6 The Influence of Whether Only Child Or Not on Different Coping Styles of Graduate Students' Stress**

The difference of graduate students with whether only child or not on the factor of trouble shooting and remorse in coping styles is significant. The score of the graduate students of non-only child on the factor of trouble shooting is significantly higher than the graduate students of only child. It says the graduate students of non-only child tend to solve more troubles than the graduate students of only child. The score of the graduate students of only child on the factor of remorse is significantly higher than the graduate students of non-only child. It says the graduate students of only child are easier to remorse than the graduate students of non-only child.

### **2.3.7 The Influence of Family Financial Status on Different Coping Styles of Graduate Students' Stress**

The difference of graduate students with different family financial status on the factor of remorse, asking help, illusion, and rationalization in coping styles is significant. After multiple comparisons, the statistics implied that on the factor of remorse it is significantly different among the better family financial status, normal family financial status and worse family financial status. The difference of mean is positive, and it says the graduate students with the better family financial status are easier to remorse than the graduate students with normal family financial status and with worse family financial status. It is significantly different between the normal family financial status and the worse family financial status. The difference of mean is negative, and it says the graduate students with the worse family financial status are easier to remorse than the graduate students with normal family financial status. On the factor of asking help, it is significantly different between the normal family financial status and the worse family financial status. The difference of mean is positive, and it says the graduate students with the normal family financial status tend to ask for more help than the graduate students with worse family financial status. On the factor of illusion, it is significantly different between the best family financial status and the better family financial

status. The difference of mean is negative, and it says the graduate students with the better family financial status tend to illusion more than the graduate students with the best family financial status. It is significantly different between the better family financial status and the normal family financial status. The difference of mean is positive, and it says the graduate students with the better family financial status tend to illusion more than the graduate students with normal family financial status. It is significantly difference between the normal family financial status and the worse family financial status. The difference of mean is negative, and it says the graduate students with the worse family financial status tend to illusion more than the graduate students with normal family financial status. On the factor of retreat, and it is significantly different among the normal family financial status, better family financial status and worse family financial status. The difference of mean is negative, and it says the graduate students with the better family financial status and with the worse family financial status are easier to retreat than the graduate students with normal family financial status. On the factor of rationalization, it is significantly different among the better family financial status, best family financial status, normal family financial status and worse family financial status. The difference of Mean is positive, and it says the graduate students with the better family financial status tend to make more reasonable than the graduate students with the best family financial status, with normal family financial status and with worse family financial status. It is significantly different between the normal family financial status and the worse family financial status. The difference of mean is negative, and it says the graduate students with the worse family financial status tend to make more reasonable than the graduate students with normal family financial status. The difference of graduate students who had work experience or not on the factor of remorse in coping styles is significant. The score of the graduate students who had work experience on the factor of remorse is significantly higher than the graduate students who had no work experience. It says the graduate students who had work experience are easier to remorse than the graduate students who had no work experience.

### 3. RESEARCH CONCLUSION

This research gets through a survey questionnaire about 142 graduate students, the results imply that the students in perceived psychological stress having high discrepancy. The graduate students have three main pressures: Study pressure, job pressure, and economic pressure, study pressure is one of the most burdensome stress. Every graduate student has own special characteristics cause that they have different psychological pressure coping style. The specific research findings are as follows.

#### 3.1 Female Perceived Psychological Stress More Notable Than Male Conduct Female Stress Coping Style More Prominent Than Male

In real life, female is usually asking help for others, so they will reduce bad influence on themselves. When female comes across different kinds of pressure, they will choose to hide it. They will consider health or ability condition, and use gentle way to deal with the pressure not in tough attitude way to do it.

#### 3.2 The Older Will More Independent and Realistic Than the Younger

Under24-years-old graduate students are faced up to pressure preferring to self accusation more than any other ages. They love fantasy unrealistic attitude deal with stress problems, when the problems seriously, they will make the choice of the way to hide or give up. The age of 24 to 26 and 26-28 graduate students, with their age grow up, they become steady to cope with problems having no strange attitude to face it. The age above 28 graduate students will choose independent means to solve stress, they will more depend on themselves and consider twice to face psychological stress.

#### 3.3 The Higher Grade Will Adapt Well Than the Lower Grade

Graduate student grade 1 will take a new challenge in the study and life, for they form university of academic research graduate, and they will in a shocked difficult time. When they are in grade 3, they will be more familiar with the academic field and find the balance between life pressure and study pressure. When they are in doctoral grade 1, they can good at academic research and deal with different kinds of pressure easily. When they are in doctoral grade 2, they can spend much time in graduation paper, finding job and worried about age, marriage and family problem. Therefore the people in different grade having different way and attitude in dealing with psychological pressure only to find the balance point to transform pressure to power that will be positive to future life.

#### 3.4 The Graduate Students Are From Different Background Having Big Influence on Them

The students are from the city having the most notable psychological pressure coping style, for they have more way, wide vision, and rich connection to solve problems. However, city students are always in a good condition and they will love fantasy unrealistic rather than real situation. The students are from town in a peaceful attitude and way to cope stress and having the strongest adaptability. When they are face to the huge pressure with asking help or hide away in a peaceful way to deal with the psychological pressure. Graduate students are from cottage having mainly on economic pressure and relative pressure. Both graduate students from developing city or poor village

should keep a good statement in different pressures or different time period problems. Because difficulty is temporary, it's better to find a rational way to cope with pressure after rain seeing a rainbow.

### 3.5 The Graduate Students Are Whether Work Experience Or Not, Which Will Influence Their Psychological Pressure Coping Style

It's difficult to deal with the relative pressure, for most of them are always in pure or simple campus circumstance to suddenly face up to the complex relation feeling hardly. The graduate students are lack of work experience having less employment stress for unknown making money hardship. Although many students having work experience leave a bad effect to study still has an advantage, thinking problems in good and bad aspects in a dialectical way to deal with pressure problems.

## 4. EDUCATION ENLIGHTENMENT

First of all, the impact of the graduate students' psychological pressure on higher education. Graduate students are the elite group of higher education, they are facing the unique pressure of the situation need to get attention, and to find a practical solution to the problem. In the enrollment scale must be controlled, in the past five years, the total number of graduate students 50% in the number of Chinese graduate students in the past 30 years. The degree of graduate will current devaluation, although the number is increasing, and the quality may need to be studied. After all, the main goal of the research is to train the students in Higher Education contribute to the country.

Secondly, the influence of the graduate students' psychological stress on the academic research and the daily life. Graduate students face the various pressures, which have seriously affected the academic research. The long time of the economic pressure is a big problem for the graduate students. Economic pressure to reduce their research time, with more time to training institutions or to engage in a variety of part-time jobs for the corresponding living expenses and tuition, which to a large extent, affecting the quality and efficiency of graduate research.

Finally, the influence of the graduate students' psychological pressure on the employment choice. Graduate students scientific research and academic ability did not reach a certain level caused by the choice of employment it is difficult to confident that you can be competent for the job and age is not dominant, besides professional level lacking of confidence. To a large extent, these problems have been trapped in the employment of the graduate students who may not be as optimistic about the employment situation of undergraduates. So graduate students are faced up to all kinds of pressures must be solved at present, which is a key factor to improve the quality of graduate students.

## REFERENCES

- Chen, L. (2011). The analysis of the psychological pressure and the influencing factors of the graduate students. *Journal of Social Science*, (3).
- Chen, H. (2013). The pressure of employment—Based on the questionnaire survey in five universities in Nanjing. *The Youth Research China*, (4).
- Cheng, L. N., & Wu, X. M. (2006). Development of the psychological stress or scale of undergraduates. *Chinese Journal of Clinical Psychology*, 14(1).
- Dan, J. (2014). The influence on the daily cognition of old people of perceived stress. *Journal of Jiangxi Normal University*, June.
- Huang, B. R. (2006). Research on the relationship between psychological health and stress of graduate students —Take Huazhong university of science and technology for example. *Journal of Huazhong University of Science and Technology*, June.
- Jiang, D. (2014). *The effect of perceived stress on the daily cognition of the elderly*. Jiangxi. China: Jiangxi Normal University.
- Liang, B. Y., He, Z. H., & Lu, G. H. (2009). Investigation on the psychological pressure of college students and graduate students. *Journal of Psychological Science*, 32(1), 63-66.
- Liu, H. (2014). Analysis of the psychological pressure of the graduate students. *Youth and Social*, (36).
- Liu, H. Y., & Zhao, Y. Y. (2013). Study on psychological stress of graduate students. *Journal of Shandong University of Technology*, (7).
- Ling, L. (2012). The relationship among CDMSE, employment pressure, achievement motivation and psychological health of graduate students. *Journal of Hubei University*, June.
- Nan, G. (2006). Research on the college students' mental resilience of stress coping. *Journal of Huazhong University of Science and Technology*, November.
- Tian, Y., & Guo, F. (2014). Psychological stress and coping of the graduate students in school. *School Party Building and Ideological Education*, (10).
- Tan, Y. J. (2013). Research on stress management of doctoral candidate based on Doctor Assistance Programs (DAP). *Journal of Wuhan University of Technology*, June.
- Tang, H. B., & Guo, F. (2012). Study on the management of pressure and pressure on graduate students. *The Health Education in China*, 28(10).
- Wang, D. W., & Li, J. Y. (2010). The current study on the psychological pressure and Countermeasures of Chinese graduate students in China. *China Adult Education*, (18).
- Yan, Y., Li, Z. G., & Zhang, X. P. (2013). A study of the impact of job seeking on graduate students. *Journal of Graduate Education*, (6).
- Yang, T. Z. (2007). Health behavior theory and research (pp.265-273). People's Medical Publishing House.