

An Analysis of the Stress Sources and Coping Styles of the Students Majoring in Pre-school Education in Higher Vocational Colleges

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Objectives: Internship is an effective transition for students to enter society and work posts. Through internship, students can be helped to understand their own shortcomings, recognize the forthcoming workplace environment, and make timely preparations. **Methods:** To strengthen the follow-up inspection and supervision of the internship process, and increase the investment in the internship funds, effectively improve the level of internship guidance. **Results:** Through a questionnaire survey of pre-school education students in a higher vocational college, the problems of pre-school education students in the process of practice are sorted out and analyzed. The research shows that the pre-school students in vocational education are the research subjects and explore the source of stress in practice. **Conclusion:** The research shows that the stressors and internship pressure of pre-school teachers are controlled by the work control experience; the interaction pressure source and work control experience have significant interactions in the practice pressure. Students should be prepared for the internship, actively reserve the theoretical knowledge needed, and develop a clear career plan. Successfully completed the internship teaching session.

Keywords: preschool education; students; internship pressure

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Internship is to cultivate students' ability to adapt to society. As students majoring in preschool education, schools attach importance to internship, mainly to let students into kindergartens, understand their future professional environment and business ability needs¹. From the perspective of employment and career development, teachers engaged in early childhood education have attitudes towards post work and the ability to communicate and coordinate. Team collective consciousness, dedica-

tion and good psychological quality all have important requirements². This paper holds that in addition to giving students clear objectives and requirements for practice, practical guidance should also be given in terms of professional skills, teaching ability and management of young children. In particular, it is necessary to strengthen the warm-up training of students' practical ability, interpersonal communication ability, innovation ability and adaptability to the environment³. Therefore, it is necessary to prepare for the internship so that the

students can change their roles as soon as possible, which can lay a solid foundation for the smooth employment of students⁴. During the internship process, students participate in kindergarten work as formal employees, which has improved the job awareness and vocational skills of higher vocational students to a certain extent, and directly promoted the employment of higher vocational students⁵. However, due to the influence of many internships and other problems, there are still many problems in the pre-school education majors in higher vocational colleges, and further research and exploration of improved strategies and methods are needed⁶.

In 2013, Chinese students' understanding of problem-based learning was proposed by relevant scholars⁷. The impact of higher education on the choice of majors has been studied since 2016⁸. After that, how to deal with the pressure in education was put forward⁹. Educational practice is an important part of the training plan of Higher Vocational colleges. It is also an important way to cultivate students' practical skills and test the effectiveness of teaching¹⁰. Through a series of investigation and research, the problems existing in students' practice activities are clarified, and corresponding strategies are put forward to promote the quality of pre-school education in Higher Vocational Colleges by improving the quality of practice. We will further enrich and improve the theoretical system of student practice management in Higher Vocational colleges¹¹. Correctly understand children's ability to develop, effectively select and organize educational content, create and develop a supportive environment, leadership and organizational ability, and constantly professional learning awareness and ability¹². Understand how they can effectively mitigate the impact of internship stressors through the work control experience, so as to obtain effective measures to effectively reduce the emergence and development of preschool education teachers' internship pressure. To provide a scientific and effective theoretical basis for controlling and regulating the internship pressure and internship pressure, so as to promote the harmonious and healthy development of preschool education¹³.

Once

you really get in touch with society, you find that imagination and reality are very different, and there may be deviations in values, outlook on life, and value orientation¹⁴. Therefore, we must establish a lofty ideal, and we must be fully prepared before the internship. A correct understanding of children's ability to develop, the ability to effectively select and organize educational content, and the ability to develop a supportive environment. Leadership and organizational strength, continuous professional learning awareness and ability¹⁵.

Practice training is an important part of training applied talents in Higher Vocational colleges, especially for students majoring in preschool education. Psychological factors during teaching practice directly affect the effect of practice and the future employment of students¹⁶. Practice teaching is an important way to train high-quality teachers, and professional practice is an important part of practice teaching. Practice is of great significance to the professional development of kindergarten teachers. Practice is of great significance to the cultivation of applied talents of vocational skills in Higher Vocational colleges¹⁷. Practice is conducive to strengthening students' professional quality, helping students directly obtain practical work experience, effectively improving students' practical working ability, and promoting students' employment¹⁸. This requires kindergarten teachers to put themselves in a specific practical operation environment through practical teaching before they really embark on the job. Facing the real children, they should master the learning theory and operation skills, mobilize all kinds of skills and realize the integration of teaching and learning¹⁹. Therefore, it is the true learning to do middle school, and the real education is to teach in the middle school. Therefore, the school provides an internship base on the one hand to provide opportunities for students; on the other hand, the school also supports students to choose their own internship units to prepare for future employment²⁰. Therefore, the practice base is combined with self-selection to fully give students autonomy. On the basis of learning relevant theoretical knowledge in the school, it quickly builds a new knowledge system and experience system, and finally realizes the overall

Application of the Sino US Financial Technology in Banks improvement of its teaching quality²¹. Through the "internship", the zero distance of "graduation" and "employment" is realized. This research is to conduct a questionnaire survey on students of pre-school education in a higher vocational college, and propose targeted and rational measures and suggestions to improve the construction of pre-school education²².

METHODS

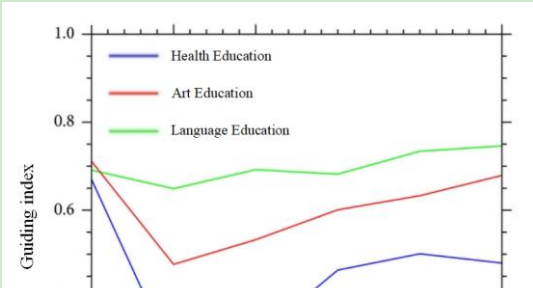
The process of internship is to test students' real interests and hobbies, and to examine their chosen majors and future career development²³. Through practice, students can better understand their professional level and shortcomings, understand the future workplace environment, prepare in advance, make up for the shortcomings. At the same time, we should understand the value and ways of the general theoretical moral cultivation of preschool teachers, the development trend of contemporary society and the reform and development trend of preschool education at home and abroad, and learn the modern preschool education theory

well. We should improve our theoretical accomplishment and enhance our ability to analyze and solve practical problems in education. In addition to requiring them to master the basic theories and basic knowledge of pre-school education, and to receive basic training in early childhood education skills, they have the ability to provide childcare and education in child care institutions. Graduates are also required to design kindergarten programs, develop specific educational programs, and design and develop children's toys. Ask them to understand young children at a higher level. Interns have a certain understanding of the basic education and teaching theory during their school years, but there are certain shortcomings in practice and operation. The school can carry out some micro-curriculum practice competitions. Impose practical opportunities for interns, enter roles early, and lay a good foundation for internships. The core competence parameters of preschool education concentrate are shown in Table 1 and Figure 1.

Table 1
Parameters of Concentration Core Competence in Preschool Education

| | Ability | Guidance |
|--------------------|---------|----------|
| Health Education | 15.31 | 16.61 |
| Art education | 16.91 | 17.29 |
| Language Education | 17.18 | 17.92 |

Figure 1
Parameters of Concentration Core Competence in Preschool Education



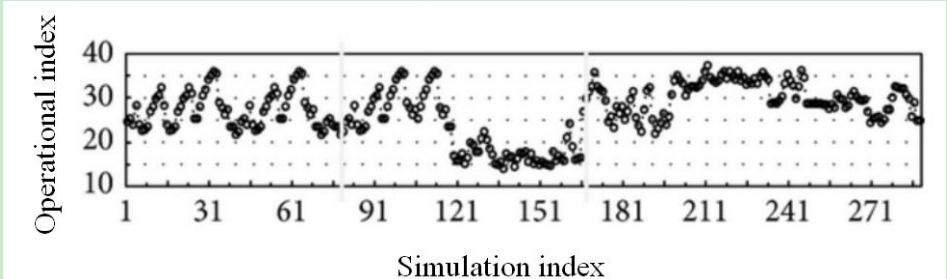
Generally speaking, educational practice should follow the principle of combining decentralized practice with centralized practice, and different contents of educational practice should be interpolated into the teaching of professional teaching and teaching methods. If educational practice is not carried out step by step in the previous semesters, it will only depend on the centralized practice in the last year. Understanding the new educational methods and achievements of preschool education specialty, has the ability to engage in education and teaching, and has a certain management ability, and has the ability to engage in preschool and juvenile education and various activities in various social institutions, and guide. At this time, teachers should make friendly corrections and corrections. There are also some students who have good experimental operation and mastered the main points of operation. At this time, teachers should give students positive and praise. In short, praise and correction should be measured and skilled in order to maintain a harmonious and active learning atmosphere between teachers and students. Instructor time can be stipulated that the instructor will conduct group counseling and individual counseling once a week. Finally, a trinity evaluation mechanism should be established. Interns need to evaluate the guidance of the school and kindergarten instructors. The Trinity evaluation mechanism

can understand the guidance of the instructors during the student internship, and can also have a certain supervisory role for the instructors. Training using simulation simulation exercises is shown in Table 2 and Figure 2.

Table 2
Simulated exercise

| | Simulation | Operation |
|---------------------|------------|-----------|
| Simulation training | 10.12 | 9.23 |

Figure 2
Simulated Exercise



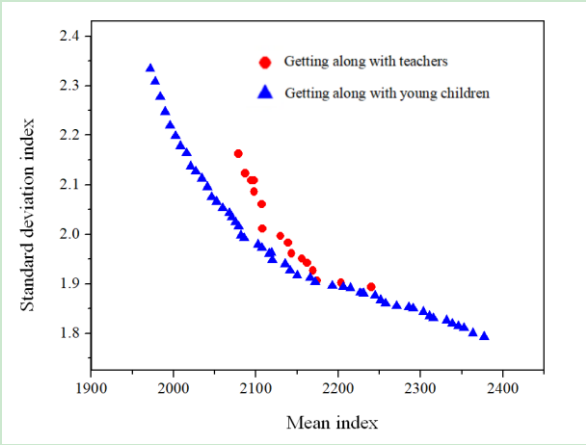
In the whole process of practice, the goal of learning, exchanging experience and improving together has been realized. In fact, in the process of practice, the instructors in Higher Vocational Colleges and kindergartens are still cooperating with each other in theory and practice in order to cultivate the community. If an individual can effectively feel the full, effective and rapid completion of the work object due to his own role in the work process, it will generate positive emotions for himself, and then improve his work motivation. On the contrary, if the expected work is not completed in the process of work, it will lead to the pressure of internship, thus weakening personal motivation. To solve the problems of professional knowledge, teaching

skills and psychological deviation in the process of practice. Practice instructors need to give specific and targeted guidance according to the individual situation of interns. And because students do not have enough practical experience, it will inevitably lead to some disputes over the safety of young children. At this time, the kindergarten will put all the responsibilities on the students. Therefore, students who leave the school will encounter many problems and even contradictions in the actual work of the kindergarten. Such as working hours, problems with student life, problems with internships, etc. The differences in the internship behaviors of preschool education students in higher vocational colleges are shown in Table 3 and Figure 3.

Table 3
Differences in Practice Behavior of Students Majoring in Pre-school Education in Higher Vocational Colleges

| | Mean value | Standard deviation |
|-----------------------------------|------------|--------------------|
| Getting along with Teachers | 2.34 | 3.23 |
| Getting along with young children | 3.21 | 3.09 |

Figure 3
Differences in Practice Behavior of Students Majoring in Pre-school Education in Higher Vocational Colleges



RESULTS

In the process of practice, students constantly

integrate their professional knowledge and apply it to practical work to achieve a close combination of theory and practice, thereby improving their

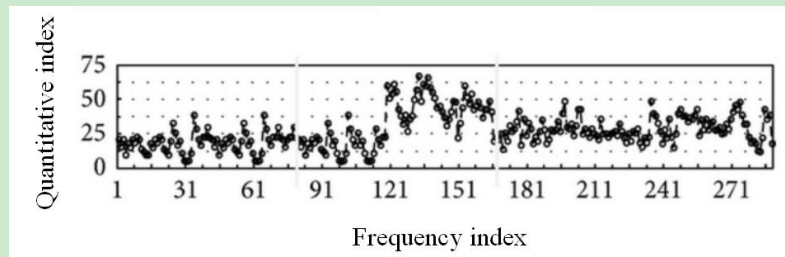
Application of the Sino US Financial Technology in Banks professional skills. Pre-school education specialty has a strong demand for practical teaching, including kindergarten internship, internship, kindergarten normal school learning, educational investigation, social investigation and so on. The length of practice for preschool education majors is usually 8-10 weeks. We try to decompose the total variation into inter-group variation and intra-group variation, and then compare the relationship between them. Through the analysis of the ratio of inter-group difference to intra-group difference, we can infer the significance of several mean differences. In this study, the following questions need to be studied: whether the stressors of internship affect internship or

not. Whether the experience of job control affects the pressure of practice, and whether the source of pressure and the experience of job control interact with the pressure of practice. At the same time, because the instructors lack the corresponding mental health knowledge, the psychological deviations of the interns can not be well discovered and solved, and will also affect the quality of the internship guidance. It can be seen that it is very urgent to find ways to promote the internship to enhance teaching ability in the park under the current situation of a sudden increase in interns. Pre-school education professional internship team instructor guidance frequency survey as shown in Table 4 and Figure 4.

Table 4
Investigation on the Guidance Frequency of Leading Teachers in Pre-school Education Practice

| | Frequency | Number |
|------------------|-----------|--------|
| Guidance teacher | 12.61 | 6 |

Figure 4
Investigation on the Guidance Frequency of Leading Teachers in Pre-school Education Practice



The factors of independent variables in multivariate analysis of variance refer to the number of independent variables:

$$Y_j(t) = \phi \left(\sum_{i=1}^n w_{ji} x_i - \theta_j \right) \quad (1)$$

There are two independent variables in this study: internship stressors and work control

experience:

$$o_j(t) = f \left(\left[\sum_{i=1}^n w_{ij} x_i (t - \tau_{ij}) \right] - T_{ij} \right) \quad (2)$$

The overall score of internship stress is dependent variable:

$$s_{t+\Delta t}(y) = \frac{P_{t+\Delta t}}{P_{t+\Delta t}} = \frac{p_t + \Delta t p_t(y)}{p_t(1 + \Delta t u_t(y)) + p_t(1 + \Delta t u_t(y'))} \quad (3)$$

Homogeneity Test Based on Variance Formula:

$$s_{t+\Delta t}(y) = \frac{P_{t+\Delta t}}{P_{t+\Delta t}} = \frac{s_t(y)(1 + \Delta t u_t(y))}{s_t(y)(1 + \Delta t u_t(y)) + s_t(y')(1 + \Delta t u_t(y'))} \quad (4)$$

dependent variables is equal in all groups:

Test the null hypothesis that the error variance of

$$s_{t+\Delta t}(y) - s_t(y) = s_t(y) \frac{\Delta t u_t(y) - \Delta t \bar{u}_t^p}{1 + \Delta t u_t} \quad (5)$$

Homogeneity of variance is a test of whether the variance of two samples is the same, which reflects the consistency of data distribution of different population variables:

$$S = 2L + W = \frac{c}{2f\sqrt{\varepsilon_{eu}}} \quad (6)$$

$$ES_i = \sum_j (1 - \sum_q p_{iq} m_{jq}), q \neq i, j \quad (7)$$

A primitive value is determined by a decimal number:

$$AE_i = ES_i / S_i = \sum_j (1 - \sum_q p_{iq} m_{jq}) / \sum_j \quad (8)$$

The standardized calculation method is:

$$CI_i = \frac{\sum_j (\frac{C_{ij}}{C/N}) \ln(\frac{C_{ij}}{C/N})}{N \ln(N)} \quad (9)$$

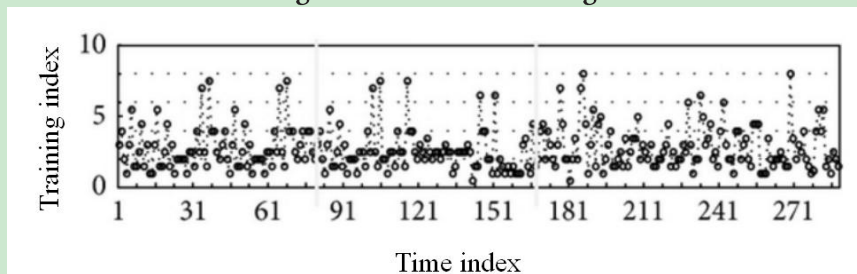
Data discretization should improve its generality on the premise of guaranteeing accuracy:

$$P_i = \frac{f_i}{\sum_{i=1}^N f_i} \quad (10)$$

Practice is an important part of personnel training, and strict evaluation and assessment must be carried out. The evaluation subject

should be both the school and the practice unit, breaking the single school assessment. Only by jointly participating in the formulation of evaluation criteria and the implementation of evaluation process can the scientificity of evaluation and assessment be ensured. The comprehensiveness of the evaluation content refers to not only the mastery of preschool education knowledge by students majoring in preschool education, but also the practical ability and innovative consciousness of students in preschool education. At the same time, preschool education curriculum design contests are held from time to time, and students are regularly arranged to visit kindergartens or practice bases to gain enough time and experience to understand the workplace environment they are facing. I believe that such an arrangement will add a lot of experience and opportunities to students. Analyze the correctness and error of the operation method in the student's experiment, and check the experimental results of the student's experimental report operation correction and assessment. After the students complete the "demonstration" and "hands-on", the teacher should review, analyze and examine the experimental process and effects, and explore the rules and experience of the experiment. Cognitive practice training is shown in Figure 5.

Figure 5
Cognitive Practice Training



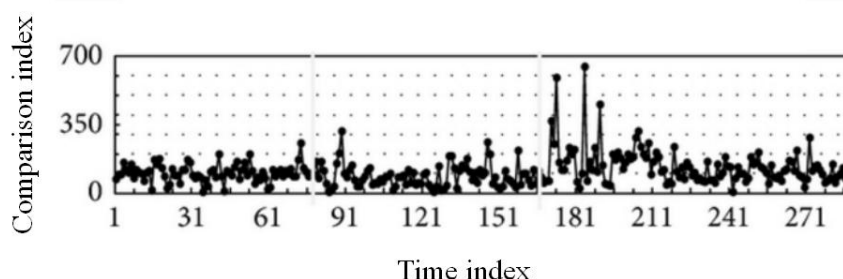
Before practice, students majoring in pre-school education in higher vocational colleges must make clear career planning and practice objectives. Compared with other majors, students majoring in pre-school education in higher vocational colleges set their internship goals. Interns' own preparation includes knowledge

preparation and psychological preparation. Through the analysis of questionnaires, we found that 58% of interns felt unable to start and could not quickly enter the role when they first arrived at kindergarten. In addition, 40% of the interns feel that they don't understand many things, and some students feel that they know some

knowledge but don't know how to apply it to practical teaching activities. Practice leaders believe that communication between kindergartens and schools should be the responsibility of practice management, which leads to the lack of timely communication between colleges and kindergartens. It can be seen that it is clear that the communication subject, channel and school school communication content, and the establishment of the corresponding school communication responsibility mechanism is the only way to ensure the internship effect. Students can only

experience the advanced concept of early childhood education by practicing internships in excellent kindergartens, applying the theory they have learned to practice and improving their employment competitiveness. Therefore, it is of great significance for the faculty to strengthen the construction of educational practice bases and to solve the problem of student internships with the power of schools. The choice of kindergarten is the core factor that directly affects the quality of vocational teaching. The multiple comparisons in the internship stress source internship are shown in Figure 6.

Figure 6
Multiple Comparisons of Internship Pressure In Internship



DISCUSSION

This paper holds that school teachers should strengthen the contact and communication with kindergarten instructors, so that internship instructors can truly become part of the students' graduation plan, and timely grasp the status of students. Understanding the progress of students' internship work, at the same time, internship evaluation should be fully combined with the opinions of internship instructors. Higher vocational colleges should actively adjust the relevant financial management programs by means of open source and saving money, so as to increase the proportion of pre-school education students' financial investment in practice teaching activities in the whole higher vocational colleges. To better promote the implementation of the teaching link of pre-school education students' internship in Higher Vocational colleges. Second, fully mobilize the enthusiasm of the practice base. School leaders and kindergarten

directors should communicate effectively and jointly develop cooperation and reward mechanisms to encourage and mobilize the enthusiasm of kindergarten and kindergarten instructors. Thereby mobilizing the enthusiasm of teachers and the motivation and fun of children's learning. The autonomy at work will enhance the happiness of preschool teachers' education and teaching, improve their motivation, and thus better invest in education and teaching, and further promote the healthy and harmonious development of young children. It is believed that with the continuous deepening of education reform and the continuous exploration and accumulation of experience in this work, the internship of vocational pre-school education will enter a more benign development, which will benefit students, kindergartens and schools.

Human Subjects Approval Statement

This paper did not include human subjects.

Conflict of Interest Disclosure Statement

None declared.

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