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CAREER ASPIRATIONS OF CHINESE STUDENTS AS THE BASIS FOR PSYCHOLOGICAL WELL-BEING

A suitable career is generally defined as a good way to realize the value of life and is the main problem for college students [1, p. 38]. Facing a variety of jobs and different opportunities, college students who have just graduated from school begin to feel anxiety, fear, frustration and loneliness, which diminishes a person's sense of psychological well-being. Career aspiration plays an important role in the structure of psychological well-being. The psychological well-being of college students is a serious scientific problem in modern psychological science, career aspirations can make students happier and have a high level of psychological health.

A scientific empirical research of college student's psychological well-being and differences in their career aspirations was attended by 3,000 respondents from eight cities in China. According to the results of the survey, 2,936 questionnaires were recognized as valid, which amounted to 97.87 %. Thus, 1432 boys and 1504 girls took part in the scientific research.

The research results are presented in table 1.

Table 1 – Results of the research of college student's career aspirations

Content	Number of people	Proportion
Get high income	1662	56.61%
Contribute to the society	36	1.23%
Self-realization	1012	34.47%
Have fun with people	226	7.70%

According to the data shown in Table 1, 1662 students or 56.61 % of the respondents from the sample believe that the main goal of a career is to obtain a higher income; 36 students or 1.23 % of respondents are ready to benefit society; 1,012 students (34.47 % of respondents) believe that a career helps a person's self-realization; 226 students (7.7 % of respondents) believe that work and career help to enjoy communicating with other people.

Thus, the results of the study indicate that students are more concerned about their own benefits, consider it their life value to receive a high income and self-realization, which can make them happier. Material and prestigious career aspirations are at the core of college student's psychological well-being.

Literature

1 Zhang Hongyuan. How to improve the core competitiveness of Chinese college students from foreign developed countries / Zhang Hongyuan, Yang Miao, Zhu Guojun. // Journal of Huaihai Institute of technology – 2011 – № 6 – P. 37–43.