

Text 8

Abstract of “The Cause and Countermeasure of Current Psychological Problems of China’s Vulnerable Groups”

Title: The Cause and Countermeasure of Current Psychological Problems of China’s Vulnerable Groups

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Abstract:

With the reform and opening up as well as the constant socio-economic development, problems related to vulnerable groups have become increasingly prominent. A significant number of vulnerable groups have serious psychological problems, such as heavy psychological burden, inferiority complex, depression and anxiety, self-isolation, over-sensitiveness and pessimistic attitude. Many of these psychological problems are related to economic poverty of vulnerable groups. Therefore, it is essential to effectively help them alleviate their economic pressure. In addition to the economic assistance, we should take measures to improve vulnerable groups’ psychological health, encouraging members of vulnerable groups to actively participate in social activities and improving their interpersonal relationships. We should create a harmonious environment and enhance the skills and confidence of vulnerable groups in adapting to the society.

I. Causes of Vulnerable Groups’ Psychological Problems

1. Economic reasons

Economic reasons are the major cause. Incomes of most vulnerable groups remain below the poverty line; and vulnerable groups are at the bottom of the society. They have been suffering from tremendous economic pressure for a long time and tend to develop a strong sense of inferiority easily, which results in a number of psychological problems such as psychological vulnerability, sensitivity, and anxiety.

2. Reasons due to ideas and ways of thinking

Vulnerable groups have one-sided understandings of the society, the government, opening up policy and the market economy. They lack a comprehensive understanding of the market economy and hope that they can get something for nothing. They intend to blame the reform for their unfavourable circumstances and some of them even think that it would be better without any reform. Their ideas are short sighted and out of date. Moreover, they lack confidence in social development and cannot rightly position themselves in society.

3. The pressure caused by lack of social interaction

Vulnerable groups are also eager to communicate with others, but they have to work very hard all day to make ends meet. In addition, there is a lack of economic means to expand their social network leaving them in a state of semi-isolation. Meanwhile, because of the cold attitude of society towards them, vulnerable groups are prone to depression and anxiety, which can harm social stability.

4. Effects of adverse social conditions

Vulnerable groups often have to face obstacles to the opportunities of employment, marriage, and education. They have a pessimistic view of life, and even consider themselves to be losers in the market competition. Feelings of being abandoned by the society and huge psychological pressure are very common among vulnerable groups.

II. Solutions to psychological problems of vulnerable groups

1. Improve vulnerable groups' personal ability

It requires not only support from the government and society to improve the situation of vulnerable groups, but more importantly, efforts of vulnerable groups themselves to change their situation. It is vulnerable groups themselves who know exactly what their real needs are. They need to change their ways of thinking, stop blaming others for their own situation, stop giving up on themselves, and change old ideas on employment. What they need is to establish self-esteem and positive attitudes towards competition while determining their own development goals and enhancing their capability to become strong.

2. Meet the spiritual needs of vulnerable groups

Most of the vulnerable groups suffer from psychological imbalance and this situation can be changed with the improvement of the social environment. Therefore, they should be provided with spiritual support and intellectual support. Vulnerable groups have to improve psychological adaptability and adaptability in real life, healing their broken emotions.

3. Promote social and economic development and improve social security systems

The economic difficulties are the fundamental cause of psychological problems in vulnerable groups. Therefore, economic problems should be solved before we can solve the psychological problems. We should provide special employment assistance and speed up economic development.

4. Create a harmonious social environment

It requires wide attention from the government and the society as well as an environment caring for vulnerable groups to solve psychological problems of vulnerable groups. A harmonious social development cannot be achieved without paying attention to vulnerable groups.