

Investigation on the Status of Rural Public Psychological Service System in North Guangdong from the Perspective of Targeted Poverty Alleviation

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Abstract: The main psychological problems and needs on mental health of the villagers around the construction of the rural public mental health service system in the north of Guangdong Province were investigated in this paper. The results showed that heavy economic burden was the main source of villagers' mental pressure. Anxiety was the most likely psychological problem, which women's mental pressure sources were much more and serious than men's. More than half of villagers thought that they needed professional mental health services, while they did not have professional psychological help for they did not know where and how to ask for help. Villagers generally welcome professional psychological services and will to receive mental health education by poster, guidance activities, mass media and fixed point consultation and so on.

1. Introduction

Rural areas are the key areas of targeted Poverty Alleviation Policies in China. "Education precision poverty alleviation" first originated in the practice of precision poverty alleviation. The theoretical level of connotation is still in the rudimentary stage. It was pointed out in the report of the 19th National Congress of the Communist Party of China: it should be helps the education firstly to helping the poor regions.

The northern Guangdong region is a late-developing region, which mainly dominated by mountainous and hilly land forms and has a low degree of urbanization. Rural villagers are mainly middle-aged and elderly people who are left for taking care of children, while the young people go to developed area to work and make money. Most of the villagers have a low level of education and often face economic pressure. They are easy to be in a state of stress and anxiety for the problems of poor, inter-generational conflicts, patriarchal clans, parent-child education and so on. Serious psychological problems of villagers might cause conflicts and vicious events because of lacking scientific mental health education and services. Psychological service system is one of the most important topics of targeted poverty alleviation in education.

Public psychological services are weak and ignored in construction of the rural public service system. The degree of villagers' mental health is related to the process of new rural construction, but also related to the villagers' happiness index and quality of life. However, the academic community pays little attention to the psychological problems in rural. While, the villagers have many serious psychological problems such as landless, left-behind, migrant workers. At present, the research on the psychological problems of farmers is far from meeting the actual needs.

The villagers' psychological problems, dealing with stress and preference for psychological services were investigated to study actual needs of mental health services in rural of northern Guangdong province, which would provide decision-making basis and theoretical reference for government to establish rural public psychological service system.

2. Methods

Subjects: Stratified random sampling method was used in this survey. 5 towns (streets) in Qujiang District of Shaoguan City were randomly selected, and then a village from each town (street) was randomly selected, 80 people were selected in each village including 4 age groups:

0~20 years old, 21~40 years old, 41~60 years old and over 60 years old. 20 people were randomly selected in each age group. Inclusive criteria: (1) physical health; (2) voluntary participation; (3) Normal insight without serious physical or mental illness.

Table 1 Information of Survey Objects

Category		Number	Proportion(%)
Gender	male	187	46.52
	Female	215	53.48
Education	Below junior high school	144	35.82
	High school, junior college	186	46.26
	Bachelor and above	72	17.91
Occupation	Farmer	177	44.03
	Worker	102	25.37
	Self-employed	103	25.62
	other	20	4.97
Age	<20 years	76	18.91
	20 ~ 40 years old	121	30.09
	40 ~ 60 years old	127	31.59
	> 60 years old	78	19.40

The investigator went to the village to conduct a household survey between May-July 2019. The villagers were inform the purpose and then presents the questionnaire after they had consented to answer this questionnaire. If the villager had difficulty filling the questionnaire due to reasons such as limited vision and cultural level, the investigator would read the content of the questionnaire to them and recorded their answers. All the questionnaire were completed the back immediately. During the process of questionnaire, no guided interpretation was given to the villagers. When recovering each questionnaire, the researchers carefully checked whether there are missing or wrong items. A total of 421 questionnaires were actually distributed and 402 valid questionnaires were recovered with a recovery rate of 95.48%. After the survey was completed, the answers were coded and entered into SPSS 17.0 software for information entry and basic statistical analysis. Chi square test for frequency selection, $P < 0.05$ was marked with * and $P < 0.01$ was marked with **, which means significant difference.

3. Methods

3.1 The Villagers Main Troubles in Their Lives

This item was a multiple choice. More than 50% of the villagers think their biggest worry is “economic burden” followed by household chores, household chores, working pressure, education and marriage of children, neighbourhood work pressure, health and pension, shown in Figure 1. The villagers main troubles has significant gender differences. Much more women worried about household chores, children’s education and marriage, neighborhood relations than men, while much more men worried about financial burden and work pressure than women, Figure 1. There is not much difference between the two aspects of health problems and pension. It shown that female villagers’ troubles were more complicated than male villagers’, which reasons might related to the different gender roles and family division for different gender.

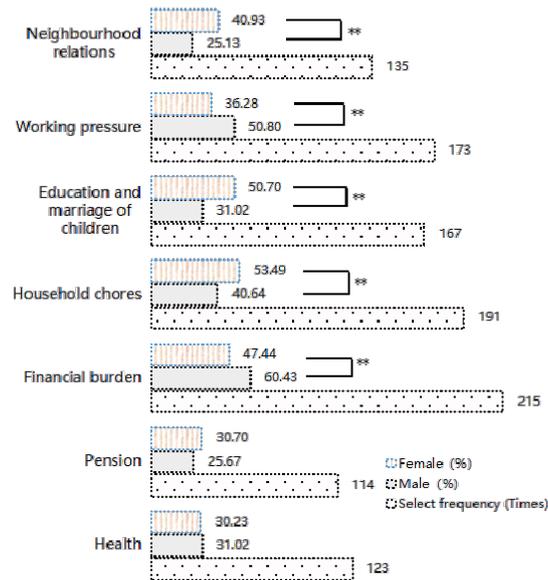


Fig.1 The Villagers Main Troubles

3.2 Emotional or Psychological Problems of Villagers

This item was a multiple choice. When asked “What kind of emotional or psychological problems do you easily have when facing these troubles in life?” both men and women had chosen the first three items: anxiety, sensitive, and irritable impulsive, irritable, shown in Figure 2. Women had more emotional and psychological problems than men, because much more women chose irritability, suspicion, depression, and anxiety (Figure 2). Therefore, more attention should be paid to women.



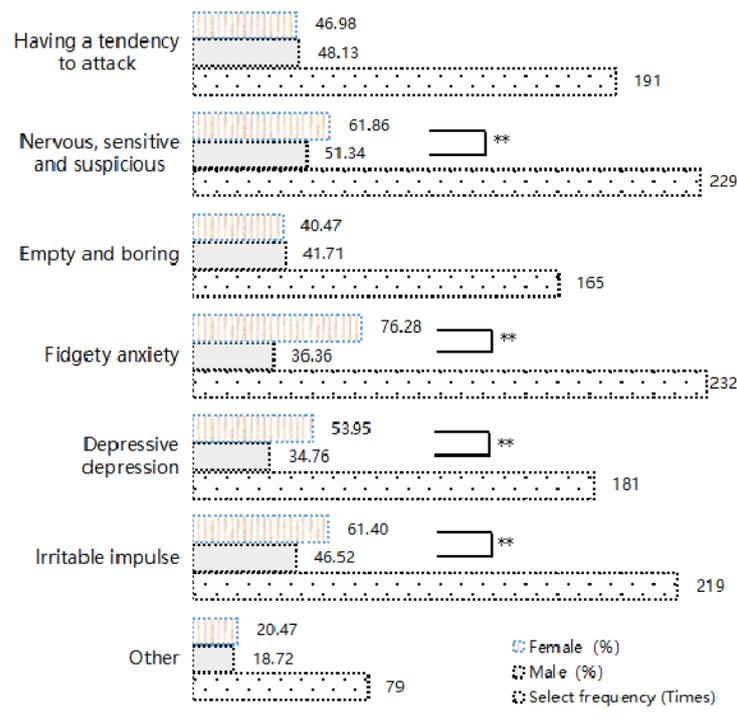


Fig.2 The Main Emotional or Psychological Problems of Villagers

3.3 The Ways for Villagers to Alleviate Psychological and Emotional Problems

The results showed that the three main ways to relieve the psychological pressure of villagers were leisure and relaxation, talking with friends, doing housework or exercise as shown in figure 3. Comparing with men, women showed much more cathartic mood regulations such as crying and beating, talking with people, doing household work or exercise. While men would comfort themselves when facing bad mood, which reason might be that women had stronger desire to talk and better language expression ability than men. Few people would ask for help to village cadres. As showed in figure 3.

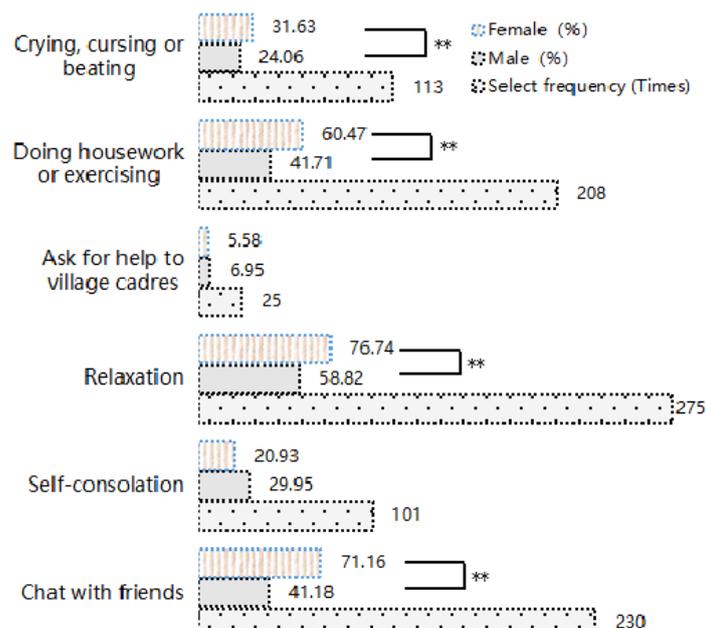


Fig.3 The Main Ways to Relieve Psychological Problems of Villagers

3.4 Demand for Professional Psychological Counselor in Village

65.6% of the total number of people in this survey agreed they would accepted professional

psychological counselors if possible.

In fact, few villagers had the experience of professional psychological consultation, the most important reasons from the results might be “I don't know where to go or how to ask for help” indicating that very few villagers known about the psychological counselors, the way of working, charge of psychological consultation and so on. The second reason was “worries about other people's prejudice” (36.31%) in which men chose this item significantly more than women, which indicates that men were more likely to care about the views from than to women in rural residents. In general, the knowledge about psychological health was not diffused and popularized might lead to the mystique of general psychological knowledge.

When asking the help way when they needed professional psychological consultation, most villagers answered that “a convenient location for professional psychological consultation” (50.49%) or “telephone consultation” (47.76%). “Chat networks” (33.3%) was chose fewer as most middle-aged and elderly people could not use the internet or type in “chat networks”. There were some people choose “home service” (35.8%). So, setting up psychological service station in village to provide a variety of flexible psychological services ways for villager to meet different needs.

3.5 Villagers' Attitudes Towards Public Psychological Services

The results show that 71.6% of villagers consider that public mental health services should be developed in village indicating that although the popularity of mental health knowledge was no good. Most of people hold open attitude for new things such as mental health and widely supported the building of public mental health services, which might provide good mass foundation for the following building of public psychological service system in rural.

When asking “way to obtain mental health knowledge”, the first three items chose by village were posters (50.76%), activities (44.82%) and volunteer services (44.02%), as shown in figure 4. The other way such as internet (36.01%), radio and television (41.01%) and lectures (39.05%) were also chose quite equivalently, as shown in figure 4.

4. Discussion

4.1 Focus on the Women Group of Mental Health Services in Village

The results show that rural women have more troubles than men, whose troubles are more complicated. In the rural family, men is dominate and women is belong to vulnerable groups. The traditional family division is also exit, which women are more mature than men and have a sense of family responsibility in reality [1]. The traditional virtue of diligence is often applied to women who have to undertake a series of life pressures such as housework, serving husband's parents, raising children, working to support the family and so on. As the rural population continues to move outward, numbers of young men go to developed areas to work and make money, while women are mostly left-behind to support the family by themselves. It have been reported that women whose husbands go out to work have more mental problems than who their husbands are at home [2]. It is easy to understand their psychological and psychological pressure without husbands at home, an important family partners. Except taking up housework, raising children and taking care old parents, they are often exhausted from the heavy agricultural production. The other way, the long separation from her husbands might lead to the aches or uneasy feelings for her husband, which are affecting their mental health [2].

Most of women in rural are not highly educated and have not social communication as extensively as men, which narrow their minds. Serious mental and psychological problems can cause various social problems, such as depression, suicide, homicide, etc. Therefore, the government and society should be pay more attention to the psychological problems of rural women.

4.2 Demands for Public Psychological Services in Rural

Regarding the reasons why villagers have difficulty accessing professional psychological services, the survey results show that in the face of psychological pressure, villagers generally do

not know how to ask for help from professional psychological institutions. This indicates that they are willing to seek help from professional institutions, but do not know how to ask for help at the same time, it shows that the society's popularization and promotion of mental health knowledge is seriously inadequate. Due to the economic geographical disadvantage, it is very difficult to attract professional psychological talents to employment.

According to the results in this study, the public psychological service facing the countryside should be carried out from the following aspects.

Making full use of mass media to spread mental health knowledge. Spreading mental health knowledge through forms popular with villagers, such as organizing relaxed activities, large-scale poster publicity, distribution of knowledge materials. In order to making good use of Radio / TV / Internet, the cultural department and the radio/television department should formulate corresponding policies to guide media to set up mental health knowledge columns for villagers and attract rural residents to pay attention to mental health knowledge. Meanwhile, primary and secondary schools in rural should strengthen the teaching of mental health knowledge in the compulsory education stage, which drive parents to learn mental health knowledge [3].

Establish mental health service station in village and providing face-to-face public psychological services to villagers regularly. It is time to planing the location to build mental health service station and establishing a relatively standardized psychological counseling system. In addition, it is recommended that government start with the following two aspects:

Firstly, government might purchase professional psychological counselor services or cooperate with professional medical institution to offer free mental health lectures in each village to popularize scientific mental health knowledge, eliminate the residents' anxiety and panic about psychological problems, dispel some villagers' prejudice against the useless theory of psychological services and improved villagers' self-regulation capabilities.

Second, providing voluntary psychological counseling services for villagers. Based on rural public activity rooms or health rooms, provide villagers with psychological counseling services in a manner that protects privacy and help them resolve all kinds of mental problems, relieve stress and restore a healthy mindset as soon as possible.

Thirdly, Providing telephone hotline and online psychological services. Professional health agencies should widely publicize the telephone numbers and website addresses of psychological services for rural villagers. Psychological professionals are responsible for answering or responding the help from hotline. Because of people's prejudice or reputation, villagers are more willing to confess their confusion to professional psychological personnel in an anonymous way. Psychological professionals need to listen patiently and answer their question in a timely, help them rebuild confidence, cope with stress and problems in life.

Fourthly, Cooperation with professional institutions to train rural resident counselors. For practical reasons, it is difficult to attract psychological professionals to work in rural areas. Government gives funding and entrust professional organization such as hospitals and psychological counselling centers to train village resident mental health service personnel who have better education and are willing to help others solve psychological problems. The train contents should be profession, which including the mental health system knowledge, basic psychological consultation skills, ethics of psychological consultation and rural psychological service indigenous development. After the training is qualified, government will arrange them to work in the rural areas where they live [4].

The other way is combining the public psychological service with the medical service system of community. The government also train doctors in rural health centers and individual medical clinics so that they cure physiological disease and give service to mental health, which will be easier for villagers when they need.

5. Conclusion

The mental health problems of village need to be paid attention in northern Guangdong, especially the mental health problems of women and left behind villagers.

The villagers have a strong demand for professional psychological services. The government should establish a rural public psychological service system by combining multiple departments.

Acknowledgement

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