

# *An Analysis of the Psychological Adaptation of Minority College Students and Its Influencing Factors*

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**Abstract:** This paper discusses the psychological adaptation of minority college students and its influencing factors, aiming at providing theoretical basis and practical guidance for improving the psychological adaptation level of this special group. Through questionnaire survey, this paper systematically collected relevant data and made a detailed analysis. The results show that cultural background differences, personal characteristics and family support play a vital role in the psychological adaptation of ethnic minority college students. In terms of cultural background differences, there are significant differences in psychological adaptation of minority college students of different nationalities; In terms of personal characteristics, minority college students with positive psychological characteristics such as optimism, self-confidence and tenacity are more likely to adapt to the new environment and show stronger psychological resilience; In terms of family support, family environment has an important influence on the psychological adaptation of minority college students. This study not only reveals the complexity and particularity of the psychological adaptation of minority college students, but also provides a useful reference for the management, education and mental health work of colleges and universities.

## **1. Introduction**

With the rapid development of society and the popularization of higher education, minority college students have gradually become an important part of college students [1]. However, due to the differences in history, culture, language and social environment, they often face more psychological adaptation problems than Han college students in the process of integrating into university life and adapting to the new environment [2-3]. These problems not only affect their quality of study and life, but also may have a long-term impact on their mental health and future development [4]. Therefore, it is of great significance to deeply understand and analyze the psychological adaptation of minority college students and its influencing factors for improving their mental health and promoting their all-round development [5].

The purpose of this study is to provide targeted suggestions and strategies for university administrators, educators and mental health workers through in-depth discussion on the

psychological adaptation of minority college students, so as to help them better understand the psychological needs of minority college students, optimize education and management methods, improve the quality of education, and promote campus harmony and stability. At the same time, this study is also helpful to enrich and develop the theory of psychological adaptation and provide new perspectives and ideas for academic research in related fields.

## 2. The theoretical basis of psychological adaptation of minority college students

### 2.1. Definition of the concept of psychological adaptation

Psychological adaptation refers to an individual's self-adjustment and adaptation in the face of internal and external environmental changes to achieve a state of harmony with the environment [6]. It is an important part of individual mental health and is of great significance to individual survival and development. Among minority college students, psychological adaptation involves cultural adaptation, language adaptation, social adaptation and so on. These aspects of adaptation directly affect their study, life and mental health.

Psychological adaptation is closely related to the concepts of mental health and cultural adaptation. Mental health is an individual's good psychological state, including emotion, cognition, behavior and other aspects [7]. Psychological adaptation is an important part of mental health, and good psychological adaptation helps individuals to maintain mental health. Meanwhile, cultural adaptation is also an important part of psychological adaptation. In the process of integrating into university life, minority college students need to adapt to the new cultural environment and lifestyle, and this cultural adaptation process is also accompanied by the psychological adaptation process.

### 2.2. The theoretical framework of psychological adaptation of minority college students

In order to deeply understand the psychological adaptation of minority college students, this paper constructs a theoretical framework, as shown in Table 1. The framework mainly includes three aspects: individual factors, environmental factors and adaptation process. These three aspects interact and influence each other, which together constitute the theoretical framework of psychological adaptation of minority college students.

Table 1: Theoretical framework of psychological adaptation of minority college students

Category	Inscape	Content description
Individual factors	Personal traits	Involved in the individual's personality, interests, values and other inherent characteristics.
	Resilience	The psychological adaptability and resilience of individuals in the face of stress and adversity.
	Coping style	Coping strategies and methods adopted by individuals in the face of challenges and difficulties
Environmental factor	Home environment	The influence of family members, family atmosphere and family support on individual psychological adaptation.
	School environment	The influence of school culture, education system and teacher-student relationship on individual psychological adaptation.
	Social environment	The influence of social culture, social support and social expectation on individual psychological adaptation.
Adaptation process	Self-control	Individuals adapt to the process of environmental change through self-adjustment and self-change
	Adaptation result	Individuals achieve a state of harmony with the environment through the adaptation process, and achieve psychological balance and healthy development.

In the theoretical framework, this paper especially emphasizes the important role of individual

factors in the process of psychological adaptation. Due to the differences in history, culture and language, minority college students often face more challenges and difficulties in the process of psychological adaptation. Therefore, we need to pay more attention to their personal characteristics, psychological resilience and coping styles to help them better cope with these challenges and difficulties.

### 2.3. Characteristics of psychological adaptation of minority college students

Minority college students show some particularity in the process of psychological adaptation. First of all, they are faced with the problem of cultural adaptation. Secondly, they are faced with the problem of language adaptation. In addition, minority college students may also face some other special problems, such as identity and social support. When discussing these characteristics, we need to deeply analyze their influence mechanism on psychological adaptation, and put forward corresponding suggestions and strategies according to these characteristics, so as to help minority college students better adapt to college life.

## 3. Investigation and analysis of the psychological adaptation of ethnic minority college students

### 3.1. Research methods and tools

In order to fully and deeply understand the psychological adaptation of minority college students, this study adopts questionnaire as the main research method. The design of the questionnaire has undergone strict scientific argumentation and expert review to ensure the reliability and effectiveness of the questionnaire. In terms of sample selection, this paper adopts stratified random sampling method to select representative minority college students from universities across the country as the survey object. In the process of data collection, we adopted a combination of online and offline to ensure the universality and representativeness of the data. In terms of data processing tools, we use professional statistical analysis software such as SPSS to conduct descriptive statistics, factor analysis and correlation analysis on the data.

### 3.2. Survey results

Through the questionnaire survey, this paper obtained a lot of data about the psychological adaptation of minority college students, such as Table 2 and Table 3.

Table 2: An overview of the psychological adaptation of minority college students

Dimension	Describe	Percentage
Resilience	Show a strong psychological resilience.	45%
	Psychological resilience is weak.	25%
	Medium psychological resilience	30%
Coping ability	Can effectively cope with pressure and challenges.	50%
	Weak coping ability	20%
	Moderate coping ability	30%
Psychological problem	Psychological problems such as anxiety and depression occur frequently.	15%
	Occasional psychological problems	30%
	Almost no psychological problems	55%

Table 3: The influence of different factors on psychological adaptation of minority college students

Influencing factor	Classify	Good psychological adaptation (%)	Psychological adaptation difficulties (%)
Nation	Miao Ethnic Group	50	10
	Dai Ethnic Group	45	15
	Uyghur Ethnic Group	40	20
Gender	Man	48	12
	Woman	42	18
Grade	Freshman	55	8
	Sophomore	45	15
	Junior Year	40	20
	Senior year and above	35	25
Major	Liberal arts	48	12
	Science	45	15
	Art	40	20
	Other	38	22

The results of data analysis show that there are obvious differences in psychological adaptation among minority college students. On the one hand, some minority college students can better adapt to college life, showing strong psychological resilience and coping ability; On the other hand, some minority college students have great difficulties in psychological adaptation, such as frequent psychological problems such as anxiety and depression. In addition, we also found that different ethnic groups, different genders, different grades, different majors and other factors also have a significant impact on the psychological adaptation of ethnic minority college students.

### 3.3. Discussion of results

After in-depth discussion of the survey results, this paper finds that the psychological adaptation of minority college students is influenced by many factors. First of all, the difference of cultural background is one of the important factors that affect their psychological adaptation. Because there are differences between minority college students and Han college students in cultural education and values during their growth, they may face more challenges and difficulties in adapting to the new environment. Secondly, personal characteristics are also an important factor affecting psychological adaptation. Some minority college students with positive psychological characteristics (such as optimism, self-confidence, tenacity, etc.) are often able to better cope with various pressures and challenges and show a stronger psychological resilience. In addition, family support, social support and other factors also have an important impact on the psychological adaptation of minority college students. When comparing the differences between different groups, this paper finds that different ethnic groups, different sexes, different grades, different majors and other factors have a significant impact on the psychological adaptation of minority college students.

## 4. Analysis of the influencing factors of psychological adaptation of minority college students

### 4.1. Identification and classification of influencing factors

On the basis of in-depth analysis of the psychological adaptation of minority college students, this paper identifies a series of main factors that affect their psychological adaptation. These factors include individual factors (such as personal characteristics, psychological resilience, coping style, etc.), environmental factors (such as family environment, school environment, social environment, etc.) and other factors (such as cultural background, religious belief, etc.). We classify and summarize these factors in order to better understand their influence mechanism and mode of action

on psychological adaptation.

## 4.2. Empirical analysis of influencing factors

In order to verify the influence degree of various factors on psychological adaptation and their interaction and influence mechanism, this paper adopts statistical analysis and other methods for empirical analysis. Through correlation analysis, regression analysis and other means, the degree of correlation between various factors and psychological adaptation and the interaction between them are revealed, as shown in Table 4.

Table 4: Analysis table of the influence degree of each factor on psychological adaptation

Factor category	Influencing factor	Degree of influence (correlation coefficient)	Significant level	Remarks
Personal traits	Optimistic	0.75	***	Significant positive correlation
	Be sure of oneself	0.68	***	Significant positive correlation
	Anxious	-0.52	**	Significant negative correlation
	Depressed	-0.45	*	negative correlation
Social support	Family support	0.82	***	Significant positive correlation
	Friend support	0.70	***	Significant positive correlation
	Community support	0.55	**	Significant positive correlation
Cultural background	Ethnic differences	-0.38	*	Ethnic minorities face more challenges
	Cultural conflict	-0.42	*	Cultural conflict affects psychological adaptation.
	Educational level	0.25		Low influence, but still positive correlation

Note: Significance level: \* means  $p < 0.05$ , \*\* means  $p < 0.01$ , \*\*\* means  $p < 0.001$ .

The degree of influence (correlation coefficient) indicates the degree of correlation between various factors and psychological adaptation. The closer the numerical value is to 1, the higher the positive correlation degree, and the closer the numerical value is to -1, the higher the negative correlation degree.

This paper finds that positive psychological traits such as optimism and self-confidence are positively related to psychological adaptation; Family support, social support and other factors also have a significant impact on psychological adaptation; At the same time, the difference of cultural background may lead to more challenges and difficulties for minority college students to adapt to the new environment.

## 4.3. Coping strategies of influencing factors

Based on the results of empirical analysis, this paper puts forward some strategies and suggestions for each influencing factor:

In view of individual factors, we suggest that colleges and universities should strengthen mental health education for minority college students and help them cultivate positive psychological characteristics and coping styles; At the same time, students should also pay attention to self-improvement and self-regulation ability.

In view of environmental factors, we suggest that colleges and universities should create a more inclusive and harmonious campus environment and strengthen their attention and support for minority college students; Families and society should also strengthen their care and support for minority college students.

## 5. Conclusions

Through the investigation and analysis of the psychological adaptation of minority college students, this study reveals the present situation and characteristics of their psychological adaptation. It is found that minority college students not only show some resilience in psychological adaptation, but also face many challenges. Cultural background differences, personal characteristics, family support and other factors have a significant impact on their psychological adaptation. These conclusions not only enrich the theory of psychological adaptation, but also provide practical guidance for university administrators, educators and mental health workers. Through in-depth analysis of these influencing factors, we can better understand the psychological needs of minority college students and provide them with more effective support and help.

Future research can further explore the dynamic process of psychological adaptation of minority college students, as well as the differences and connections between different groups. At the same time, more research methods and technical means can be combined to understand their psychological adaptation more comprehensively.

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