



An Analysis of the Occupational Pressure and Psychological Adjustment of Modern People

Li Ma

Wuhan CRRC Yangtze River Transportation Equipment Group Co., Ltd., Wuhan 430212, Hubei, China.

How to cite this paper: Li Ma. (2025). An Analysis of the Occupational Pressure and Psychological Adjustment of Modern People. *Journal of Psychology and Behavioral Studies*, 1(1), 25-28.
DOI: 10.26855/jpbs.2025.06.005

Received: January 4, 2025

Accepted: January 25, 2025

Published: February 15, 2025

***Corresponding author:** Li Ma, Wuhan CRRC Yangtze River Transportation Equipment Group Co., Ltd., Wuhan 430212, Hubei, China.

Abstract

With the continuous development of modern social economy, people are facing increasingly fierce social competition, which will bring huge professional and psychological pressure to people. How to release pressure in the fierce competition and let people face social competition with a more relaxed attitude is a hot topic. This article mainly takes the anxiety and psychological crisis caused by the era of social transformation and competition upgrading as the basic starting point, explores the source of psychological pressure of people in a competitive society, analyzes the current situation of modern people's professional pressure, and explores how modern people can adjust psychologically in a competitive society.

Keywords

Occupational stress; Competitive society; Psychological adjustment

Introduction

My country is currently in a critical period of social transformation and interest adjustment. The continuous advancement of marketization and the continuous change of people's values have made social competition increasingly fierce. The fierce social contradictions and social psychological crises caused by fierce social competition have continued to erupt, which has had a huge impact on the construction of a harmonious society in my country and has also caused harm to people's physical and mental health. The framework of a harmonious society in my country also includes social psychological harmony. Without social psychological harmony, the harmonious development of the entire society is out of the question. Therefore, it is of great practical significance to explore the occupational stress and psychological adjustment of people in a competitive society.

1. The era of modern occupational stress has arrived

With the continuous transformation of modern society, the division of labor has become more and more strict, and occupations and work account for an increasingly large proportion of everyone's daily life (Song, 2020). Occupational stress has become the main life stress faced by modern people, which involves job hunting, full-time pressure, work performance, career advancement, labor tensions, and unemployment.

Occupational stress is a social problem as soon as it is proposed. After the problem is proposed, it has received widespread attention from all walks of life. Since the 1970s and 1980s, the market economy has gradually become the mainstream model of social and economic development. Under the influence of the market economy, the frequency of nervous symptoms among practitioners in various industries has become higher and higher, and it will even gradually penetrate from people's work to various fields such as life. Under the law of survival of the fittest in market competition, the market has evolved into a battlefield, and people's living environment has undergone tremendous changes. The professional concept of efficiency first and profit first makes people desperate to survive and fight hard to move forward. People are busy competing and working, and the care and communication between each

other have basically disappeared. They are becoming more and more indifferent to each other. The ubiquitous competition has led to fierce competition among colleagues. In this living environment, the loneliness and tension of professionals are even worse. With the rapid development of modern science and technology, the wave of professional renewal and industrial innovation has never stopped. As a professional, you must speed up your pace of progress. Eat, walk, and sleep quickly. It seems that if you slow down, you will be eliminated by the times, which seems to mean failure. People not only need to race against machines, but also against time. In the end, all that is left for people is exhaustion and endless suffering brought about by work pressure. From this, we can see that modern people have officially entered the era of stress (Wei et al., 2018).

2. Current situation of occupational stress among modern people

Modern society has gradually entered an era of strict division of labor, and people's daily lives are almost dominated by their careers and work. According to a survey of data from the United States, nearly three-quarters of Americans face huge work pressure; and according to the US health statistics report, more than half of working people said they faced huge life pressure in the past two weeks (Wang, 2017). In the 1980s, there was a very serious phenomenon of miners among corporate employees in the United States. One of the main reasons for miners was the excessive work pressure faced by employees. After years of research on British society, some British sociologists found that most British office workers suffer from mental stress psychopathy. A communication survey conducted in Japan pointed out that more than 75% of employees in Japanese companies experience unexplained tension in their daily lives. In a personal census conducted in Hong Kong, it was found that the proportion of technical personnel experiencing this symptom accounted for 2%, public relations personnel accounted for 15%, and medical staff, journalists and other groups accounted for 16% (Li, 2016). In developed economies, most employees have Type A personality traits. They are always busy and tense. Many people feel a sense of oppression when faced with the concept of time, and even become impatient. They also overreact to things and are always hostile to others. Under the market economy system, it is difficult for people to have leisure time. They seem to be busy and tense all the time. When this busy state reaches an extreme, it will evolve into a kind of pervert. These people have symptoms such as "weekend depression" and "holiday depression" to varying degrees. These employees do not even know how to spend their free time on weekends or holidays. In order to avoid tension, depression and other emotions, some employees often use sedatives and alcohol to numb themselves. This has also led to a large number of drug and alcohol addicts in society. According to relevant statistics, the consumption of alcohol and sedatives has shown a synchronous growth trend with the work production index. In the modern workplace, people are always facing the threat of indifference and unemployment, which leads to some employees even despair or even mental breakdown. A survey in France showed that at least 5 more people commit suicide every week (Guo, 2013).

It should be noted that compared with ordinary employees, the incidence of stress symptoms and mental illness in the manager group is higher. In a survey conducted by the United Kingdom on domestic corporate managers, it was found that more than 45% of managers in British companies have symptoms of mental stress to varying degrees. A related survey conducted by the Ministry of Health and Welfare of Japan pointed out that about 1/4 of senior executives in Japanese companies have diseases such as hypertension, gastric ulcers, and duodenal ulcers. A survey in the United States pointed out that nearly 10% of business managers have mental disorders to varying degrees, and nearly 17% of people in the U.S. State Department need to receive psychiatric treatment. More than 90% of the mental treatment costs of government officials are borne by government departments. People are beginning to realize that occupational stress symptoms and psychological occupational diseases have gradually become a new epidemic in the modern workplace.

3. Stress relief services and psychological adjustment

In developed Western economies, "stress reduction" has gradually become a sunrise industry. In the European and American bestseller markets, books such as "Peak Performance under Pressure" and "Relieve Your Stress" have become increasingly popular. Since the 1980s, many European and American newspapers have launched special issues on stress reduction. Radio and television stations have also begun to gradually launch stress reduction or relaxation programs. Social counseling centers, psychotherapy, stress reduction lectures, etc. are widely welcomed by the public (Huang, 2011).

There are even "de-stressing companies" in the United States that are specifically designed for people to vent their

emotions. Such companies will place templates, glass and other items in a room for people to destroy at will, providing customers with a way to vent their anger and dissipate their depression, allowing customers to restore their psychological balance through release. After properly releasing pressure, customers can avoid excessive behavior in real life or develop mental illnesses, thus protecting personal mental health while relieving pressure.

Many Japanese companies set up special mental health rooms within their companies. They place photos of their bosses smiling, rubber statues, sandbags, etc. indoors. When employees face great pressure in life or work and have strong negative emotions, they can vent their emotions in the mental health room facing the sandbags or the boss's statues. After the emotions are relieved, the company also arranges gentle and generous mental health doctors to hand employees towels to wipe their sweat and give them hot tea. In this way, the negative emotions and behaviors of employees can be eliminated immediately, and they can work with a normal mentality when they return to their workstations (Zhao & Zhang, 2007). This method of eliminating employees' negative emotions is very popular in the Japanese industry, and it has also avoided a large number of safety accidents.

At present, many Western countries have widely opened testing centers and testing companies in society. A manager from a stress care company in Long Island, USA, once pointed out that the scale of the industry of relieving work stress will reach 1.5 billion US dollars in the next ten years. It should be pointed out that many stress relief company projects opened in the United States include Chinese Tai Chi, Qigong, Indian yoga, meditation and other courses. These companies regard these as a good way to relax the body and mind. Belgium organizes workers to carry out collective meditation activities almost every year or every month. In addition, meditation has gradually been widely favored in the training of new employees in Japan in recent years. The opening of these projects is based on the cultivation resources developed by traditional projects. Through these projects, the mental health development of employees can be promoted and the potential development of employees can be realized.

4. Occupational stress and cardiac arrhythmia in China

Due to the particularity of my country's social development, compared with most developed countries, the occupational stress faced by Chinese citizens is relatively small, and the incidence of psychological occupational diseases and stress sequelae is also much lower than that of developed countries. However, in the process of the continuous transformation of my country's market economic system and the constant conflict between the old and new systems and concepts, especially after the introduction of the competition mechanism of the market economy, people will face more investment risks such as stocks and futures, the publicization of labor disputes, and the legalization of careers in their daily lives and work. Under this circumstance, the psychological pressure faced by employees will continue to increase. In today's society, some employees commit suicide due to losses in stock speculation and labor disputes occur more and more frequently, which fully shows that occupational stress has become an important problem facing our society.

In the process of social development in my country, the unemployed are the group with the greatest occupational stress, followed by some groups of workers with labor disputes, and then private owners, joint venture employees and self-employed individuals. In addition, lawyers, athletes, journalists, science and technology practitioners and other highly competitive professions also face relatively high occupational stress.

In view of the above situation, my country is currently continuing to carry out related work such as stress care and occupational stress adjustment. At present, some psychological counseling institutions in my country have begun to gradually increase the content of occupational psychological disorders, so as to provide stress relief services for groups of employees with greater pressure. Create a spiritual home that enables members of society to feel ideals and meaning. In a period of intensified social transformation, the importance of cultural construction is urgently revealed. It not only has the significance of providing spiritual support and value orientation, but also has the function of soothing psychology, adjusting behavior, and even includes the function of expressing emotions and releasing pressure. A cultural system full of vitality and vitality will show a distinct guiding role and a strong integration function.

In addition, in the process of enterprise development, it is also necessary to give full play to the advantages of ideological and political work, and further add emotional catharsis, psychological care and other related content on the basis of traditional ideological and political work. The political cadres of the enterprise should also fully assume the responsibilities of psychological counseling experts, so as to further promote the mental health development of employees and help employees shape a sound personality. In addition, it is also necessary to consciously hire psychological experts to intervene in various aspects such as labor dispute mediation and labor protection supervision in the enterprise. If employees are in a state of crisis, "crisis intervention" should be actively carried out; in this way,

traditional labor protection will be gradually transformed from physical protection to psychological protection, and more complete physical and mental health services will be provided to the majority of employees.

5. Conclusion

Our country should also fully combine the characteristics of China's social development to establish corresponding psychological counseling and meditation centers. At the same time, we should deeply explore the advantages of traditional Chinese body-mind cultivation methods and deeply integrate them with Western psychological counseling techniques. On this basis, we can create stress regulation and relaxation techniques that are more in line with the facial features of our country's professional groups, so as to play a greater role in the psychological adjustment of modern employee groups.

References

- Guo, J. (2013). Professional stress and psychological adjustment of young college teachers in the new era. *Nandu Forum*, 33(2), 100-103. <https://doi.org/10.16700/j.cnki.cn41-1157/c.2013.02.027>
- Huang, X. (2011). Analysis on the psychological adjustment of grassroots judges. *Journal of Jilin Radio and Television University*, 10, 153-154.
- Li, K. (2016). *Research on the psychological adjustment of township cadres under the new normal* (Master's thesis). Shanxi University.
- Song, H. (2020). Psychological adjustment and mental health care of college music teachers in the teaching process. *Education and Teaching Forum*, 24, 21-22.
- Wang, W. (2017). Analysis of occupational stress and psychological adjustment of infectious disease nurses. *Shenzhen Journal of Integrated Traditional Chinese and Western Medicine*, 27(13), 187-188. <https://doi.org/10.16458/j.cnki.1007-0893.2017.13.096>
- Wei, X., Lu, R., Xie, Y., Deng, Y., & Yu, Y. (2018). Occupational stress and self-psychological adjustment strategies of oncology nurses. *International Journal of Nursing*, 37(2), 172-176.
- Zhao, X., & Zhang, Y. (2007). Professional stress and self-adjustment of young college teachers. *China Adult Education*, 4, 99-100.