

# Help-seeking Attitude among University Students in Inner Mongolia

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## Introduction

With continuing to advance and process of globalization, Inner Mongolia has got a high development during last decades, and in that area, students who are studying in universities catch a great opportunities to integrates the trends in the world, as time went on, students in universities understood every details of knowledge in all disciplines and arose their own ideas in fields of mental area, meanwhile conflicts of culture, economic, personality, environment and their own circumstance have brought them mental problem, then they have to face certain problems such as mental unwell to make themselves to adoptions which involve they would seek professional help on mental comfort.

The purpose of this study was to set out to examine the factors that causes of mental distress and attitudes associated with seeking professional help for psychological problems.

## Methods

### Quantitative research

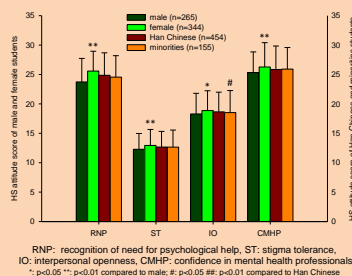
609 participants completed a questionnaire of the Orientations to Seeking Professional Help (Fischer and Turner 1970), Help-seeking attitude for mental problem consists of four major dimensions that students experience to actively formulate a decision, recognition of need for psychological help (RNP,  $\alpha=0.72$ ), stigma tolerance (ST,  $\alpha=0.74$ ), interpersonal openness (IO,  $\alpha=0.70$ ), and confidence in mental health professionals (CMHP,  $\alpha=0.70$ ).

### Qualitative research

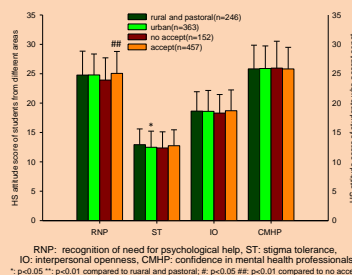
26 participants took part in semi-structured interviews, in the interviews, we got 448min record, each student fulfilled 18min, and all records were transcribed to 23811 Chinese characters, each student contributed 916 Chinese characters, and above data were qualitatively analyzed.

## Results

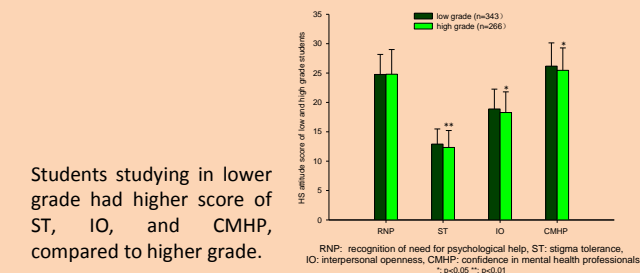
### Quantitative results



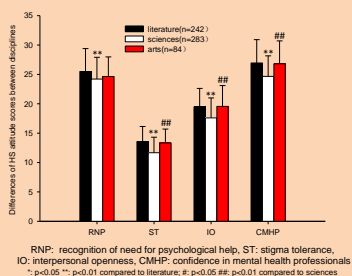
It was showed that score of RNP, ST, IO, CMHP of female students significantly higher than male students; and there were significantly lower score of IO in Mongolian students than Han Chinese students.



Students from rural and pastoral areas compared to urban area had higher score of ST; RNP score of students who once accepted professional help was higher than who never accepted.



Students studying in lower grade had higher score of ST, IO, and CMHP, compared to higher grade.



Students of literature and history got significantly higher score on ST, IO, and CMHP compared to the students of sciences and arts.

### Qualitative results

Concerning to the coping, it was revealed that some sub-coding of problem solving was mentioned by 34 students for 26 times, guidance suggesting was mentioned 18 students for 22 times, and venting emotion, and relieve stress were mentioned by 16 and 14 persons for 16 and 14 times, respectively; In positive attitude, 11 students mentioned for 15 times, "I did not receive any professional help for mental problem, but I would like to get any help from counselor," but in negative attitude, 12 students mentioned for 15 times, "I have no experience for counseling my mental problem, my friends also could not help me, I have no idea on this problem." Finally, there were 3 students who had to seek professional help from counselor, because their mental problem affected their daily behaviors.

## Conclusion

The availability of information is sufficient to ensure the quantitative and qualitative research of seeking professional help perspective.