

# *Inject "heart power" into teenagers' mental health*

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**Keywords:** Mental health, Interventions, Network abuse, Parent child relationship conflict, Teenagers

**Abstract:** Due to the immature physical and mental development and limitations of teenagers, they are prone to psychological problems such as loneliness, Internet abuse and parent-child relationship conflict. In order to improve the physical and mental health level of teenagers, we should do a good job in psychological construction for teenagers, so as to find and dredge psychological problems as soon as possible and avoid more negative psychological and behavioral problems. This paper summarizes the common psychological confusion of teenagers and discusses the coping styles that can be taken, in order to provide theoretical basis and suggestions for the development of teenagers' psychological counseling and mental health education.

## 1. Introduction

At present, with the continuous improvement of China's social and economic development level, the rapid development of science and technology and the gradual improvement of people's health awareness, the World Health Organization has made a new definition of contemporary people's health, pointing out that "health is not free of disease, but a perfect state in body and spirit and a good state in social adaptation", that is, what we call physical health, mental health Good social adaptation and healthy social moral awareness. On the one hand, compared with adults, adolescent groups are more likely to have psychological confusion in learning, interpersonal communication and anxiety. Adolescent groups have the coexistence of independence and dependence, poor emotional and behavioral self-control ability and the psychological contradiction experience of openness and closeness, resulting in different degrees of psychosocial problems. Physical and mental development in adolescence has limitations, strong psychological sensitivity, anti frustration ability needs to be improved, and psychological problems are easy to appear in thinking, emotion and behavior. The sensitivity of adolescence and the pressure of academic competition will have a deep impact on students' psychological and behavioral problems, such as anxiety, depression, loneliness, parent-child relationship conflict and Internet addiction. On the other hand, with the promotion and deepening of China's basic education reform, we pay more attention to the all-round development of students and improve the quality level of students' all-round development. While the youth group is in the puberty stage, psychological problems are also accompanied by high psychological sensitivity and academic competition. In the face of setbacks and difficulties in learning and life, if handled improperly, it is easy to lead to students' negative emotional experience Weariness, truancy and rebellious psychology.

Therefore, in order to ensure the physical and mental health of teenagers, it is necessary to do a good job in psychological construction for children and teenagers, provide psychological support to

students with psychological problems from the aspects of mental health education curriculum, group and individual psychological counseling, home school cooperation and so on, and provide timely and effective intervention measures. So as to find and dredge psychological problems as soon as possible and avoid more negative psychological and behavioral problems. This paper summarizes the psychological confusion of teenagers' mental health and discusses the coping styles that can be taken, in order to provide theoretical basis and suggestions for the development of teenagers' psychological counseling and mental health education.

## **2. Psychological confusion of children and adolescents**

### **2.1 Increased negative emotional experience**

The most common mental health problems in teenagers are negative emotional psychological experience, among which anxiety and depression are the most common. Anxiety refers to an unpleasant emotional experience in which an individual continues to worry or fear about the reality or future events. The most common among students are test anxiety and social anxiety. The severity is divided into pathological anxiety such as mild worry, tension, moderate fear and extreme fear according to the intensity and duration (Wang Xiangdong, 1999). Depression is a significant and lasting emotional experience, such as depression, decreased interest in external things, sadness, depression, insomnia and so on. Students often show inattention, memory loss, lazy action, reduced interest in extracurricular activities and so on. Interpersonal relationship, exercise frequency, age, gender and negative life events are common factors leading to depression and anxiety. For example, the anxiety, depression, inattention, low learning efficiency and other learning and negative emotional problems of young students during home classes have attracted the attention of schools and teachers (Liu Yujuan, 2020). The study found that the incidence of emotional and behavioral problems of primary and secondary school students has an upward trend. Fu Zhenghui et al. Found that the detection rate of loneliness, loss, irritability and other psychological problems of children and adolescents during the normalization period reached 17.74%, among which the younger, single parents, girls and intergenerational children were the focus of psychological counseling (Fu Zhenghui, 2022). When Zhao Lulei analyzed the domestic students aged 8-18, he found that the detection rate of adolescent anxiety disorder reached 22.0% (Zhao Lulei, 2020). The research of Huang Xiaoxiao and others shows that the detection rates of sleep problems, depression and anxiety among primary school students in China are high from 2010 to 2020, and the overall mental health status of students is good. The detection rate of teenagers' anxiety and depression is gradually increasing. Therefore, we need to carry out psychological counseling and the popularization of mental health courses in time, so as to reduce students' problems such as insomnia, headache, inattention, loneliness, inferiority complex and suicide, so as to do early work and prevention, and help students improve their learning efficiency.

### **2.2 Network abuse**

As one of the important groups using the Internet, teenagers' Internet addiction has attracted much attention. Teenagers' Internet addiction has a negative impact on physical and mental health and interpersonal relationships, such as school weariness, truancy, interpersonal conflict and so on. Studies have shown that boys with internet addiction are more likely to have aggressive behavior, and girls with internet addiction are more likely to have depressive symptoms; Students who lack a sense of belonging to the school and have too much learning pressure are likely to increase the possibility of students' addiction to the Internet; Parents' high expectations and taking bad parenting methods such as authority and doting will become the help of teenagers' Internet addiction. Therefore, parents

should reduce pressure and expectations on their children, adopt democratic parenting methods and control Internet use events. The use of home-based online learning has increased the opportunities for children and adolescents to use the Internet. Mobile phones and flat computers have become the main equipment for students to study and attend classes at home. While network equipment brings the advantages of spreading knowledge and continuing to receive education, for teenagers, due to the limitations of physical and mental development, in the face of a large amount of information on the Internet, due to their imperfect level of dialectical logic thinking and low self-control, they are easy to be attracted by the online virtual world, and even increase the possibility of game addiction, which seriously hinders the physical and mental development of teenagers.

## **2.3 Parent child conflict**

Attachment relationship theory emphasizes that attachment has an important impact on individual physical and mental development. As one of the important places for students' growth and life, family parent-child relationship has a potential impact on students' emotion, personality formation and interpersonal relationship. At the same time, this study shows that positive parent-child relationship can reduce teenagers' tendency of Internet addiction, and conflicting parent-child relationship will reduce students' self-esteem and increase their tendency of Internet addiction. At present, the suspension of school classes, online teaching in some areas, restrictions on activities in public places and the advocacy of social isolation have greatly limited the scope of children's social activities, making children's social interaction more limited to family members. Due to the lack of outdoor activities and peer group interaction, children and adolescents will have more psychological needs when getting along with their parents. If parents still adopt strict parenting methods, it is very easy to lead to more rebellious behaviors, antagonistic emotions and behaviors of children and adolescents, damage the family structure and have a negative impact on students' physical and mental health.

## **3. Take effective intervention measures for psychological "attention"**

### **3.1 Adjust the form and content of school mental health services**

In the feedback from the head teacher and parents, we learned that the level of students' psychological quality needs to be improved and their psychological confusion needs to be dredged in time. Therefore, it requires us to adjust the teaching form of mental health education according to the current psychological needs of students, so as to meet the psychological needs of students and improve the level of students' psychological quality. First of all, the form of mental health teaching should combine online and offline teaching according to school prevention and control. At present, most of our students are studying in school. Their normal study, life and social life can be guaranteed. When there are special circumstances, they can turn to online teaching. Therefore, it is necessary to timely adjust the development form of mental health courses according to the situation, such as organizing and carrying out mental health group counseling activities to help students with common psychological confusion grow with the help of group motivation, providing targeted one-to-one consultation to students with confusion, and popularizing mental health knowledge to students through mental health micro courses. Secondly, the curriculum design of mental health education should meet the psychological needs of students. Children and adolescents have immature nervous system and are prone to negative emotional experiences such as panic, anxiety and depression in the face of emergencies. Therefore, during the normal prevention and control period, we try to focus on the teaching topics when designing the curriculum, such as emotion management, what we need to do in the face of emergencies and uncertain events, how to communicate with our parents and how to increase psychological resilience. In case of isolation, school closure and suspension, in order to

mobilize students' enthusiasm for class, some interactive games should be added to the course. And at this stage, due to social isolation, students' peer interaction is missing. Therefore, we can carry out different group activities and psychological classes according to students of different ages, share psychological feelings, increase interaction, reduce students' loneliness and improve students' psychological quality.

Moreover, for teenagers with psychological service needs, they can communicate face-to-face with psychological counselors or school mental health teachers through online video and voice, timely help students dredge their psychological confusion, help students explore ways to solve problems, and encourage students to participate in more physical exercise. At the same time, in order to avoid the interruption of treatment for children with depression, obsessive-compulsive disorder, hyperactivity disorder and autism, face-to-face diagnosis can be replaced by telemedicine. At the same time, teachers and parents should also pay timely attention to students' emotional state, understand them, help special children relieve pressure, urge students to listen carefully and hand in their homework in time, help students maintain their mental health and reduce antagonistic behavior. Finally, the target of mental health services should also include parents. In the interaction of parent-child relationship, parents also suffer from difficult challenges and reduce psychological resources. During home study, the parent-child relationship is frequent and the family relationship is tense. The problem is rooted in the parenting style of parents. Therefore, it is necessary to popularize the knowledge of family education to parents. Fu Zhenghui's research found that single parent and intergenerational family students lack the company of their families and need to be the focus of psychological counseling. Chen Tao said that parents should trust and respect their children, observe and guide their growth from the perspective of their children. Therefore, while carrying out home school communication, the school can popularize mental health knowledge to parents and guide their upbringing methods. If possible, the school can record family education courses for parents to learn, and learn some communication skills, emotion regulation methods and relaxation training techniques with children, so as to help parents establish a correct outlook on education and improve family cohesion and students' mental health level.

### **3.2 Attach importance to home school communication**

Home school interaction requires teachers and parents to actively communicate the physical and mental development of teenagers and understand students' learning and psychological state. On the one hand, teachers help parents understand the importance of students' mental health education. In communication, teachers should be good at guiding parents to pay attention to students' changes in learning efficiency and emotional feelings, and formulate adjustment methods. Parents should also trust, respect and encourage their children, take the initiative to discuss problems with their children, and increase their understanding and cooperation in school education. Secondly, combine the learning of theoretical knowledge of adolescent mental health education with practical skills. Develop good living and rest habits, learn to use emotion regulation methods, learn relaxation techniques, such as listening to music and reading, and participate in physical exercise, so as to guide students to perceive their emotions, explore available learning resources with teachers, and improve learning efficiency. Therefore, parents and teachers need to actively communicate, find and prevent early, and help teenagers reduce anxiety, depression and other emotions through communication and support.

## **4. Conclusion**

To sum up, the changes of teenagers' psychological state and psychological problems are complex. Under the influence of multiple internal and external factors, they often show problems such as anxiety, depression and parent-child relationship conflict. Schools need to establish and improve the

mental health education service system in time. Parents and teachers should find and prevent early, pay attention to the changes of students' psychological state, flexibly carry out mental health education activities, carry out targeted individual counseling, and provide social support for teenagers' normal study and life, so as to improve their psychological quality.

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