Measures to Alleviate the Psychological Pressure of Contemporary Teenagers

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Abstract: In recent years, the psychological health of adolescents has increasingly become the central topic of public opinion, and the psychological health of adolescents has also gradually received social attention. However, there are still many psychological hidden dangers of adolescents that are one of the blind areas of the public's vision. Therefore, in order to understand the psychological health of adolescents in depth and study mitigation methods for this purpose, we have carried out relevant surveys and project research on this issue.

1. Introduction

Due to the reform of the modern education sector and the continuous increase in the number of students enrolled in major schools, the number of college students in China's ordinary colleges and universities exceeded 20 million for the first time in the decade of this century, so now the key group of social concern has become college students in China's major colleges and universities. The survey of social data shows that many psychological problems such as anxiety personality, depression, psychological personality disorder and bad interpersonal relationship are very common among college students [1]. From all aspects, the mental health of college students in China has reached a critical point. According to relevant foreign research reports, in the United States, half of the young people are suffering from mental illness, and their average age of discovery is around 24 years old. The crime rate in the United States is quite high due to policy and various social reasons. Psychological stress was first put forward by Hans Selye (1936), who believed that stress was a non-specific response accompanied by individual needs. When the living environment of the individual cannot meet the needs, and the current knowledge, experience and reality do not match, the individual's physiology and psychology will lose balance and be in a state of extreme tension [2]. At present, there are many studies on psychological stress. When preparing the stress questionnaire for middle school students, Di Min (2004) and others found that stress mainly comes from learning setbacks, learning competition, interpersonal relationships, social environment and other related events [3]. Jiang Kaina (2022) pointed out in the study that under the background of the epidemic online class, many students were tired of learning because of anxiety, depression and other emotions, the conflict between parent-child relationship intensified, addicted to the network, and even developed into serious psychological problems, requiring professional psychotherapy [4]. Foreign scholars have also done a lot of research on psychological stress. For example, Elaine S.S. classified

and analyzed the data on research stressors and classification in the journal, and concluded that there are 16 kinds of stressors for teenagers [5]. The Children's Major Life Events Scale and the Children's Daily Life Scale prepared by Jose (1998) and others measure the major life events experienced by teenagers and the trivial matters in daily life respectively, which are currently the scale with high utilization rate [6]. A large number of recent studies have reported the impact of COVID-19 related stress on mental health. Taylor Steven (2020) and others have confirmed that COVID-19 may even cause "COVID-19 stress syndrome" [7]. This project takes mental health, self-identification and emotional counseling as the research object, and aims to alleviate the hidden dangers of mental illness, explore more factors of psychological stress of teenagers, seek popular and convenient ways to relieve emotions, and popularize mental health education and improve the whole society's awareness of psychological problems by building a platform to help people release bad emotions.

2. The social root of teenagers' psychological pressure

2.1 Social and historical conditions: profound social transformation

The current situation of China is facing the sharp differentiation of all social strata during the transformation period. At present, the sense of distance between people is becoming more and more obvious. People are not limited to taking root in a certain place, but the cross-regional development of various provinces and regions. The acquaintance society has become the past, and now the stranger society has been replaced. Because of the uncertainty in all aspects, people often build high walls against others in their hearts. The profound transformation of society has brought about the change of people's sense of distance, which is also an important reason why people's mental health is deeply affected by others.

With the rapid growth of China's economy, the growth environment of contemporary youth has been greatly improved, but there are also many drawbacks in the process of improvement. Youth in this era are bearing unprecedented pressure in China. What a lot of pressure brings is the breeding of negative energy. Negative energy beyond the scope of self consumption can easily lead to psychological disorders of teenagers, which is the biggest challenge faced by contemporary teenagers' psychological problems.

2.2 Realistic root cause: increasing social pressure that cannot be solved

For student groups, first, pressure, confusion and bullying on campus are common problems in learning. Teenagers are in the exploration period of their own hearts. The constant influence of the outside world is easy to make them form related stress reactions, thus burying psychological hidden dangers; The second is that the anxiety of body and appearance, emotional discomfort, economic foundation and higher personal needs and expectations do not match in life, and the sense of comparison and vanity caused by the immature mind of teenagers will cause deep inferiority of teenagers if they are not properly guided; Third, the communication with parents in the family includes generation gap, rebellious psychology in adolescence, and personal character development deeply influenced by the original family. The psychological impact of the problem of the original family has been an inevitable discussion from ancient times to the present. However, contemporary teenagers are experiencing a life stage of dependence on the family. Their parents' incomprehension, family disharmony, and parents' pressure on their children's personality and psychology due to vanity or wrong educational methods have slowly made their inner environment change. The trauma caused by the injury of the original family to the psychological health of teenagers is difficult to smooth out, and is also the root cause of many psychological problems[8].

In addition, various forms of violence also have a great impact on the psychology of adolescents.

At this stage of growth, teenagers have little power to fight back against violence. Whether it is physical violence or verbal violence, whether it is schoolmate violence or teachers' psychological repression, teenagers are powerless in the face of these violence[9]. However, these violence often occurs in the growing stage of teenagers, so the situation of violence is also an inevitable problem to be considered in the influencing factors of teenagers' mental health.

2.3 Other factors: alienation of science and technology and adjustment of China's economic structure

Due to the rapid development of science and technology, people are now aware of the era of information explosion. However, while people are receiving this information every day, they are also more accepting the pressure of this era. People's ability to accept the update of different information and the replacement of knowledge has become their pressure. China is at the stage of development, and there is no clear risk assessment of the advantages and disadvantages of science and technology. Let many teenagers have the opportunity to be exposed to many different knowledge and cultural shocks in their growth stage, which has a great impact on their immature inner environment.

3. Ways to solve problems

3.1 Take emotional communication and professional consultation as the breakthrough

With emotional communication and professional consultation as the main functions, users can effectively communicate with high-quality psychological counsellors or professional psychological consultants through the platform, and the background will push the emotional relief path and corresponding help services for users according to big data analysis and voice assistant, and provide users with customized long-term relief programs. In addition, the platform provides zero pressure experience and multiple solutions. The psychological problems encountered by different people at different stages are important information we collect. While expressing pressure with like-minded people, there are also professional psychological consultants who can further solve customers' psychological problems.

3.2 Design AI identification system

The AI recognition system is designed. The system can automatically identify the user's emotional performance through the camera. When the device allows embedding raspberry pie or Baidu Brain hardware, it will automatically send a warning when it detects that the user's too negative emotion, so that the user can timely realize his negative emotion overload, and take measures to ease it as soon as possible to protect the safety of teenagers. The design software of this project allows anonymous login, and the process of confiding is secret and safe. Not only through chat, but also through various platform services such as emotional tree holes, decompression games and the integration of blind box culture to improve user experience.

3.3 Focus on psychological problems at a deeper level, with the purpose of solving psychological problems

Focusing on psychological problems at a deeper level and aiming at solving psychological problems, we will creatively launch the website and small program functions in a popular, highly accepted and convenient way by analyzing contemporary social phenomena and aiming at relevant problems, and provide targeted effective emotional channels for student groups to alleviate social

problems to a certain extent. It conforms to the timeliness of people's emotions and can ensure that college students can seek to alleviate their negative emotional problems at any time and under any circumstances.

3.4 Meet the development needs of modern society and improve the quality of mental health of our population

Meet the needs of modern social development, improve the mental health quality of the population in China, solve the mental health problems avoided by the society for many years, and reduce the social crime rate and social instability. This project can be used as a social public welfare product to promote the marketization and orderly process of psychology and related industries, solve the industry pain points such as medical and patient information gap or poor communication, increase the employment rate and improve the awareness of the whole society.

4. Conclusion

Through this in-depth investigation and research, we can find that the mental health problems of contemporary youth are becoming increasingly worrying. Whether the source is anxiety caused by academic pressure or psychological erosion caused by family environment, teenagers now face huge mental health problems, which are inevitable.

The social phenomenon caused by teenagers' psychological problems is increasing day by day. The diseases highlighted in this era are not noticed at any time in the past. Since ancient times, we have been a country that pays attention to abiding by our nature, but we have come to an era that needs to emancipate our nature. It is strange for us whether our psychology is healthy or not, and how to dredge it is also strange for us. We lack practical experience in solving problems and historical experience that can be used for reference. But because of this, we need to find effective and effective ways to alleviate mental health through continuous practice. Because there is no light ahead, we need to move forward in the dark to light up the dark path for people who later walk this way.

From the process of the project, we can see quite good results, which shows from another point of view that the hidden dangers of mental health are indeed diseases that need attention, but at the same time, the hidden dangers of mental health are also traceable and solvable. We have correctly expressed the negative emotions of teenagers through chat, sharing, emotional tree holes and other ways. This is not only the emotional guidance, but also the emotional management. Effective emotional management methods have really eased the psychological hidden dangers of teenagers.

Understand the problem, solve the problem, and finally summarize the problem. Through this survey of our team, we can better understand what challenges teenagers are facing as an emerging group in society. At the same time, we can also realize that the disadvantages caused by social development are unavoidable and must be solved. We hope that the psychological hidden dangers will be paid more attention in the future under the small promotion of a project like ours.

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