

# *A Brief Analysis of the Current Situation of Puberty Mental Health Education for Primary and Middle School Students*

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**Abstract:** Adolescence is the most important, the most brilliant period in life, is also a period of the biggest changes in physiology and psychology. Whether students' understanding of adolescence is objective and comprehensive directly affects the state of study and life. For primary and secondary school students, they are in an important period of physical and mental development, which can be seen that most of them are the only child, with the physical and psychological growth and development. The pressure of competition is increasing day by day, especially in the context of the rapid development of the current society, the ecological environment and social environment of growth are becoming increasingly complex, and the development of physical and mental health is also affected by many negative effects. Therefore, the mental health problems of primary and secondary school students have become significant and prominent in today's society.

Adolescence (commonly known as the transitional years) is a period of transition from childhood to maturity. From the biological point of view, it is the gradual maturation of biological fundamentals. During this period, it is a critical moment that determines the physical, psychological, personal and intellectual development of a person's life. Adolescent students often have a variety of contradictory emotional experiences deep inside: joy and trouble, openness and silence, social and lonely, bold and cowardice and other contradictory tendencies. In addition, they will gradually understand themselves clearly, and show great interest in everything around them. They are willing to evaluate and intervene in the ranks of adults, and want to get rid of the sense of dependence on their parents from the consciousness, resulting in the phenomenon of "psychological weaning". However, this rapid phenomenon of "broken breasts" has brought a lot of anxiety and emotional chaos and fluctuations to teenagers.

## **1. Current status of mental health education for primary and middle school students**

### **1.1 Students, weariness rate is getting higher and higher**

In terms of subjects, the number of subjects in middle school has increased from three to seven, and the academic pressure is also increasing. Especially for those children with excellent grades in primary school, they will put high demands on themselves and want to prove their ability in

learning. Therefore, they will have greater pressure and sense of urgency than others in their studies. In order to improve children's academic performance faster, schools or teachers will deliberately create some competitive environment for children, because in such an environment, children's grades will naturally be affected by emotions, so that this phenomenon will occur. If children's grades are not ideal, they will be very worried about parents or teachers to scold them. More of them are children's self-criticism and condemnation, they will feel that they did not do well in the exam will be sorry for their parents, sorry for the teacher. If such self-blame mood is not timely relief, then it will have a bad impact, the results will be difficult to see improvement, and the child no matter how hard to learn, his results is not high, a long time, the child will be very disappointed with themselves, and produce wearishake mood. If there are some difficulties or problems in study, some children will feel inferior to others, and even dare not face the pressure in study, let alone know how to solve their own problems, children will deny their own ability, germination self-reproach and inferiority. This leads to feelings of self-abandonment and may eventually lead to the abandonment of their studies.

### **1.2 Policy, the country began to pay attention to**

With the further implementation and development of nine-year compulsory education, our national quality will be further improved. In the rapid economic development, our country has increased the investment in education in each five-year plan, and built up the concept of respect for knowledge and respect for talent. From various dimensions, it is clarified that education, talent, innovation is an unavoidable trend of today's society, scientific and technological development needs innovation, and the key to innovation is the cultivation of talent. What's more worth mentioning here is that since 2007, the state has implemented the policy of free education for normal students in six normal universities nationwide. Most of them are normal students majoring in psychology, which makes the teachers more abundant, which, to some extent, will promote the development of mental health education in primary and secondary schools. [1]

### **1.3 In terms of development, there is an imbalance between developed and backward areas**

The development of mental health education in primary and secondary schools is unbalanced among different regions. In the east such as Shanghai some developed cities and developed areas to carry out mental health education more. However, in some ethnic minority areas or remote mountainous areas in western China, such as Tibet, mental health education in primary and secondary schools has hardly been carried out. Of course, it may have a lot to do with the economy, but carrying out mental health education is essential for students in primary and secondary schools, and it must be paid attention to.

### **1.4 Family, parents of mental health education awareness is weak**

Some parents do not have a good understanding and understanding of students to carry out mental health education courses, let alone give corresponding understanding and support, among which, many parents will subconsciously believe that the only task for students to enter the school is to seriously learn the knowledge of cultural subjects to learn, and achieve better exam results. If you fail, you will be considered a bad student and a bad boy. Their thinking is relatively limited, there is no clear cognitive ability, and cannot correctly understand every student may have psychological problems. When students have psychological problems and teachers seek help from parents, they will not get the corresponding reply and help, which makes students easy to induce deep pessimistic and negative emotions. At present, there is no unified standard system for

psychological education courses carried out in school classes. For students of different ages with mental health conditions, there is no effective individual differentiation. Teachers mostly repeat the theoretical knowledge in paper textbooks year after year and day after day. It does not help students get out of psychological problems from the individual situation of students. Therefore, parents and teachers are the adults closest to students in their study and life. Teachers and parents need to put down their authoritative identity as adults and leaders in the teaching process, lean down to listen to the true thoughts of students, understand the various emotional problems of students in their study and life, and help students to gradually form a good mental state. So that students can be more brave and confident to face the difficulties in life.

## **2. Problems and causes of adolescent mental health education in primary and middle school students**

### **2.1 Adolescent mental health education of primary and middle school students**

#### **2.1.1. Psychological problems in interpersonal relationships**

In the aspect of teacher-student relationship, it is mainly caused by teachers' lack of understanding and distrust of students, which leads to students' antagonistic psychology, and teachers' cognitive deviation, which leads to students' depressive psychology and aggressive behavior. In terms of schoolmate relationship, primary and secondary school students hope not only to get understanding and support from teachers, but also to have a sense of belonging to be accepted in class and among classmates, seeking understanding and trust from classmates and friends. At the same time, because the relationship between students is not harmonious, even tension, some students reveal a sense of loneliness, want to restore the relationship with the students, and do not know how to do. [2] In terms of family relations, the democratic harmonious family gives primary and middle school students a warm harbor to belong to. In the authoritarian family, parents and their children cannot carry on regular communication, resulting in children's solitary and bossy character. All kinds of scars in the family will cause different degrees of psychological harm to primary and middle school students.

#### **2.1.2 Students study psychological problems**

First of all, learning psychological pressure is increasingly large, resulting in psychological anxiety and mental malaise, resulting in loss of appetite, insomnia, neurasthenia, memory effect decline, slow thinking and so on. Secondly, weariness is a more prominent problem in the current learning activities, not only students with poor academic performance are not willing to learn, some students with better performance also appear weariness, weariness has a general trend of development. Moreover, exam anxiety, especially when encountering the more important exam anxiety is more serious, and even anxiety generalization phenomenon.

#### **2.1.3. Psychological problems during adolescence**

First, the psychology of puberty lock. Closed psychology is a common and special symbol of adolescent psychology, its psychological performance is negative, if the students under the control of negative emotions, close any psychological communication with the outside world, it will be a noteworthy problem.

Second, emotional agitation is revealed or implicit. The physiological upheaval of youth development is bound to cause the emotional agitation of primary and middle school students. This turbulent emotion is sometimes revealed and sometimes implicit. A smile can make the mood soar

and excite all night, but inside they are excited, happy, bitter, depressed, and on the surface they seem calm; They have words and secrets to pour out with others, but whether they meet parents or teachers but silent, this situation if not catharsis and communication, there will be psychological suppression, anxiety and depression.

## **2.2 Causes of adolescent mental health education for primary and middle school students**

### **2.2.1. Personality**

Personality has great influence on mental health education. Character is an acquired form of social behavior. It determines one's interpersonal relationships and one's sphere of social influence. Some people even conclude that character determines destiny. A good character will make the road of life become wider, on the contrary, the road of life become narrower

### **2.2.2. Cognitive aspects**

Cognitive factors have an important impact on people's mental health. Obvious mental health problems occur when people's perceptions are disconnected from their responses. When a naughty and undisciplined student has cognitive problems, she may subconsciously think that the teacher is bullying her and her classmates will laugh at her, and she may jump to her death in a hurry. Therefore, the misperception failed to intervene in time.

### **2.2.3. Environmental aspects**

The change of environment requires students to have certain adaptability. If the adaptability of students is not good, it is likely to have a great impact on their mental health, including the school environment, family environment and social environment. For example, the frequent transfer of students or the frequent change of teachers will also bring certain psychological impact on students.

## **3. Countermeasures of adolescent mental health education for primary and middle school students**

### **3.1 Improve the psychological quality of teachers.**

For teachers, a wide range of psychological knowledge training should be conducted, and mental health education should be taken as an important part of teachers' teaching. At the same time, we should strengthen the communication with students, make use of appropriate opportunities and places to let students freely express their thoughts and feelings, then carry out targeted work, respect and care for students, communicate with students more, and carry out positive ideological education. [3]

### **3.2 Add courses of mental health education.**

Teachers increase, mental health education courses also have to increase, especially in the period of development of primary and middle school students, if carried out the relevant mental health courses, children can better, more comprehensive, more systematic acceptance of a variety of mental health development knowledge, in learning and life to experience, and ultimately sublimate into a rational and long-term character.

### **3.3 To carry out multi-level mental health education.**

Each student's mental health status and personal interests are different. When teachers carry out mental health education, if they just blindly use the same mental health teaching strategy for all students or assign similar homework after class, students will not only be unable to maintain their physical and mental health. On the contrary, it may further aggravate students' academic pressure and psychological pressure, thus leading to students' aversion. [[3] Therefore, to effectively carry out hierarchical mental health education courses, teachers can understand students' physical and mental state and specific conditions through a series of ways, such as issuing questionnaires, individual conversations and communicating with parents, when conducting a survey and dynamic assessment of each student's basic situation.

### **3.4 Establish a home-school mental health education system**

School, family and society are all a good platform for students to carry out mental health education. Teachers can carry out mental health education by establishing a mental health teaching model integrating home and school. Teachers and parents should always maintain long-term and effective communication between home and school, among which, teachers can maintain communication and feedback with parents through WeChat group, QQ group and telephone communication. In this way, students can be found in school or family learning growth and mental health status.

### **3.5 Integrate mental health education into subject teaching**

Classroom teaching is a main channel of quality education, and also the main channel to cultivate students' good quality of learning psychology. On the one hand, reform related teaching methods, active classroom teaching atmosphere, so that students more lively, active to learn, ultimately to reduce the psychological pressure of middle school students, eliminate the psychological barriers to learning. On the other hand, if teachers of various disciplines want to strengthen the cultivation of middle school students' psychological quality in classroom teaching, they need to combine relevant learning content and theoretical knowledge to train middle school students' ability of observation, thinking, imagination, memory and attention, develop middle school students' intelligence, and stimulate middle school students' learning interest and emotion by combining teaching work. As well as exercise the will of middle school students to learn, cultivate the personality of middle school students, and promote the sound development of non-intellectual psychology of middle school students. [4]

### **3.6 Building a team of high-quality teachers**

It is an important guarantee to train the mental health development of middle school students that teachers can set a good example and teach by their words and deeds. Among them, the teacher's dress, expression, speech and deportment, as well as get along with others, people do things, may directly leave a deep impression on middle school students. A high-quality teacher in the education work, not only can create a harmonious and warm atmosphere for middle school students, but also can make students feel relaxed and happy.

## **4. Conclusion**

In a word, in the process of mental health education, we must adhere to the basic principle of

"student-oriented", actively respond to the call of "integration of mental health education", constantly strengthen the mental health education work of primary and secondary school students, all-round to cultivate the sound personality of primary and secondary school students and actively promote the development of sustainable mental health education. The focus of teaching for primary and secondary school students should be to help them maintain a healthy state of mind and body and promote their all-round development. Carrying out mental health education can not only ensure the healthy growth of students, but also promote the cultivation of students' practical skills and core qualities. At the same time, under the education of primary and secondary schools in China, teachers should not only teach students cultural theoretical knowledge, but also help students to build their own independent personality and constantly improve their outlook on life, values and world outlook. In the current society, because people's various psychological problems are emerging in an endless stream, teachers and parents need to coordinate and cooperate on a series of issues concerning how to carry out effective mental health education for students in primary and secondary schools, the stage of basic education, and help students maintain a good physical and mental state in the process of campus learning. To effectively improve and innovate the existing mental health education model, students must feel the real concern from parents and teachers. Both teachers and parents should practice the concept of student-oriented education. Teachers can promote the effectiveness of mental health education courses by carrying out hierarchical teaching mode and establishing home-school integrated mental health education mode. [5]

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