

Analysis of Preschool Children's Psychological Safety Needs and Their Satisfying Strategies

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Abstract: The need for psychological safety is an indispensable need for the healthy growth of preschool children's body and mind, and has received great attention from humanist scholars. In pre-school children's education, while strengthening children's physical quality exercise, it is also necessary to train children's mental health and strengthen their psychological quality, thus laying a solid physical and psychological foundation for children's development. Preschool psychological safety education is an important part of kindergarten safety education. Preschool teachers and parents pay more attention to the physical safety education of children, while ignoring the cultivation of children's psychological safety. It is an important way to set up the activity course of psychological safety education in kindergartens. This paper will explain the importance of preschool children's psychological safety education, and take preschool children's psychological law as the guideline, give the methods and ways to cultivate children's healthy learning psychology, so that children can form a healthy personality.

1. Introduction

For a long time, kindergartens have generally paid attention to intelligence development, health care and little attention to children's mental health. Parents pay more attention to children's material life and knowledge learning, but often neglect children's mental health. In early childhood education, while strengthening the physical quality training of children, it is also necessary to train children's psychological health and strengthen their psychological quality, thus laying a solid physical and psychological foundation for the development of children [1]. Kindergarten psychological safety education activity class refers to the collective psychological counseling activity based on the principle of group dynamics and related theories and technologies, with the goal of promoting children's psychological growth and taking classes as units [2]. Children's psychological safety education is an important part of kindergarten safety education. Safety education includes two aspects. One is physical safety education, that is, the body and life are not threatened or harmed. The second is psychological safety education, i.e. individuals feel comfortable and natural in their environment from the bottom of their hearts without any oppressive feeling [3]. Children's mental health is affected by many social factors. Teachers are required to implement psychological safety education strategies in combination with the actual state of children's psychological development, so as to comprehensively improve the effect of psychological safety education and promote children's mental health growth [4].

Preschool psychological safety education is an important part of kindergarten safety education. Preschool teachers and parents pay more attention to the physical safety education of children, while ignoring the cultivation of children's psychological safety [5]. Psychological safety needs to appear in early childhood and plays a very important role in the healthy growth of children's body and mind. Kindergartens must put protecting children's lives and promoting children's health at the top of their work [6]. To establish a correct concept of health, we should attach great importance to children's mental health while paying attention to their physical health. Setting up psychological safety education activity classes is an important way for kindergarten psychological safety education. The implementation of mental health activity classes in kindergartens should embody the concepts of activity, experience, sharing, perception, practice and growth. In general, we can understand this feeling as a sense of security. In general, teachers and parents will pay full attention

to the former, but they do not know enough about the relatively hidden psychological safety [7]. Therefore, it is necessary to help teachers understand the importance of meeting the needs of children's psychological safety. This paper will explain the importance of children's psychological safety education, and give the methods and ways to cultivate children's healthy learning psychology, so that children can form a healthy personality.

2. The Importance of Psychological Safety Education for Children

2.1 Promoting Children's Health

Children's time is spent in various activities, and their psychological status and quality will be reflected in various activities. The objective and function of psychological safety education in blind schools from the perspective of complex systems are diverse. In the present group of pre-school children, many pre-school children do not have physical defects, but have abnormalities in speech, behavior, emotion, etc [8]. Young children have strong curiosity and exploration desire. They like to explore all novel things. However, the occurrence of this inquiry behavior is based on the satisfaction of psychological safety needs. The reason why preschool children's psychological safety education has not been paid attention by researchers may be due to its own complexity and research difficulty, which makes people flinch [9]. The implementation of preschool children's psychological safety education should be guided by the concept of complex system, analyze and grasp its multiple objectives and functions. Furthermore, the system mode is discussed to achieve the effect of self-organization, self adaptation and overall emergence of psychological safety education. Teachers should enhance the consciousness of children's psychological safety education and consciously make various activities become the carrier of improving children's psychological quality. Physical health and mental health are closely related and influence each other. The satisfaction of communication needs can not only meet the emotional needs of children, but also promote the development of children's interpersonal skills.

2.2 Promote the Formation of Children's Good Character

Physical health is the basis of mental health, mental health is the necessary condition of physical health, and mental comfort is physical strength. The deep reason why there have been many years of illegal cases in our society is that we don't pay attention to children's psychological education. Children with mental health can learn easily and happily, obtain satisfaction from learning, improve physical and brain development, and maintain contact with the real environment. The formation of good psychological quality is not formed in a day, but through long-term training. In order to practice the concept of complex system, we should regard the psychological safety education of preschool children as a complex system in the way of thinking, and fully draw lessons from and apply non-linear thinking modes such as openness, complexity, hierarchy and uncertainty to explore new ideas. There are many ways of psychological safety education for pre-school children, such as through class meetings or other thematic activities, or infiltration in subject teaching. Children's mental health means that children's mental activities are logical and easy to observe, and the activities that are still in existence are related to the surrounding environment of Xixian County. The implementation of psychological safety education will have the effect of self-organization, self-adaptation and overall emergence, which is conducive to maintaining and improving the mental health of pre-school children.

3. Strategies to Improve Children's Psychological Security

In the process of children's growth and development, active attention is not only a general requirement for children's self-development, but also an external value condition for promoting children's development. Harmonious peer relationship can effectively promote the formation of children's sense of security, and harmonious coexistence between children needs teachers' correct guidance. Individuals can obtain love, intimacy, safety and belonging in the interaction with peer groups. The intimacy and friendship experienced by children in the process of communication with

their peers are catalysts for the development of their sense of security, which can help children overcome anxiety and fear in kindergartens. Good educational atmosphere and environment play an important role in the healthy growth of children's psychology. The satisfaction of children's psychological safety needs has a far-reaching impact on the development of children's whole life [10]. However, because its external dominance is not obvious, it is often ignored by the educated. To study the complex phenomenon of preschool children's psychological safety education, we must not limit ourselves to using linear thinking modes such as simplicity, uniqueness, unidirectionality and certainty. However, we should make full use of non-linear thinking modes such as openness, complexity, hierarchy and uncertainty and explore research ideas with postmodern consciousness.

Kindergarten psychological safety education should pay more attention to the influence of classroom environment on pre-school children's ideas. Rational use of kindergarten classroom environment to innovate psychological safety education in kindergarten evaluation. The evaluation data of teachers are shown in Table 1.

Table 1 Student Evaluation Data of Two Independent Sample Means

Sample size	The average score	Sample standard deviation
35	80	4.7
34	72	3.9
37	81	4.2

Psychological safety education is a dynamic process in which teachers and students participate and influence each other. A relaxed and free psychological environment can promote the healthy development of children's psychology. An important function of psychological safety education is to provide specific individual psychological counseling and treatment for pre-school children to help them to eliminate psychological troubles and learn to cope with life. Teachers are only providing conditions for students to learn and playing a leading role in helping to promote learning, rather than injecting knowledge or replacing it. Parents should constantly improve their psychological quality, standardize their behavior, set a good example for children, and influence children with their own good psychology and behavior. Teachers can organize children in this class and children in other classes to carry out game activities. In the game, teachers can show children how to use negotiation strategies to communicate, cooperate and share with other children as role models, solve conflicts and share the happiness they feel through communication. The basic condition of mental health is that the child can keep a happy mood, and can initially adjust his mood, in other words, keep a normal mood. Emotion is the feeling that people have or lose something, and demand is the important basis of emotion.

4. Conclusion

The sense of security is the basis of the development of children's mental health and the improvement of children's personality. However, it is often ignored by educators because of its inconspicuous externality. Children's psychological safety education should not only face the whole and promote the mental health of all children, but also pay attention to a few children and provide individual counseling. Psychological safety education is a dynamic process in which teachers and students participate in and influence each other. Teachers should enhance the consciousness of children's psychological safety education and consciously make various activities become the carrier of improving children's psychological quality. Parents should continuously improve their psychological quality, standardize their behavior, set up models for young children, and use their good psychology and behavior to influence young children. Only through joint efforts in many aspects can we achieve good educational results and truly safeguard and promote children's mental health. Only when teachers and parents consolidate the psychological safety education for children can the effectiveness of education be ensured and the psychological health of children be promoted. Psychological safety education for young children is an important topic in the combination of pre-school education and education. There are still many theoretical and practical problems in this field to be further discussed by pre-school educators.

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