

Psychological Characteristics and Countermeasures of Preschool Children Based on Children's Psychological Characteristics

Ai Yingtong¹, Tang Min², Zeng Hui³, Gao Chunling^{*}

^{1,2} Kunming University, Kunming, 650000, China

^{3,*} Kunming College affiliated to the kindergarten, Kunming, 650000, China

Keywords: Children's psychological characteristics, preschool education, psychological characteristics of children

Abstract: With the rapid development of economy and society, the preschool psychological characteristics of children have been paid more and more attention. However, at present, many teachers and parents are still at the initial stage in dealing with children's psychological characteristics. Therefore, based on the psychological characteristics of children, the author analyses the psychological characteristics of preschool children and the corresponding countermeasures. Parents and teachers have different world outlooks and outcomes for their children in every detail of their education. Parents can only understand the psychology of young children before they enter school, and then they can adapt to local conditions and adopt correct educational methods. The "Jade" in their hands is engraved into beautiful works of art.

1. Introduction

Through the management practice of education and teaching, it is very important and necessary to find out the correct, step-by-step guidance of children in the psychological, personality and habits before entering the primary school [1]. In order to better adapt children to the rapid development of the future society, the author starts from the reasons of children's plasticity and future social diversity, and believes that it is of great significance to carry out targeted training based on children's psychological characteristics [2]. The mental health of preschool children will have a profound impact on their understanding, emotions, personality, moral development and social adaptation [3]. Teachers and parents believe that: Children are the primary stage of life, and the value of child health education provides good help for all stages of life. These children refer to a group of special children who are nursed by teachers, live with their own teachers and receive guidance from teachers. They are left-behind children in economically developed areas and towns, due to parents going out to do business and other reasons [4]. The period from 3 years old to before entering primary school is called pre-school age. Children in this period mainly take part in kindergarten activities. Because of the influence of heredity and environment, preschool children of the same age have the same characteristics as well as differences [5]. Compared with other types of education, children's education and teaching activities are more important because of the particularity of children's psychological development.

According to the relevant research of modern pedagogy and psychology, children's development has certain regularity [6]. Preschool children aged 3-6 are still in a critical period of psychological development. They have great potential for development and great plasticity because they are extremely immature psychologically [7]. The level of self-regulation and self-control is low, and self-consciousness is still in its infancy. It is easy to form unhealthy psychology because of the influence of adverse factors such as environment. Therefore, teachers begin to cultivate children's curiosity about the new things around them in kindergarten education, design characteristic classrooms, and provide them with opportunities to think, communicate and communicate [8]. Thereby cultivating the "three more" ability of children to learn more, communicate more, and operate more [9]. They are different from ordinary foster care and boarding children, because in this special way of fostering, there is not only a foster relationship between children and fosters, but also

a teacher-student relationship. Some call it a new form of tutoring, but it is significantly different from traditional home-based counselling. Only by understanding the psychological characteristics of preschool children can we effectively educate and nurture young children [10]. The education and teaching activities for children are not only a science, but also the art of a comprehensive and diversified application of multidisciplinary knowledge and skills. Kindergarten education is the foundation stage of national quality education. It is not only prepared for the primary school life, but more importantly, lays a foundation for their lifelong development and growth.

2. Some characteristics of children's psychological activities before entering school

2.1. The concentration of early childhood attention during this period is relatively short

The concentration of children's concentration during this period is relatively short, and the attention to the things of interest is easier to concentrate, but the duration is not long. There are two reasons for this: First, children's plasticity is strong, and their behavioral habits and innovative consciousness will be much easier to change than the fixed patterns that adults have formed. However, due to the influence of elders' love, parents' expectations, and the child's own weakness, more and more psychological problems appear in the group of young children. Some scholars also call it a child, but the caregiver is not just a teacher. The understanding of the meaning of the word is gradually becoming more and more precise. In this period, children can express their meaning in simple and complicated sentences. For example, if you express yourself to eat, you can say: "I want to eat" or "My stomach is hungry, I want Eat something." The changeability and diversity of the future social development make preschool education more important. Children with healthy psychological development in early childhood will be more confident and powerful in the future growth path. Due to the dramatic increase of only-child and the change of family structure, most parents unilaterally attach importance to knowledge education, but neglect the cultivation of children's mental health. In fact, the cultivation of concentration is the basis for children to engage in all learning activities. Only by having good concentration and cultivating a serious attitude, can they achieve twice the result of doing anything.

2.2. During this period, children's thinking developed rapidly and abstract logical thinking began to germinate

This period of children love to ask "Why?" Full of curiosity about the world, children's activities not only stay in physical exercise, but also show their enthusiasm for intellectual activities, love to use their brains and start thinking. Throughout the general context of historical development, knowledge-based education and teaching activities under specific historical conditions will gradually fade out of the historical stage with the continuous progress and development of society, often manifested as a form of "useless work". Many children have different degrees of mental health problems, such as: spoiled, timid, selfish, poor independence, violent tendencies and so on. These problems have seriously affected the psychological quality and the cultivation of healthy personality of young children. At present, most of the mental health education courses in kindergartens have been opened, but the quality and professionalism of the opening are worrying. In order to more accurately express the parents' original intentions (parents' hopes are placed on their children) and distinguish them from groups such as foster children and boarding children, we call these children a child. Language coherence is getting better with age, and it can be accompanied by rich facial expressions or movements. At this stage, there is no obstacle to using language to communicate. Young children do not need specific markers to distinguish direction and position, and they can grasp the concept of relatively abstract space such as "left, right, up, down".

2.3. The children's imagination is rich in this period, and creativity is rising.

Children of this age are imagined to recreate their imaginations, and creativity is developing. Therefore, the imagination is subject to change and often accompanied by exaggerated colors. In their world, the sun is not necessarily red. Only for children's ability-based knowledge education

and teaching activities have shown great vitality in the period of social development and change. During this period, children's language expression ability was significantly improved, and they did not focus on themselves in communication. They could communicate with teachers and classmates. With the continuous improvement of people's living standards, young children are suffering from severe mental nutrition "famine" and "spiritual" indigestion behind the "excess" material possession. For example, in the activities of talking about pictures, children can imagine the psychological activities of the characters according to the pictures and express them vividly and vividly in language. Influenced by the unfavorable factors in the family education of the only child, children in the "little sun" and "little princess" like petting, isolated, selfish, dependence and other diseases are growing and spreading. During this period, children have a pair of flexible hands. The muscles of the hands are increasingly developed, which greatly strengthens the children's ability to manipulate objects and hands. They are more and more fond of all kinds of changeable and piecemeal toys that can satisfy their imagination and shaping desires. Influenced by unfavorable family environment, it brings many kinds of serious and complex psychological conflicts and spiritual crises to young children.

3. The countermeasure of cultivating children's open, positive and optimistic character

Some children have bright personality, some children are quiet, some children are flexible, and some children are rigid. This is the difference in the development of children's personality in the process of growth. Therefore, a reasonable and correct grasp of children's psychological characteristics will contribute to the effectiveness of children's education and teaching activities, as well as to the cultivation of children's innovative consciousness, thus promoting the progress of socialist pre-school education in China. To establish a correct concept of health, we should attach great importance to children's mental health while paying attention to their physical health. Kindergarten education is the foundation stage of national quality education. It is not only to prepare for the study and life of primary school, but also to lay a sound psychological foundation for the development and growth of their life. For example: Most kindergarten mental health teachers are part-time, mainly to complete the work, and the responsibility is usually insufficient. If the mental health teacher is professionally educated, if there is no consequence, it is unimaginable. In addition, the kindergarten must create a harmonious creation environment for young children, so that children should realize the interest brought by creation earlier. In addition, due to the improvement of housing conditions, many families live in well-defined unit buildings, and the social security situation does not provide people with a sense of security and parents' excessive attention to children. Children rarely interact with their peers.

In the corner activities, teachers provide children with sufficient materials and tools to provide them with independent thinking space. By letting them complete a certain work or an activity independently, the children can get the courage to overcome difficulties and overcome difficulties. confidence. Especially for sports games, it can help children maintain a good mental state, and to a certain extent, help young children adjust their negative psychological state, which helps to form a positive, cheerful, united, collaborative, and progressive quality. When encountering setbacks, it is often difficult for a healthy child to be affected. Therefore, cultivating children's willpower and adaptability is the key to children's optimism and self-confidence. At this time, their inferences often go wrong. For example, Mao Mao wants to eat cake. Mao Mao thinks that cake is junk food. She should eat less and not buy it for Mao Mao. Mao Mao speculates that "Mama doesn't love me because she doesn't buy cake for me." However, there are individual differences in language expression ability, generalization ability, the richness of vocabulary and the logic of language expression among children at this stage, which requires extensive reading. During this period, children's interpersonal communication ability has been developed to a certain extent, and their social interaction has become relatively complex due to the relatively new environment of coming to school. Their relationship has gradually expanded from parents, relatives to peers and teachers.

In addition, the main reason for the change of children's personality is that, under the influence

of the acquired life, education and environment, some characteristics of children are inhibited and can not reach development. Through reading and referring to a large number of children's developmental psychology materials, the author concludes that it is of great historical significance to develop children's ability in preschool education. The author believes that preschool education and teaching activities need to be based on children's psychological characteristics. Many people's mental disorders and illnesses can be traced back to early childhood setbacks, especially before the age of five. If the traumas or setbacks experienced in early childhood are not solved in time, children will suffer, be depressed, and negative emotions are hidden in their hearts. Emotional education for young children: In children or students, if they are upset, parents and teachers cannot blame. Second, this behavior should be effectively guided to enable young children to learn to control their emotional behaviors and improve their ability to deal with mood problems. The independence and purpose of children's psychological activities are also growing. During this period, children's personality has begun to take shape, which is implicit in the psychological system and formed their own personality traits. While letting it go, it also needs all-round guidance, multi-faceted teaching, and multi-channel training. This is one of the programs for cultivating individualized children.

4. Conclusions

Each child is an independent individual, an independent personality, and an independent mind. No education system is perfect to adapt to every child. As the earliest contact and most important teacher in the process of child growth, parents are the family education environment. It is this small environment of family education that is the key factor that really affects the growth of young children. On the basis of learning and researching children's psychological characteristics, the theory of education and teaching is combined with the actual situation. Practice has proved that only by creating a healthy and harmonious learning and living space for children, so that teachers and children and parents can easily understand and communicate, can effectively promote the formation of children's good psychological quality, and can effectively promote the smooth teaching and teaching work. Carry out. As a new group of children, the research on children in trust is still in its infancy. There are still many problems worthy of further study, such as the type of trust, the age and time of trust, the relationship between teachers and students in trust education, and so on. In a word, as a future preschool educator, we must master advanced educational ideas and methods, and have a good heart that loves children. To cultivate a good child, we should not only understand their psychology, but also respect their children. As long as the method is appropriate, we can help children through the stage of young cohesion in a logical way.

References

- [1] Rutten J M T M, Benninga M A, Vlieger A M. IBS and FAPS in Children: A Comparison of Psychological and Clinical Characteristics. (2014) *J Pediatr Gastroenterol Nutr*, 59(4), 493-499.
- [2] Rukavishnikova, Elena E. Specific Psychological Characteristics of Interpersonal Relationships in Preschool Children. (2016) *Procedia - Social and Behavioral Sciences*, 233, 118-122.
- [3] Keane L, Ducray K, Smyth B P. Psychological Characteristics of Heroin-Dependent and Non-Opioid-Substance-Dependent Adolescents in Community Drug Treatment Services. (2016) *Journal of Child & Adolescent Substance Abuse*, 23(4), 205-209.
- [4] Cappe E, Mélanie Bolduc, Marie-Caroline Rougé, et al. Quality of life, psychological characteristics, and adjustment in parents of children with Attention-Deficit/Hyperactivity Disorder. (2016) *Quality of Life Research*, 26(5), 1283-1294.
- [5] Liu L F, Bian Q T, Zhai J G. Analysis of psychological characteristics of obese children. (2017) *Eur Rev Med Pharmacol Sci*, 21(11), 2665-2670.
- [6] Mervis C B, Klein-Tasman B P, Huffman M J, et al. Children with 7q11.23 duplication

syndrome: Psychological characteristics. (2015) American Journal of Medical Genetics Part A, 167(7), 1436-1450.

[7] Zheng P, Ju L, Ma X, et al. Psychological–behavioral characteristics and fractures in children are closely related. (2014) Journal of Pediatric Orthopaedics B, 23(6), 560-565.

[8] Petukhov A Y, Polevaya S A, Chuprakova N S. Influence of the Modern Web Communication on the Psychological Characteristics of the Rising Generation (12-13 Year Old) from the View of the Information Images Theory. (2016) Procedia Computer Science, 88, 423-428.

[9] Marcel C, Kröner-Herwig Birgit. Psychological predictors of headache remission in children and adolescents:. (2016) Adolescent Health Medicine & Therapeutics, 7, 59-66.

[10] Khorshidi S Z M, Mohammadipour M. Children’s Drawing: a Way to Discover Their Psychological Disorders and Problems. (2016) International Journal of Mental Health and Addiction, 14(1), 31-36.