

The Solutions to Middle School Students' Psychological Health Education under the Background of Micro-Era

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Abstract—In order to promote the innovative development of mental health education and provide guidance for contemporary mental health educators, this paper analyzed and discussed the problems and opportunities faced by mental health education of middle school students, and then put forward some countermeasures. It is a long way to promote the transformation of traditional teaching mode to the new one.

Keywords—*micro-era; middle school students; mental health education; innovation*

I. INTRODUCTION

On August 30, 2019, the China Internet Information Center (CNNIC) published the 44th Statistical Report on the Development of the Internet in China. According to the report, as of June 2019, the number of Internet users in China had reached 854 million. The Internet users aged 10-39 accounted for 65.1% of the total number of Internet users, of which the 20-29 age group accounted for the highest proportion, reaching 24.6%. Compared with the end of 2018, the number of Internet users increased by 25.98 million, among which 847 million were mobile phone users, 29.84 million more than the end of 2018. The proportion of mobile Internet users is as high as 99.1% [1].

These data fully illustrate that the micro-era based on mobile communication technology, with mobile terminals as the medium and new media represented by WeChat, microblog and B station as the carrier, has arrived and developed rapidly. It is a general trend to combine online teaching with classroom teaching. Studies have shown that more and more students like this mixed teaching mode, and they believe that their learning time is more flexible under this teaching mode, which improves their autonomous learning ability [2].

The characteristics of micro-era: First, the decentralization of information dissemination. Every mobile communication terminal is a transmission node and everyone has his own "broadcasting station". While expressing his own views, he

also receives information from all directions. There is no obvious boundary between the transmitter and the receiver, showing a network of information flow structure. Second, the convenience of information dissemination. With the development of various mobile communication software, information exchange breaks through the limitation of time and space. Third, miniaturization of information dissemination: as the size of mobile devices shrinks, the amount of information displayed on the display screen decreases accordingly, which makes the original communication content based on large articles unattractive, and "micro-information" can arouse the interest of netizens. But the network is a double-edged sword. On the one hand, it brings convenience, but on the other hand, it also brings many problems to middle school students.

II. CHALLENGES OF MENTAL HEALTH EDUCATION FOR MIDDLE SCHOOL STUDENTS UNDER THE BACKGROUND OF MICRO-ERA

A. Lower sustained attention in middle school students

The main characteristics of the new media mainly consisting of micro-blog and micro-message are that the information is short and the transmission speed is fast. A micro-blog usually no more than a few hundred words, or even less. The Internet is also full of a lot of information. In order to arouse the interest of information recipients, information producers must make their information more powerful, which is usually the integration of visual and auditory information. This high-attracting information can arouse middle school students' unconscious attention, or make the sustained attention unable to maintain, and then appear attention shake. In this way, it cuts people's time into more trivial pieces, which makes it impossible for people to have enough time or energy to accept large-scale movies, TV dramas, comics or novels. For students, in the long run, they will form a habitual lack of concentration, which will affect the quality of classroom teaching and hinder mental health education.

B. The backward way of family education can't meet the needs of the growth of contemporary middle school students

Due to the implementation of the family planning policy, most families now have only one child and the child becomes "little emperor" or "little princess" in the family[3]. Parents are paying more and more attention to education, but many parents indoctrinate their children with the idea that "academic performance is everything". It is common for middle school students to be forced to participate in various remedial classes and competitions. Under the background of "micro-era", parents want to avoid their children indulging in "surfing micro-blog", "surfing douyin", "playing games" and being poisoned by online pornographic information. So they will choose to use crude and direct way to prohibit children from using all electronic products, which not only has no contribution to the growth of children but also shows that the concept of contemporary family education is backward. In addition, the whole society's requirements for people have been constantly improved, and comprehensive quality talents are the real needs of today's society. The "nerds" who can only read books and take exams have lost their competitiveness. This phenomenon highlights the disconnection between family education and society. The burden on students is getting heavier and heavier, but many schools do not attach enough importance to the mental health education of middle school students. Many courses are just in a form, or even directly occupied by other courses. This leads to the lack of basic psychological adjustment ability of students, and their psychological endurance ability is becoming more fragile.

C. Challenge the authority of traditional teaching mode

First of all, traditional mental health education is usually completed by teachers teaching mental health knowledge in class or students attending mental health lectures, emphasizing infectious education. However, under the background of micro-era, this one-way output mode is in opposition to the thinking mode of contemporary middle school students who emphasize the individuality and pursue independence. The cramming teaching method makes students feel conflicted. They are eager for a two-way, dynamic teaching style and more opportunities to express their opinions and problems. In addition, the content of textbooks is usually a summary of several years or even decades ago. Under the background of emphasizing the "fast, accurate and micro" of the Internet, many contents may be out of date or relatively new, but students have already known it online in advance, which reduces their interest in classes.

III. THE NECESSITY OF STRENGTHENING PSYCHOLOGICAL HEALTH EDUCATION OF MIDDLE SCHOOL STUDENTS UNDER THE BACKGROUND OF MICRO-ERA

A. Psychological characteristics of middle school students

Middle school students are in the stage of physical maturity, but their psychology is still developing rapidly. The adolescent's psychological sense of adult and childish coexist[4]. On the one hand, due to their physical maturity, they are eager to assume adult responsibility and get rid of dependence on their parents. On the other hand, due to the lack

of sufficient social experience and a certain naivety in the way of thinking, it is impossible for them to completely leave their parents. This kind of contradiction has brought them great pain, but also made their emotions have great instability. Some negative factors (such as many negative thoughts on the Internet) easily cause great fluctuations in their emotions and make them generate pessimistic and negative emotions.

B. The content on the Internet is complex, and the middle school students lack the ability to discriminate

As an open and broad communication platform, the Internet has a high degree of freedom and anyone can express his or her opinions on the Internet, which inevitably makes some speculators upload some bloody violence or pornographic video or information in order to catch people's eyes. The middle school students are in the critical period of establishing the world view, view of life as well as opinion about value, and have not yet formed stable discrimination ability for information. They have lost their direction due to the full range of information on the Internet and can't extricate themselves in the network world; at last, they will be adversely affected.

C. Lack of face-to-face communication creates a social phobia

With the advent of the micro-era is a variety of mobile communication software, which has brought a lot of convenience to people's lives, but also brought a lot of contradictions to the interpersonal communication of middle school students. Although online communication breaks through the shackles of time and space, it always lacks the warmth of face-to-face communication. In face-to-face communication, the facial expressions and body movements of both sides also convey a lot of information beyond language. Lack of face-to-face communication for a long time will inevitably lead to a lack of some social skills. Without the virtual world of the Internet, people will be shy of communicating with others and feel at a loss, resulting in social phobia.

IV. REFORM MEASURES OF MIDDLE SCHOOL STUDENTS' MENTAL HEALTH EDUCATION UNDER THE BACKGROUND OF MICRO-ERA

A. Establishing online interactive platform

The most representative products of micro-era are micro-blog and WeChat. Most middle school students have their own microblog and WeChat, so the mental health education of middle school students should also conform to the trend of the times and make corresponding changes[2]. With microblog as the carrier, establishing an online interactive platform as well as the public account of WeChat and opening the official micro-blog of school mental health education is a good way[5].

Combining with social hot spots, putting some mental health essays regularly, which can teach students some ways to deal with emotional distress and encourage students to discuss and communicate in the commentary area. This not only arouses students' interest, but also enables students to learn knowledge unconsciously in the process of infection and edification. In addition, each class should establish an

independent WeChat group, a counselor or a psychological teacher should be responsible for a class to regularly understand the students' learning and living conditions, timely intervene for students with difficulties, and help them meet the unknown future bravely.

B. Strengthening students' offline interaction

Although the online education carried out by virtue of new media has many advantages, the virtual network is always just a virtual space, which lacks the interaction, directness and warmth of offline. Therefore, no matter how innovative the education mode is, offline education is still the foundation, and the traditional education mode cannot be completely abandoned. We should combine online teaching with offline teaching, support students to pay attention to real life, and actively participate in activities organized by schools, such as psychological lectures and group counseling.

C. Transforming the teaching content of mental health

Contemporary middle school students emphasize interest-driven in both study and life, so the content of mental health education should conform to students' psychological characteristics and behavior habits[6]. The teaching content should give up the rigid and dogmatic language and use some "micro-language" which conforms to the expression habits and thinking mode of contemporary middle school students. This requires teachers of mental health education to constantly pay attention to the hot topics in microblog and WeChat circle of friends and integrate them into their daily teaching. Students are encouraged to discuss these issues, so that they can actively combine the psychological knowledge and theory they have learned to understand these issues. This teaching form fully mobilizes the enthusiasm of students and makes them the masters of the classes.

D. Establishing network supervision mechanism

A prominent feature of the micro-era is the freedom of speech and the instantaneity of information, which has created a hidden danger. Too much information without nutrition has been uploaded to the Internet because of the lack of strict network censorship and supervision. Minors involved in the world are deeply poisoned, which hinders the mental health development of them. Therefore, each school should set up strict supervision mechanism on its own micro-blog or WeChat public number, formulate rigid standards for the process of information release, eliminate irregular information in time and encourage students to report speakers who have made incorrect statements. Only in this way can they establish a safe, healthy and positive network environment.

E. Changing family education pattern and keep pace with the rhythm of society

Home is the beginning of life. Lucky people are cured by childhood, but unlucky people are curing childhood in their whole lives. As we all know, parents are the first teachers of children. Before entering school, all the experience of children comes from parents and daily life. Even after entering school, parents' education still plays an important role. Therefore, when children have mental health problems, parents should assume the greatest responsibility. Baumlinder believes that there are three types of parental education: authoritative,

authoritarian and laissez-faire. Authoritative parents have higher demands on their children and give them enough care. They will neither put forward excessive content nor brutally resist their children's objections. This kind of education is related to the positive development of children[7]. Therefore, schools should actively strengthen the links with parents. For some wrong family education concepts, they should intervene in time to guide the transformation of parenting methods to authoritative ones. Authoritarian parents should learn to appropriately decentralize their children, and let their children make some decisions by themselves from time to time. The indulgent parents should strengthen their concern for their children and build a democratic family environment so that children can become a person with sound personality.

V. CONCLUSION

In a word, under the background of micro-era, the rapid development of mobile communication technology has promoted the change of life and thinking mode of middle school students, and at the same time has brought hidden dangers to their mental health. Therefore, psychological health educators should follow the trend of the times: (1) Establish online interactive platform to strengthen the communication with students; (2) Strengthen students' offline interaction to help students overcome social phobia; (3) Transform the teaching content of mental health in a way that conforms to the expression habits of middle school students; (4) Establish a network supervision mechanism to eliminate the spread of bad information; (5) Change family education pattern and keep pace with the rhythm of society. However, mental health educators are still facing many challenges in the future. So the teachers, the parents and the students should work and grow up together.

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