

# The Present Situation and Problems of Chinese Children's Psychological Education

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## ABSTRACT

From last year to now, the news of children's suicide has been common, and there are some reasons behind each event that people cannot understand. People often ask: Why are these children unable to bear such a small matter and have to commit suicide? In fact, it is not the children's fault, but the fault of the society. Native families, interpersonal relationships and academic stress are all the causes of depression in children. Due to the Chinese traditional concepts and systems, children's psychology is often not paid enough attention, which leads many tragedies. This paper analyzes the existing problems, proposes solutions, constructs business model and other methods to draw a conclusion: Chinese children's psychology is still in its infancy. The importance of children's psychology in China is far less than that in western countries. Therefore, the most important thing for China to do is to publicize the importance of psychology.

**Keywords:** *Psychological education, children's psychological, business model*

## 1. INTRODUCTION

Children's psychological problems are the psychological conflicts, perplexities, setbacks and troubles in the process of children's physical and mental development. At present, there are great problems in children's psychological education in China. The problems of the original family and the pressure of examination-oriented education are all the reasons for the formation of children's psychological problems. However, in China, there are not any good solution to this problem. On the one hand, the stereotyped thinking since ancient times, on the other hand, children's own lack of consciousness has led to many tragedies. Think about the recent events: "on June 6, a sophomore of Shanxi Central North University was found to have cheated in the make-up exam and committed suicide. On May 6, Liu Ge, a junior high school student in Huludao Experimental Middle School, was discovered by his parents that he had secretly recharged 60,000 yuan because of playing games. He chose to jump off a building to commit suicide. On April 13, a 12-year-old girl in Wuxi, Jiangsu Province, committed suicide by jumping off a building on the first day of school. The reason is temporarily unknown." Behind the loss of so many lives in just two months, people should think deeply about what happened to these children. Therefore, by attaching importance to the construction of children's psychology, children's psychological quality can be improved, can bring up future construction talents.

### *1.1. Current Situation of Children's Psychology Problems in China*

Since ancient times, China's concept of valuing men over women has been greatly improved in modern times, but most of the older generation still have this idea. Tragedies often occur because girls are not valued at home. Parents' high expectations are another reason, most of parents have high hopes for their children. Parents' excessive interference is the main cause of children's psychological problems. Parents' excessive restrictions on children's words and deeds, rigid attitude towards children's education, violence in language and action, and damage to children's self-esteem will affect children's healthy personality development, and will make children become people with the same personality as their parents. Children are the stage of a person's formation and development of personality, so the psychological problems in this period are more prominent. For example, if a child is always scolded by his parents, once he encounters anything, he will think it is his fault, and over time he will form depression. Some children, on the contrary, are indulged by their parents. They think that the whole world should meet his requirements unconditionally. They are the little prince and princess of the family. Such children often can't understand others, can't overcome difficulties, and form a psychological dependence.

The frequent occurrence of school bullying causes many children to become bored with school, and the clique in the school forces the children to have bad character changes. Under the influence of birth control, most of the contemporary Chinese children are only children. They have no brothers and sisters, and they do not know how to get along with their peers. In addition, the small group

behavior in school will make many children have anxiety and even weariness of learning.

Sohu reported a news that a 15-year-old junior high school student was forced to shave his head by his head teacher because of a mistake, which hit his self-esteem. He always wore a hat to cover himself when going out and refused to go to school. When his parents considered to deal with the procedure of dropping out of school, the child jumped off a building to commit suicide[1]. Teacher is a profession deserving respect, but some teachers not only do not understand students, but also impose some physical and psychological punishment on students. Such behavior can sometimes lead to psychological disorders and even suicide to children.

### ***1.2. The Present Situation of Psychological Education in China***

Psychology courses are out of date relative to western countries, and the Chinese psychological system basically comes from the West. Lei Mo, academic leader of development and educational psychology, a national key discipline of South China Normal University, said in an interview: "psychological service has a long history in the West and has its own community happiness system. China's psychological service system should be different from that of the west, but with Chinese characteristics. [2]" Compared with the United States and other western countries, China does not pay much attention to children's psychological problems. In the United States, the Medicaid program provides coverage to 27 million children under age 18 in the United States [4]. Every school has a special counseling room to help those students who are in trouble, and their parents will try their best to enlighten their children. In China, few schools set up psychological teachers for their students, and even if they know that their children have psychological problems, their parents will not care very much, because most people think that as long as they adjust their mentality, they can recover. There are 30 million children and adolescents with psychological problems in China, but there are less than 150 doctors engaged in children's psychological work in China. The population of the United States is one fifth of that of China, but there are 6000 doctors working on children's psychology[3]. This is an amazing number and proportion, but it is also the current situation that China is facing and the problem that must be solved.

### ***1.3. Solutions to Children Psychological Education***

Studies have shown that if children's mental health problems are not treated timely and effectively, they may cause more serious mental problems [5]. For these problems, first, the government should publicize the importance of mental health, let children themselves, including their parents, understand the horror of mental

illness, and pay attention to it. The organization should cooperate with the school to set up some free publicity activities and lectures, set up resident psychological counselors in the school, the service content includes early consultation, process tracking and follow-up visit. Set up a special platform for psychological professionals and enthusiasts to exchange concepts and provide some funds for psychological research to promote China's own psychological development.

### ***1.4. Situation of Psychological Counseling Platforms***

At present, there are many types of psychological platforms in China. The well-known platform is Yixinli, which also has many problems in many respects : .First, the lack of platform technology and poor user experience. Second, the platform is more targeted at adults, and there is no special psychological plate for children. Third, the high platform consumption. If people do not pay attention to it, it is difficult for minors to consult themselves.

For children's psychology, at present, some of China's practitioners are not qualified, only some psychological counselors and hospitals in some schools provide counseling, and few children can be served. Most of the school's psychological counselors have not passed professional certification. They can take up their posts only after graduating from the college psychological counseling major, and they will not carry out a better follow-up visit. This also reflects that China does not attach importance to children's psychology at present.

### ***1.5. An Advised Model for Psychological Counseling Platforms***

Although there are various problems in the psychological counseling platform, it still has great development potential because people pay more attention to psychological problems. This paper constructs a business model to discuss the optimization of the platform as follows:

#### ***1.5.1. Key partners***

Key partners can be schools, professional medical institutions and people who have experienced psychological problems and overcome them. Schools include ordinary schools and higher professional universities. Employ professional psychological counselors to settle in the campus to help students solve their mental health problems. For higher professional universities, we can help them carry out research experiments and contribute to Chinese children's psychology. But if a child's psychological problems are more serious, ordinary psychological counselors are far from enough. Sometimes they need medication. Cooperation with professional

medical institutions can solve this problem very well. People tend to be more willing to believe in people who have similar experiences with themselves, so for some patients with mild illness, the experience of those who feel the same way and recover is often the most effective.

### *1.5.2. Key activities*

Conducting offline lectures in school and playing back online lectures with app, so that children who are not in school can also enjoy the same resources. The main audience of the app is children. Children can understand their psychological status through school or online psychological survey and establish contact with professional psychological counselors.

### *1.5.3. Value proposition*

Free professional assessment of anxiety disorder, social phobia and other common diseases is provided. According to the evaluation results, it can match the professional psychological counselors inside or outside the school, and ensure that the process is early communication, treatment and follow-up. Every psychological counselor should be certified by the state and work with a certificate. If an agreement is reached with the hospital, doctors can also stay in the platform. For severe cases, they need to go to the hospital for more professional evaluation and drug intervention. For people who are concerned about mental health, the app provides free and paid courses for their learning reference, which can provide them with a very comprehensive platform, which can help them better collect and learn the information and knowledge they need, so as to help them better achieve their goal of understanding mental health. Establish a forum in which rehabilitation patients can communicate with patients with problems. Our key resources are operational resources, counselors, schools, and hospitals.

### *1.5.4. Customer relationship*

In the process of service, let customers feel that they are cared and respected, the service they receive is unique, let customers feel the professionalism of service, recognize and trust the company. Eliminate the vigilance of customers, because it is difficult for people with mental illness to open their hearts to others, so what we need to do is to let them express their feelings.

#### *1.5.4.1. Target customers*

People who pay attention to mental health and psychology enthusiasts, such as students and tutors who are interested in psychology in some universities. Children who encounter problems in mental health and need to take some

measures to solve psychological problems.

### *1.5.5. Cost structure*

The main cost of the company is operating cost, including publicity, app maintenance and lecture cost. The labor cost mainly includes the salary of the company's internal staff and the psychological counselor.

#### *1.5.5.1. Income stream*

The main sources of income are testing, courses and counseling fees. The counselors are free to serve the students, and the service fee is borne by the school. Because the target audience is students, the cost should be the lowest, and the government and some enterprises will strive for funding. Free services are provided to children and families who are identified as having difficulties.

## ***1.6. Suggestion***

In the traditional Chinese thought, most of the people think that people who study psychology or work in psychological field will have some different ideas. They think that psychological problems are diseases, and those who work in this field are also sick. Therefore, people with psychological problems will stay away from them and even discriminate against them. People always think that people with psychological problems are neuropathy and may go mad and hurt themselves. If their children have mental illness, it is definitely a shady thing, so they would rather suffer than treat themselves. This kind of prejudice is the biggest problem in Chinese psychology. Therefore, if we want to make progress in Chinese psychology, we need to break this traditional concept and further publicize the knowledge of mental health.

## **2. CONCLUSION**

Children's psychology in China is still in its infancy, and children's mental health education should be penetrated into all stages of family life and school education. It is the most important task to realize the importance of children's psychology. The primary family, interpersonal relationship and academic pressure are the key factors for the formation of children's psychological problems. The existing platform is not perfect to solve these problems, so for the sake of children's mental health, our platform should be more perfect, more for children's consideration.

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