Study on the Treatment of Common Mental Health Problems Among Adolescents in Contemporary Mainland China

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Abstract: With the continuous development of society, the competition among the members of the society is becoming increasingly fierce, and the culture is becoming more diversified. In view of this, adolescents are prone to psychological problems in the process of growing up. At present, about 15% of junior high school and about 19% of senior high school students in China suffer from psychological problems. Teenagers' psychological problems have become a serious social problem. Based on this, from the perspective of socialization, this paper studies the main psychological problems of teenagers, explores their origin and finds out corresponding countermeasures, in order to provide some reference for preventing and solving common psychological problems of teenagers.

Keywords: Socialization; Adolescents; Mental health; Problems and countermeasures

1. Introduction

Adolescence is a period of vigor and vitality, a transition from childishness to maturity. When this period begins, teenagers will move on from the family to the society. With more social experience and the change of way of thinking, teenagers' psychology will undergo great changes and will face many crises. Some researchers call this stage a "dangerous period" or a "crisis period" [1]. There is a huge shift in the mental and physical development of an adolescent. Mature emotions of an adult and naïve thoughts of a teenager often contradict each other, and independence and dependence contradict each other, all of which can easily lead to psychological problems and lead to cognitive and behavioral disorders. According to relevant reports, about 15% of junior high school students in China has psychological problems, and about 19% of high school students.

2. Concepts and standards of adolescent mental health

World Health Organization (WHO) defines mental health as a state of well-being in which an individual can recognize his potential, be able to cope with the normal stresses of life, and be able to work productively and contribute to the society. A mentally healthy individual not only has vitality and good social adaptation, but also has a positive mental state, and can better exert his physical and mental potential and show positive social functions. Mental health problems, such as behavioral problems, emotional problems, hyperactivity disorder, etc., will affect the daily behavior of individuals, thereby leading to a decline in the quality of life.

Childhood and adolescence are both critical stages of individual physical and mental development, and the current competitive education system, high expectations of parents for their children, and rapidly changing socioeconomic status are all putting pressure on children and adolescents [2], who are more likely to suffer from mental health problems. Domestic and foreign studies have revealed that the current mental health of children and adolescents is not optimistic. About 10–20% of children and adolescents in the world have mental health problems. Ding Wenqing et al. have pointed out that the rate of mental health problems ranges from 5-30%, and shows a trend of increasing year by year. In addition, the "China Youth Development Report" also pointed out that in my country, about 30 million children and adolescents under the age of 17 have mental health problems.

Overall, mentally healthy teens have the following markers. First, they have good self-awareness, they are aware of their strengths and weaknesses and are not held back by their disadvantages [3]. Secondly, they have ideals and goals in life. They not only have the courage to fight hard, but also have a correct view on setbacks in life, so as to achieve the Chinese saying of "win without being prideful and defeat without feeling discouraged." Thirdly, they have good interpersonal skills, be able to accept the shortcomings of others, and interact with others with a tolerant and positive attitude. In the process of getting along, respect is more than jealousy, trust is more than suspicion, and appreciation is more than hatred. Fourth, when they encounter external stimuli, they are able to control emotions, and maintain good behavior and psychological balance. Fifth, they cherish and love their lives, optimistic and cheerful, full of hope, and always maintain a positive and motivated attitude. Therefore, mentally healthy adolescents should have a positive, open, realistic, dialectical and accessible attitude towards life.

3. Common mental health issues among teens

Famous psychologist Venkman divides adolescents' maladaptive behaviors into external-aggressive problems and internal-aggressive problems. External-aggressive problems are related to dealing with others, such as truancy, provocation, resistance, non-cooperation, lying, and theft. Rebellious behaviors such as fighting and vandalism; introverted problems related to self-treatment, such as withdrawal, negativity, pessimism, low self-esteem, self-mutilation, suicide and other self-deprecating behaviors. Venkman's research also found that both teachers and parents pay more attention to the problem of external aggression, overestimate its severity, and try their best to restrain the rebellious behavior of teenagers [4]. What is often overlooked is the self-deprecating internal aggression, which is often the root cause of rebellious behavior in teenagers. Therefore, mental health researchers pay more attention to the problem of internal aggression in adolescents. Only by truly stepping into the inner world of young people and understanding them in their shoes can we solve the problem at its core. Common mental health problems of young people in China is summarized as follows:

3.1. Selfishness

It is said that "selfishness is the obstacle to being a successful person", but teenagers in the transition period will have different degrees of selfishness. In today's society, the competition is fierce, as the saying goes "it is every man for himself" prevails. Therefore, many people say that selfishness is human nature. As a folk proverb says, "selfishness can never be understood fully—is selfishness a part of human nature or is human nature a part of selfishness?" In fact, when a baby is born, he is like a blank sheet of paper [5]. The healthy self-concept of children gradually develops after the sequential development of three stages: the cognitive concept of things, the awakening of self-awareness, the unification of self and external cognition. In this three-stage process, family and society play an extremely important role. Parents over-indulge their

children, and instill bad ideas like "sweeping the snow in front of your own door, and not caring about the frost on others' roof" (a Chinese saying which means a selfish mindset), as well as negative social influences, resulting in some teenagers still having a nonchalant attitude. The subjective and objective, the self and the environment are organically integrated. This strong sense of self-centeredness caused by the distorted self-concept is selfish and irresponsible in behavior, and disregards feelings of others [6]. This will indirectly lead to a series of problems such as interpersonal crisis among adolescents. Therefore, selfishness is not only an unhealthy self-concept, but also the source of other abnormal psychology and behavior.

3.2. Rebellious

There are many reasons for adolescent rebellion, the main reason being the unsynchronized physical and mental development. The rapid development of the body in adolescence makes it feel like an adult, and the feeling of "I can do many things independently without relying on parents and teachers". But in fact, adolescence is only a period in which the outlook on life and values are initially formed. Their abilities are still insufficient, and their thinking is still naive. Therefore, in the eyes of parents and teachers, teenagers are still children who need guidance and care. This contrast between ideals and reality will naturally arouse the inner disgust of young people, and their sense of adulthood drives them to resist. Fearing that their presence is being ignored, teens also tend to do unexpected things in a craving to be different and stand out. Although rebellious psychology not as detrimental as an unhealthy psychology, it can develop into abnormal psychology when it is stimulated resulting in strong manifestation of certain negative behaviors [7]. Although it is not equivalent to abnormal psychology, it has the characteristics of abnormal psychology. Numerous parricides have occurred one after another show that we must pay attention to the rebellious psychology of young people. Usually, we must be able to pay attention to the subtle psychological changes of children, communicate with them in a timely manner, respect the ideas of children, and communicate on an equal footing.

3.3. Depression

As the saying goes, "young people do not know the taste of sorrow." But by the growing social and mental health problems has gradually proven this saying to be untrue. More and more teenagers are suffering from various psychological pressures. Because teenagers do not need to bear the pressure from family and society, many people do not understand why teenagers are depressed and have unsolved worries. However, the seemingly trivial problems of adults such as academic pressure, family problems, and difficulty in making friends are enough to destroy the psychological defense line of some children [8]. The main causes of depression in adolescents can be roughly divided into two aspects: one is internal factors, which are related to the personality characteristics of adolescents themselves. There are no two identical leaves in the world, and everyone has their own personalities. Some children are naturally extroverted and optimistic; some children are introverted and quiet, do not like to communicate with others, are withdrawn and suspicious, often pessimistic, and are not good at expressing their inner feelings. When faced with unexpected setbacks in life, they tend to close up themselves and escape from reality. The second type of teens tends to be at high risk of developing depression. The second is external factors, which are related to parents' educational methods and social influences. Parents are eager for their children to become "dragons" (successful people), the school curriculum is tense, and the academic pressure has caused a great ideological burden on young people. A considerable number of teenagers are depressed because of improper family education. Some parents are able to fulfill their children's material needs but neglect their psychological needs. At the same time, the failure of meeting the standards of the society is another important cause of depression in

adolescents. Too much emphasis on academic performance, while neglecting the cultivation of children's inner character, thinking that children with good grades are good children, and children with bad grades do nothing right. If things go on like this, young people live in confusion, lack of self-confidence, and anxiety, and become less and less fond of talking, which in turn leads to depression, which leads to a series of serious social problems and leads to one after another of tragedies.

3.4. Self-harm

According to the survey, adolescents with self-harming behaviors have different degrees of psychological problems, and they regard self-harming behaviors as a way to vent their inner pressure. There is an essential difference between self-mutilation and suicide. People who self-mutilate may not have suicidal thoughts, but only hope to obtain pleasure by mutilating their own bodies. Why do teenagers not take care of their own bodies? Generally speaking, it can be summarized as the following points:

(1) Family factors

Discordant families, too many childhood misfortunes, too strict parental discipline, or frequent abuse and beatings will all lead to self-punishment and self-mutilation among teenagers.

(2) Self–pressure

There are many teenagers who appear too perfect, and if they do not achieve their expected results, they will use self-harm to punish themselves [9].

(3) Conform to the psychology of imitation

According to relevant reports, two Taipei, China middle school students agreed to cut their wrists with knives at the same time as a sign of loyalty, and then wrapped them with the same handkerchiefs as markers. This kind of self-mutilation was considered quite courageous and heroic by the students, and they followed suit. The way teenagers think about problems is immature, and many times they are blindly chasing what they think is the "trend."

In recent years, the phenomenon of self-harm among teenagers has become more and more intense, and various reports on the extreme self-harm behavior of teenagers are not uncommon.

3.5. Suicide

This is the last scene people want to see, and the importance of children to the family is self-evident. Why is the suicide rate high among adolescents? Suicide can be divided into two categories: suicide threats and suicide behaviors. The former wants to use suicide to resist the discipline of parents and teachers, and threatens to commit suicide at every turn. This kind of behavior may stem from the rebellious psychology of self-esteem protection, and the heart still hopes to live a better life. The latter is due to pessimism and world-weariness, and has lost the courage and confidence to live. Often such young people are deeply tortured by perennial depression, unable find the direction of life, and cannot see the value of their own existence, and feels that they are better off dead, resulting in suicidal thoughts. Suicide as a relief, or suicide as an end, reflects the serious mental health problems of some adolescents.

4. Factors affecting adolescent mental health problems

4.1. Family factors

Family education is always the most important, and parents play an extremely important role in the process of shaping their children's personality. Therefore, improper family education methods are often the root cause of adolescents' psychological problems. Inappropriate family education can be roughly divided into the following four types:

(1) The doting family

    Nowadays, there are more and more single child. In many cases, parents dote on their children too much, accommodate their unreasonable demands, and perceives that as love for their children. In actual fact, they are harming them by spoiling them too much and cultivated willful and selfish "little emperors" and "little princesses" who do not know how to share and are difficult to get along with.

(2) Second is the laissez-faire type family

    Some parents are indifferent to the growth of their children. They do not praise or encourage their children whenever they accomplish something, and do not correct their shortcomings [10]. This practice is most likely the imitation of the liberal education method of the West, which focuses on giving children the freedom of choice, and it also helps to nurture children who are humble and of good character. As everyone knows, parents are the guiding lights in the growth process of children, clearly teaching children what is right and what is wrong, so as to ensure that children will walk the right path in life. In addition, parents do not pay attention to their own morality and ideological cultivation, and their bad behaviors subtly erode their children's minds, making their children develop bad behaviors and unreasonable bad characters.

(3) The authoritarian type family

    This refers to parents who interfere too much with their children's lives, thinking that everything they do is for the good of their children, and that children should obey all their own arrangements. As a result, children lack the opportunity to think independently, and also lose their personal time and space. If the child resists a little, or fails to meet the expectations of the parents, the child will be treated rudely, and even corporal punishment will occur. Over time, the child's inner rage will accumulate, which will not only affect the relationship with the parents, but also cause the child to have psychological problems.

4.2. School factors

Since the ancient times in China, there has been a theory that "everything is inferior, only reading is high", meaning that nothing is more important than education. Based on the social development so far, China still has not eliminated the idea of examination-oriented education. Scores seem to be the only yardstick by which a child is judged. Under this single evaluation standard, each test is equivalent to a war of only success and no failure, resulting in children's psychological overload. Facing the fierce competition for further education, children study and memorize in the sea of questions. They have unfinished homework and extra exercise questions all day long. They also have to attend cram schools and specialty classes on weekends and weekends. As a result, they are unable to have a joyful learning experience. As a result, children are physically and mentally exhausted and nervous. When something goes wrong, such as failure in exams, tension in interpersonal relationships, etc., they will be depressed, and over time, they will become morbid.

4.3. Social environmental factors

In recent years, China's native culture has been in a state of constant conflict and compromise with foreign cultures. China is still in the stage of social transformation, and it is difficult to achieve effective integration of multiculturalism at present. Cultural differences can easily lead people to doubt the original values, the original values are gradually weakening or even lose their functions, and the new values are scattered and disorganized rather than systematic. This increases the difficulty of immature adolescents in adapting to social life, resulting in cognitive dissonance and behavioral anomie, causing confusion, anxiety and discomfort in their hearts, and deviated and deviant behaviors [11]. Second, the increase in unhealthy social

factors, such as violent and pornographic audio-visual products and books, a large number of computer game software, and so on, it is very easy for teenagers who are not strong in self-restraint to indulge in them. Teenagers' internet addiction problem and winter and summer vacation house child problem seriously hinder the youth's study, life and personality development. The third is that houses are increasingly becoming single-family homes, and life is becoming more and more enclosed. There are even situations where people have lived for more than ten years without knowing their neighbors. This severely limits the interaction between children and other people, resulting in increased loneliness. There is lack of communication between adolescents their peers, resulting in psychological characters to not be developed.

5. Countermeasures and significance of solving teenagers' mental health problems

Teenagers are the future of the motherland and the hope of the nation, and a strong youth makes the country strong. Therefore, the development of mental health education and timely resolution of young people's psychological problems is an important part of quality education. Based on its root causes, the following three countermeasures are proposed:

(1) Friendly communication between family members

The most important thing between parents and children is communication. Good communication can not only eliminate the estrangement between parents and children, but also allow children to feel the love of their parents and grow up healthy and jovial. Children's ideas need to be respected and be their thoughts and feelings need to be heard and attended to. When there is a conflict of ideas with each other, do not engage in power management, require children to obey unconditionally. Instead, communicate with children calmly, slowly let children understand their parents' ideas, and at the same time accept children's cognitive ideas, so as to reach a consensus on things.

(2) The school scientifically creates a learning atmosphere

A school is a place for teaching and educating people and imparting knowledge. Schools should create a good learning atmosphere for children, instead of putting too much emphasis on grades. Educators have to eliminate the idea of comparisons and understand and accept that each child is different. In addition, through a series of psychological lectures and other activities, young people can truly understand their psychological state, or professional psychological teachers can be invited to provide help for students with psychological problems.

(3) The social media environment is actively guided.

The society should strengthen protection measures for young people and earnestly protect the interests of young people. With the advance of the Internet era, the Internet has become an important platform for the ideological education of young people. Therefore, relevant state departments should implement legislation to regulate people's online behavior, and severely crack down on mass media television, books, and websites that spread bad information. In addition, it is necessary to strengthen the construction of community culture, give full play to the guiding and edifying functions of cultural positions such as libraries, science and technology museums, children's palaces, and museums, and make the best use of the situation to guide the attention of young people to activities that are beneficial to society and body and mind. All sectors of society should promote a positive spirit and guide young people to form a correct world outlook, outlook on life, and values.

Disclosure statement

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