

# Factors Contributing to Issues with Mental Health among Chinese High School Pupils

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**Abstract.** The mental health of youth is one of the most famous research issues worldwide. The mental health issues that mainland Chinese high school students suffer seem to be mostly ignored. Despite the fact that high school kids are an important cohort, past research included samples of learners in elementary and middle schools, rendering it challenging to present a complete picture of high school pupils' mental health. Researchers have identified a number of factors, including changes in the body's hormones, adjustments in life circumstances, and shifts in relationships, as causes of mental health issues in children during adolescence. However, there is a lack of explanation for the causes of psychological changes in Chinese adolescents during their high school years and the solutions to these mental health problems during this period. Therefore, this paper focuses on analyzing the root problems of high schoolers in China's co-occurring disorders, a special group of adolescents, and proposes corresponding solutions to these causes. The analysis reveals that the lack of awareness and solutions to provisions with schizophrenia among pupils and parents neglect of their children's mental health status due to excessive academic pressure are the two main causes of mental health problems among high school students. Therefore, it would be beneficial for students to exercise daily and for parents to pay attention to their children's psychological changes and give them the right guidance to alleviate their mental health problems.

**Keywords:** China; Mental health problems; High school students; Associated factors; Exercise.

## 1. Introduction

Around the world, somebody in five young people have psychological issues. Challenges with teenage depressive symptoms are frequent and have been coupled to early mortality and substantial mature disintegration. Such problems now top the list of things that can lead to the development of psychological disorders down the road, including anorexia nervosa, danger habits, identity, and even euthanasia. These disorders could hinder one's capacity to operate and learn. In order to effectively treat this population, health care must be improved, and interventions to lessen susceptibility to mental symptoms must be put in place.

According to previous research, psychiatric disorders have become more frequent and more intense in pupils than it is in non-student demographics. Given the rapid biological and behavioral changes that high school adolescents experience, as well as the resulting physical, neurological, social, and psychological changes, there exists an increased Chronic health problems, nervousness, as well as some psychiatric problems. The most common mental health difficulties among high school students were anxiety (31.9%) and behavior disorders (16.3%–19.1%); those who were afflicted with these conditions would feel unable to continue their education [3-5]. Deleterious results in interpersonal communications are caused by students with mental health issues not being reincorporated into comparable elite networks and worrying about being mistreated or tormented due to their mental health problems. While cognitive behavior therapy (CBT) and psychopharmacology, widely used as first-line interventions, may be relatively successful, they frequently fail to alleviate some symptoms and come with a risk of major side effects. So it is important to find an alternative treatment approach that focuses on behaviors in daily life to influence the psychological problems of high school students positively. This article will discuss the main factors affecting Chinese mainland high school students' mental health issues and try to find effective and long-lasting ways from these

factors to help students solve these problems, specifically, combining physical exercise of high school students with the change of their parents' educational philosophy.

## 2. Literature review

Earlier research has found that there are mental health disorders in at approximately 10 percent of total of kids and teens, and several have major side effects or other difficulties that would not meet signs and symptoms. . Perhaps because early or mild mental health problems have no obvious outward symptoms, they are overlooked. Especially for high school students who are under great academic pressure, these pressures cause them and their parents to focus all their energy on academic performance and neglect their mental health issues. And the main reason for such tremendous academic pressure on high school students and their parents is the Chinese college entrance examination system. The Chinese college entrance examination system is the most significant issue that affects Chinese students' psychological health in high school. Because success in life and the job is mostly determined by National College Entrance Examination (NCEE) results, Chinese college admissions restrictions greatly impact the country's overall educational system. For example, Henan province is the most competitive province in China, and its students are under extreme pressure because of the fierce competition in the Chinese college entrance examination system. The most numerous of the 31 provinces and territories on the Chinese mainland is the Henan province, which is located in the heart China. Henan Province had compared to other bushland provinces, there are so many more high school enrollees. in 2018, according to statistics from the Department of Academic achievement of the People 's Republic of China, with over two - thirds of them living there. Students there are currently under a lot of stress because of the hypercompetitive NCEE. . Students are vulnerable to mental illness when under such intense academic and competitive pressure, especially in China, where there are currently few mental health interventions for high school students. The limitations brought on by adolescent mental health problems commonly repeat throughout life and represent risks for congenital abnormalities and poor adult productivity. Due to the stigma around mental illness, children with mental health concerns rarely use specialized mental health therapies.

Fewer people being impeded by and coping with psychosis issues continues to be an essential and economical tactic. To create efficient preventative methods, it is necessary to pinpoint controllable threat variables as an initial step. Ageing, observed gluttony, chronic condition, single parenthood, bad lifestyle choices (poor cuisine, videogame obsession, nicotine, associated with substance abuse), and familial stressors are some of the adverse outcomes for mental health issues in adolescents (such as , not living with families, the ways parents communicating with their kids, the financial situation of parents, and education level of family members). For instance, abrupt home organization changes like separation can cause mental health issues in teens. However, although there are numerous causes of mental health problems among adolescents, given China's special college entrance examination system, this paper mainly considers the negative effects of academic pressure from adolescents themselves and their parents on the mental health of high school students. Therefore, considering the unique Chinese college entrance examination system, methods to alleviate psychological problems should be integrated into the student's daily life, allowing them to persevere better. That is why this article encourages students to exercise regularly, helping them keep a good mental health condition. At the same time, their parents can make changes in themselves to guide their children properly. Because high school students are minor, most of them will depend on their parents to recognize their problems, determine whether they require services, and seek help on their behalf .

Increasing individuals are advising exercise like a means to maintain and enhance their psychological state. The hippocampal axis, serotonin, chloroplast, vertebrate kinase, norepinephrine, and the flavonoid theory are among the physico - chemical pathways that exercise implement to help emotionality like tension, nervousness, and feelings of hopelessness, according to an increasing number of studies. . While psychological impacts could provide a diversion from melancholy and apprehensive sensations as well as good ones related to competence and consciousness. Numerous

publications have shown that autoimmune disorders and plaque illnesses are associated with mood disorders and poor psychiatric wellness. It appears that exercise can help sufferers with degenerative diseases boost the immune system and enhance the quality of life. It can be seen that therapeutic implications of sports on psychological disorders in high school students. In addition, China's unique college entrance examination system pushes parents to place a strong emphasis on academic accomplishment, leading to parents' high expectations for their children. They play a significant role in the pressure that students experience during high school. Therefore, in addition to proper and regular daily exercise, parents should also change their behavior and attitude towards their children. More precisely, parents should try to reduce the extra pressure on their children in terms of academics and pay more attention to their psychological problems, which will benefit their mental health.

### **3. Analysis of mental health problem of Chinese high school students**

#### **3.1 current situation of youth mental health problem in China**

With a rising disease load, adolescent mental health troubles are a worldwide public health concern. Because many adult mental problems have developmental origins, adolescents' mental health should not be disregarded even if they are lower frequently to adults to acquire diagnosed psychological illnesses. In comparison, there are almost no medical doctors, probation officers, or special education teachers in China, where the vast majority of counselors are psychiatrists or allied health professionals. So we can know that China has very little mental health talented individuals, and one of the key problems it faces with its mental health system is an availability of skilled public health professionals. These problems are hard to solve in a short time. However, high school students' mental health problems need to be alleviated immediately, so these students and their parents can try to make some changes in themselves to effectively work with mental health issues rather than just relying on changes in the overall environment to address these issues.

#### **3.2 main factors leading to Chinese high school students' mental health problem**

First, The College Entrance Examination (CEE) is a hotly debated subject in China due to its reputation as a highly competitive exam. So the idea of intense parental participation in fostering children's academic achievement is supported by Chinese parents. High levels of parental anxiety about their children gaining an advantage in academic and potential employment competitiveness, on the other hand, are what make parents a potent factor in the problem of academic stress. As what was mentioned before, success in life and the job is predicated mainly on NCEE results; Chinese college admissions restrictions have a massive impact on the country's overall educational system. Parents' aspirations that their children attend university, despite their anxieties that they may fail the NCEE, cause much stress for the young people who are expected to do so. As a result, high school students who are frequently under stress due to a heavy workload, high academic expectations, and discontent with their grades have long been known to suffer from various mental health issues significantly attributed to pressure from studying. Academic or scholastic stress that is too much can cause serious psychological symptoms like depression, anxiety, and even suicidal thoughts and actions when all other coping mechanisms have failed. Due to high parental expectations and intense peer competition, Chinese students are under much academic stress. Understanding the nature of academic stress and its health repercussions may help to improve education standards and advocate for mental health.

Second, Research demonstrates how academic stress negatively impacts Chinese adolescents. Therese Hesketh and her collaborators conducted a study with 2,191 Chinese children aged 9 to 12 from urban and agrarian zones, and they discovered that 81% of the kids frightened "a great deal" regarding standardized tests, 63% were concerned about getting in trouble at school, and 73% had received corporeal violence from their parents for not working hard enough in school. This shows that parenting style has a great impact on the psychological stress of children during high school. Depression and uncertainty between young kids, a 2005 study by the China Youth and Children Research Center in Beijing, looked at 2,400 students of various eons in six metropolises. The

researchers discovered that 76.2 percent of high school students reported being in a depressed state related to school stress and constant family factors, and 9.1 percent of kids flagged up impression disheartened. . This inappropriate educational approach of some Chinese parents may be influenced by various of elements of traditional Chinese culture, most parents hope their children can get into a good university, especially some families with poor economic levels. In their perception, as long as their children get into an excellent college, they can alter their course. Therefore, in addition to the strain placed on students by China's educational environment linguistically, parents also put too much pressure on their students. Most parents are willing to spend a lot of energy and money to help their children enroll in extracurricular classes to improve their grades. In contrast, few parents pay attention to their children's psychological and emotional changes, leading to psychological disorders over time.

### **3.3 ways to help Chinese high school students alleviate their mental health problem**

The loss of the tradition of personality as the aim of research and the preponderance of an acoustic mind - set, which perceives academic achievement as representing the intents of development by easing ascending class inequality and enhancing the country's economic strength and resources, per some Chinese scholars, are what constitute the dilemma with modern Chinese education. Some academics, nevertheless, assert that notwithstanding the of upper guidance documents, the Chinese teaching circuit is going to specify educational excellence through outward indexes that took a toll on schools, guardians, and schoolchildren to concentrate on bringing up exam results and result in students who lack inventiveness and personality. . Therefore, it is nearly impossible for Chinese government to change their high school education system in a short period of time. However, the college entrance examination system is still a relatively objective and fair selection system, and it does not have a negative impact on students, apart from that high school students are now experiencing an increasing number of gripes with mental land as an outcome of the intense competitiveness among students brought on by the excessive demographic. Adolescence is a critical time when the roots for cognitive for well are established, therefore teenagers who encounter psychological problems have a disadvantageous transition into adulthood and are likely to continue to do so as adults . So students and their parents can make some behavioral changes to improve their mental health, instead of relying on the government to change the college entrance examination system.

First, in order to protect and strengthen optimal emotional wellbeing, physical activity is becoming more and more prevalent. Numerous researches support the advantages of physical activity on psychological disorders. Numerous molecular and morphological theories have been put up to explain how it is that fitness enhances attitude and psychological wellbeing. There are several of these that have been proposed to play a kinetics role in altered mental states, including the adrenalin proposition, the stimulatory inference, mitochondrial dysfunction, bovine high - affinity (homolog), norepinephrine abnormality, as well as the hypothalamus - pituitary (HPA) two axes. . The general outcome from research indicates that exercise can bring about many physiological changes which result in an improvement in mood state, self-esteem and lower stress and anxiety levels . It's vital to remember that exercise can also have negative effects on your mental health. Some people can develop an unhealthy dependence on exercise and physical activity . Abusing exercise might harm physical health and cause psychological disorders . Therefore, studies on acute exercise show that 20 to 40 minutes of activity leads to reductions in nervousness and mood that can linger for multiple hours . Exercising may alter general wellbeing in a positive or negative way, and the effect seems to be strongly influenced by the "prescription" used. . Although recent studies have shown encouraging results about the effectiveness of exercise in serum specimens, it is obvious that further study is still required. It has not been thoroughly examined how different exercise programming elements, such as method, dosage, repetition, volume, and venue, affect mental health changes. The postulated mechanisms through which exercise affects mental health are still mostly unproven.

Second, instead than only increasing academic strain on their kids, parents need emphasis more on their emotional health. . Many adolescents said that awkwardness, the prejudice persons with

mental health issues, and worries over being identified or given a prescription were obstacles to seeking assistance. When seeking help, some parents were worried they would be seen as bad caregivers and their kids would be taken away from the family. Accordingly, parents should first confront mental health problems as a common illness and eliminate their sense of shame to encourage their children further to seek help or talk to others about mental health problems. Second, a good mental state is a prerequisite for good grades. Therefore, parents should not put too much pressure on their children to do well in school when the overall education system already puts too much pressure on them. Therefore, it is the right choice for parents to encourage their children and find appropriate ways to help them reduce stress. As more and more Chinese parents gradually change their approach to their children's education, i.e., stop focusing on learning and pay more attention to their psychological changes, the whole Chinese education system may also change gradually under the influence of this general trend.

#### 4. Conclusion

This paper summarizes the current situation of issues with emotional stability among Chinese secondary school learners and reveals that students and their parents are the two main factors contributing to mental health problems among high school students. Under excessive academic pressure, students and their parents largely ignore the special period of high school. The crucial developmental stage of adolescence is marked by profound adjustments in the mind, personality, and prosocial behaviors. From a physiological, cognitive, and sociocultural perspective, this stage of life is a different era of advancement that is fundamental and visibly pliable and plastic. These suggestions are practical and easy to stick to for both students and parents. However, the main cause of mental illness among Chinese students in high school—excessive academic stress—is caused by Chinese college entrance examination system, which has many shortcomings but still generally fits the Chinese context. Therefore, it is difficult to change it in a short period. However, as long as Chinese parents gradually change how they educate their children, i.e., stop putting extra academic pressure on them, pay more attention to the changes in their children's psychological state gradually, and give them the right guidance. Such a positive trend can eventually push forward the change in the college entrance examination system. While parents change their behavior, this paper recommends that students also engage in regular twenty to forty minutes of aerobic exercise each day, which will help them maintain a stable and positive mood each day. However, this paper also has many limitations; for example, it only makes recommendations for students in terms of exercise convenience in conjunction with sports psychology. But there are many other aspects that can also be effective in helping them to maintain a stable mood every day, a scientific diet, good sleep, etc. Therefore, a more comprehensive and scientific approach is still needed to help Chinese high school students maintain their mental health under such tremendous academic pressure in the future.

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