

# Research on Traditional Adolescent Mental Health Education in the Era of Media

Xiye Zhao \*

Department of economics, Kyunghee University, Seoul, Korea

\* Corresponding Author Email: 20210084@ntit.edu.cn

**Abstract.** The world is constantly connected, and self-media are also interdependent and independent, but more closely connected. The adolescent stage is an important development stage in life. In this special stage, teenagers will have a series of mental health problems. If the problems are not solved in time, they will be psychologically unhealthy. With the development of contemporary social science and technology, teenagers are the main groups who use new media. Reasonable use of new media can make teenagers' life and studies more efficient and convenient. Self-media technology has influenced the daily life of teenagers, however, at the same time, the development of self-media also exposes corresponding problems. Therefore, from two aspects of family education and school education, this paper sorts out the problems existing in traditional adolescent mental health education in the media era, puts forward relevant solutions to strengthen adolescent psychological education and strengthen media management, and predicts the future development direction of media.

**Keywords:** Self-media; Tradition; Teenagers and Mental Health Education.

## 1. Introduction

Self-media is a carrier that relies on network technology for dissemination under the development of science and technology, and has digital characteristics [1]. In the context of the continuous development of society, the traditional issue of adolescent mental health education has received great attention from the media era. In this context, adolescents, as a special group, are also facing great challenges and opportunities, and it is necessary to carry out active and effective psychological guidance and intervention for them to help them develop a healthy, self-motivated personality and good psychological quality [2]. However, at present, China does not attach much importance to this issue, and there is relatively little relevant research work. Therefore, in order to better promote the healthy development of adolescents, this paper will conduct research on adolescent mental health education in the current online environment, and put forward some solutions, hoping to give many educators reference opinions, so as to promote the improvement of overall work efficiency.

This study analyses traditional adolescent mental health education in the era of media. It aims to enable adolescents to correctly understand the negative impact of the Internet on mental health, conduct correct mental health education for adolescents, put forward countermeasures for adolescent mental health education in the context of the Internet in the current era, and help adolescents establish correct values and outlook on life.

## 2. Present Situation of Traditional Adolescent Mental Health Education

### 2.1. Family Education

Young people are at a critical stage of education, and the traditional view is that student education takes place in schools, but the influence of the family on educational practice is ignored. Family education, as an important form of education, has an irreplaceable influence on the healthy development of adolescents. In some respects, family education is more important than school education. Family education, which is an indispensable part of university education, is in a fundamental position in school education and social education. Whether a family has a good family education is related to the healthy growth of the next generation. Family education belongs to lifelong

education. From the day of the child's birth, family education in infancy belongs to the "beginning of man" and plays a foundational role in life. The content of family education includes family life, study, and work and so on. It is of great significance to children's development. Its educational objective should be to ensure the physical and psychological well-being of adolescents until they enter society, receive collective education and grow up healthily. Therefore, family education plays a vital role in students' life. Mr. Hao Bin, a famous psychologist, once pointed out that "family education is the foundation and starting point of the whole life education [3]. This fully shows that family education has a vital role to play in children's future ability to be idealistic, ethical, cultured and disciplined. Indeed, family education is the most profound in people's lives, directly or indirectly affecting the achievement of personal goals in life. Nowadays, since the media era, the Internet has brought a great impact on young people, and the correct guidance in family education is indispensable.

First, parents should put down their prestige and ask for advice with an open mind. In the online world, everyone is equal. In the Internet age, parents and children are faced with the same new body of knowledge. In many cases, this is the case. Children often surprise their parents by learning online skills and operating computers much faster than their parents. If parents continue to play an authoritative role in traditional family education, the child's control and control will inevitably lead to feelings of distaste. Naturally, parents should lead by example and set an example for their children. Not only must have computer and network knowledge, but also study relevant laws and regulations of the Internet, and in practice achieve the goal of teaching and learning, healthy Internet access. If a parent says "relax when you're tired from work" while asking the child to study and play online games, well, the parent's place in your child's heart will disappear.

Second, parents should be timely supervision [4]. Cyberspace is full of new things, updated day by day, it has endless appeal to young people who can easily accept new things, which will make young people extremely addicted to the Internet. Experts believe that children are born computer enthusiasts, and the best place to display their talents in the computer space. In reality, the number of teenagers suffering from "internet addiction" and so on is on the rise, so it is easy to let them spend a lot of time and energy without restraint, chatting and playing online, to the detriment of physical and mental health. As a first step, put the phone and computer in a public space. Because teenagers have little self-control, they naturally have little control over the amount of time and content they spend online [5].

Thirdly, teenagers should learn to set their own goals, not get too involved, and should be selective in browsing. Since the popularisation of the media and the development of the Internet, it is every parent's responsibility to guide his or her child's healthy development [6].

## 2.2. Campus Education

Active promotion of the harmonization of family education and school education, which are never two individuals but contribute to each other. Since the media era, families are more open and free, students can access a large number of information resources through the Internet, which has an important impact on their own learning life, which has led to some problems in the traditional home-school cooperation model [7]. Therefore, when conducting family education, people should actively strengthen the connection between family education and school education, and bring into play the synergy between the two, in order to conform to the development trend of education in the media era.

The comprehensive quality of students can be effectively improved through the development of a variety of thematic classes. The need for schools to strengthen communication with parents by holding regular parent-teacher meetings only once a term fails to provide adequate communication between schools and parents. Various forms of learning, communication and games through the Internet can promote students to acquire better knowledge skills and improve their overall personal qualities. In order to give full play to the great role of network education in youth education, schools should actively carry out a series of related activities to strengthen the awareness of youth computer applications, raise awareness of the network and promote computer knowledge [8]. In order to construct a complete mental health education model, schools should use health media resources to

disseminate knowledge about mental health in the media to adolescents, and use practical cases to guide them to understand the disadvantages of psychological problems in the media, so that they have a correct understanding of the media. In addition, schools should work with parents to do a good job of regulating the use of the Internet by adolescents, try to avoid illegal use of the Internet by adolescents, and avoid negative information about the Internet as much as possible to bring negative consequences for adolescent mental health. At the same time, schools should change the traditional education concept, through the development of a variety of extracurricular activities, so students can master more skills and techniques. Abundant extracurricular activities, not only help students improve physical quality, but also improve self-confidence, and can also cultivate people's interests and create innovation. Through carrying out colorful extracurricular scientific and technological activities, people can cultivate their scientific spirit and innovation ability and improve their hands-on and practical operation ability. After admission to participate in a variety of extracurricular activities, but also an important part of it, students can get comprehensive development, and so on, students can choose their favorite extracurricular activities according to their interests. Under the guidance of teachers and parents, students should develop in a differentiated way and have outstanding specialties. Students can also participate in sports and extracurricular activities to promote physical and mental health. Besides, extracurricular activities can broaden the students' knowledge scope, increase the channels for students to receive information, and greatly promote the healthy growth of students [9].

### **3. Problems Existing in Adolescent Mental Health Education in the Media Age**

#### **3.1. Getting No Attention**

The application scope and popularization of self-media in the field of education have become more and more normal, and with it, the mental health problems of young people on the internet have become more and more prominent. According to some reports in recent years, the mental health problems of young people mainly appear in the form of addiction to online games, addiction to live streaming and addiction to online violence. However, these problems have not caused the concern of most families, schools and society. Because of the excessive dependence of young people on online media, they develop various psychological problems [10]. Educators do not make a comprehensive analysis of the mental health problems caused by internet media, and find out the reasons why young people are addicted to internet media, fail to treat the symptoms, and even the general public is blind to mental health education, thinking that there is a problem, only then need counselling, neglecting the preventive function of mental health education. In fact, with adolescent mental health problems online, like in other areas, there is a degree of insecurity, but in different forms. If prevention education and warning guide young people to the psychological problems of online media, or the initial stage of questions, timely education and correction, or follow-up after the emergence of psychological problems, explore effective solutions, mental health education using the principles of scientific and reasonable guidance, young people will have a significant decrease in the psychological problems arising from the improper use of new media.

#### **3.2. Not Meeting the Needs of Adolescent Mental Health Education**

Adolescence is not only the key period of comprehensive ability development, but also the explosion of rebellious psychology. Teenagers have poor self-control due to poor mental and physical development, so there is a lot of confusion and confusion at this stage. Coupled with the fact that young people are in a period of widespread self-use of the media, if scientific and educational guidance on the use of the media is not strengthened, problems such as network dependency, indiscretions and distorted values may be left behind. The only way for a child to be educated is through school: some parents believe that teachers know how to communicate and communicate with their children, omit a part of their own education, and put the onus on others, mistakenly believing that the quality of teaching is the key to their child's development. Some parents only play a training role for their children, and do not pay attention to their children's character development later in life,

and eventually form a wrong outlook on life and values. In response to this, parents must change their perceptions. Parents should let their children understand that learning is not only an ability, but also an attitude to life. Learning is not only about acquiring knowledge and skills, but also about learning to be human and do things. Most parents think teachers think the best and forget that teachers can be wrong. Excessive support for teachers often defines children along their lines and imposes some sort of punishment on them that is not advocated. As far as family education is concerned, some parents are overzealous in preventing teenagers from using their own media networks, which is counterproductive. There is also a lack of action in this area in schools, and there is no relevant psycho-educational counselling for adolescents. It can be very traumatic for young people if they are criticised for making mistakes and not getting counselling in a timely manner. Schools can't just focus on what the child will end up with, what the child will achieve, and young people with cyber-mental health problems don't have the expertise to deal with it effectively based on their physical and mental development needs. And as parents, they need to communicate with their children in a timely manner, educate them physically and mentally, promote their development, and also communicate together as teachers. In addition, parents should listen to their children's opinions and know what they think. They should not be simply rude about their children's mistakes, but should try to guide and help them see things from their own perspective.

### **3.3. The Media Environment Has Not Been Standardized and Legalized**

With the popularization and maturity of new media, many laws and regulations have been promulgated in China, which is of great significance to promoting the healthy development of media services. However, in the context of increasing contact between adolescents and the media, the existing laws and regulations are clearly lagging behind and cannot be adapted to the needs of the current situation. Because the network has the characteristics of freedom, openness and so on, in addition to the virtual network world people lack moral consciousness, and legal consciousness, caused a bad information to accelerate the spread, and some network norms also need technical and financial support, resulting in this bad information is not timely restrained and effective norms. Therefore, inadequate legislation, inadequate targeting and inadequate regulation should be rectified in a timely manner. The awareness of the juvenile legal system is still in the budding and shaping stage. Perfect laws and regulations can help juveniles distinguish right from wrong and restrict behavior. At the same time, a standard new media environment can convey health messages to young people, all of which contribute to their mental health. At present, there is a relative lack of legal provisions on network supervision in China, and there is a lack of communication and cooperation among relevant departments, which makes it difficult to form a joint effort. At the same time, there are many loopholes in the management of the Internet.

## **4. Suggestions**

### **4.1. Strengthen the Psychological Education of Adolescents**

First of all, schools should be built into major places for strengthening the psychological education of adolescents. Schools should formulate long-term and effective plans to strengthen the daily education of schools; Schools should take practical and effective measures and a variety of after-school activities to create a harmonious school atmosphere; Schools should focus on psychoeducation courses, strengthen teacher training, and improve teachers' professional level and ability [11, 12].

Secondly, Schools should guide families to pay attention to adolescent mental health, let parents fully realize the importance of adolescent mental health and the problems existing in adolescent mental health, advocate and guide families to actively and consciously learn and accept scientific mental health knowledge and skills through a variety of ways, and improve families' cognition and ability to deal with mental health problems. Moreover, teenagers should communicate with teachers and parents in a timely manner, and teachers and parents should provide timely guidance.

## 4.2. Strengthen the Management of Self-media Information

Relevant departments should increase control over the network. The government uses big data resources, mobilize human and material resources, try to investigate and eliminate all kinds of information resources on the Internet that are harmful to the mental health of adolescents, and controls the source of information. At the same time, relevant departments should strengthen the establishment of systems and working mechanisms, especially the establishment of emergency systems and working mechanisms for adolescent mental health, and enhance the ability to prevent and handle extreme psychological events.

## 5. Conclusion

Self-media is moving towards civilization, scale and standardization, which is not only the inevitable requirement of Internet intellectual property protection and content governance, but also the inevitable trend of self-media sustainable development and upgrading iteration. Young people are the future and hope of the motherland. In recent years, with the rapid development of Internet technology, new media based on smart devices such as mobile phones have sprung up. At the same time, a large amount of information garbage is also generated on the Internet, filling people's lives, and greatly affecting the physical and mental health development of adolescents. Therefore, schools and families should actively face and solve problems. Only from the perspective of adolescents, it is possible to solve these problems and promote the mental health development of adolescents.

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