

# Analysis on the Psychological Counseling Function of Applied Psychology to Junior Middle School Students

Zelin Li, Yijuan Zhong

Shaanxi University of Traditional Chinese Medicine, 712046, China

---

**Abstract:** Currently, the mental health of students at all stages of our country is also of great concern, and junior high school students are an important stage of life growth, in which is students will form their own stable psychology of adolescence. Therefore, schools must focus on psychological counseling for junior high school students in order for students to establish the right concepts. This paper focuses on the role of applied psychology in counseling middle school students, discusses the important role of the development of applied psychology for students, and analyzes how to better infiltrate applied psychology into the counseling education work of middle school students, so that students can be encouraged to face the learning and life in middle school period with a more positive mindset, and further enhance middle school students to achieve healthy development of individual body and mind.

**Keywords:** Applied psychology, Middle school students, Psychological counseling.

---

## 1. Introduction

Good education can not only cultivate good character and morality of secondary school students, but also reduce the probability of psychological problems of secondary school students. However, at present, many schools in China pay more attention to students' learning and school promotion rate, and completely ignore the psychological health counseling of secondary school students, which leads to more and more prominent psychological problems of secondary school students, such as depression, self-harm, extremes and so on. In recent years, the relevant departments in China are also paying more and more attention to the mental health of secondary school students, and in addition to offering relevant mental health education courses, we also focus on relying on applied psychology to strengthen the psychological counseling of middle school students, so as to promote the psychological health development of secondary school students [1].

## 2. The Role of Applied Psychology in Psychological Counseling for Junior High School Students

Influenced by the traditional values of applied psychology, many students think that they will only receive psychological counseling or psychotherapy if they have psychological problems, and this concept is one-sided and incorrect. It certainly also shows that students do not yet have a proper understanding of psychology, which has become an obstacle in the current development of education in China. This requires students to re-examine the role of applied psychology in education and the role it plays in their own mental health. First of all, the use of applied psychology in secondary school students to carry out psychological counseling can enable secondary school students to have a good and positive psychological state. Only with a healthy and good psychological state can students learn and live better. With the content of applied psychology knowledge, secondary school teachers can have a deeper understanding of students' psychological conditions in order to help them better get out

of their psychological shadows and promote their return to a sunny, healthy and optimistic life. With the continuous development of China's economy and the rapid development of society, students are under more and more pressure, there are pressures from the study aspect, from the family and so on, but the psychological quality of junior high school students is weaker [2]. When these pressures come, they can neither think calmly nor decompress through more let good ways, which will lead to more and more problems piling up in students' psyche, and over time, they will have mental health problems. This requires teachers to always pay attention to the inner world of students by applying the knowledge of psychology and giving them psychological counseling to enlighten them. For those students who are in rebellious period, teachers should listen to students' inner world through applied knowledge, give them psychological guidance appropriately, as well as life care, so that students can feel the warmth from teachers, help them to establish the right concept, and slowly lead students out of rebellion. Second, the use of applied psychology to counsel students can also promote the soundness of the current school management system, the most critical component of the field of education is the school's educational management. Through the development of applied psychology to achieve the psychological counseling of students can more effectively promote the current school management efficient and scientific. Because of the differences in the personalities and mindsets of secondary school students, it is difficult to carry out school education and management, so the application of psychology can help teachers to grasp the psychological state of secondary school students more quickly and carry out psychological counseling, which can also prompt teachers to develop a scientific management system based on the actual situation of students, and further improve the school management system. Finally, psychological counseling for students through applied psychology can also further enhance the foresight of teaching and learning [3]. For example, teachers can use the knowledge of applied psychology to understand the psychological needs of students, their developmental requirements and goals, so that they can target psychological counseling to students and thus better carry out

their teaching goals. Currently, the psychological disorders that exist in secondary school students are the biggest problems that kill students' future, which requires teachers to conduct regular psychological counseling for students so that they can identify the psychological problems that exist in students more quickly and thus find ways to solve them as soon as possible, which can help students return to a happy and healthy life [4].

### 3. Strategies for the Use of Applied Psychology in Psychological Counseling of Junior High School Students

In the context of the educational reform environment, teachers in secondary schools should change their traditional teaching methods to free students from the traditional mode of exam-oriented education and the heavy burden of homework. We can open relevant psychological education courses, actively use the knowledge of applied psychology to students to carry out various forms of psychological counseling work, strongly advocate the strengthening of secondary school students' quality of comprehensive teaching, pay more attention to students' physical and mental development and the overall development of moral, intellectual, physical and aesthetic development. For example, when secondary school students enter school, secondary school teachers can make a file for the family situation of these students, to understand the situation of these students in detail [5]. In the future, teachers should pay more attention to the character and psychological aspects of these students and always record them, and give them some psychological counseling as appropriate. At the same time, teachers should always keep in touch with students' parents, pay attention to the students' living conditions at home and in the society, keep track of students' conditions, and actively make decisions that are beneficial to students' growth. Second, provide students with opportunities and places for self-education and self-regulation, so that students can change from passive education to active education and fully mobilize their motivation, so that they can learn to study, learn to live and learn to interact with others. For example, in the process of learning or in the process of life, secondary school students always encounter such and such difficulties, and in the face of difficulties, some students choose to escape or give up because they are afraid to face and face such problems directly. When teachers find such problems, teachers can use applied psychology to give students to carry out certain psychological counseling, and supervise and observe, for those students who face difficulties and solve them bravely, teachers can give full praise, and for those students who want to give up, teachers should again give students some guidance and encouragement, so as to form their independent personality. Furthermore, it is necessary to strengthen the professionalism of middle school teachers' applied psychology knowledge, carry out the training of applied psychology education courses for class teachers and classroom teachers, so as to improve their professional level, organize professional applied psychology to guide teachers to enter the campus and enter the classroom to popularize mental health education knowledge for students, and cooperate with teachers in the school to carry out mental health counseling [6]. Finally, for students to have a healthy psychology, the campus environment is an important factor for students. It can also enrich the campus culture and good

learning atmosphere of our school to attract students to study and cultivate their sentiments, as well as create a safe, comfortable and quiet learning environment and teaching facilities for students, which can meet their learning needs. Hold regular campus activities so that students can learn better and play better; clearly establish various rules and regulations, courtesy conventions and other systems to create a harmonious campus environment, which will help students build self-confidence in learning. At the same time, improve the "green channel" between the school and mental health institutions to provide assistance in the first instance to students who have had a serious mental health crisis [7].

### 4. Conclusion

In general, the application of psychology to strengthen the psychological counseling work for middle school students is an inevitable trend to promote the psychological health development of middle school students and the development of modern education reform. Therefore, secondary school teachers and schools must pay attention to applied psychology, carefully analyze the psychological problems of students at the present stage, and make certain innovations to the existing teaching methods according to the teaching contents and the level of students' receiving knowledge, so that students can better understand and master the knowledge contents while strengthening the psychological counseling work for junior high school students, correcting students' mental attitudes, improving students' ideological awareness and promoting their all-round development.

### References

- [1] Ichikura Kanako, Shimizu Sayuri, Oshima Noriko, Ariizumi Yosuke, Fujie Toshihide, Yamauchi Shin ichi, Ishikawa Toshiaki, Nakajima Yasuaki, Fukase Yuko, Murayama Norio, Murase Hanako, Tagaya Hirokuni, Takeuchi Takashi, Miyake Satoshi, Matsushima Eisuke. Preferences of patients with cancer for psychological counseling: a cross-sectional study using full-profile conjoint analysis in Japan [J]. *Journal of Psychosocial Oncology Research & Practice*, 2022(3):24-22.
- [2] Princip Mary, Pazhenkottil Aju P., Barth Jürgen, Schnyder Ulrich, Znoj Hansjörg, Schmid Jean Paul, Langraf Meister Rebecca E., von Känel Roland, Ledermann Katharina. Effect of Early Psychological Counseling for the Prevention of Posttraumatic Stress Induced by Acute Coronary Syndrome at Long-Term Follow-Up [J]. *Frontiers in Psychiatry*, 2022:13-25.
- [3] Leo Ashwin J, Schuelke Matthew J, Hunt Devyani M, Miller J Philip, Areán Patricia A, Cheng Abby L. Digital Mental Health Intervention Plus Usual Care Compared With Usual Care Only and Usual Care Plus In-Person Psychological Counseling for Orthopedic Patients With Symptoms of Depression or Anxiety: Cohort Study. [J]. *JMIR formative research*, 2022(5):56-58.
- [4] Musso Pasquale, Coppola Gabrielle, Pantaleo Ester, Amoroso Nicola, Balenzano Caterina, Bellotti Roberto, Cassibba Rosalinda, Diacono Domenico, Monaco Alfonso. Psychological counseling in the Italian academic context: Expected needs, activities, and target population in a large sample of students. [J]. *PLoS one*, 2022(4):17.
- [5] Liu Jingfang, Gao Lu. Are Diverse Media Better than a Single Medium? The Relationship between Mixed Media and Perceived Effect from the Perspective of Online Psychological Counseling [J]. *International Journal of Environmental Research and Public Health*, 2021(16):18-26.
- [6] Kopylova OV, Sirota NA, Yaltonsky VM. Rising patients adherence to CVD preventive treatment via medical and

psychological counseling using remote technologies[J].  
European Journal of Preventive Cardiology,2021(1):28-33.

[7] Kim Hyo Chang, Cha Min Chul, Ji Yong Gu. The Impact of an Agent's Voice in Psychological Counseling: Session Evaluation and Counselor Rating[J]. Applied Sciences, 2021 (7): 11-17.