Journal of Education and Educational Research
ISSN: 2957-9465 | Vol. 6, No. 3, 2023

Study on Adolescent Psychological Education and Coping Strategies of Involution Environment

Jiaying Yang

Aquinas International Academy, California, USA

Abstract: The purpose of this study is to explore the relationship between adolescent psychological education and involution environment, and put forward and discuss the corresponding coping strategies. In the environment of involution, teenagers face great academic pressure and fierce competition, which poses great challenges to their mental health. The involution environment has a profound negative impact on teenagers' psychology, including academic anxiety, social tension and excessive pursuit of external recognition. Psychological education has been proved to be an important way to alleviate the environmental impact of involution. Encouraging diversified development and strengthening emotional education can cultivate teenagers' comprehensive ability and emotional management skills, so that they can better cope with challenges. Advocating social concern has been proved to be an effective strategy to adjust teenagers' psychological concepts. by participating in community service and social media guidance, we can cultivate teenagers' comprehensive literacy and help alleviate the psychological pressure brought by the involution environment. This study puts forward a set of comprehensive strategies for adolescent psychological education and coping with involution environment, including diversified development, emotional education, home-school cooperation and social concern. The comprehensive application of these strategies is expected to provide more comprehensive support for teenagers, promote them to adapt to the involution environment more actively, and cultivate future citizens with comprehensive literacy.

Keywords: Involution Environment; Adolescent; Psychological Education; Coping Strategies.

1. Introduction

With the continuous development and changes of society, teenagers are facing unprecedented psychological pressure and challenges. In the era of information explosion, academic competition is fierce, social pressure is increasing, and adolescent mental health problems are increasingly prominent. At the same time, the phenomenon of involution is gradually emerging in the field of education, which makes teenagers constantly feel great competitive pressure in the process of pursuing success [1]. The purpose of this paper is to explore the importance of psychological education for teenagers, and put forward effective strategies to deal with the involution environment, to promote the all-round development and mental health of teenagers.

Adolescence is a key stage of individual development, and mental health problems have a far-reaching impact on their long-term growth and social adaptation. Academic burden, family expectation, social pressure and other factors are intertwined, forming a complex network of adolescent mental health [2]. In order to better help teenagers cope with this complex psychological environment, the necessity of psychological education is becoming more and more prominent.

As a hot issue in the field of social education, involution has brought more severe psychological challenges to teenagers. The fierce competition and excessive anxiety caused by involution may make teenagers ignore their own needs and intrinsic values while pursuing Excellence. In order to effectively deal with the psychological impact of involution environment on teenagers, we need to deeply study the effectiveness of psychological education and put forward corresponding intervention strategies to guide teenagers to establish positive psychological cognition and healthy psychological mechanism.

2. The Importance of Psychological Education for Teenagers

Adolescence is a key stage in the process of individual development, and the mental health of this period directly affects the individual's future growth, academic performance and social adaptability. Therefore, the importance of adolescent psychological education is increasingly prominent [3-4].

Psychological education for teenagers helps to shape a positive attitude. At this stage, individuals are crucial to the development of their identity, self-esteem and self-confidence. Through psychological education, teenagers can better understand themselves, establish positive self-cognition, and thus have more confidence to face the challenges in life. Teenagers often face pressure from academic, family and social aspects, so it is very important for their mental health to learn to manage their emotions effectively. Psychological education provides a platform for learning emotional management skills, helping teenagers to better understand their emotions and learn to deal with pressure and frustration effectively.

Adolescence is an important period for the establishment of social relations. Through psychological education, they can learn the skills of communicating with others and establishing healthy interpersonal relationships. This is not only beneficial to the individual's current social environment, but also lays the foundation for future career and life success [5]. Mental health is closely related to academic performance. Psychological education for teenagers helps to reduce academic pressure, enhance learning motivation, cultivate learning methods and problem-solving ability, so that they can better adapt to the school environment and achieve better academic results. Adolescence is a critical period when

mental health problems first appear. Through psychological education, teenagers' awareness of mental health problems can be improved, and they can be urged to seek help earlier, so as to effectively prevent and deal with potential mental health hazards.

The importance of adolescent psychological education lies in providing them with tools and abilities to face various challenges in life, cultivating their positive mentality, healthy interpersonal relationship and strong coping ability, and laying a solid foundation for future success and happiness. This not only contributes to the all-round development of individuals, but also has a positive impact on the prosperity and progress of the whole society.

3. Influence of Involution Environment on Teenagers' Psychology

As a phenomenon of contemporary social education system, involution environment has a profound and complex impact on the mental health of teenagers. The influence of involution environment on teenagers' psychology is mainly shown in Figure 1:

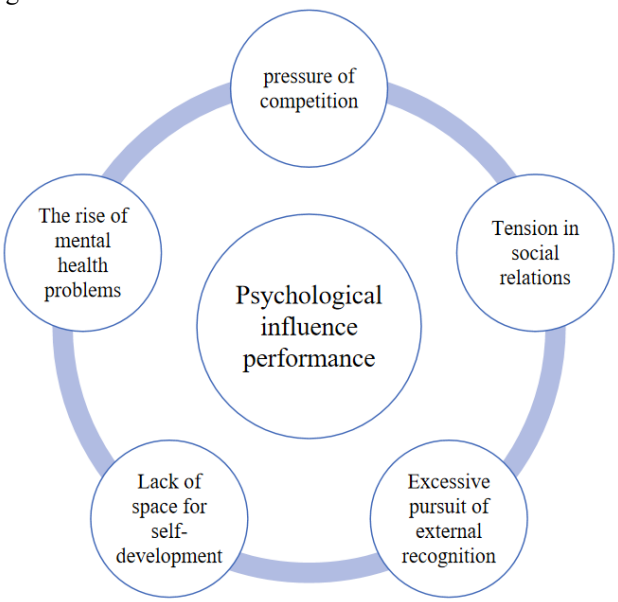


Figure 1. The influence of involution environment on teenagers' psychology is mainly manifested

The academic competition in the environment of involution is extremely fierce, and teenagers often face great academic pressure. Long-term study and exam competition may lead to psychological problems such as anxiety and depression among teenagers. They may feel that they can never meet their expectations, which will hurt their self-esteem and self-confidence. Individuals are paid too much attention to academic success, and social relations are often ignored [6-7]. Teenagers may be too focused on their personal academic development and neglect the cultivation of social skills, which leads to their troubles in interpersonal relationships. This may further aggravate loneliness and psychological barriers.

In the involution environment, the social definition of success is often limited to external standards, such as achievements, professional status and so on. Teenagers may excessively pursue these external recognitions and excessively bind their personal values in these aspects, thus affecting their self-awareness and the establishment of internal values. The involution environment pays too much attention to competition and results, but ignores individual self-development. Teenagers may lack the opportunity to explore their interests and develop their potential, which will affect their understanding of their interests and passions, making it difficult for them to find fields that really meet their interests in the future. Being in involution environment for a long time is likely to lead to the rise of adolescent mental health problems. Anxiety, depression, weariness of learning and other problems may increase significantly due to fierce competition and excessive expectations, which will bring severe challenges to the mental health of teenagers.

The involution environment has a wide and far-reaching influence on teenagers' psychology, which not only affects their academic performance, but also involves their individual cognition, interpersonal relationship and overall mental health. Therefore, it is necessary to take measures to alleviate the negative influence of involution environment on teenagers' psychology, so as to promote their all-round and healthy growth.

4. Suggestions on Coping Strategies of Involution Environment

Under the environment of involution, teenagers are facing great academic competition and social pressure, which poses a serious challenge to their mental health. In order to alleviate this problem, it is particularly urgent to formulate and implement a series of coping strategies for involution environment. The coping strategies for the involution environment include the following contents:

4.1. Encourage Diversified Development

In the current involution environment, in order to help teenagers develop better, we should not only pay attention to academic achievements, but also encourage diversified personal interests and talents. Schools should provide more colorful extracurricular activities and interest classes, covering sports, art, science and technology and other fields. Such activities can stimulate young people's interest in different fields and cultivate their various talents and skills. Introduce professional tutors to help students discover and develop their personal potential more comprehensively [8]. Tutors can provide students with relevant guidance and support according to their interests and specialties, and guide them to find development directions in many fields. Break the boundaries of traditional disciplines and carry out interdisciplinary education so that students can use knowledge in different fields more flexibly. This helps to cultivate their comprehensive ability and improve their innovative thinking in solving problems.

Design project-based learning and encourage students to participate in team cooperation projects. Through cooperation, students can develop their own expertise, learn more cooperation skills, and cultivate the importance of teamwork. Encourage students to participate in social practice activities and understand the diversity of society. Through practice, they can come into contact with different professional, cultural and social problems, cultivate their sense of social responsibility and broaden their horizons. Schools can set up a student exchange platform to encourage students to share their interests and experiences. Such a platform can promote exchanges and cooperation among students and help them to know themselves and others more comprehensively.

The concept of diversified development is integrated into

the psychological education of teenagers, so that students not only pursue single achievements in their studies, but also pay more attention to cultivating comprehensive abilities and interests. This kind of education method is helpful to break the narrow definition of individual development in involution environment, promote teenagers to pursue personality development more actively, and cultivate them to become talents with wide interests and comprehensive literacy.

4.2. Strengthen Emotional Education

In the involution environment, teenagers are facing great academic pressure and competition. Therefore, strengthening emotional education has become a key link to help them better cope with stress and maintain mental health. Incorporate emotional intelligence into the school curriculum, and help teenagers better understand and deal with their emotions by teaching skills in emotion recognition, expression and management. This helps them to cope more calmly and rationally in the face of pressure. Introduce communication skills training, so that teenagers can learn to express their feelings effectively and learn to listen and understand others' feelings. By improving communication skills, we can enhance interpersonal relationships and reduce the psychological burden caused by social pressure. In emotional education, teaching methods to solve problems enables teenagers to better cope with the challenges in life. This includes setting goals, planning action steps, analyzing solutions, etc., which will help them face difficulties in their studies and life more actively. Through the interactive activities of the theme of emotional education, we can create a relaxed atmosphere and make teenagers express their emotions more easily. This can include group discussion, scenario simulation, etc., to encourage students to share their feelings and enhance emotional communication [9]. Provide mental health counseling services so that teenagers can have a safe and open space to communicate with professional mental health experts and get targeted emotional support and suggestions.

Strengthening emotional education can not only help teenagers better cope with the pressure brought by involution environment, but also promote their individual growth, enhance social skills and establish a positive mental health model. Through these strategies, we can cultivate teenagers' more mature and positive emotional attitude and provide them with more comprehensive support in the face of complex involution environment.

4.3. Home-school Cooperation and Common Concern for Students' All-Round Development

In the involution environment, in order to cope with the psychological pressure and challenges faced by students more effectively, home-school cooperation is particularly important. Through close cooperation, schools and families can jointly pay attention to the all-round development of students and provide more comprehensive support and guidance.

Schools can hold regular parent meetings to share students' academic progress, interest development and behavior with parents. This provides an open platform for both sides to promote information exchange and mutual understanding, so that families can better understand the situation of students at school. Make regular home visits to learn about students' family environment, so as to have a more comprehensive understanding of their personality characteristics and family support system. At the same time, family interviews are held, and through in-depth communication with parents, students' academic and development plans are jointly formulated. Establish a student development file, including information on academic achievements, hobbies, and social participation. By sharing these files, parents can understand the development track of students more comprehensively, so as to provide more targeted support and guidance. Schools and families can jointly formulate personalized academic and development plans and provide targeted training programs according to students' interests, advantages and needs. Such a plan not only pays attention to the development of disciplines, but also includes hobbies, social skills and other aspects [10]. Establish emergency communication channels to ensure that when students face emergencies, schools and families can get in touch quickly and work out solutions together. This helps to deal with the problems that students may face in time and reduce psychological pressure.

Through home-school cooperation, schools and families can form a closer alliance and work together for the all-round development of students. This cooperation mode can pay more attention to students' personality differences and provide support closer to students' needs, thus helping them to better adapt to the environment of examination paper and cultivate all-round talents.

4.4. Advocate Social Concern

In the involution environment, teenagers often face fierce academic competition and great social pressure. In order to better help them cope with this challenge, advocating social concern has become an important psychological education and coping strategy. Through educational courses and social practice, guide young people to cultivate a sense of social responsibility. Let them know about social problems and the needs of vulnerable groups, and stimulate their concern about social problems and willingness to actively participate. Schools can organize community service activities so that young people can participate in social services in person. By participating in volunteer work, they can experience the joy of helping others and cultivate empathy and social participation consciousness. Discuss social issues in schools or communities so that young people can understand the diversity and complexity of society. Through discussion, they are stimulated to think about social problems and cultivate their ability to think and judge problems independently. Encourage young people to participate in social innovation projects to stimulate creativity and problem-solving ability. By actually participating in social innovation, they can understand and try to solve social problems and cultivate a sense of responsibility for social change. Using social media platform to guide teenagers to pay attention to social problems. By sharing information about social welfare, environmental protection, fairness and justice, we encourage them to pay attention to and spread positive energy, and form a good atmosphere of paying attention to society. Set up school associations and activities that pay attention to social issues and provide a platform for young people to participate. Such societies can organize related activities, so that students can have a deeper understanding and participate in social issues.

Advocating social concern is helpful to break the single focus of competition brought by the involution environment, so that teenagers can pay attention to society and care for others, thus adjusting their values and outlook on life. This

psychological education strategy of social concern is not only beneficial to individual mental health, but also helpful to cultivate teenagers with social responsibility and global vision, and cultivate more future leaders who make positive contributions to the sustainable development of society.

5. Conclusion

The involution environment often brings great academic pressure, social troubles and psychological burden to teenagers. Excessive academic competition and single success criteria have led to the rise of mental health problems of teenagers, and corresponding measures need to be taken to intervene. The key of psychological education in the growth of teenagers has been fully reflected. Through psychological education, teenagers can better understand themselves, cope with challenges and develop a positive attitude, which is very important to alleviate the psychological pressure brought by the involution environment. In view of the involution environment, it is a comprehensive and feasible psychological education model for teenagers and coping with involution environment by comprehensively applying strategies such as diversified development, emotional education, home-school cooperation and social concern. Through the implementation of these comprehensive strategies, we can better protect the mental health of teenagers, promote their comprehensive and positive growth, and lay a solid foundation for the healthy development of society in the future.

References

[1] Li Xiaobin. (2022). Analysis of influencing factors of adolescents' mental health and research on strategies to optimize their growth environment. Love, marriage and family (35), 0101-0102.

[2] Huang Yufan. (2019). A study on the correct guidance and educational countermeasures of teenagers' online psychological behavior after 00. Youth and society: Shanghai, 000(034), P.124-125.

[3] Chunhua Lin. (2018). Adolescent Psychological Stage and Art Teaching Coping Strategies. Guangdong Education: Vocational Education (2), 3.

[4] Yang Kun. (2020). Research on the influence of new media environment on college students' mental health education and coping strategies. Reporter's observation, No.491(15), 88-88.

[5] Li Canyang. (2021). Analysis of stress and emotional state in mental health education of higher vocational students and research on coping strategies. Shanxi Youth, 000(003), 169-170.

[6] Shine Wong. (2019). Research on the psychological development characteristics and educational strategies of middle school students.

[7] Cai Junnan, Li Danni. (2023). Research progress of adolescent professional psychological help-seeking. Psychological Monthly, 18(14), 226-228.

[8] Zhao Lingling, Hua Wen, Dong Xiaoning, & Dong Lu. (2023). Application of mind-mapping health education with harmful behaviors as key words in adolescent orthodontic care. International journal of nursing science, 42(20), 3715-3719.

[9] Li Xiaoman. (2019). Research on the Status Quo and Coping Strategies of Vocational College Students' Mental Health Education. Writers' World (19), 2.

[10] Cheng Yunzhi, Chen Yunrui, Zhang Zitong, Gao Zele, Lin Kai. (2022). The influence of "involution" under the herd mentality on individual development. Advertising Grand View (15), 0154-0156.