

Exploration of the Causes and Intervention Measures of Junior High School Students' Boredom

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Abstract: At present, boredom has become a major problem in China's basic education. Under the circumstances of increasingly fierce social competition and intensified education, the rate of boredom has risen rapidly, especially for junior high school students. Therefore, on the basis of a brief elaboration of the concept of boredom, analyze the reasons for its formation from the four aspects of themselves, school, family and society, and explore the "four-dimensional" path to solve the problem of boredom of junior high school students: stimulate internal learning motivation and correct their own learning attitude; implement the multi-faceted development of students to meet students' Psychological needs; adopt a scientific upbringing method to reasonably expect the growth of children; rectify the bad social atmosphere and create a learning society for all, with a view to improving the learning quality of junior high school students.

Keywords: Junior High School Students are Tired of Learning; Reasons; Intervention Measures.

1. Introduction

Under the increasing pressure of social competition, the learning pressure of students is also soaring, especially the number of junior high school students who are tired of learning is increasing year by year, and the number of students who are tired of learning is also frequent. In the long run, it not only affects the development of academics, but also has a negative impact on social development. In order to fundamentally solve the problem of junior high school students' boredom, we must start from the government, school, family, society and other aspects, and jointly educate people through multiple subjects such as family, school and society to help solve the problem of junior high school students.

2. Definition of Concepts

Regarding the concept of boredom, there is no unified standard at home and abroad. Different researchers have different concerns. Although there are various opinions about the concept of aversion, this article mainly explains from the three aspects of students' emotions, cognition and behavior. For example, Wang Zhenhong (2015) believes that boredom refers to the emotional, behavioral and cognitive failure of students in the face of academic pressure [1]. Wen Shenghai and Fang Hongxia (2017) pointed out that school-weary children have deviations in their understanding of learning, treat learning negatively emotionally, and actively avoid learning in behavior [2]. Therefore, this article will define boredom from the three dimensions of boredom, boredom behavior and cognition. It is believed that students' boredom refers to emotional boredom learning, alienating learning in behavior, and cognitive denial of learning. This learning includes learning activities and learning places [3].

3. Analysis of the "Four Factors" of Junior High School Students' Aboredness

Based on my practical experience and research findings, the factors affecting junior high school students' boredom are

mainly analyzed from the four aspects of themselves, school, family and society.

3.1. Own Factors: Weak Will and Lack of Motivation

Learning is a mental work that requires a long time of hard work. Students must face many difficulties and temptations in their study, which requires them to have perseverance. Many junior high school students who are tired of learning have weak self-control ability, unable to actively study and persist persistently, and eventually slowly lose interest in learning. Students with strong learning motivation usually have a clear learning purpose and plan. They are full of great interest in their own learning, and they can concentrate on the class in class. Many junior high school students who are tired of learning do not have a clear learning goal and plan. They don't know why they want to study, but just go to school like completing a task. Or forced to study by teachers and parents, not really like or interested in learning, treat their studies with an indifferent attitude, and lack of motivation to learn. In school, once they are criticized or frustrated by teachers, they tend to be deeply frustrated and become more tired of learning.

3.2. School Factors: The Imbalance of School Curriculum and the Discordant Relationship between Teachers and Students

The "Implementation Plan for the National Curriculum of Compulsory Education" clearly states that the curriculum design adheres to the principle of balance and adjusts the curriculum in a balanced manner according to the requirements of the all-round development of students' morality, intelligence, physicality and beauty [4]. However, in real life, many schools will use art, music, sports, mental health, practical activities and other courses. The time is compressed to ensure the smooth progress of the study. In many underdeveloped areas and junior high schools in poor mountainous areas, the school considers that junior high school students offer information technology courses in order to learn simple computer technology. In the third year of

junior high school, in order to prepare for the middle school entrance examination, the school basically does not offer or does not offer music and art classes. In addition to the necessary exams, students do not have enough time and energy to do their favorite subjects. Students' interests and personalities have not been fully cultivated, and the long-term and monotonous learning process is gradually wearing out their passion for learning.

Secondly, the change of the relationship between teachers and students will also cause students to be tired of learning. Primary school students generally respect teachers, and they will do whatever the teacher mentions. But in junior high school, when their minds gradually mature, they will question teachers. Junior high school students often regard themselves as adults and are eager to communicate equally with teachers and be affirmed by teachers. They questioned the teachers they hated and began to judge the teachers' teaching methods in their own way. Moreover, some teachers do not pay much attention to the way of communication and are used to communicating with students in a more direct way. This sense of superiority of teachers makes it difficult for students to accept their criticism and education from the bottom of their hearts and cannot communicate effectively, so it is easy to cause tension between teachers and students.

3.3. Family Factors: Parents' Lack of Role Models and Improper Expectations

First of all, the lack of family role models will affect children's learning, and parents' words and deeds play an important role in children's lives. In the process of physical and mental development of junior high school students, the demonstration effect of parents will provide a model for children's values and behaviors. If there is something wrong with the behavior and willpower of parents, then the children will be affected. For example, if parents don't work hard, children will think they can be lazy. Many studies show that boys are more likely to be influenced by their families, especially their fathers, than girls. When their parents behave when they are not right, they often have negative characteristics such as depression, depression and low self-esteem, such as autism, suspicion, fear, anxiety, etc.

Secondly, parents' educational expectations will also affect their children's learning. Guo Yanling's survey found that about half of junior high school students said that they studied for their parents, and up to 61.9% of junior high school students thought that their parents expected too much of them, but did not take the initiative to fully understand themselves[4]. Junior high school students are not fully developed physically and mentally. They accept the high expectations from their parents so early, which will not only bring them a lot of pressure, but also make them gradually lose interest in learning. At the same time, high expectations can also affect children's motivation. In addition, parents' inappropriate upbringing methods are more likely to make children tired of learning than having high expectations for them. When it comes to children's academic performance, many parents do not provide enough support and encouragement to their children, but criticize and reprimand them, which will make children feel that learning is a burden and have greater psychological resistance to learning.

3.4. Social Factors: The Impact of the Adverse Social Environment

With the rapid development of China's economy and

society, network technology has also been greatly developed, with a large number of emerging media such as TikTok and Kuai shou. In a sense, mass media is also a major factor that causes junior high school students to be bored. With the rapid development of economy, science and technology, we pay more and more attention to personal ability, not just academic qualifications. Today's society is full of incorrect values such as "reading is useless" and "money first", which has a bad impact on many parents and students. Junior high school students' outlook on life and values are not yet mature, and their ability to distinguish right and wrong is poor. They are easily misled by some bad media. They can't see the factors behind the event, and can't grasp the essence of things. If they don't get the right guidance, they are likely to go astray.

At the same time, with the rapid development of information technology, entertainment equipment such as tablets and telephone watches are becoming more and more popular. As a result, some students contact the Internet too early and are addicted to online games, which has a great negative impact on their mental health. In addition, some unhealthy values exist on the Internet make their values and outlook on life vulnerable to adverse influences from the outside world. I don't like to study more and more, and even skip classes and school.

4. The "Four-dimensional" Path to Solve the Problem of Junior High School Students' Boredom

The junior high school stage is a critical stage to lay the foundation for the knowledge system. Therefore, the school, family and society should pay great attention to the problem of junior high school students' boredom, make full use of the power of the home-school community, and help junior high school students create a good learning atmosphere and an environment conducive to healthy physical and healthy growth.

4.1. Student Dimension: Stimulate Internal Learning Motivation and Correct One's Own Learning Attitude

From the perspective of students themselves, the premise of establishing internal learning motivation is that students can find the fun of learning and learn voluntarily [5]. Junior high school students are vulnerable to the external environment. If they want to stimulate their interest in learning, they can't do without the guidance of their parents and teachers. For parents, they can take their children to participate in meaningful extracurricular activities at the right time to broaden their horizons, build self-confidence and establish life goals. As a teacher, we should be good at discovering the strengths of junior high school students and encouraging their progress, so that they can be confident in their abilities. When students realize that they can also succeed in their studies, they will feel excited and happy, and their enthusiasm for learning will increase day by day.

At the same time, we should also adopt flexible and diverse ways to teach students to relieve learning pressure. Teachers should assign learning tasks according to the specific situation of students, praise more and criticize less, so that students can strengthen their awareness of active learning from the bottom of their hearts and consciously correct their learning attitude. In addition, students should also analyze and view pressure correctly, maintain an optimistic attitude, relax themselves

appropriately, and pay attention to the combination of work and rest.

4.2. School Dimension: Implement the Multi-Faceted Development of Students to Meet the Psychological Needs of Students

The quality of teachers is an important factor affecting the quality of teaching. Good teachers can bring more possibilities to students and make them happy in their studies. In order to gradually get rid of "weariness" from "weariness", we must strengthen our moral cultivation and establish the concept of "lifelong education". In the new era, the requirements for teachers are getting higher and higher. In addition to high educational and cultural quality, teachers should also take the initiative to learn educational psychology, communicate with students who are tired of learning in a professional way, and promote their transformation. Junior high school students are psychologically sensitive and rebellious. If they can accurately grasp the characteristics and development rules of their psychological development, they can intervene appropriately. Zhang Fuwei and others mentioned that the fundamental way to improve boredom is to improve and meet the psychological needs of students, implement the learning team model, and change the role of teachers[6]. In teaching, teachers will not put pressure on students, nor will they force or intimidate students, but will guide students, help them, answer questions raised by students, and provide them with the learning materials they need. When students have the ability, they will put aside more rights and give students more opportunities to learn independently. At the same time, they will also encourage them to take on more responsibilities and let them develop in a higher direction, which naturally increases students' sense of control over learning, and then motivates them to learn. Mobilized. No matter how lazy a person is, as long as he has the opportunity to master his own learning process, he will be very happy to learn.

4.3. Family Dimension: Adopt a Scientific Upbringing Method and Reasonably Expect the Growth of Children

From the perspective of family, parents' upbringing concepts and methods have a great impact on the learning and growth of their children. Only by adopting scientific education methods, adhering to the concept of open and inclusive family education, and guiding children to establish correct learning purposes can students' learning mood be stabilized and the problem of junior high school students' boredom can be alleviated. First of all, parents should set a reasonable expectation for their children to prevent "excessive doting" and "over-education" and other phenomena. Every child has its own characteristics and strengths. Parents should understand and believe in them, and do not impose their expectations on them. Parents should realize that excellent academic performance is not the only way out, and good quality and strong physique are also valuable. Secondly, we should take the concept of democracy and inclusive education, attach importance to the sustainable development of students, and implement "lifelong learning" to the end. Therefore, parents should have a clear understanding of their children's test results and should not take scores as the only measure. We should be good at discovering the highlights of junior high school students,

praise more, appreciate more, and cultivate their self-confidence.

4.4. Social Dimension: Rectify the Bad Social Atmosphere and Create a Learning Society for All

From the perspective of the social environment, we should pay enough attention to the physical and psychological harm caused by online games to junior high school students, and actively implement the relevant national regulations on rectifying the network environment. Strengthen the supervision of Internet cafes and other entertainment places to prevent students from becoming addicted to online games and create a social atmosphere conducive to the healthy growth of junior high school students. At the same time, as parents, we need to be committed to cultivating a higher level of self-control ability to ensure that students can correctly manage and control the use of mobile phones, computers and other devices on the road of healthy and happy growth, especially the use of short video platforms such as WeChat, TikTok and Kuai shou, so as to ensure the accumulation of these network platforms for students. Extremely healthy growth has a positive and positive impact. The public should actively respond to the "double reduction" policy, establish a correct educational concept, advocate lifelong learning for all, build a learning society, and promote the benign transformation of junior high school students. Society should spread more positive things. Don't always say "get rich overnight" and "make money by playing live broadcasts and games", so that they feel that "you don't have to do anything, you can do anything". In addition, society should create a cultural atmosphere to reduce competitive pressure, so as to facilitate the physical and mental development of junior high school students. Students are tired of their studies, but it doesn't mean that they are not interested in anything else. Most social groups pay great attention to the long-term development of students, the development of their potential and the improvement of happiness, with a view to ultimately promoting the self-realization of personal value.

5. Conclusion

In a sense, learning-weariness is a phased process for contemporary teenagers to resist this stressful society in the aspects that multi-party subjects attach most importance to. Junior high school students belong to a vulnerable group, but they generally have a strong spirit of resistance. However, in this critical stage of growth, if there is a problem of learning, it will have a significant impact on their whole life. As Rousseau mentioned in *Emil*, the essence of education is to make flowers into flowers and trees into trees. Therefore, it is necessary for schools, families and governments to review the current situation of education. They should strengthen communication and trust with junior high school students who are tired of school, and provide targeted guidance education to slow down students' boredom, so as to develop a good learning attitude.

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