

Formation of Health Value Attitude of Older Adolescents

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Abstract: Healthy value attitudes are those that correspond to good social mindsets at the group level. Social mentality is collective, which generally refers to the social consensus, social emotions and feelings dispersed in the whole society or social groups and social categories in a period of time. The mentality of the youth group can reflect and even affect the social mentality to some extent. Under the influence of "Internet + digitalization", there have been some trend changes in the mentality and values of older teenagers in the new era, which are worth studying and paying attention to.

Keywords: Older adolescents; Health values; Educational characteristics

It is generally believed that the attitude of health value should include: positive and optimistic attitude towards life, good social adaptability, objective and rational self-awareness, strong sense of social responsibility, good and harmonious psychological state, friendly social communication, and motivation to constantly transform oneself. Young people without a healthy personality, no matter for the individual, the nation or the whole country is a very heavy loss. Both history and reality have proved that "morality without talent makes it difficult to assume a major responsibility; Talent without virtue is enough to help adultery. "Therefore, it is of great significance to cultivate the healthy personality of young people. This paper will take the formation of health values of older adolescents as the research theme, take the values-based health attitude of older adolescents as the research object, and provide theoretical demonstration and methodological support for the formation of health values of older adolescents.

1. The theoretical basis of forming healthy value attitude in older adolescents

1.1 Value - based health attitude as the object of study

The reason why a nation has a long-standing vitality of self-improvement is derived from a clear, healthy and positive core ideological force as a support. Distorted ideas cannot cultivate healthy individuals, let alone build a harmonious and upward society. In recent years, people have gradually realized that the trouble and potential harm caused by mental illness is far greater than that of physical health. Every teenager is related to the future of a family, and even the future fate of a country, and the physical and mental health of teenagers affects the nerves of every family, which is the so-called affecting the whole body. Adolescent mental health problems have been widely concerned, but behind the attention is always a lack of feasible and efficient solutions, attention is far from enough, and there is no standardized systematic intervention and overall scientific guidance. Teenagers are in the embryonic stage of ideology, outlook on life, world outlook and values. Effective mental health counseling with correct values, early development of psychological problems, and cure of mental diseases can effectively guide teenagers to establish a healthy life direction and cultivate their value-based healthy attitude, so that they can enjoy a good and healthy life.

1.2 Psychological and educational characteristics of older adolescents

Overall, the psychology and education of older adolescents have the following characteristics:

The transition from childish to mature, psychologically produce "leaving home tendency" and "lock-in"; The psychological reaction of pushing away parents and gaining independence is not very comfortable and painful at this stage. At the peak of physiological development, sexual function began to mature, sexual consciousness began to awaken, and entered the second phase of rebellion; The intellectual activity completes the turning point, abstract logical thinking gradually becomes the main way of thinking;

Thinking becomes dialectic and challenges adult views. The sensitivity to the external environment is higher, the ability to control themselves is weak, and the lack of social experience, so the mood swings are greater. Children in this period of the heart want to

obtain independent ideas, but they cannot complete the status quo of complete independence. There is the contradiction between psychological closure and openness, the alternation of achievement and frustration. More quality tutoring may be needed when memory span reaches a lifetime peak and performance on a variety of materials reaches a high value. The frequency and magnitude of mood swings will increase. Increased worry, loneliness, and depression. During this period, it is easy to think that others do not understand them, and there is no reason in the heart to produce the alternating sense of depression and impulse, which has a lot to do with hormones in the body.

1.3 The contents and methods of forming values-based healthy attitude of older adolescents

1.3.1 Content of value-based health attitudes in older adolescents

1.3.1.1 Full sense of security

In learning, life, interpersonal communication and other aspects will not feel afraid, full of confidence, mentally in a comfortable, full state, fully trust others, there is a stable and full sense of security.

1.3.1.2 Know yourself well

Make a proper evaluation of your own ability to correctly understand yourself, make a proper estimate of your current ability and actual situation, do not criticize yourself too much, do not force yourself to achieve goals beyond your ability, and avoid overload or feeling powerless.

1.3.1.3 Ideal goals are realistic in life

If the goal of life is too high, it is difficult to reach, and the blow will inevitably produce frustration, thereby losing confidence in yourself and affecting your mental health.

1.3.1.4 Stay in touch with the real world

Can actively adapt to the external environment, communicate with others, rather than self-isolation.

1.3.1.5 Can maintain the integrity and harmony of personality

Personality elements such as ability, temperament, character, needs, motivation, interests, ideals, values and physique, there are no obvious defects and deviations, with a clear self-awareness, can effectively control their own behavior, has a relatively complete and unified psychological characteristics.

1.3.1.6 Ability to learn from experience

Not self-righteous, can draw lessons from their own and others' past experience, make themselves less detours, and continue to learn new knowledge and skills, adapt to this ever-changing society.

1.3.2 A value-based approach to healthy attitudes in older adolescents

Foster healthy, value-based attitudes among young people to better unite, organize and mobilize them. The cultivation of young people's healthy mentality is a social issue with strategic significance. Young people's pursuit of healthy mentality is the call of The Times and the need of social development. On the one hand, optimize and expand social psychological services. Social psychological service focuses on the solution, monitoring and adjustment of social psychological problems at the social macro level, adopts the social or social psychological theoretical perspective, and carries out psychological cultivation and psychological construction for different social groups, which is a social governance work led by the government. On the other hand, the construction of mental health service system mainly solves individual mental health problems, adopts individual, pathological and medical theoretical perspectives, and serves individuals in need. The government, society, community, enterprises and institutions provide psychiatric outpatient clinics, psychological counseling and treatment, including psychological assistance, mental health education, mental health knowledge publicity and other services.

Strengthen research on young people's thinking, psychology and hot and difficult issues of concern to young people, establish a professional psychological counseling mechanism, and guide young people to form an open and inclusive social mentality. There are six common factors affecting the health mentality of young people: natural environment, social environment (family, school, community, major social events), genetic and physiological factors, demographic factors, psychological factors (personality, cognition, socio-emotional capacity, will, basic needs), and life factors (daily habits, media use, life events). For example, buzzwords and keywords propagated by we-media will have a significant impact on young people's health mentality, and also profoundly reflect the characteristics and changes of young people's social mentality, as well as the conflict of values and emotional fluctuations. Based on these influencing factors, establishing a professional psychological counseling mechanism and strengthening the research on related issues can effectively guide young people to form a healthy social mentality.

In short, the cultivation of young people's healthy mentality is a systematic project, the key factor is the play of young people's autonomous function. Respect and trust the potential of young people to cope with changes in the environment and in themselves, encourage young people to actively participate in the construction of their future, on the basis of which, in conjunction with other

factors affecting the health of young people.

2. China's experience in developing value-based health attitudes among older adolescents

2.1 Expand psychological counseling with the support of new technology

The Internet has completely changed the way of human production and life, and the advent of the digital and intelligent era is also subtly affecting the way people understand and adapt to the world. New forms of intervention for adolescents' mental health problems have also been developed. For example, online psychological counseling can transfer traditional cognitive behavioral therapy, dialectical behavioral therapy, acceptance commitment therapy, etc., to online platforms. Psychological intervention software (such as intelligent chatbots) increases the possibility of adolescents' access to intervention. The Internet world has become an important channel for teenagers to obtain information, exchange ideas and learn entertainment. The intelligent environment and the Internet environment have an increasing impact on the psychological development of teenagers. Young people love new things and have strong acceptance ability.

2.2 Cultivate the core qualities of youth development

Core literacy is the essential character and key ability for young people to adapt to their lifelong development and future social development. The Ministry of Education commissioned Beijing Normal University and cooperated with nearly 100 experts from domestic universities to set up a research group. The Core Literacy of Chinese Students' Development, which lasted for three years, focuses on cultivating "all-round development people". The core quality of students' development is divided into three aspects: cultural foundation, independent development and social participation. Comprehensive performance of humanistic heritage, scientific spirit, learning to learn, healthy life, responsibility, practice and innovation six qualities, specifically refined into national identity and other 18 basic points. According to this general framework, the specific performance requirements of adolescents at different stages can be further proposed according to the age characteristics, and the work of cultivating adolescents' healthy mentality can be carried out accordingly.

Conclusion

The research on the healthy growth and social psychology of older adolescents is a complicated problem, which needs the comprehensive support and cooperation of family, school and society. The family should be the first school for children, providing a positive family environment and comprehensive care in cooperation with the school, the community, medical and psychological counseling agencies. Schools should also develop appropriate curriculum plans to cultivate students' self-confidence and success mentality. Society can provide teenagers with more cultural, sports, technological, innovative and other beneficial recreational activities. Through joint efforts to help young people become healthy members of the social family, and make their due contributions to the society.

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