

Discussion on the Psychological and Behavioral Problems of Children and Adolescents During Long-term Home Study

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Abstract: Children and adolescents are the main groups affected by major public health events. In addition, children and adolescents belong to vulnerable groups. Since the major public health outbreak, children and adolescents have faced isolation at home and started online learning life. However, in the face of major public health events, children and adolescents living at home for a long time will gradually appear a series of phenomena such as too little sports and irregular work and rest, which will have a serious impact on the lives of children and adolescents, and is not conducive to their physical and mental health development. After the end of major public health events in the future, children and adolescents will also develop bad habits and find it difficult to adapt to a healthy life because of staying at home for a long time. In this regard, this paper aims to explore the psychological and behavioral problems of children and adolescents who have been studying at home for a long time, and based on the improvement of their shape and life perspective, put forward targeted preventive measures for behavioral problems. It is intended to help children and adolescents recover to normal work and rest as soon as possible, form good habits and achieve healthy development.

Keywords: Long-term home study; Children; Teenagers; Psychological behavior

Introduction:

Children and adolescents are vulnerable groups in major public health events. Long-term online learning may lead to psychological and behavioral problems in children and adolescents. In the face of students with psychological and behavioral problems, parents and teachers need to take timely intervention measures to avoid affecting the physical and mental health of children and adolescents. Staying at home for a long time makes children and teenagers far away from normal social interaction, destroys their stable social environment and family environment, and easily causes harm to students' physical and mental health. To explore the psychological behaviors of children and adolescents, control the bad behaviors of children and adolescents, combine parents and schools, and jointly conduct scientific prevention and treatment of children and adolescents isolated at home, pay attention to the psychological and behavioral health of children and adolescents, and ensure their vigorous growth.

1. Overview of the mental health of children and adolescents

According to the World Health Organization, at least 20% of children in the world have mental health problems. The most common manifestation is depression and anxiety, especially after the occurrence of major health events, which aggravate the mental health problems of some children. Symptoms of anxiety in childhood are associated with an increased risk of developing the disease later in life. According to national survey data, children everywhere show emotional behavior. Although different regions, cultures, economies are different, but the actual results can still be seen, children's psychological and behavioral problems with the development of The Times, the detection rate is increasing. Studies by psychologists have shown that childhood is the basic stage of individual mental health development [1].

2. Impact of major public health events on children's mental health status

Primary and secondary schools across the country have delayed the start of their classes since a major public health incident broke out in the country. Children are facing days of isolation at home and online learning. With the continuous development of the incident, more countries began to pay attention to children's mental health problems. In the course of the survey, more than 85% of

parents were able to feel abnormal phenomena in their children during the conversation with their children, manifested as anxiety and depression and other behaviors. Comprehensive research is not difficult to see that the affected population is more children and adolescents, and the probability of causing their psychological behavior abnormalities is relatively high. Public health events have changed children's living environment and habits, making children at home to meet the impact of the external environment, showing obvious inadaptability, resulting in pressure.

3. Interventions for psycho-behavioral problems in children and adolescents

Most parents are aware of the effects of being at home for a long time when they are working with children and teenagers. Children's mental health should be widely concerned by parents, schools and society. However, in the face of children's psychological and behavioral problems caused by home, and then triggered by bad behaviors, under the improper guidance of parents, it is easy to intensify contradictions and is not conducive to the healthy development of children. Therefore, it is required that while paying attention to the mental health state of children in special periods, intervention means should also be paid attention to, and scientific intervention methods should be adopted in order to more effectively prevent and control children and adolescent-related problems and create a warm and harmonious living environment for children.

3.1 Study and life - Suggestions for parents of young children

3.1.1 Parents maintain a good mood

Family function is of great significance for children's early development and psychological cognition. Home isolation not only affects children's psychology, but also leads to new conflicts between family members when they are in a family environment for a long time, which poses new challenges for family care. The pressure of family life becomes larger under the influence of home, and their own debugging ability and parent-child interaction state will have an impact on children's physical and mental health. Parents should pay attention to their own mental health, strive to create a good environment for children, maintain emotional stability, and reduce negative emotions to their children. Parents can lead their children to do daily exercise, through deep breathing, listening to music and other ways to mediate the mood of children, help alleviate bad emotions.

3.1.2 Parents guide children to exercise and reduce conflicts

(1) For children's learning and life, parents should reasonably plan their home plans, take advantage of opportunities at home, and cultivate children's good habits. Make full use of the holidays at home, lead children to adhere to the planned list of tasks, consolidate children's behavior habits, and improve children's self-management and learning ability. Secondly, keeping children's good rest and regular healthy diet can make children physically and mentally happy. Children should maintain a normal schedule, go to bed early, get up early and not stay up late, control the use of electronic products, avoid being addicted to the Internet and reduce eyesight. Physical exercise should also be adhered to. Parents can work out a family exercise plan with children and reach a consensus through equal communication with children ^[2].

(2) For children's home life, parents can not allow children to stay at home and maintain isolation from the outside world. Movies and television strive to enrich children's home life, guide children to try various activities, and cultivate children's interests and hobbies. Through reading celebrity biographies, excellent extracurricular reading materials, etc., enrich children's knowledge and help them expand their horizons. Parents can also lead children to participate in housework, and master life skills through housework within their ability, such as cleaning the floor and washing clothes, so as to improve life ability .

3.1.3 Increase activity time and encourage peer communication

In addition to online classes at home, children will also use electronic products to kill time. Playing games for a long time is not conducive to the healthy development of children, it is recommended that parents and children negotiate the use of Internet electronic goods time, to avoid children addicted to the Internet world. Follow the daily schedule in consultation with the child. In order to avoid children producing reverse psychology, in addition to activities and eating time, learning time should not be too much, should ensure that all aspects of the task are appropriate.

3.2 Psychological adjustment - Suggestions for home-school cooperation

3.2.1 Self-adjustment of mental state

School teachers should focus on students' physical and mental health, strengthen counseling and education, ensure that they can guide students to self-regulation and improve their ability to cope with emergencies. Through regulation, negative emotions can be relieved and psychological pressure can be reduced. After daily online teaching, teachers can timely conduct psychological counseling for students with poor online performance, help them adjust, and guide students to be positive and optimistic in the face of home life.

3.2.2 Give children time to adjust

In the face of major public health events, most students are children, and it is difficult to adapt to the sudden life at home. Unable

to meet classmates and teachers, they also need to study at home, which is a double challenge for students' campus life and study, which also leads to the multiplication of students' pressure, resulting in psychological and behavioral problems. Teachers, as class teachers, have the responsibility to guide students and should give students time to adjust to online life in the early course.

3.2.3 Carry out interesting teaching and strengthen the communication between students and teachers

According to the actual situation of children's home learning, teachers should adjust the teaching objectives to avoid students not adapting to home life. Adopt multi-dimensional form to assess the students' home learning situation, find that the students' state is not right, and adjust their learning objectives appropriately. According to the law of psychological development of students, the personalized academic path is formulated for them to reduce the academic burden of students and reduce the pressure of parents.

3.2.4 Home-school integration to correct children's psychological and behavioral problems

(1) Schools and teachers should pay timely attention to students' online performance, adopt home-school integration measures, and timely intervene in students' psychological and behavioral problems. The school should regularly issue questionnaires to the class teacher and regularly investigate the actual performance of the students. When students are found to deviate from their psychological behavior, they should communicate with their parents in time and conduct intervention and treatment for children. Teachers should take effective ways to keep students in a healthy mood.

(2) Teachers should also help students do a good job of psychological massage, relieve students' bad psychological emotions, and do a good job at home adjustment. Some schools continue to issue psychological prescriptions for students' psychological behavior problems at home for a long time. Carry out psychological training for teachers and guide teachers into the depths of children's hearts. At the same time, do a good job of online observation, timely capture the students who are not in a good mood, provide psychological intervention for students, and instruct students to be optimistic about home life. A school sent letters to senior and junior students, guiding students of different ages to try to adapt to home life and live out what they want in the face of adversity.

(3) In order to ensure that teachers can correctly channel the mood of students, schools should also carry out psychological lectures for teachers and class teachers, through the discussion of psychological crisis cases, the establishment of a special guard team of colleges and universities, to provide mental health guidance for families in need, and protect the mental health of students. At the same time, a few months after students stay at home, the school quickly launched the "heart clear menu", covering students' mental health guidance, parents' mental health lectures, etc., to provide parents with professional psychological counseling and consultation. According to different group classification, targeted for children and adolescents, improve the psychological immunity of long-term home students.

Conclusion:

In summary, the current focus is on the impact of major public health events on children. It is necessary to clearly analyze the impact of the incident on the children, and conduct counseling and intervention according to the psychological and behavioral problems caused by it. To avoid too much impact on children's heart caused by public health events, we can call on society, schools and parents to work together to pay attention to children's physical and mental health problems so as to provide a bright future for children's development. With practical actions, help children do a good job of psychological massage, soothe children's inner bad emotions, and bring practical tips for the construction of parent-child relationship. So that children and adolescents can find their own sense of rhythm under the influence of psychological intervention, in the process of home isolation, relieve their emotions, rather than excessive worry, can face long-term home life with a positive attitude, so as to promote the healthy growth of children.

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