

# Research on the Integration of Aesthetic Education and Adolescent Psychological Health Education in the Digital Age

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**Abstract:** With the rapid development of information technology, the digital era has profoundly changed people's lifestyle, social structure and education mode, but the network also has a certain negative impact on the adolescent psychology, which requires effective psychological health education for youth group. Aesthetic education is an important component of all-round development education. Its core value is to enhance students' aesthetic quality, emotion expression, and innovation ability through artistic appreciation, creation, and experience, and then promote their psychosomatic health and development. This paper aims to explore the integration path of aesthetic education and adolescent psychological health education in the digital age, and provide more comprehensive and effective growth support for adolescents by combining the unique charm of aesthetic education with psychological health education.

**Keywords:** The Digital Age; Adolescents; Aesthetic Education; Psychological Health Education

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## 1. Introduction

In the context of the digital age, the popularity of new media technologies such as the Internet and smart phones not only greatly enriches the learning life of adolescents, but also brings many psychological challenges<sup>[1]</sup>. Adolescents are in a critical period of physical and psychological development. Their psychological immaturity and strong curiosity make them highly susceptible to the influence of the online world, resulting in their psychological problems such as Internet addiction, sense of loneliness and social barriers. Moreover, Internet violence and information overload also pose a serious threat to their psychological health<sup>[2]</sup>. Therefore, in the digital age, how to effectively do adolescent psychological health education has become an urgent problem to be solved.

## 2. The Characteristics and Advantages of Aesthetic Education

Emotionality is the most significant feature of aesthetic education. Artistic works, with their unique charm, can directly touch people's hearts across the boundaries of language and culture<sup>[3]</sup>. In the process of appreciating or creating artistic works, adolescents can experience a wealth of emotion, and the experience and expression of this emotion help them better understand themselves, others and the world, and form a healthy and rich emotional world<sup>[4]</sup>. Moreover, aesthetic education can guide adolescents to appreciate and create beauty, improve their aesthetic ability and aesthetic interest. And a person with good aesthetic quality can more keenly perceive the beauty and harmony in life, so as to maintain a positive attitude in the face of setbacks and difficulties.

## 3. The Integration Paths of Aesthetic Education and Psychological Health Education in the Digital Age

### 3.1 Constructing Curriculum Integration System

Constructing curriculum integration system is to integrate psychological health education into the school curriculum system and combine it with aesthetic education. Firstly, it is necessary to construct the curriculum objectives, which include knowledge and skills, process and methods and emotional attitude and value. In terms of knowledge and skills, they enable students to master basic psychological health knowledge, understand common psychological problems and their causes, and master the methods and skills of

using artistic means to regulate emotion. In terms of relieve psychological stress, through interdisciplinary integration, students are guided to experience the process of artistic creation, feel the unique role of art in psychological adjustment, and learn to use critical thinking to analyze the relationship between artistic works and psychological health. In terms of emotional attitude and values, students should be cultivated to love and appreciate art, establish correct ideas of psychological health, enhance self-awareness and emotional management ability, and form a positive attitude towards life<sup>[5]</sup>. Secondly, it is the course content design. The course of "Art and Psychological health" can be divided into three modules: basic theory, practical exploration and case analysis. The module of basic theory mainly introduces the basic concept of psychological health and the relationship between art and psychological health. The module of practical exploration enables students to experience the role of art in psychological adjustment through art creation, art appreciation and other activities; The module of case analysis is to select representative art works or cases for deep analysis, and guide students to understand the internal connection between art and psychological health. Thirdly, it is the innovative design of teaching methods, which can organically integrate multi-disciplinary knowledge such as psychology, art and pedagogy into the curriculum to form an interdisciplinary teaching system to deepen students' understanding of the relationship between art and psychological health. It is also necessary to emphasize the dominant role of students. And practical activities such as artistic creation and appreciation can allow students to experience the unique role of art in psychological adjustment firsthand, and encourage students to actively express their feelings and experience, promoting emotional communication and resonance. Finally, a curriculum evaluation system can be constructed to comprehensively evaluate students' learning outcomes by using diverse evaluation methods such as works show, oral report, group discussion and self-reflection report, which is conducive to students' psychological health development.

### **3.2 Innovating Teaching Methods and Means**

Teachers can use virtual reality (VR) to innovate aesthetic education. Virtual reality can build a realistic three-dimensional art scene. Whether it is the delicate brush strokes of classical painting, or the spatial sense of modern sculpture, VR can present them in a unique way, so that adolescents can immerse themselves in the charm of art and inspire their creative inspiration. VR can also break the restrictions of time and space to allow adolescents to "travel" to different historical periods or regions to view art treasures from around the world at short range. This artistic exchange beyond Time and Space not only widens the artistic views of adolescents, but also enhances their cultural identity and ability of aesthetic appreciation. Teachers should also build digital repository about aesthetic education, integrate rich art works, teaching videos, interactive tutorials and other resources together to provide adolescents with convenient and efficient learning channels, and use big data analysis techniques to intelligently recommend relevant content according to students' interests and learning progress so as to realize personalized teaching. While doing aesthetic education, teachers can develop and promote professional online psychology assessment methods to accurately evaluate the psychological state of adolescents through scale test, emotion recognition, and other methods. Based on the assessment results, adolescents can be provided with personalized psychological support and intervention plans. Then, artificial intelligence technology can be used to establish exclusive psychological archives for each adolescent, track their psychological changes in real time, and adjust intervention strategies in a timely manner. Finally, it is necessary to build a psychological health education platform integrating knowledge popularization, psychological assessment, online consultation, crisis intervention and other functions, so that adolescents can obtain psychological health knowledge anytime and anywhere, do psychological assessment and consultation to effectively relieve psychological stress and negative emotion. The platform can also provide convenient services for psychological health education to schools, families and society, forming a psychological health education system of multi-party linkage.

### **3.3 Strengthening Teacher Training and Exchanges Among Teachers**

In view of the increasingly severe negative impact of the Internet on adolescent psychology and the complementarity of aesthetic education and psychological health education, it is particularly necessary to strengthen the communication and cooperation between aesthetic education teachers and psychological health teachers. On the one hand, aesthetic education teachers can enrich the teaching methods and contents by introducing psychological theories and methods, so that aesthetic education can be closer to the actual needs of adolescents. On the other hand, psychological health teachers can learn from the ideas and practical experience of aesthetic education to enhance the interest and attraction of psychological health education, and improve the teaching effect. Such close cooperation can form a joint force to jointly cope with the challenges of the Internet on adolescent psychology. In the specific implementation of it, schools should regularly hold professional training and seminars for aesthetic education teachers and psychological health teachers. The training content should cover some aspects such as network psychology, the characteristics of adolescent psychological development, and the integration strategies of aesthetic education and psychological health. And experts and scholars should be invited to share the latest research findings and teaching experience so as to improve teachers' professional quality and teaching ability and

provide strong support for carrying out effective education and teaching activities. The school should also establish a joint teaching and research mechanism between aesthetic education teachers and psychological health teachers, and encourage both sides to participate in curriculum design, teaching implementation and effect evaluation so as to form innovative and targeted education and teaching programs. In addition, it is necessary to combine the characteristics of aesthetic education and psychological health education to carry out interdisciplinary practical activities, such as organizing artistic creation competitions and psychodramas with the theme of "healthy use of the Internet" so as to guide adolescents to express themselves and release psychological stress in artistic creation. Experiencing characters and understanding life in psychological drama performances can help improve the artistic accomplishment and psychological health level of adolescents, as well as enhance their online literacy and self-protection ability.

### **3.4 Expanding Extracurricular Practical Activities**

Art is the embodiment of beauty. By participating in extracurricular art practice such as campus art festivals, the exhibitions of paintings and music performances, adolescents can directly contact and feel the charm of art, which can not only stimulate their aesthetic interest, but also improve their aesthetic ability by osmosis. Moreover, the process of art appreciation is essentially a process of recognizing, understanding, and evaluating beauty. It helps adolescents to form a correct aesthetic conception and enhance their perception and appreciation of beautiful things. When organizing extracurricular art practice, teachers can pay attention to students' psychological health to timely understand students' psychological state and emotional changes through daily observation and questionnaire investigation and other ways. For students with psychological problems, teachers should give timely attention and support, and guide them to actively face difficulties and ask for help. The content of psychological health education can be cleverly integrated into the process of designing and implementing practical activities, such as guiding students to pay attention to self-expression of emotion and learn to express emotion in an artistic way during the process of artistic creation; In team collaboration, it gives prominence to understanding and endorsing one another and cultivate students' empathy and empathetic ability; During the sharing and communication session, students are encouraged to face up to their strengths and weaknesses, learn to self-accept and grow up, and participate in extracurricular art practice with more confidently and pay attention to their own psychological health.

## **4. Conclusion**

It is a profound exploration with profound significance to integrate aesthetic education and adolescent psychological health education in the digital era. Based on the negative impact of the Internet on adolescent psychology, it is necessary to provide more comprehensive and effective growth support for adolescents by constructing curriculum integration system, innovating teaching methods and means, strengthening teacher training and exchanges among teachers, and expanding extracurricular practical activities. At the same time, all sectors of society should also strengthen the attention and support for adolescent psychological health, and jointly create a good environment that is conducive to the healthy growth of adolescents.

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