

Advantageous Perspective--A New Model of Social Work Practice Research on Teenagers' Psychological Problems

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Abstract: In recent years, with the progress of our society and the development of the economy, the pace of society is accelerating, the pressure of competition is increasing, and the communication between people is decreasing. Adolescence is a key transition period from childhood to adulthood, and it plays an important role for the people to enter society in the future. In recent years, adolescents' psychological problems have gradually become the main concern of people. To study the psychological problems of adolescents, study the main reasons for the emergence of adolescents' psychological problems, and then study the new model of social work practice in adolescents' psychological problems, will help to In all aspects, the physical and mental health of young people is guaranteed, the bad behaviors and habits of young people are improved, and young people are guided to deal with interpersonal relationships correctly, so as to maintain the mental health of young people and promote the personal growth of young people. Based on the psychological problems of adolescents, this paper points out the main reasons for adolescents' psychological problems, and combines the advantages of perspective to study how to adopt a new model of social work practice research on adolescents' psychological problems, hoping to provide experience and guidance for the solution of adolescents' psychological problems.

Keywords: Advantage perspective; Adolescents; Psychological problems; Social work practice; New models

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1. Analysis of the current situation of adolescents' psychological problems

Adolescent psychological problems are mainly divided into three categories: first, interpersonal problems. Most post-00s children are the only child in their families, growing up in an environment where parents and elders dote on them. They live in a world of "me" and are used to taking but not sharing. Such an egoistic psychology, so that today's teenagers in the class, school and even the society of the large collective only know to protect the interests of the individual and disregard the collective interests. Second, there are emotional issues^[1]. The emotional problems of adolescents are the main reasons for the strong emotional conflicts of adolescents and the abnormal emotional manifestations such as depression, depression, despair and anger^[2]. Finally, there are behavioral issues. With the existence of unhealthy atmosphere and dangerous factors in the society, some teenagers' behavior problems have arisen, which seriously endanger their physical and mental health.

2. A New Model of Social Work Practice Research on Adolescent Psychological Problems

2.1 Practical cases and analysis

Social work is an applied social subject, which requires a combination of theory and practice. Therefore, this paper cites a case of social work with adolescent psychological problems to illustrate the intervention of social work. Case study: The seeker is an 18-year-old freshman. Since the student is a left-behind child, he has lived with his grandparents in the countryside where he speaks local dialects since he was a child. When he was 10 years old, he moved to the city to live with his parents. Because he grew up in the countryside, and the elderly who lived with him rarely communicated with the student, the student's language development was

relatively slow, so he often stuttered when he was nervous in class, and often made everyone laugh, so classmates often took He joked and bullied him as a rural child. And because of low self-esteem, the seekers become more autistic and unwilling to interact with their classmates. If things go on like this, they will become more timid, unwilling to speak, often in their own closed world and unable to get out. Through this case, we will find two problems that need to be solved: firstly, the student has a serious inferiority complex, is withdrawn, introverted, and does not like to talk; secondly, due to the lack of parental care and love, the student has a relationship with his parents. The spiritual level of communication between them is almost zero, and the parents' care for their children is only a financial supply, so that students can go to school, eat, and go home. As a result, the student has psychological problems of being withdrawn and not gregarious.

2.2 Integrate resources and take advantage of external environment

First, there is the parent side. Parents' instinctive care and love for their children is the biggest advantage of teenagers in the external environment. The psychological problems of teenagers are often the main reasons for the lack of social support and poor interpersonal relationships in the hearts of teenagers. Support can be given to adolescents through the restoration and improvement of functions of the simulated family system, the improvement of educational means and methods, and the reconfirmation of roles. All sectors of society should also help these young people as much as possible, give positive advocacy and encouragement, provide appropriate help, avoid all parties shirk their responsibilities, and create a relaxed, happy, safe, and democratic growth environment for young people; secondly, schools are the second influence. An important place for adolescents to socialize early, for adolescents, the advantages and resources of schools lie in the care and support of teachers and classmates, rather than indifference^[3]. The teacher's concern, the harmonious atmosphere of the class group, and the healthy and pure interpersonal relationship between the classmates are all important factors that affect the learning and growth of young people. Only by establishing self-confidence and having good interpersonal communication can we help young people to correctly understand their own value and potential, and ultimately stay away from psychological problems. Finally, the advantages and resources of the community and society are mainly reflected in the support and optimization of the auxiliary environment, and the support and optimization of the auxiliary environment. Expectations and care, community construction and continuous improvement of social services. Through publicity, advocacy and strengthening of management, the current social support atmosphere in my country has been greatly improved. Various service agencies and social service projects for adolescents' psychological problems have been launched continuously. From the national government to the grass-roots community, the psychological problems of adolescents have always been highly valued. It is believed that through the efforts of all parties, the psychological problems of young people can be reasonably improved.

2.3 Take the initiative to play a role in helping young people solve psychological problems

First, help young people build a rational understanding of their own abilities. The role of the family or society in this regard should be that of counselor, facilitator, counselor and educator. Cultivate young people's psychological autonomy and subject development. Be able to make reasonable judgments and choices in the event of psychological conflicts, and take rational coping methods; be able to carry out effective self-management in behavioral awareness, learn self-psychological adjustment, and shape a healthy and sound psychological personality for life; secondly, stimulate The subjective consciousness of teenagers increases the resistance to negative influences and forms the subjective desire to overcome pessimism. Resilience refers to the ability of an individual to rebound, recover and succeed in the face of setbacks, and it is an individual's ability to fight in the face of hardships and setbacks. The strengths perspective is to believe that all adolescents have an inherent ability to learn, grow and change, i.e. qualities such as being able to face setbacks, failures, not afraid of difficulties, and personality traits such as temper, self-esteem, friendliness, good The cognitive ability of young people, curiosity and enthusiasm, willingness to cooperate, etc.

2.4 Practical application of advantage perspective

First, schools should take the initiative to popularize psychological knowledge and health concepts, and stimulate students' sense of help in the classroom; secondly, community staff should go deep into the student group and have a deep understanding of the students' psychological activities. In addition, it is necessary to accurately understand the family and growth background of the students who manage them, as well as their daily performance in the school, especially to actively pay attention to students who have emergencies, and invite students to participate in psychological counseling; finally, respond positively. The strengths perspective believes that the interaction between people is very important to build a good relationship, so in the process of communication and communication, response becomes critical. In daily work, due to the large number of students and the school's trivial work, it is possible that some students' needs may not be responded to in time, which may cause students to become worried and shy about

their own initiative to seek help, thus affecting to follow-up activities. Under the guidance of the dominant perspective, the relevant personnel can directly express their true psychological feelings to the students, reasonably use body and eye movements to respond positively and positively, and give affirmation and encouragement to the students who seek help, thus guiding the students to gradually walk out Shadow of negative emotions.

3. Conclusion

To sum up, the problem behaviors of adolescents are affected by many aspects, and the elimination and change of problem behaviors are also affected by many aspects, especially social work. In practical work, social work should play its role in the development of young people, create a good environment for the development of young people, ensure the physical and mental health of young people from all aspects, improve the bad behavior habits of young people, and guide young people to deal with interpersonal relationships correctly. In order to maintain the mental health of young people and promote the personal growth of young people.

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