

The Strategy of Adolescent Mental Health Education Based on Trinity

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Abstract: The mental health of teenagers is an important problem in the process of social development, and it also has an important impact on quality education. School, family and society play an important role in improving the effectiveness of adolescent mental health education. This paper focuses on the three main levels of school, family and society, and deeply explores the effective strategies of constructing the "Trinity" mental health education model, so as to fully strengthen the practical effect of adolescent mental health education.

Keywords: Trinity; Teenagers; Mental Health Education; Strategy

Introduction

The mental health education of adolescents has an important impact on the development of adolescents and the country. In recent years, the mental health problems of adolescents have occurred frequently. In the new development period, mental health education has become an important issue that needs attention. According to the current self-development of adolescents, family education, school education and community education bear important responsibilities in mental health education. They should be combined to fully realize the joint force of the three and ensure that adolescents can have stronger social adaptability. How to combine these three parties to exert the overall effect needs to explore effective strategies from various aspects to further improve the mental health level of teenagers.

1. The importance of adolescent mental health

With the rapid development of China's education, China's comprehensive national strength has been significantly improved, which has also laid a solid foundation and guarantee for the formation of the Trinity pattern. The conclusion of the poverty alleviation project can further show that China has formally entered a well-off society. At present, China's social development is better, and the people live and work in peace and contentment. Parents are very attentive to their children's education, and hope that their children can become the pillars of national development in the future; Secondly, China's education has always been in a state of balanced development. The state attaches great importance to and invests in all kinds of education at all levels. The working conditions of teachers have also been steadily improved. Quality education and moral education have become the main theme of the education of the times. Finally, the layout and construction of domestic communities have taken shape. From the effectiveness of the prevention and control of novel coronavirus, we can conclude that the community has played an irreplaceable role and value in this process. This also fully shows that although the community is the most basic unit, it contains enormous energy and action. It provides a suitable opportunity and development direction for the integration of family education, school education and community education. At present, there is a phenomenon of excessive psychological burden among adolescents in China. If we do not guide and reverse it, it is bound to aggravate the rising and spreading of the incidence rate of mental diseases. Obviously, it is impractical to rely on school education alone. With the government's concern and appeal, it is urgent to build a trinity mental health education model of family, school and community with a higher possibility of practical success based on the actual needs of the Trinity pattern.

1.1 Improve the quality of talent training

Teenagers are undertaking the arduous mission of building a harmonious society. If they want to bear the responsibility, they need to become talents with both moral integrity and ability, both at home and abroad. At present, teenagers are not deeply involved in the world and are relatively vulnerable to external influences. Most of them also have health problems to a certain extent. The focus of education is not only on students' IQ, but also on the cultivation of teenagers' emotional intelligence, which requires attention to teenagers' mental health.

1.2 Help build a harmonious society

With the problems of mental health in adolescence, the values of adolescents are easily influenced by the outside world. In serious cases, they may go astray and even cause irreparable social impact. The construction of a harmonious society cannot be separated from health. In addition to maintaining physical health, mental health is more important for adolescents. Therefore, accelerating the process of mental health education for adolescents will be an important content of building a harmonious society.

1.3 Promote personal growth and talent

The impact of mental health problems is relatively prominent. If there is no intervention and guidance for teenagers, it will also affect the life and learning of the youth group, and even easily hinder the growth of teenagers. Good mental health education can help students understand the true meaning of life, clarify their own direction of struggle, and then supervise and strictly demand themselves to help their personal growth and success.

2. The path of adolescent mental health education under the "Trinity" model

2.1 Give play to the guiding role of schools and build a "Trinity" education framework

The school is an important carrier for the implementation of psychological education programs. The educational function of the school has always been the basis for building a "Trinity" psychological education framework. In order to further play the guiding role, dig deep into the educational advantages, and build a bridge between parents, schools and society, coordinate to carry out psychological education activities on relevant topics.

2.2 Introduce family education resources and strengthen the "Trinity" education effect

For teenagers, the family is the main place for their growth and life. In the "Trinity" mental health education mode, parents should become important educational resources, actively keep close contact with schools and social organizations, discuss relevant countermeasures for adolescent mental health education, and clearly draw the important position of parents in the process of adolescent growth. Effective use of family resources, the guidance of schools and teachers is also indispensable. In specific practice, first of all, it is necessary to cooperate with the way of holding regular parent meetings to effectively target the specific psychological problems of students in a period of time. Teachers prepare observation records in advance, record the specific performance of students and send them to parents, so that parents can make full preparations. When the parents' meeting is held, parents should be fully guided to express their true opinions according to actual problems, conduct interaction and exchange, and then create an environment of "expressing their opinions" and "brainstorming". Secondly, organize special parent-child activities. Parents play an important role in the growth of young people. If they give high-quality companionship to primary school students, their mental health will be greatly improved. Under the guidance of

this concept, young parents can lead students to carry out diversified parent-child activities such as "natural gathering" and "professional experience" to establish a harmonious, close and equal parent-child relationship. Finally, parents should also actively participate in various psychological education activities organized by the school, actively interact and communicate with teachers, understand the psychological education measures taken by the school, and build a coordinated education system at home. When encountering difficulties or obstacles, parents should also consult teachers or professional psychological counseling experts to give play to their educational role.

2.3 Excavate the function of social education and expand the scope of

"Trinity" Education

Mental health education plays an important role in social development. In particular, social organizations that take the community as a representative can make mental health education activities get more new content and fully expand the scope of education. It is concluded that under the background of Trinity education, the psychological education function of today's society can be explored by setting up community forums and holding social welfare activities. On the one hand, for the "interpersonal relationship problems" and "self cognition problems" existing in the youth group, community forums should also be set up, so that students can get the opportunity to express and know themselves, so that students can actively interact in the community forums and expand the scope of young people's friends. Therefore, students' interpersonal communication and psychological endurance to adapt to society will be significantly enhanced. On the other hand, relevant social welfare activities can be held, and public welfare education activities can be carried out by means of welfare homes and nursing homes, so that young people can become small guardians of "sending warmth" and lead them to understand the value of life and the beauty of life in public welfare activities. In the process of participating in public welfare activities, students should also be encouraged to talk with others to improve their ability to adapt to society. In addition to the above methods, professional psychological counseling institutions can also be used to establish a point-to-point education platform with schools to provide expanded resources for school and family mental health education. With the support of educational activities, the function of social education has been paid attention to, and the growth environment of teenagers has also been improved.

3. Conclusion

In order to build a "family school society" trinity of adolescent mental health education mechanism, we need to pay attention to the role of the three. In the context of the cooperation among the three parties, we should give full play to our resource advantages and devote ourselves to solving various psychological problems of teenagers. We believe that with the joint efforts of the three parties, China's youth mental health education will certainly make new breakthroughs and progress. Education is not only the responsibility of the school, but also the task of a person. Education needs to combine the school, family and society to create a good living and development environment for the youth through the construction of a collaborative education system. From this point of view, we should strengthen the educational and guiding functions of schools, and on this basis, introduce family education resources and tap social education functions. In a good environment, teenagers receive positive guidance, and will also successfully pass the psychological sensitive period and improve their mental health level.

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