

Influence of Parents' Emotional Management on Primary and Secondary School Students' Academic Anxiety and Intervention Strategies

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Abstract: At present, China's education situation is grim and the competition is fierce. Parents pay more and more attention to their children's learning and education. In July 2021, the general offices of the General Office of the Central Committee of the CPC and the State Council issued the Opinions on Further Reducing the Students' Homework Burden and Off-campus Training Burden (referred to as "Double Reduction"), which made strict regulations on the homework time, examination arrangement and running of training institutions for primary and secondary school students. Parents are very concerned about their children's education, which leads to a certain degree of anxiety. The anxiety of parents of primary and secondary school students is closely related to the academic burden, the policy of "reducing the burden" and the effect. The emotional management problems in family education brought by anxiety have a strong impact, and primary and secondary school students who face their parents' emotions will have certain anxiety problems in their studies.

Keywords: Emotional Management; Academic Anxiety; Family Education

1. Social work to enhance parents' emotional management ability.

1.1 Carry out family education guidance.

1.1.1 Adjust cognition

Some parents think that "learning" should be an idealized expectation, and sometimes this kind of "learning" is even distorted to serve the needs of parents, and it is very tough for children to accept it. In fact, this is a wrong cognition. In order to help parents alleviate their anxiety, parents can be guided to adjust their own cognition, such as understanding their children's learning status from the perspective of their children's growth, objectively evaluating their children and having reasonable expectations. When children encounter problems, parents need to realize that this is a process that children need to go through when they grow up. They should be able to accept children's mistakes and not blindly blame them. Instead, they should discuss ways to solve problems with children from their perspective, which can effectively alleviate anxiety set up frontiers.

1.1.2 To set up the border

Parents need to provide emotional support to their children, but this does not mean that they should always pay attention to their children or help them solve all their problems. Children have certain needs in autonomy and independence, so parents should respect and trust their children, give them appropriate time and space to grow up, and make their parents feel bordered. For example, in view of the self-management problems that parents are worried about, parents can work out rules with their children, and implement them after consultation and agreement between parents and children, clarify the main body of responsibility and require both parties to abide by them, so as to play the due role of the rules.

1.2 Adjust the cognitive model and empathy efficacy, and build a self-emotional maintenance and promotion system.

Cognitive theory of emotion believes that human emotional experience is the result of the interaction of human physiological state and cognitive evaluation of this state. Any kind of emotion is produced by the interaction of environmental factors, physiological factors and cognitive factors, among which cognitive factors are more decisive. Sometimes, the root cause of an individual's bad mood is not the event itself, but the individual's cognitive style or evaluation of the event, which is caused by the individual's irrational cognition. Adjusting the cognitive mode refers to adjusting the negative mood by adjusting the cognitive angle and changing thinking; By replacing irrational ideas with rational ones, negative emotions can be reduced.

The word "empathy" comes from aesthetic research, which includes two meanings: "First, bring your feelings into each other's hearts, and both sides will experience it together and influence each other;" The second is to put yourself in other people's shoes and transfer others' feelings to Feel each other's feelings in your heart. "Empathy effect, first of all, parents need to establish a correct concept, get rid of the shackles of traditional hierarchical concepts, and establish an equal parent-child relationship with children. Learn to share emotional experience with children in life and infect children with personal emotional charm; Secondly, parents can substitute themselves into children's emotions and feelings, and perceive and feel their emotions and feelings from their perspective, so as to correctly understand and grasp their psychological state and behavior, and then prescribe the right medicine to channel and adjust their emotions and awaken their positive emotions.

Effective emotional adjustment is based on the correct analysis of the causes of emotions. As a kind of ability to understand and dig the root causes of emotional problems, parents' emotional understanding ability can be improved by adjusting cognitive model and empathy effect.

2. Social work to alleviate the anxiety of primary and secondary school students thinking

2.1 Improve students' emotional adjustment ability.

One is mindfulness breathing. Ask students to sit in a relaxed and comfortable posture, with one hand on the abdomen and the other on the chest. Inhale slowly from the stomach (inflated like a balloon), then exhale slowly, and concentrate on breathing to avoid wandering thoughts.

The second is mindfulness diet. In class, parents play a video to guide students to learn and master the operation steps of using mindfulness diet. First of all, by carefully observing the dishes in front of you, you should "taste" them with your eyes, and feel the color matching of vegetables, the luster of meat, and the aesthetic feeling displayed against the utensils; Then, scoop up the food with a spoon and try to smell the fragrance of the food; Then, put the food in your mouth, you can't chew it immediately, but feel the unevenness, temperature and rich taste of the food surface carefully; Finally, chew slowly and taste the food.

The third is mindfulness walking. Guide the students to imagine that they feel the body while breathing, and pay attention to the feeling of the feet that are raised, the feet that are about to touch the ground, the feet that are slowly close to the ground, and the feeling of the change of body center of gravity. The above behaviors are common things that students do in life. Parents should guide students to realize that when we consciously carry out mindfulness training, we should remind ourselves to slow down, slow down, adjust our breathing, carefully observe our current feelings through different sensory organs, and not think about other things, temporarily abandon annoying distractions, only pay attention to the physical feelings at this moment, feel the state of inner peace when we are focused, and accumulate physical energy, which is beneficial for students to obtain positive emotions.

2.2 Cognitive adjustment

Most of students' academic anxiety comes from their own unreasonable beliefs. For example, students facing the pressure of academic proficiency test and other tests are more likely to have anxiety, amplify various problems in their studies, and have negative thoughts such as "I can't do anything, or just lie flat" because I can't achieve my expected learning effect. Some students also have cognitive biases such as "If the test results are not ideal, my life will be finished", which is the unreasonable belief of "self-denial,

generalizing and being extremely bad" generated by students in the state of anxiety. Through psychological counseling and online psychological courses, teachers can guide students to realize that "it is unrealistic to ask them to study efficiently all the time". More realistically, they can gradually improve their learning efficiency on the original basis and change their focus on their studies from "can't do it" to "can do it". Teachers should guide students to have reasonable expectations and correct cognition of learning by correcting their own cognitive deviations, which will help students to alleviate their academic anxiety.

2.3 Enhance students' self-discipline ability

2.3.1 Reducing the temptation factors in the learning environment.

Some scholars have pointed out that people with high self-discipline do not rely solely on willpower to achieve self-control, but are better at creating an external environment with few temptations. Therefore, it is suggested that parents can reduce all kinds of temptations in students' learning environment and create a relaxed, pleasant and conducive environment for quiet learning.

2.3.2 Using the two-minute rule to quickly enter the learning state.

"Everything is difficult at the beginning", so it is suggested that students can set themselves a learning task that can be completed in two minutes. For example, before class, "reciting two ancient poems" was changed to "reciting one ancient poem", which enhanced students' sense of self-efficacy and self-confidence, mobilized students' learning enthusiasm, and enabled them to enter the learning state quickly.

2.3.3 Disassemble learning tasks to reduce academic difficulty.

Usually, the frustration caused by high academic difficulty will affect the learning effect to some extent. Therefore, students can break down their learning tasks into small tasks according to their own learning level and "zone of proximal development", thus reducing the academic difficulty and making students have a sense of acquisition and accomplishment. In order to better complete the learning tasks, students need to deal with the following two problems:

First, cultivate the ability to delay satisfaction. Therefore, on the one hand, students can be guided to increase their imagination and awareness of the consequences of procrastination, thus reducing the attractiveness of various temptations; On the other hand, when students restrain instant gratification, teachers should affirm and encourage them in time, and if necessary, they can publicly praise them among students, or give positive feedback to parents to give students positive reinforcement, which is conducive to cultivating students' ability to delay gratification.

Second, establish and implement a supervision mechanism. Encourage students to find someone who can supervise their study, so that they can Reduce procrastination to a certain extent. For example, some students set up online learning support groups, and their peers remind and urge each other, which can not only exchange learning situations, but also enhance interpersonal communication and get peer support, thus helping to improve learning efficiency.

3. Conclusion

Therefore, parents should be strict with themselves, set an example, teach by example, create a good atmosphere in the family, communicate with their children by reasonable communication methods, give them companionship and care, and let them grow up in a positive sunshine and warm embrace. Students should realize the important role of communication with parents, learn to communicate with parents, pour out their feelings, let parents see their efforts in their studies, exchange their true thoughts with parents, and establish an equal communication model. Problem-oriented to solve the problems encountered in the process of learning and education, properly handle negative emotions, and seek the help of parents in time.

References

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