

RESEARCH ARTICLE

An Analysis of the Causes and Countermeasures of Psychological and Behavioural Problems Among Adolescents



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Abstract: The psychological and behavioural problems of adolescents have become a very serious social problem, which has a great impact on individuals, families, schools and society. With the improvement of living standards, the psychological and behavioural problems of adolescents are gradually increasing and have become one of the most important factors affecting social development. In view of this, this paper will analyse the causes of the psychological and behavioural problems of adolescents and put forward In view of this, this article will analyse the causes of adolescent psychological and behavioural problems and propose some countermeasures to solve this phenomenon.

Keywords: adolescents; psychology; behaviour

1. Preface

Mental health education for adolescents is a very important part of China's education work, the purpose of which is to make the majority of adolescents establish a correct and comprehensive understanding of themselves, master scientific and rich basic knowledge and a correct outlook on life, values and worldview, and cultivate qualified talents who are well-rounded in moral, intellectual and physical development and adapt to social life. However, in education practice, some schools and parents lack awareness of mental health education for adolescents, or schools implement a "strict entry and lenient exit" system, resulting in teachers lacking the enthusiasm and initiative to provide mental health guidance to students, which has a certain impact on the healthy growth of adolescents. In order to better improve the quality and ability of adolescents, the mental health education work of adolescents should be greatly strengthened, so as to protect the healthy development of adolescents.

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2. Current situation of psychological and behavioural problems among adolescents

2.1 Psychological and behavioural problems caused by adolescents' maladjustment to learning

Adolescent psychological and behavioural problems are the prominent manifestation of adolescent psychological and behavioural problems in China, including boredom, Internet addiction, game addiction and lying, etc. Taking students' boredom as an example, students are not interested in the existing teaching content, not interested in the content of homework assigned by teachers, students have difficulty concentrating all their energy, and even have problems such as early love or violent tendencies, and secondly, influenced by the current Internet media, Secondly, due to the influence of the current Internet medium, adolescents show different degrees of Internet addiction, such as being addicted to online games, online novels and online videos, and some students are even obsessed with the Internet and cannot extricate themselves from it (Wang & Lu, 2021).

2.2 Psychological and behavioural problems caused by improper interpersonal relationships

among adolescents

Interpersonal communication refers to the social interaction between people and is the main expression of interpersonal relationships, especially among peers, adolescents value friendship and desire to obtain role recognition through the way of making friends, and then obtain a sense of psychological belonging, in the specific interpersonal communication need to take the necessary interaction skills to avoid more problems, to avoid loneliness, isolation and other problems that affect the adolescents' normal life and learning, which in turn causes a series of psychological and behavioural problems (Yao & Wan, 2020).

2.3 Psychological and behavioural problems resulting from adolescent psychosexual development

Adolescent psychosexual development leads to many behavioural problems, including adolescent anxiety, depression and attention deficit hyperactivity disorder (ADHD), which is often characterised by inattention, slow thinking, hyperactivity or impulsivity, memory loss and emotional disturbance. At the same time, as adolescents grow older, their sexual awareness gradually matures. If parents and schools fail to popularize the relevant knowledge of sex education and guide students correctly in a timely manner, they may instead increase the mystery of this knowledge, causing some students to develop problems such as early love and abnormal emotions during menstruation (Tu & Ma, 2018).

3. Causes of adolescent psychological and behavioural problems

3.1 Physiological causes

Adolescents are at a stage of vigorous growth, but at the same time, the physiological changes of adolescents are very rapid and obvious, in view of which schools, parents and adolescents themselves need to pay extra attention to their individual health status. According to data, the average age of menarche in China is 14.5 years, and nearly half of the children in the first year after menarche experience growth retardation, which can have an

impact on adolescents and even lead to various psychological problems (Yu & He, 2022). Secondly, adolescents are at a stage of physical and psychological development where they are more self-conscious and less capable of self-knowledge, and often engage in self-denying behaviour, which can easily lead to psychological disorders such as isolation, low self-esteem and emotional instability.

3.2 Reasons for growing up

The most important influencing factor in the growth of adolescents is the family of origin. (1) At this stage, parents and society focus more on the development of personal values and social status, while neglecting the psychological, character and personality development and the cultivation of physical and mental health of individual adolescents, so some families of origin may cause adolescents to have defects in many aspects, such as psychologically and character, because of the family atmosphere or family relationships. (2) In the process of family education, parents' excessive expectations and inappropriate use of methods may also cause psychological harm to children; (3) Due to their own lack of ability, adolescents are unable to adapt well to changes in the environment and personal development (Shen & Dai, 2022).

3.3 Environmental causes

Environmental factors include physical geography and human geography, such as mountains, rivers, lakes, climate, etc., Human environment mainly refers to cultural factors, including socio-political, economic and ideological and cultural backgrounds (Li et al., 2022). Due to the influence of external environmental factors, adolescents appear in different degrees, different manifestations of bad psychological state, for adolescents in the growth period by the restrictions of bad factors, so that they can not normal, healthy growth. At this stage, the number of adolescents is huge and they are also extremely vulnerable to socialisation. Adolescents are easily influenced by society, especially by the mutual influence of their peers, as they are of similar age, have different learning and living environments, and have basically the same concerns about

important issues, thus creating a sense of belonging in the process of interaction, and if they encounter undesirable youth groups, they will induce adolescents to develop undesirable values (Chen, 2022).

4. Countermeasures to address adolescent psychological and behavioural problems

4.1 Strengthen the mental health education of adolescent students

In the new era, it is very important to strengthen the mental health education of adolescent students. Therefore, schools must increase their efforts to care for students and strengthen the mental health education for adolescent students, and should unify the "three orientations" and "four The school must therefore increase its efforts to care for students and strengthen mental health education for young students. (1) To improve teachers' own professionalism and competence. In the new situation, the special nature of the teaching profession requires teachers to have a high level of professionalism and competence in order to adapt to the development of society and to be able to better help young students solve their psychological problems. (2) Education and guidance on mental health education and psychological counselling work for adolescent students should be strengthened. Schools can carry out publicity and popularisation of mental health education knowledge through class sessions, campus radio and other forms.

4.2 Implement an integrated family, community and school training model

The family and school play a pivotal role in solving the psychological and behavioural problems of adolescents, and the family and school, as the main living environment of adolescents, play a pivotal role in the psychological and behavioural problems of adolescents. Therefore, the integrated strategy of family, community and school is an important means of cultivating and educating adolescents, mainly referring to the training of parents (guardians) by the state, local governments, as well as community organisations and schools.

(guardians) to improve parents' knowledge of scientific parenting, while at the same time being able to guide the healthy growth of adolescents (Huang & Peng, 2022). Healthy psychological behaviour is important for the future growth of young people, for social order, for the harmonious development of family life and for the smooth running of social work, and it requires the joint efforts of families, schools and communities to develop healthy psychology and behaviour in young people.

4.2.1 Family Education

Currently, parents are influenced by old-fashioned family education concepts and the pressure of social competition, and tend to focus more on their children's achievements and ignore their children's emotional demands. parents need to try to communicate with their children and think about relevant issues from their children's point of view as much as possible to build a good family atmosphere.

4.2.2 School education

Schools should strengthen and improve guidance on family education. Firstly, they should strengthen guidance on psychological health education for adolescents and help them overcome bad habits or bad habits; secondly, they should actively carry out cultural and sports activities that suit the characteristics of adolescents so that they can gain a sense of belonging and achievement in a group; thirdly, they should establish a good teacher-student relationship. Schools should enhance the awareness and experience of interaction between teachers and students through various forms so that Thirdly, good teacher-student relationships should be established. Schools should enhance the awareness and experience of interaction between teachers and students through various forms, so that young people can develop certain skills and good interpersonal relationships.

4.2.3 Community education

From the perspective of social workers, there is a need to strengthen the link between community education and family education, to help adolescents

overcome their current negative emotions as much as possible, and to make families and communities fully aware of their key roles and responsibilities in the growth of adolescents, for example, through communication, exchange and learning with parents of adolescents, providing parents with ways and means to communicate with their adolescents, allowing them to The community should provide parents with ways and means of communicating with their teenagers through communication, exchange and learning, so that they can see the bright spots in their own children as much as possible, and constantly encourage and affirm their teenagers to promote their progress and growth. Parents also need to set an example in practice by actively taking their children to participate in various educational activities organised by the community, paying attention to the emotional changes of individual teenagers and addressing the psychological problems displayed by teenagers during their formative years, such as taking the initiative to communicate with neighbours and friends and playing with small animals in the neighbourhood, so that young children can have a normal outlet for their emotions and enhance friendship between friends of the same age in the neighbourhood. In order to help families and schools to educate young people about health, communities can offer classes, counselling hotlines and regular lectures, or organise films and lectures for young people in the community, so as to enrich the activities of young people in the community and help them to create a good community atmosphere.

4.3 Teach young people according to their individual differences

Adolescence is an important stage in their development, and their psychological development is still immature, showing many childish behaviours and emotions. Currently adolescents are in uncertainty and their own changing differences, the current adolescent students in the psychological and behavioural education, the use of fixed education and teaching methods is unable to achieve good educational results, for this reason schools need to be based on the personality characteristics of students,

to adopt the way of teaching according to the needs of the students, to ensure that adolescent students and behaviour to be effectively improved.

5. Conclusion

The psychological and behavioural problems of adolescents are an important issue for adolescents at present, and a social reality that deserves attention and urgent solution. Through the analysis of a large number of cases, it can be found that the main causes of adolescent psychology and behaviour are family environment factors, school education factors, social and cultural factors and personal psychological factors, etc. In response to this phenomenon, corresponding countermeasures must be taken in order to truly and effectively solve adolescent psychological and behavioural problems.

Conflict of Interest

The authors declare that they have no conflicts of interest to this work.

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