

Correlation among family and school environment, personality and teenagers' psychological health

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Abstract

Teenagers are unsophisticated and immature. They are prone to the environmental influence. Affected by the social environment, teenagers' values, outlook on the world and thinking are undergoing dramatic changes. Currently, many teenagers lack self-management ability and awareness. Therefore, the psychological health of teenagers is worrying. Psychology of some teenagers is distorted due to influence of unhealthy ideas and culture. Thus, they fall into some delinquent conducts and habits. The psychological problems might even lead them to take some violent behaviors. All these are negative to healthy growth of teenagers. To study the correlation between teenagers' psychological health, and family and school environment can greatly help improving the quality of psychological education. This paper studies and analyzes the correlation among family and school environment, personality and teenagers' psychological healthy. The research findings are referential for teenagers' psychological health education.

Keywords

Family environment; school environment; teenager; psychological health; correlation.

1. Introduction

Modern education is not just to spread knowledge, but, more importantly, to educate and help students form correct values and to promote coordinated development of their body and mind. Relevant statistics showed that there are about 30% teenagers in China with psychological abnormality; about 34% with psychological disorders; about 55% with psychological defects. This suggests the current psychological health of teenagers is not ideal. There are various factors which might influence teenagers' psychological health. The influence of family and school environment is the greatest. Therefore, during the education activities, teachers should strengthen psychological health consulting for teenagers and adopt targeted education strategies to help students solve their psychological problems, to fully improve education quality and to contribute to physical and mental health of teenagers.

2. Correlation among family and school environment, personality and psychological health of teenagers

With the acceleration of economic development in the new era, people's living standards have been greatly improved, but psychological problems are popping up. Rough statistics show that there are more than 200 million people with psychological problems in China, of which teenagers account for a high percentage. Teenagers are in the dangerous period of personality reconstruction, whose psychology might be easily distorted. Without immediate treatment, these psychological problems might develop into psychological disorders or even psychological diseases [1-2]. Most teenagers do not have a mature mind. Their self-control ability is poor, and they are easy to be out of control. Besides, due to lack of social experiences, their mental and physical development might be uncoordinated. Learning, personal relationship and family—all these are potential factors which might result in psychological disorders of teenagers. Psychological diseases thus caused have a negative influence on personality formation of teenagers. There are various factors influencing

personality formation and psychological health of teenagers. Family environment and school environment are the two most important factors. Teenagers spend most of their time in school and family. Therefore, the influence of family environment and school environment is the most outstanding on teenagers' psychological health status. Relevant researches suggest that, if a family is not harmonious and conflicts often open, teenagers' psychology might be easily twisted. As the first teacher of students, parents have a far-reaching influence on teenagers in terms of behaviors, habits and educational mode. The quality of family environment can decide children's behaviors and personality. Many behavioral characteristics of parents can be found in their children. In daily life, if parents adopt improper education methods to educate their children, children might have developed some wrong concepts and fall into a series of misconducts. Besides, if parents often quarrel with each other and the family atmosphere is tense, students' psychology and ideology might go to extremes. Some students have a short temper and even violent tendency. They are isolated, cold, private and self-abased. These psychological problems will impede teenagers' interpersonal relationship. Consequently, teenagers will isolate themselves from the outside world and have communication disorders. In terms of school environment, teachers' education and teachers' relationship with students are all important factors which might influence teenagers' psychological health. If teachers belittle and criticize students frequently, students might develop an inferiority complex and psychological inversion, lack confidence to learn and even fall into some psychological diseases. For example, on April 13, 2016, a 14-year-old middle school girl jumped to her death in Huifu Experimental School in Hebei Province. It was said that the student suffered great insults from her head teacher, Miss Han [3-4]. As a teacher, Miss Han disregarded professional ethics and casted insulting words on the student, thus seriously hurting the student's self-esteem and resulting in the student's out of control of her emotions. In school, teachers' education methods and attitude towards students are critical factors influencing students' psychological health and deciding their psychological state. The real education does not mean criticism, but kind guidance. To promote teenagers' psychological health, it is necessary to enhance guidance and create a favorable family and school environment for students.

3. Measures to promote psychological health of teenagers

Based on the above analysis, psychological health status of Chinese teenagers is not ideal. The percentage of students with psychological problems is high. It is imperative to adopt measures to improve psychological health education for teenagers and promote teenagers' healthy psychological development:

3.1 Enhance psychological health education

To educate students is an important link of education. During the process of education activities, teachers should attach great importance to improving students' psychological health. By paying close attention to students' psychological health, they can adopt targeted psychological health education measures, correctly guide those with psychological problems, show respect to students' wisdom and spirit, help them form correct values, outlook on society and world. Through education, students can correct their wrong behaviors and habits, awaken them to mistakes and severity of behaviors, and improve efficiency of psychological health education. Teachers should also form a student-oriented education concept and deepen their communication with students.

3.2 Enrich psychological health education content

With the increasing opening degree of society, various forms of media emerge, thus accelerating the information spread speed and expanding the information spread scope. The social environment becomes increasingly complex and people's thinking mode undergoes dramatic changes. In the contemporary era, teenagers' thinking behaviors have become varied, differentiated and independent. The traditional psychological health education cannot meet psychological education demands of teenagers and can hardly give full play to its psychological education functions [5-6]. Therefore, teachers should advance with the times, update their education content, and build a proper teenagers'

psychological health education system to meet practical educational demands. In view of students' characteristics and psychological demands, teachers should enrich their psychological health education so as to solve new problems among students. Only in this way can psychological health education give full play to its role.

3.3 Improve psychological education methods

The traditional persuasion education mode puts students in a passive state. It often fails to achieve the expected education effect. Worse still, students feel disgusted about it, and act on the opposite direction. In order to improve psychological health education level, teachers should improve psychological health education methods, and integrate different psychological health education methods, such as psychological counseling, interactive conversation, etc. The diversified psychological education mode can efficiently make up for education defects. It is also more acceptable to students and easier to achieve better education effects. On the other hand, it enriches the psychological health education approaches and gives full play to the function of education.

4. Conclusions

Currently, psychological health status of Chinese teenagers is not ideal. The major factors influencing teenagers' health status are family environment and school environment. In order to promote healthy physical and mental development of teenagers, it is necessary to emphasize on psychological health education and adopt efficient education measures to guide health psychological development and coordinated development of students.

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