

Recipe for Psychological Problems —— on the Middle School Teacher to Deal With Students' Psychological Problems

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Abstract: In modern society, especially since the epidemic of COVID-19, the psychological problems of junior high school students have become increasingly prominent, and the head teacher will inevitably encounter psychological problems in the daily teaching process. As one of those who have the most contact with students, if they always have a heart of love and give students enough care, they can better deal with the various psychological problems of students and help students grow up healthily. Through the analysis of several cases, this paper puts forward several strategies for junior middle school head teachers to deal with students with psychological problems.

Keywords: junior high school students, junior high school head teacher, psychological problems, benevolent heart, love, good prescription

1. Introduction

With the continuous development of economy and society, more and more attention to ordinary families pay more and more attention to the children's education, and more and more concerned about the healthy growth of the next generation. The United Nations World Health Organization defines health as: health, not only in the absence of disease, but also in physical health, mental health, good social adaptation and moral health [1].

China's junior high school students are faced with heavy learning tasks and huge pressure to study, and their psychological problems are becoming increasingly prominent, which directly affects whether the contemporary teenagers can grow up healthily. According to a 2021 survey conducted by the psychiatric department of the First Affiliated Hospital of Chongqing Medical University on more than 100,000 teenagers, about 40 percent of the children have psychological problems, and about 24 percent have very clear psychological problems. More than 12 percent of the respondents were children with depression.

The first non-suicidal self-injury peak in the survey subjects was found between 11 and 14 years old, and it was concentrated in the sixth grade of primary school and the whole junior high school. It can be seen that the junior high school head teacher encountered psychological problems of the students have a higher probability.

Therefore, it can use scientific and effective methods to help students to relieve the psychological pressure, so that students regain confidence, return to the normal life and learning track, has become the necessary quality of the modern head teacher.

According to my work experience as a head teacher in recent years, I found that although the reasons for the psychological problems of junior high school students are different, and each student has its own characteristics, but these students have a common denominator, that is, a serious lack of love, specifically manifested by inferiority, sensitivity, and extreme desire for love. Teacher's love is the golden key to open the hearts of students. [2] Junior high school teacher in charge is one of the closest contact with students, if you can always have the heart of love, give students enough patience and care, it is easier to get the students' trust, help the teacher in charge to identify the students' psychological problems as soon as possible, and parents as soon as possible work together to help students to alleviate or solve psychological problems. And the head teacher of love, it is easier to create unity and friendship, relaxed and pleasant class atmosphere, so that students psychological more healthy, effectively reduce the occurrence of students' psychological problems.

2. Methodology

Combined with the cases, the following three aspects of the methods and strategies are to be analyzed on how the head teacher uses love to help students to deal with psychological problems.

2.1 Love---lights up the beacon of growth

Love is the bridge of heart to heart communication, but also the best way to solve the psychological problems of junior middle school students. Teachers only have the heart of love, will be sincerely to treat every student, will wholeheartedly carry out the work of teaching and educating people [3].

It is observed that people who can become a head teacher and are willing to dedicate themselves to the post of teaching generally, under normal circumstances, have the heart of love and love their students. Unfortunately, not all the head teachers' love can be recognized and obtained by the students. Part of the head teacher's love, more performance in the strict to the students, or is the attention to the students' academic performance and the future. In the adolescent junior high school students, more or less have rebellious psychology, often more difficult to understand and accept harsh love. Therefore, we often see the head teacher devoted to, pay full of love, but failed to warm the students. What kind of love should the head teacher output? According to the author's observation and verification, those love that can be recognized and acquired by students is truly valuable and meaningful, and can become the light to illuminate students' moving forward.

What is an identifiable love? Simply put, it is the daily care that students can feel. To a smile, a positive look, a sincere approval, a patient listening, a small birthday gift... in addition to the daily expression of love and care for students, you can also often talk with students, understand the students' psychological dynamics. The most important point is to send out signals of love to students in a subtle way, so that students in need can catch it. For example, with students to share their adolescent troubles have encountered, let the students know that the teacher is an ordinary ordinary person, in order to close the distance with the students; then tell students, the teacher is willing to listen to their voice, and is a special secret, suggests that the teacher is a good audience, the critical moment can be the object of help and so on, etc., as long as it is so sincere, frank, straightforward love, students are easy to feel.

Case 1:

Ren junior high school teacher in charge since I always insisted on output can be recognized by students love, and there are a lot of students capture and identify, my office often receive some crying students rushed in, they or cry in front of me, or to me "water", they can be completely released in my office, because they can feel my love for their people, tolerance and understanding. They trust me because they feel love, and they think of asking me for help at critical moments. I am very grateful for doing this way, because it not only alleviated the psychological problems of many students, but also saved a student's life.

It was a summer night, because to deal with more urgent work, I was still working overtime, because of psychological problems vacation at home xiao Yu suddenly sent me a WeChat: " teacher, why want to die so difficult?"Less than 10 seconds, Xiao Yu withdrew the message. But I still saw, my heart a tight, thought: the child is not psychological problems aggravated. So hurriedly reply: " Xiao Yu, what is wrong with you?"Xiao Yu replied to me:" nothing ". This is nothing, clearly is something, but across the mobile phone, he would not say, I can no way for a while. After contacting the parents to let the parents pay attention to the child's emotions, I gave Xiaoyu back a message: "If anything I can find me, I have been there."Although my intention was to tell him that the teacher really cares about you, as long as you need it. But I really never thought that this release of love information in the critical moment has really become xiao Yu survival rope.

I still clearly remember, the next day at about 14:30 in the afternoon, Xiao Yu rang my phone. Connect the phone, I heard xiao Yu intermittent crying came, I quickly concerned of asked: " Xiao Yu you what happened?"Asked several times xiao Yu did not answer me. After my many patient and concerned inquiries, Xiao Yu finally opened his mouth. He cried and told me that he was on the roof of —, the roof of their house, saying that he wanted to jump down to end his painful life. I rely on my own understanding of Xiao Yu and applied psychology knowledge, to persuade Xiao Yu to give up the idea of suicide (the thrilling details and the process are not in a detailed description here).

After a long time, when I think of this thrilling moment, I still fear, because a little improper handling may lose a young life. Why did Xiao Yu think of his life-and-death moment as neither his

strict parents, nor his good friend, but his head teacher, me? I think this is because he felt my daily love and understanding of him in his daily study and life! Because he knows that his head teacher understands him, love him, care about him! The head teacher is the person he trusted the most! I am very glad that I know how to love my students! From then on, I understand more clearly: knowing how to love students is crucial for a head teacher, important enough to save a life at a critical moment, important enough to light up the beacon of students' growth, to illuminate the way forward for students.

2.2 Love---medicine to heal the trauma of the soul

For the students with more serious psychological problems, it is a great challenge for the junior middle school head teacher. How to help the students to alleviate their psychological problems, and help the students to return to the normal study and life track is a difficult problem in front of the head teacher. Some people say that people with mental illness, just like a psychological cold, get reasonable treatment, it may be cured, there is no doubt that love is a good treatment for psychological problems. Perhaps the love from the head teacher can not replace the lack of various types of love for students, but it will make up for the lack to a certain extent, give this type of students spiritual comfort, and help students to alleviate their psychological problems.

Case 2:

Xiao Yuan is a serious lack of maternal love of the students, his mother is always very busy in the process of his growing up, very little time to take care of him, the only mother and son get along with the time is always more strict, less warmth, often not hit or scold. As a result, he looked sunny and optimistic after junior high school, but in fact, inferiority complex, sensitive and fragile. He always felt that he had no friends and no one understood him, so he liked love and wanted to gain love among girls of the same age to make up for the lack of maternal love. But he doesn't know how to love others if he loves himself, so his "love" often fails, which makes him even more frustrated. After another "love" failure, he appeared more serious psychological problems: often emotional out of control, crying, long-term insomnia, unable to go to school normally. Xiao Yuan's family is helpless, with him to see a psychologist, see Chinese and Western, Western medicine and even ask for the Buddha, have had little effect.

As a head teacher, when I saw such a problem in Xiaoyuan, on the one hand, I guided Xiaoyuan's family to adjust the way of getting along with Xiaoyuan, and told Xiaoyuan's family to be more positive, more caring, more understanding and tolerant. On the other hand, I also try my best to give and Xiaoyuan care and love. When he cried bitterly, I accompanied him and listened patiently when he wanted to vent. In the most sad time, he often refused to go back to his home after school, always want to follow me, I often took him back to his home for dinner, and then his father took him home. Weekend I also often with him to play basketball, swimming, slowly small far began to call me "mom", my son called "brother", I know he found part of a mother's love, missing here feel warm here in me, after a period of time his mood is gradually stable down, slowly out of the shadow of the "lovelorn". Although it was not entirely me alone, I knew that in his most difficult moments, my love gave him strength and became a cure for him.

2.3 Love---the foundation to build a home to the soul

Teachers are the guide on the road of students' personal growth, and also the effective supervisor of psychological health education. Teachers are of great significance to the shaping of the human soul, and the guidance of students can stimulate their kind heart. In a good mental health education atmosphere, the relationship between the head teacher and the students will become more harmonious, and the class management of the head teacher will also become more orderly.[4] But the head teacher a person's strength is limited, the head teacher's love equally divided to each student appears thin."Education means that one tree shakes another tree and one cloud promotes another cloud.", which requires the head teacher to know the art of unity and cooperation in the process of education and play a role in the process of bridge.[5] is good at sowing the seeds of love, let love take root and sprout in the soil of the class, build a home of students' hearts, create a warm and loving class atmosphere, make students unite and help each other, love each other, reduce the generation of students' psychological problems, and promote the healthy and happy growth of students.

Case 3:

Xiao Xuan was a boy who only transferred to our class in the third grade, just like to all the new

students, the class students were very warm and friendly to Xiao Xuan at first, and took the initiative to communicate with Xiao Xuan. According to the past experience, the new students will generally get familiar with the class students within a week, and after two or three weeks, they can almost integrate into the new group. I thought it was also true for Xiao Xuan. But soon I found the difference of Xiao Xuan, a week later, a lot of male students to complain about him, by it is the same dormitory students, said he always love to brag, love bravado, love to interrupt, impolite, and often beat classmates, often scold, very hate.... although a little unexpected, but I did not think much, think just the children are not familiar enough, not run well. While comforting the students, I guided them to get along well, thinking that each student has its own characteristics. Xiao Xuan and other students may need more time, and I believe that as time goes by, students will find a suitable relationship mode for each other.

But things did not develop in the direction I expected, two weeks later the female students also began to complain about him, no matter how I guide, the students of the whole class did not like him, and the class students are also very wronged, they do not want to exclude xuan, but just hate him. There are even male students and Xiao Xuan had a physical conflict.

Xiao Xuan and classmates get along with the abnormal, caused my vigilance, so I quickly to communicate with parents. After communication, I found that Xiao Xuan was a mild patient with Asperger's disease, with weak social communication and communication skills. From primary school to junior high school, she did not know how to get along with his classmates and never make a sincere friend. The perception ability of emotions and emotions is also not strong, because his words make his classmates angry, he can not feel it, more do not know how to talk, how to get along with his classmates can be accepted by everyone.

Learning the situation of Xiao Xuan, I held a temporary class meeting to all the class in the absence of him, introduced the knowledge of Asperger's disease, and told all the students that Xiao Xuan is a little boy who may be special but is still groping how to communicate with classmates, hoping them can be more patience, more tolerance and friendly to him, just like the tolerance, understanding and love that teachers give everyone all the times.

I also played a touching video of an autistic person studying and living in an ordinary school with the help of his classmates and teachers, allowing everyone knows that everyone is unique, and everyone has their own characteristics. In the united big family with love, everyone can grow up healthily and happily. The students were deeply touched.

3. Conclusion

Since then, the class students and Xiao Xuan slowly get along well with each other, help each other and understand each other. The atmosphere of the class became more warm and loving. I know this is love in the transmission. The seed of love is taking root and germination, thrive!

Love is not omnipotent, but in the process of dealing with psychological problems in today's middle school students, love is indeed a cure to deal with psychological problems.

Acknowledgments

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