Problem Solving for Negative Emotions: A Case Study

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**Keywords:** Mental Hygiene, Emotional Issues, Case Study.

**Abstract.** Some teenagers suffer a serious gap in their daily study and family life. With the negative emotional issues occurring more and more frequently, this paper studies its issues and problem solving. To meet the challenges of the increasing influence of network information and related negative emotional behavior, this paper suggests to upgrade students' mental health and to follow up emotion guidance and to cultivate their patriotism and thus develop their will to overcome difficulties.

1. Issues

Negative emotions occur frequent and therefore demands professionals to solve the top difficult problem.

It is reported that a very heartbreaking thing happened in a middle school in Wuhan on September 17. A 14-year-old boy in the third year of junior high school was invited to his parents for playing poker after class.

When his mother came to school, she slapped and shook his neck in the hallway in front of all his classmates. Even though the boy had bowed his head and shrugged his shoulders, he dared not resist. The mother's anger did not stop and continued to slap the child in the face. Finally, the mother was dissuaded from leaving by the teacher.

The boy stood alone in the corridor, thinking quietly for nearly three minutes. He bowed his head, raised his head again, and bowed his head again. Then he climbed over the balcony and jumped. In this way, he resolutely left this world.

High academic pressure, anxious and grumpy before and after the exam, unwilling to communicate with parents, the interpersonal relationship at school is not good……

Facing above mentioned superposition of factors, such as the accelerated pace of society, the increasing pressure of life, the ardent expectations of parents and teachers, and so on, Teenagers suffered many kinds of psychological peaks and troughs. The body is sick can see a doctor to take medicine, the mood is "sick", how should be treated? How do teachers, relatives and friends around them need to help teenagers get out of their inner haze?\textsuperscript{[1]}
2. Background

There is a big gap between study and life and it makes easy for teenage to give up.

During the epidemic period, students took online classes at home, and some of the children with poor self-control had poor learning quality. After returning to the classroom, the homework increased greatly, the pressure increased, and the children's mood "turned on the red light." Some children even do irrational or even extreme things because of great pressure. This paper believes that online teaching and other activities have changed the original life and learning mode of teenagers, which has a great impact on them[2].

Research shows that the psychological processes of negative emotions include: Because of all aspects of pressure, the heart is full of helplessness, grievance, anger, and then there is a period of frustration, dissatisfaction with the surrounding environment, reality and their own, do not adapt to life, and finally do harm to their own behavior.

Why is there such a psychological process? The research group of this paper found that the epidemic situation in the first half of the year reduced the rich social communication among teenagers. Some needs for love and a sense of belonging are not fully met.

Study at home for a long time, lack of physical education and related sports to vent emotions in time, may form some addicted to the online world, lazy all day, loose biorhythm and other negative living habits and negative emotion accumulation.

After resuming school in the second half of the year, some students immediately changed from a leisure and comfortable home life to a study life that counts against the clock. Just like stepping on a sudden brake and pressing the throttle to the end, some children will find it difficult to adapt and even give up.

3. Expert Analysis

The influence of network information is increasing, and the negative emotional behavior is increasing.

"The Internet is also a big influence ". Experts believe that the days of isolation at home more time, teenager access to the Internet will also increase, which means more and more access to adult social information.

Individual harsh language on the Internet, some abuse, and behavior imitation in the process of online communication will sow the seeds of negative emotional outbursts and bad behavior in teenagers' body and mind.

In the face of the various problems reflected by the above unhealthy psychological state, some experts are mainly attributed to the current mode of getting along with parents and teenagers.

In the wrong model of comprehensive parent-child upbringing, the typical case is overindulgence or score leadership. Some parents are obedient to the excessive demands of their children.
There are also some parents who insist on the supremacy of scores and focus on academic achievement, depriving their children of the opportunity to develop in an all-round way morally, intellectually, physically, and physically.

4. Action Research

Parent-child communication needs to be strengthened, and stones from other mountains can attack jade.

Experts believe that, "if you think about the age of young parents, most of them are working hard in society. If they are busy at work, they will neglect their children's education and communication."

In the adolescent psychological problems clinic, the most common conversation is that parents say, "the child is disobedient and rejects communication." the doctor said, "when your child needs you, you are busy, and now he has some psychological obstacles, and naturally he doesn't want to talk to you." Of course, the same negligence may occur in school education. A teacher has to face as many as 40 or 50 students in a class, so it is easy to ignore the negative emotions of a child.

Family education research at home and abroad has confirmed that without the key guidance of teachers and the active cooperation of parents, it is difficult for some children to cultivate a correct outlook on life, learning and values.

The interview of the research group confirmed that some children do not have the goal of learning, they only learn for the sake of their teachers, and they only see the numbers on the transcript, while ignoring the connotation that knowledge changes fate.

Overseas relevant successful experience attaches great importance to social learning. For example, in most primary and secondary schools in Japan, the proportion of male and female teachers has been relatively balanced, while the current situation in some area nearby is that there are too many female teachers. Children need both male masculine education and female gentle education, the lack of one side is out of balance.

Many teenagers who do harm to themselves are actually a sign of psychological vulnerability, which has something to do with the lack of strong and masculine education.

5. Countermeasures and Suggestions

Cultivate students' healthy psychology and follow up emotion guidance.

Anxiety, melancholy, grumpiness and rebellion are not morbid. Adolescent children will have some problems, such as emotional instability, weak self-control, poor interpersonal relationship, fluctuating academic performance and so on.

Teenagers are in adolescence, their personality characteristics and mental traits often tie up their emotional elements and emotional performance. Individual children are originally extroverted, so they are open mind, otherwise they are more "secretive".

Experts believe that those with obvious symptoms such as lax attention, depression and anxiety, and abnormal behavior need to seek medical help as soon as possible.
Physical therapy is recommended as the main treatment, including traditional five-tone therapy and modern relaxation therapy. Teenagers listen to soothing and relaxing music and watch relaxed pictures, which can help reduce stress.

6. Vision

Cultivate patriotism and develop children’s will to overcome difficulties.

To sum up, home-school cooperation, adaptation, communication and upbringing can solve the problem of teenagers' negative emotions. On the one hand, we should take the initiative to understand the child's movements and information, and pay more attention to the child's daily behavior and social performance. On the other hand, parents and teachers should set an example, advocate development-oriented, and strive to promote the socialization of individual teenagers[3].

It is worth pointing out, "Don't think of children as learning machines." Family education, school education and social education are required not only to abandon the idea that achievement is king, but also to let young people see the mountains, see the water and remember homesickness. Only by giving children the wings of dreams and the all-round development of morality, intelligence, physique, beauty and labor, will the ideals and beliefs of young people become a strong determination to overcome difficulties.

Acknowledgement

This paper was a partial achievement and financially supported by the All-China Federation of Returned Overseas Chinese Project (17DZQK203), the Zhijiang Lab. AI. Psychology Team, and the Lianxin-HNU Health Management Group.

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