

Analysis on the Life Education of Middle School Students

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Abstract: Education is to care for every life activity of students, and the learning process is a process of enjoying life. Such care is the unity of social value, personal value and the development value of education itself in the practice of life activities. In this educational practice, the value of teachers is realized and the quality of life is improved. Life education is an indispensable part of today's education, and the life education is significant for students in their lives. In order to improve the importance of life education and improve the effect of life education of today's students, this paper expounds the problems existing in life education for Chinese students today. And it was analyzed from four aspects: society, school, individual, and family. Finally, some countermeasures are put forward, including that school should carry out the psychology course, perfect the life education system; Society should pay attention to students' life education; Create a positive home environment; Improve the professional quality of teachers, change some teaching methods.

Keywords: life education, middle school students, countermeasures

1. Introduction

With the development of society and the huge number of population in China, more and more people are facing unemployment. Education certainly determines the quality of an individual's life. This situation can cause students have plenty of pressure and have suicides. They think the grades are the most significant thing in their lives. As a result, if they do not get excellent grades, they will feel very anxiety and their parents will blame them. And also, the history of life education in China is too short, so students always ignore the essential meaning of life. During the COVID-19, students' psychological problems become more and more, they sometimes felt very depressed. When student live in the pessimistic environment, they are not active every day. This can lead student that have some negative minds and thinking. Students' psychological problems are mainly reflected in interpersonal anxiety; the grades and the ability to resist setbacks gradually declines. In today's society, strengthening students' life education is an inevitable demand. The purpose of school education is to cultivate people, specifically, the ultimate point is to cultivate physical and mental health of the individuals [1]. This paper, studies the importance of life education for middle school students and how to solve this problem. Life is very precious for people, and nowadays the social pressure is great, many students will have anxiety and affect their view of life. This paper provides some solutions to the current situation and reduces the tragic outcomes.

2. The Life Education Challenges in Middle School Students

2.1. Pay More Attention to Students' Emotional Problems

Individuals in the long river of life development can not be smooth sailing, rain or shine, but will often encounter a variety of difficulties [2]. Nowadays, due to the increasing number of population and increasingly fierce social competition, the study of middle school students is facing more challenges and requirements. Therefore, psychological counseling is very important. Schools should pay more attention to students' psychological problems. Give lectures or teach a psychology class once a week. This can make students pay more attention to psychological problems, help students adjust psychological emotions, relieve pressure. When students have no problem with emotions to study, they will face worse situations. Psychological emotions can seriously affect students' daily life. Therefore, schools should carry out psychological courses to help students adjust their mental problems, which can promote students' study efficiency and keep them more motivated.

2.2. Correct Guidance of Students' Psychology

Nowadays, the academic pressure is increasing gradually, and the competition is becoming fiercer, leading to the problem of exam anxiety for middle school students. Although quality education has been advocated for many years, the senior high school entrance examination still takes performance as the first indicator. In the face of a series of pressures such as the senior high school entrance examination and the college entrance examination, it is not surprising that parents and students form a sense of "score-only theory" [3]. Every time before the exam, many students will suffer from insomnia or anxiety. In order to get better grades, they made it a habit to stay up all night every day. This habit will seriously affect students' health and daily life. Parents will also give students some exam pressure, always compare their children with other excellent children, which will make students feel some inferiority. In the minds of some parents, this is a way to motivate their children, but in reality it can cause serious academic stress and make students feel bad about themselves. When the test results are released, some students are abused or beaten by their parents for failing to get the desired results, leading students to run away from home and even commit suicide. Therefore, psychological counseling is very important, strengthen the concern for students' psychological problems, will avoid more tragic tragedy.

2.3. Strengthen Students' Psychological Counseling

Nowadays, because of the busy study or other reasons, few middle school students go to see a psychologist to check whether they have psychological problems. Many people don't realize they have depression or other mental illness. The school can invite some psychologists to test the students regularly, so that the students' illness can be detected in time and treatment can be accelerated. Parents should also pay more attention to their children's psychological problems, communicate with them actively and encourage them. Often a good family atmosphere will provide children with a good state of mind. Children who grow up in this kind of family atmosphere will rarely suffer from mental illness. Therefore, a good and active family atmosphere is very crucial.

3. Countermeasures to Strengthen the Education for Life

3.1. Improve the Class Atmosphere

The teaching process is a process of unifying the "teaching" of teachers and the "learning" of students. It realizes the deep integration between the leadership of teachers and the main body of students. It is a state of building a harmonious teacher-student relationship and a warm classroom atmosphere [4].

Active classroom atmosphere will make students love learning, psychological aspects will be very healthy and have a positive attitude. If the atmosphere of the class is very active, it will make the students enjoy the joy of class and can make the students love the class more. To improve the classroom atmosphere, people should carry out the implementation from two aspects. Firstly, teachers should have stable emotions and know how to control emotions. When some students do wrong, the teacher's performance and attitude will affect the students' psychology. Teachers should be patient to answer questions for students and keep a good mood. Some emotions of teachers may lead to mood swings of students, and can help students build up self-confidence. The teacher should not tell the annoyance and bad mood to vent to the students, which is to make an example for the students, keep a positive and optimistic attitude. When some students who are not so confident are criticized by teachers, they will feel ashamed and have great psychological pressure, and feel that they are bad at everything. Therefore, the teacher's mood is very important, but also the foundation of establishing a good classroom atmosphere. Secondly, teachers should treat every student fairly. Teachers should tell students that they should raise their hands boldly to ask any questions and find out the mistakes in time. Students can put forward their ideas freely. This can not only cultivate students' thinking, but also enable them to better participate in classroom activities, overcome their inner fear, and learn with a positive and healthy mind. In the process of school education, teachers should not blindly pursue the perfection of the classroom, but should remove too many preset components and pay attention to teaching generation [5]. At the same time, in daily life, teachers should communicate with students more, learn to tolerate, encourage and identify with students, so that students can feel the teacher's attention, and learn the good quality of the teacher unconsciously, so as to create a better classroom atmosphere.

3.2. Enrich the Activities in Class

Simple and fully functional new media tools enable life education resources to have strong content production and dissemination capabilities [6]. Some rich activities in class, will reduce students' learning pressure, let them feel the charm of knowledge. In the case of very relaxed knowledge can be learned, students will not have a lot of boredom and resistance to learning psychology. To enrich the activities in class, there are three aspects. First of all, teachers can improve the interest of class by playing some games or watching videos, which will not make students feel boring and boring. Video presentations can also make knowledge easier to understand and more interesting. At the same time, students will have higher learning efficiency because they have a deeper understanding of knowledge. Second, teachers should pay more attention to students' practice, especially in science and engineering. It is very important to know how to do experiments. And some experiments can make students more interested in study. For example, some chemical knowledge may be difficult to memorize, but when students experience experiments and see the reactions and changes of substances with their own eyes, they will feel very interesting and willing to try. The students felt the sense of achievement and enjoyed the process happily. Finally, teachers can give out prizes to reward students who answer the questions correctly. The school can provide relevant funds and teachers can purchase independently. When the students get the small prize, they will be very active to answer the questions and they will be more motivated to learn, so that the whole class will be very active. If students are willing to attend classes, they will be relieved of the burden of academic pressure, and they will not feel very tired from going to school every day.

3.3. Attach Importance to Ideological and Moral Courses

The core goal of the "ideological and moral" course is to educate college students with socialist core values, guide them to improve their ideological and moral quality and legal quality, and grow into

socialist qualified builders with all-round development of morality, intelligence, physique, beauty and labor [7]. The ideological and moral courses contain rich and wonderful mental health knowledge, including how to let students adapt to the new environment, make friends, look at themselves objectively, learn to control emotions and other aspects of the content, as well as how to adjust the adolescent psychological tension, college employment troubles and other aspects of the content. Therefore, teachers should adopt the teaching method that students are interested in gradually infiltrate the knowledge of mental health education, in order to ensure that students are in a healthy state of mind, but also better promote the relationship between teachers and students, better make students open their hearts. Due to employment pressure, some students have a fear of social life, dare not communicate with strangers freely, or even reject contact with society. In the beginning of teaching, teachers can use multimedia to show the places that students are interested in, which can make students more interested in participating in discussions and showing their own ideas. At the same time, it can make students more confident. Then let the students communicate in a group and talk about what kind of life they want to experience most in the future. Let the students with excellent answers express their views on the stage, so that the students can focus their attention on the classroom teaching. At the same time, the teacher should explain the way of greeting strangers, let the students simulate the correct way of greeting through role play, and tell the students to keep alert to strangers such as sending drinks without reason and adding Wechat, so that the students can gradually reduce the panic of society and improve the courage to contact others.

4. The Influence of Family

4.1. Create a Harmonious Family Atmosphere

Our country has been in exam-oriented education for a long time. In this background, parents put most of the focus of education on students' subject learning, ignoring the healthy development and real needs of students. As a result, students have to constantly run to various cram schools from the beginning of school, thus ignoring the development of Germany, the United States and labor, and eventually leading to poor physical quality, unable to meet the needs of their real love of interest activities. This should be colorful life becomes boring, students' psychological ability to bear gradually weakened [8]. Creating a harmonious family atmosphere can reduce students' psychological pressure. Some disharmonious families will bring students psychological trauma, lack of security and will be very suspicious. Harmonious family is the strong backing of children, no matter when parents are the most important people for children. Good parents can give children correct guidance and can communicate with children in time to prevent some mental illness.

4.2. Communicate More with Their Parents

Family education plays an important role in life education. The family is the first school of life, parents are the children's enlightenment teachers, and the family is the first place to shape personality [9]. Daily communication between parents and students is essential because what students experience in school is likely to affect their outlook on life and other ideas. Parents can help students establish correct values. In addition, the communication between students and parents can let parents know the students' thoughts and the recent pressure, and parents can help them solve the problem by knowing more about their children's situation together. After all, life education is not without parents' correct guidance to students.

5. Conclusion

This paper mainly tells the importance of life education for students and some solutions. Life education is the product of the times. The times have created life education. The development of life education is inseparable from the nourishment of the times. Life education extends and expands with the changes of the times [10]. Life for everyone is a very important existence, in the student period to cultivate the correct cognition is essential. Students' thoughts and psychological pressure are extremely easy to be disturbed by the outside world. However, some solutions are difficult to implement because of the various factors that need to be considered. For example, in terms of ideological and moral courses, schools now pay more attention to students' grades. It is very difficult for schools to provide two ideological and moral courses every week, and it is not easy to find suitable teachers. However, the time frame can be narrowed down. In this way, students still have conditional access to class time. In addition, the author will focus on the education inequality of poor children in the future, because this problem is also a very serious matter.

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