

# *Analysis on the Psychological Counseling Path of Teenagers' Weariness of Learning*

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**Abstract:** Young people are the future of the country, and their learning status has a direct bearing on the prosperity and development of the country. However, in recent years, the phenomenon of teenagers being tired of school is becoming more and more serious, which not only affects their studies, but also affects their physical and mental health. Therefore, it has become the common task of society and education to solve the psychological problem of teenagers' weariness in school. The purpose of this paper is to make an attribution analysis of their study weariness psychology, explore the related personal psychological and social factors that affect teenagers' study weariness, and establish targeted psychological prevention and intervention measures. The analysis and research on the problem of adolescents' weariness in school is helpful to understand the status of adolescents' mental health, and provide support for adolescents' mental health services, which is more conducive to the long-term development of social individuals' positive character.

**Keywords:** Teenager, Weariness, Psychological counseling

## 1. Introduction

Today's society is developing rapidly, profound changes are taking place in all aspects, the pace of life is accelerating, and the academic pressure of teenagers is gradually increasing. Many students generally have different degrees of psychological problems of being tired of learning. The research reports that the rate of weariness varies widely, but at least more than 10% of students have weariness, and at the highest, it is more than 50%. [1] weariness of learning is an emotional reaction of students to learning, which is basically manifested as lack of interest in learning and indifference. The emergence and development of weariness not only affect students' academic performance, but also lead to a series of psychological problems, which have many negative effects on the positive growth and positive development of teenagers [2]. Therefore, it has become the common task of society and education to solve the psychological problem of teenagers' weariness of learning. This paper aims to analyze the attribution of their weariness of learning, explore the related personal psychological and social factors that affect teenagers' weariness of learning, prescribe the right medicine, and establish targeted psychological prevention and intervention measures. The analysis and research on the problem of teenagers' weariness of learning is helpful to deeply understand the mental health of teenagers, provide support for their mental health services, and be more conducive to the long-term development of social individuals' positive character.

## **2. A Probe into The Individual Factors of Teenagers' Weariness of Learning**

Individual factors are one of the reasons why teenagers are tired of learning. Some teenagers may have self-cognitive bias, lack a clear understanding of their own abilities, and have no clear learning goals, thus losing confidence in learning. Some teenagers lack understanding of the importance and application value of knowledge, which leads to negative feelings about learning. In addition, some teenagers still have psychological problems such as inferiority and anxiety, which will also lead to weariness of learning. The typical cognitive deviation is "not that I don't want to learn, but that I can't see hope;" It's not that I don't want to learn, but that I don't know why; It's not that I don't want to learn, but that I can't learn; It is not that I don't want to learn, but that I can't learn; It's not that I don't want to learn, but that I don't have law. To sum up, there are the following aspects:

### **2.1. Study Pressure**

Many parents and teachers put too much emphasis on test scores, which leads to great pressure on teenagers in their studies. They think that only by passing the exam can they succeed, so they constantly ask teenagers to study and even deprive them of their rest time. This kind of pressure not only makes teenagers feel exhausted, but also makes them lose interest in learning. In the process of growing up, teenagers are faced with expectations and pressures from family, school and society, which may lead to their rebellious mentality and resistance to learning.

### **2.2. Lack of Interest in Learning**

Some teenagers lack interest in learning, don't realize the importance of learning, don't find a suitable learning method, don't realize the happiness of learning and the value of knowledge from learning, don't cultivate their interests to match the subjects they study, and don't have the internal driving force of learning. On the contrary, they think that learning is a boring thing, which leads to poor learning effect, and then produces weariness.

### **2.3. Lack of Success and Self-confidence**

In the existing single evaluation system of exam-oriented education, adopting a single evaluation model mainly focusing on test scores may make teenagers pay too much attention to their overall development and interest cultivation, and in the environment of academic competition, they will feel depressed in the face of academic frustration. Some students have made a lot of efforts in their studies, but their achievements are not satisfactory, and they cannot get positive affirmation from teachers and parents. The frustration and confusion they feel for a long time will also lead to their lack of success and self-confidence, and they will be bored and disgusted with their studies.

### **2.4. Error Attribution and Negative Transfer of Emotion**

Teenagers may attribute their learning difficulties or dislike to their own lack of ability, while ignoring other potential factors, such as learning methods and environment. This kind of wrong attribution will increase the pressure of self-responsibility and inferiority complex, and then affect learning motivation and confidence. If teenagers encounter setbacks or failures in their studies, they may transfer their negative emotions to other subjects, teachers or classmates. For example, they may think a subject is boring, or blame a particular teacher or classmate for learning difficulties. This negative transfer of emotion will lead to the accumulation of prejudice and bad emotions, further affecting learning enthusiasm and cooperative relationship.

## **2.5. Lack of hard-working spirit and weak will**

Most of today's teenagers are only children, and their living conditions are superior since childhood, lacking the experience and hard-working spirit in a difficult and complicated environment. The family structure is generally "421" structure, and the whole family takes teenagers as the center, giving them excessive love and protection, and lacking the opportunity to exercise themselves and cultivate willpower. Therefore, to a certain extent, they will show the characteristics of weak will, self-consciousness, tenacity and poor self-control.

## **2.6. Addicted to The Internet and Games**

In today's information age, it is a common problem for teenagers to indulge in internet and games, which has a lot of negative effects on their physical and mental health and development. Sometimes the parent-child relationship is tense because teenagers are addicted to online games, and even some teenagers suffer from internet addiction and have psychological and behavioral problems. Dependence and addiction to the network will make you indifferent and uninterested in your studies. The virtual world in the network may be more interesting and exciting than the real world, but it will be disgusted and antagonistic to the real studies, resulting in the phenomenon of being tired of learning.

## **2.7. Personality differences**

Teenagers have different personalities. Some teenagers may be born introverted, sensitive and not good at socializing. These personality factors make them unpopular in the school group environment, and they feel lost and lonely inside. Lack of belonging and adaptation to the school. Over time, I am tired of learning and refuse to go to school. Moreover, teenagers' personal interests and hobbies are different, and their learning styles and motivations are different. Some teenagers may lack interest in learning itself, have no clear learning goals and motivation, have no interest in learning, and even feel bored and have weariness of learning.

## **3. Family factors**

Family environment has an important influence on teenagers' learning attitude and behavior. Factors such as family tension and family's lack of attention to learning may make teenagers feel tired of learning.

### **3.1. Improper Family Education**

Improper family education is one of the main reasons for middle school students' psychological problems of being tired of learning. Some parents pay too much attention to teenagers' academic achievements and ignore teenagers' hobbies and mental health. This leads to teenagers' boredom and resistance in their studies.

Parents have too high expectations of teenagers, and their evaluation methods are single, and they only pay attention to the results and ignore the process, which puts teenagers under great pressure. Sometimes, more teenagers feel that they are learning for their parents, only passive and have no initiative, and think that learning is the result of parents' coercion. Some family education models lack encouragement and affirmation, which leads to teenagers' inferiority and self-confidence. If their grades fail to reach the ideal results on weekdays, they will be reprimanded, and heroes are judged by their achievements, ignore the process of teenagers' efforts, and disdain achievements outside their studies, resulting in teenagers' frustration, loss of motivation for learning and development, and eventually weariness of learning.

### **3.2. Family Atmosphere**

Family is an important environment for teenagers to grow up, and family atmosphere has a great influence on teenagers' mental health and interest in learning. If the family atmosphere is tense and disharmonious, the relationship between parents is tense and quarrels often occur, which will make teenagers feel fear and anxiety. Teenagers will lose their sense of security and belonging in their hearts, resulting in negative emotions. At the same time, if the family role is not properly positioned, teenagers will take on too many family responsibilities and think more about how to solve family problems. His distress is beyond the endurance of his age, and teenagers may bring negative emotions into their studies, which may lead to teenagers' weariness of learning.

### **3.3. Bad parent-child relationship**

Some parents overindulge teenagers, which leads to their lack of ability to study and live independently; Or ignore the needs of teenagers, lack concern for their study and life, make teenagers feel lonely and helpless, and lack effective parent-child communication between parents and teenagers, which leads to the inner confusion and problems of teenagers not being solved in time. Parents are too strict or laissez-faire in educating teenagers, which may lead to teenagers' weariness of learning. Too strict education methods may make teenagers have rebellious psychology and dislike learning; However, too laissez-faire educational methods may make teenagers lack learning motivation and self-discipline ability. Parents pay too much attention to teenagers' academic performance, ignore teenagers' hobbies, and control teenagers too much, which makes teenagers feel that they have no autonomy and depression, which leads to bad parent-child relationship. Bad parent-child relationship will make teenagers lose confidence and thus get tired of learning.

## **4. Psychological Counseling Path for Teenagers Who Are Tired of Learning**

### **4.1. Self-regulation of Individuals**

Teenagers should establish a correct concept of learning and realize the importance and significance of learning. We should be clear about our learning goals, make a reasonable learning plan, and actively seek help and support. In addition, we should also pay attention to self-regulation, maintain a positive attitude and optimistic mood, so as to cope with various challenges in study and life. Guide teenagers to learn to adjust their mentality and look at learning with a more positive attitude and long-term vision. It can also popularize psychological methods such as psychological suggestion, encouragement and inspiration for teenagers, and encourage teenagers to make individual adjustments. Through caring and helping individuals, they can slowly feel the fun and value of learning, establish a correct self-awareness, and awaken their inner strength to cope with the problem of learning weariness.

### **4.2. Changes in Family Education**

Parents should change the traditional educational concept, pay attention to teenagers' personality education and emotional education, and pay attention to their all-round development and mental health. Parents can communicate with teenagers, understand their hobbies and needs, and help them make reasonable study plans and goals. Parents should actively participate in the learning process of teenagers, focus on their learning status, and guide them to solve the difficulties and problems they encounter. Parents should set an example, establish a correct educational concept and provide scientific family education for teenagers. In addition, parents should also pay attention to the mental health of teenagers and find and solve their psychological problems in time. If teenagers' weariness

of learning is serious, accompanied by depression and anxiety, they can seek the help of professional psychological counselors or psychologists for psychological counseling and treatment.

### 4.3. School Education Reform

Schools should improve teaching quality and adopt various teaching methods to stimulate students' interest in learning. Schools can also organize colorful extracurricular activities so that students can relax and exercise after studying. In addition, schools should also create a good learning atmosphere and encourage students to help each other and make progress together. Create a quiet and comfortable learning and living environment for teenagers, help them form good habits, change the single evaluation system of exam-oriented education, encourage them to actively participate in learning activities, strive to complete learning tasks, overcome difficulties and solve problems. Create opportunities for success, let teenagers get successful experiences, realize their own abilities and enhance their sense of self-efficacy. Strengthen harmonious interpersonal relationships and campus environment, patiently listen to teenagers' thoughts and needs, give care and support, feel the beauty of interpersonal relationships and cultivate good personality.

## 5. Case Analysis

Through the analysis of specific cases, we can better understand the effectiveness of the solutions and countermeasures to the psychological problems of middle school students who are tired of learning. For example, because of the lack of family education and improper school education, Student A, a boy who is tired of learning in middle school, excessively criticized and accused his personal studies and performance, and gave him negative degradation. Later, Student A held a passive resistance mentality, which led to his loss of interest in learning and his resistance to the school. Instead of making progress, he opposed the teacher. Not even going to school is a headache for parents and schools. Later, after receiving psychological counseling, Student A opened his heart to express his pain and confusion. Student A, who felt inferior and helpless, lost his sense of value in school and felt isolated and unable to face school life for a while. In view of his inner problems, we should give cognitive behavior counseling, rebuild self-awareness and confidence, and encourage him to face difficulties bravely and go to school with courage to try a new study life. Later, in view of Student A's problems, parents and teachers began to pay attention to his hobbies and mental health with encouraging education, and made reasonable study plans and goals for him. After a period of psychological counseling and family education, plus the help of the school, Student A gradually recovered his motivation and interest in learning, and his academic performance also improved significantly. Experience of the case: The counseling method for weariness of learning is not fixed, it depends on the personal hobbies of the counselor, the severity of the problems of the visitors, the personality characteristics of the visitors and other factors. Every method of learning-weariness counseling has advantages and disadvantages.

Point, only the comprehensive use of a variety of methods, can make up for each other's shortcomings, can effectively solve the problem of visitors. [3]

## 6. Conclusion

The phenomenon of teenagers' weariness of learning is a common problem, which not only affects their studies, but also affects their physical and mental health. [4] This paper analyzes the reasons why teenagers are tired of learning psychological counseling, including excessive learning pressure, poor learning environment and lack of interest in learning. In view of these problems, this paper puts forward the corresponding exploration path, and families, schools and individuals work together to solve the psychological problem of middle school students' weariness of learning. Family education

should pay attention to the all-round development and mental health of teenagers; School education should improve teaching quality, adopt various teaching methods and create a good learning atmosphere; Individuals should also establish a correct concept of learning, clarify their learning goals and actively seek help and support. [5] Through the effective implementation of the above psychological counseling paths, the psychological problem of middle school students' weariness of learning can be effectively solved, and students' academic performance and mental health level can be improved.

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