

An Investigation on the Necessity to Increase the Publicity of Psychological Education

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Abstract: Children's psychological pressure is increasing, but parents, schools and even society have not paid more attention to this aspect. This article will analyze the suicide rate worldwide, the benefits of psychoeducation, the adverse effects of psychoeducation, and the difficulties in implementing psychoeducation. The benefit of psychological education is that it can help teenagers not be afraid of some negative emotions and better manage these negative emotions. It can also improve academic performance and concentration in learning. At the same time, the negative impact of promoting psychological education is that some people with impure motives may take advantage of it and defraud money and other things. The worst idea is that excessive publicity leads people without mental illness to assume they are sick, while people with mental illness are unwilling to receive treatment. The difficulty in promoting psychological education is a shortage of psychological teachers, and psychological knowledge in today's society is not popular enough, so it is challenging to implement psychological counselling. However, through analysis, it can be known that the benefits of implementing psychological education outweigh the disadvantages. Therefore, the government and schools need to pay more attention to psychological education and not let previous tragedies repeat themselves.

Keywords: Psychoeducation, Mental health, Education issues, Youth psychological education

1. Introduction

In today's society, adults and children are under tremendous pressure. For example, some emotions such as anxiety, internal conflict, and irritability, affect everyone's life, but no one teaches them how to release or alleviate these negative emotions. With the development of the times, to pursue more professional students, people will screen students repeatedly in exams. In this learning environment, students will lose enthusiasm for learning and develop resistance and negative emotions. Today's students are increasingly under pressure, but no one pays much attention to students' emotions. Parents and teachers usually think that children and teenagers only need to study and that students never have any worries or stress.

Moreover, many parents think that some of their children's negative emotions and symptoms are shameful or embarrassing, and they are unwilling to take their children to a psychologist or psychological counselling. As a result, some children are depressed but do not know it. On the other hand, in people's perception, hostile behaviours such as suicide rarely occur, but in today's society,

these self-harm behaviours are becoming more and more common. Some media will report these things, and there are also some data that the public will not deliberately check. However, it is undeniable that these data are increasing year by year, and the amount is shocking. Therefore, this article discusses whether we should increase efforts to promote psychological education and let society and schools pay attention to these issues. This article will analyze the benefits, disadvantages, and difficulties of implementing psychoeducation.

2. Death rates across the world

On the one hand, suicide rates are disproportionately high worldwide. Everyone knows that life is the most important thing, and without life, there is nothing. However, data in some articles show that many people still choose to give up their lives, so in recent years, the suicide rate in most countries has gradually increased. The first is Japan in Asia. Data show that due to a series of reasons, such as the economic crisis, the number of suicides in Japan reached more than 30,300 in 1998. This astonishing number continued for 13 years. Until 2010, Japan's annual suicide rate remained at 30,000[1]. At the same time, China, another country in Asia, has a suicide rate that is not low either.

According to Xuan, 16.3% of primary and secondary school students in China have thoughts of suicide and self-harm [2]. Although not everyone has tried and succeeded, these terrible thoughts are still spreading. Next is the United States. American researchers have found that among teenagers who commit suicide, more than 90% have mental health problems, such as autism, depression, etc [3]. In Europe, the suicide rate among British teenagers has also been increasing. Nearly 1,300 students commit suicide in the UK every year. From 2010 to 2016, the suicide rate increased by 16%, and the incidence rate also increased yearly [4]. It can be understood from this that teenagers worldwide do not receive good psychological treatment and education, which leads to the suicide of many teenagers and adults. These factors that lead to suicide are hardly affected by gender and race. Most of them are caused by people's neglect of mental health. Therefore, from the perspective of the effect of psychological education, psychological education has not been implemented well. Maybe it is because the government and schools are formalistic. After all, many parents find it disgusting and unnecessary, and various reasons collide, leading to people's psychological needs being ignored. Through these data and analyses, psychological counselling and education for teenagers need to be taken seriously by various departments and indeed implemented into the curriculum, so that they can genuinely help children in need. The suicide rate is also a big reason psychological education must be implemented. Although there is no guarantee that it will be very effective within a period, it is necessary to popularize some psychological knowledge and alleviate negative emotions. It can help many people with negative energy.

3. The benefits of psychoeducation

On the other hand, according to various reports and articles, psychological education can improve students' psychological conditions and help them get out of their emotional difficulties. According to the research [5], the researchers gathered 19 students with different grades and study pressures. Some had anxiety disorders, some had depression, and some were moderate-pressure students. The researchers provided them with psychological counselling. These courses included treating themselves and others, awareness of emotions, and managing emotions. In these courses, students simulate emotions by blowing up balloons. Students gradually realize their own emotions and slowly reconcile with negative emotions. The researchers also asked students to form groups to discuss their emotions and feelings, which can help students strengthen their social skills and awareness of others. After training in these courses, students all said that it was beneficial and

positively impacted their lives. Therefore, this experiment shows that psychological counselling and services can help teenagers understand, manage and control all their emotions. Part of teenagers' fear may also be because they do not understand the emotions themselves, so they find it difficult to manage emotions and are afraid to face them. For some negative emotions, once people truly understand the source of the emotion, they will have the courage to face their emotions directly. Moreover, they can also alleviate some negative emotions through psychological counselling instead of silently digesting and holding them in their hearts.

In another article, the authors Gldal and Satan also confirmed that psychological education positively impacts students [6]. A research team found 20 students. They divided the students into two groups as controls. One group had no psycho-educational plan, and the other group had an 8-week psycho-educational plan carefully developed by the team. This program aims to help students stay mindful, love learning more, and be more rigorous academically. Researchers gave these students extra daily homework to help them become more persistent in their studies.

Moreover, every week, students are organized to start school, encouraging them to share their positive thoughts generated during their studies and also helping them digest some negative emotions. Through students' sharing and learning status, researchers will also evaluate what each person has learned to ensure the experiment's validity. When the final research data came out, although students did not become more cautious about learning, most students became more passionate about learning. At the same time, some students' scores also showed a significant improvement trend, and some reported that they became more able to concentrate during the exam. Promoting positive thoughts can alleviate students' anxiety about learning pressure and make them no longer fearful when facing learning. So, psychological education can also help students focus better on learning. By formulating positive learning plans, students can improve their performance in a positive learning environment and reduce their fear and anxiety about performance.

4. Disadvantages of psychoeducation

However, if we judge this issue negatively, increasing efforts to promote psychological education will still pose significant risks. The most likely situation is that someone will claim to be an expert and then create false propaganda to bring more anxiety. For example, a report revealed how a blogger who claimed to be a psychology professor on TikTok gained traffic through marketing [7]. Initially, the psychology professor only shared some simple negative mental states, such as people feeling inexplicably sad, having trouble sleeping, and often feeling depressed. These are just widespread emotions, and everyone's life is filled with them. Therefore, this kind of sharing will attract the empathy of many people, and many people will start to leave messages in the comments that they suffer from depression because after listening to the professor's analysis, they feel that they have many signs that prove that they have a mental illness. However, most of these commenters do not have mental disorders at all. They think that they have mental illness through social media exaggeration. In fact, no, it is just that these people do not have good cognitive and management skills in emotions, which leads them to feel that they have a mental illness. Therefore, anyone can talk about psychological theories if mental health knowledge is promoted on social platforms and no publicity personnel are appropriately managed. However, because these theories are not necessarily very rigorous, many people will be misled by these theories and become more anxious.

5. The difficulty of promoting mental health

Although governments in various countries are now slowly paying attention to teenagers' mental health and psychoeducation issues, if they only increase publicity and the government and schools

do nothing, this problem will still be complicated. The first and most important reason is the lack of psychological teachers [8]. According to reports, the government stated that most teachers who take psychoeducation as an elective are unable to take up their posts due to a lack of professional training for these teachers. What schools in the lower grades lack are mental health teachers. Some younger children need to instil mental health knowledge instead of unquestioningly dealing with their emotions. However, most schools do not have such teacher resources, so they cannot carry out corresponding psychological courses. There is a lack of psychological counsellors in the upper grades. Most teenagers have been exposed to psychological knowledge, but no professional personnel can help them convert knowledge into practice. Since no professional counsellors can provide psychological prevention and intervention for them, teenagers are easily affected by emotions.

Moreover, a common problem is that the academic quality of psychology teachers is not high. Although some schools offer psychology courses, most teachers are head teachers or lecturers. These teachers lack professional training and teaching experience and cannot provide effective psychological counselling to students.

If the shortage of psychological counsellors must be solved, the government must address the root causes. The education department needs to develop courses for training psychological teachers and establish a complete training system. For example, the infusion of knowledge points and the number of substitute teachers. This will cost the education sector money, but the return may not necessarily be immediately significant. Therefore, the government and education departments are not necessarily willing to allocate funds to train psychological teachers.

Secondly, today's society still has an insufficient understanding of psychological education. Although mental health has attracted the attention of people and schools, most people lack the concept and importance of mental health because they have not received psychological education. Many parents still believe that their children's psychological problems are unimportant and do not require treatment. Many parents believe that improving academic performance is the most important and that children's psychological conditions can be ignored. This concept makes schools believe that psychology courses are redundant, and the issue of mental health has also received less attention in the field of education.

Moreover, psychological problems are very diverse and complex. The influencing factors and manifestations of mental illness vary, which means that very professional personnel are needed for diagnosis and treatment. However, due to the lack of social attention to mental health, mental health counselling courses cannot be effectively promoted and launched. At the same time, mental health is a very private matter. An individual's mental state involves personal privacy, and high confidentiality needs to be maintained during counselling. However, children's psychological conditions in this society are often considered strange and flawed. Parents and schools may experience rejection and discrimination against children with psychological problems. Under these negative pressures, even students with mental illness are unwilling to admit that they are afraid of being discriminated against and treated differently [9]. This makes it difficult for teachers and parents to provide mental health counselling because no one will take the initiative to suggest that he needs treatment. Therefore, it is not that simple to carry out psychological education courses. On the contrary, many difficulties need to be solved.

6. Conclusion

This article analyzes the advantages and disadvantages of implementing psychological education from four significant aspects. The first is the problem of suicide rates. Suicide rates worldwide are gradually rising, and these numbers are far higher than we subconsciously think. The second is the

positive impact of psychological education on teenagers. Some papers have proven that through psychological education, teenagers can better recognize emotions and reconcile with their emotions. Furthermore, psychological education can also help students make progress in learning. Nevertheless, there are pros and cons. It is not easy to control the degree of publicizing psychological education. If the publicity is excessive, it may lead to rebellious psychology in both students and parents. Moreover, the propaganda of psychological education may allow some people with evil intentions to take advantage of it and seek benefits that should not belong to them. At the same time, implementing psychological education is also a big problem. Due to the insufficient popularity of psychological knowledge in today's society, many people ignore and do not understand mental health. Furthermore, there are not enough qualified psychological counsellors, and the government may not be willing to invest a large amount of money to train psychological counsellors.

There are still many imperfections in this paper. For example, the suicide rate data may be older, and some data with a closer date may be needed. The benefits and disadvantages of psychological education are more limited to schools and students. Future investigations can be conducted more in society to understand the psychological conditions of some adults. Regarding the difficulty of implementing psychological education, this article does not discuss financial investment and difficulties. Future research can consider this aspect.

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