

# Research on the Countermeasures for the Mental Health Development of Left-Behind Children

Tianqing He

Henan Vocational College of Water Conservancy and environment, 450011, China

**Keywords:** Left-Behind Children, Mental Health Development, Countermeasures.

**Abstract:** Left-behind children are the social phenomenon under the development of rural economy in our country, mainly refers to the people's livelihood social phenomenon in the countryside because of the young group going out to work and causing the children to be left at home and taken care of by the elderly. Due to the long-term lack of parental care and teaching, left-behind children are prone to sensitive and inferiority problems in psychological growth, and with the continuous improvement of social education, how to strengthen the attention to the mental health growth of left-behind children in rural areas has become the main concern of educational institutions and social psychological research institutions. In this paper, only from the left-behind children's mental health development of the current situation and start, and how to explore the mental health development of left-behind children.

## 1. Introduction

As a special social group under the development of rural economy, how to pay more attention to the healthy development of left-behind children in the era of rapid economic development has become a topic discussed by the state and society. Mental health growth is the eternal topic of children's healthy growth, and there are many factors that affect children's physical and mental health growth, such as parents'accompanying guidance in their growth, the original family environment and atmosphere of children's growth, parents'education for children's growth, and so on.

## 2. Factors Affecting Mental Health of Left-Behind Children in Rural Areas

### 2.1. Growing Up of Parents

Parents are the children's first teacher, but also an important participant in the child's mental health growth and guidance, according to a psychologist survey, parents in the child's 1-8 years of growth through accompany and guidance for the child to create a friendly and harmonious family atmosphere, has a certain positive role in the child's growth, so it can be said that the role of parents is an important factor affecting the child's mental health growth. First of all, parents as the first guardian and teacher of children, play an important role in the child's growth guidance and education, for example, all the first things children face in the growth cannot be separated from the parents'teaching and explanation, only through the correct teaching to help children establish the right values, children will correctly understand the world, perceive the world. Secondly, the growth mode of left-behind children in rural areas is mostly "the mode of taking children with grandparents", the concept of parenting of the older generation is relatively backward, and the lack of attention to the children's thought and psychology, it is easy for children to miss the best personality cultivation period and the value cultivation period, while the parents'long-term migrant workers are neglected to care for and accompany the children, which accelerates the frequent occurrence of mental health problems of left-behind children in rural areas.

### 2.2. The Happiness of Native Families

The happiness of the original family is one of the important factors that directly affect the mental

health of the rural left-behind children, such as the relationship between the parents in the family, the expression of the mutual love between the parents and the family atmosphere between the parents and the grandparents, all of which are the important contents that affect the mental health of the children. First of all, there are relatively few mental health disorders in children under the primary family, because the harmonious relationship between parents is very important to children's happiness, and it is only when they grow up in the friendly family atmosphere that children will know how to love and share. Secondly, the relationship between parents and grandparents in the family and the family atmosphere cannot be underestimated on the psychological impact of children, young people's parenting experience and life concept compared with the elderly there are certain differences, if the improper handling of family contradictions, and children as a common object of care for the elderly and parents, facing the low sense of well-being of the family atmosphere is easy to fall into the "family feelings" doubts, stimulate the child rebellious, anxious, sensitive, melancholy and so on.

### **2.3. Social Development**

Social development is the main reason for accelerating the problem of left-behind children in rural areas, which can be divided into the following points: first, the widening of the economic gap between urban and rural areas under social development forces the young rural labor force to go out to work and earn money to support their families. With the rapid development of science and technology, the urban economy is becoming more and more prosperous, while the development speed of rural economy is still at a slow stage, many families choose young labor force to go out to work and leave the elderly to take care of their children at home. Children's entertainment facilities in urbanization are relatively rich, such as naughty castle, children's drama and culture institute, cultural palace, museum, amusement park and so on, which cannot only create better entertainment space for children to grow up, but also stimulate children's nature and cultivate children's cheerful personality, etc., but the above children's entertainment facilities are rarely seen in rural areas; third, the limited nature of education for children left behind in rural areas. There is a certain lag in rural education relative to urban and rural education, mainly based on book knowledge teaching, lack of deep inquiry and teaching innovation for children's interest in learning and learning literacy, students will inevitably have low interest in learning, low enthusiasm for learning, tired of learning and other bad emotions in learning, which is also the main reason for the mental health disorders of left-behind children.

## **3. Strategies to Promote the Mental Health Development of Left-Behind Children in Rural Areas**

### **3.1. Increase Investment to Promote Reform of the Rural Economic System**

The difference of urban and rural economy is the main reason of giving birth to the phenomenon of left-behind children, so the society and the government should play the role of the third hand, increase the investment of rural funds, and promote the reform and development of the rural economic system. In recent years, with the country's attention to the rural economy, more and more rural areas have spontaneously combined with the local advantages of resources for economic innovation and development, such as tourism economy, handicraft economy, cooperative farming economy and so on, so in areas where the phenomenon of children left behind in rural areas is serious, the relevant government agencies and village committee members should give priority to the development of rural economy, promote the development of rural economy in various areas, guide more young rural groups to participate in economic construction, and increase family income, so as to reach the side of accompanying children, increase the care and care for children and care for children[1]. On the one hand, we can fundamentally reduce the social phenomenon of rural labor force going out to work, let more young parents choose to develop economy at home, increase family income, take more time to accompany their children and teach them, so that left-behind children can feel the care of their parents; on the other hand, the rapid development of rural

economy can lead to the development of education and create a better growth and education environment for left-behind children.

### 3.2. Strengthening the Construction of Recreational Facilities for Rural Children

Recreational facilities are important places for children to communicate and play among groups, and play an important role in the development of children's mental health. Children's recreation facilities are mainly divided into indoor and outdoor places. We can combine the local climate conditions, strengthen the investment of funds, and actively improve the construction of children's entertainment places, as shown below:



Figure 1 Children's entertainment



Figure 2 Children's entertainment

We can learn from the experience of children's entertainment places and facilities construction in cities and towns, promote the progress of children's entertainment facilities construction in the shallow and deep procedure, first set up the basic outdoor community entertainment place as the unit to solve the basic needs of children's entertainment; secondly, build a large-scale amusement park, let the left-behind children no longer lonely, can play with more children, strengthen the cultivation of children's character, reduce the mental health hidden diseases caused by the children's isolation; finally, under the condition of permission, the joint educational institutions for children to establish a reading hall or juvenile palace, hire professional teachers to help children to learn, strengthen the education of children left behind, let children feel the joy of growing up in reading, guide children's interest in the right world outlook and values.[2].



Figure 3 Enrich children's interests

### **3.3. Homes Together**

Paying attention to the mental health of the left-behind children and helping the children to establish a correct emotional view cannot be separated from the help of the rural teaching teachers, so the school teachers should fully communicate with the parents in the education and pay attention to the mental health development of the children together. First of all, teachers should improve teaching innovation in teaching mode, pay attention to the basic knowledge teaching of students, and pay attention to the cultivation of students'comprehensive literacy, such as students'interest in learning, learning emotion, learning ability and so on, to help students build up self-confidence of not afraid of difficulties and dare to challenge. For example, teachers can set up communication groups with parents, regularly publish articles on the benefits of frequent communication between parents and children in the group, encourage frequent communication between parents and children, interact with their children's school performance and parents in the group, so that parents can grasp their children's psychological fluctuations and emotional changes in a timely manner.[3].

### **4. Conclusion**

The mental health development of left-behind children in rural areas is the key focus of the people's livelihood in our country. With the continuous development of social economy, the phenomenon of left-behind children is frequently interviewed by the society, so the relevant departments and society should pay attention to it, and on the basis of analyzing the reasons, do a good job of relevant solutions. First of all, the government and relevant departments should strengthen the investment of funds in rural areas, guide young people in rural areas to return home to start businesses, develop rural economy, and reduce the occurrence of the phenomenon of left-behind children from the source. Secondly, strengthen the construction and improvement of children's recreational facilities and places in rural areas; finally, strengthen the attention to children's mental health through home co-education.

### **References**

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