Research on Social Policy Support Technology: Using Technology to Relieve Elementary School Students' Anxiety

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Abstract: As social policy support technology has entered the high-quality development stage, policy proposals to more appropriately meet the mental health needs of elementary school students should be made based on the growth of students from the perspective of compliance with social policy support technology. Based on the dynamic evolution of the pupil's development, the theoretical analysis framework of the pupil's mental health is constructed according to the internal logic of the pupil's mental health, which can explain the development mechanism generated by the mental health mechanism and psychodynamic circulation mechanism related to family, school and social culture. In addition, we explore the possibility of moving towards the goal of high-quality mental health development from the perspective of practical deduction of pupils' mental health development. Mental health development aims to provide pupils with mental health services that meet the expected standards. We are committed to continuously improving the quality of mental health and improving pupils ' satisfaction. Therefore, policy management should be strengthened based on the internal circulation of mental health quality, an interaction and feedback mechanism between students' mental health awareness and quality, and a mental health evaluation system for student quality. To achieve this goal, we will achieve high-quality mental health development, improve the mental health of our students, and respond to their needs.

1. Introduction

Appearance anxiety is one of the main factors affecting pupil's mental health, and it is also a part of mental health problems [1]. It can be divided into basic appearance anxiety and non-basic appearance anxiety, which are composed of psychodynamic issues and mental health problems, respectively. To improve pupils' mental health, experts commissioned social policy support technology for mental health intervention and mitigation. Psychodynamics has become the key to understanding individual psychological problems, and psychodynamics has become an evaluation index. Different from traditional mental health, psychodynamics emphasizes family, school, and sociocultural factors, as well as the role of related theories in mental health. Therefore, in this paper, we address the issue of pupil appearance anxiety from a psychodynamic perspective, and social policy support technology provides a new application scenario for psychodynamics.

Psychodynamics originates from psychology. Its theory contains the concept of psychodynamics and is also a tool of psychodynamics. From the perspective of psychodynamic structure, psychodynamics pursues the improvement of mental health and combines the theory and method of psychodynamics to achieve the long-term development of mental health [2]. However, it is at a theoretical level. To this day, psychodynamics has a unique way of practicing it. The comprehensive advancement of psychodynamics not only affects the psychological theory and embodies the value of psychodynamics but also improves and promotes mental health [3]. Therefore, we must have a holistic vision and pattern to discuss psychodynamics. We put forward the proposition of mental health from the perspective of psychodynamics.

In conclusion, psychodynamics is the critical condition and guarantee for realizing pupils' mental health. From the perspective of psychodynamics, the research has made progress, but some things could be improved. Relevant experts have yet to find an effective way fully and are continuing their

efforts. Therefore, psychodynamics needs further improvement, not only for mental health but also for the future development of relevant fields.

Based on the above background analysis, this paper proposes mitigation strategies for pupil appearance anxiety based on the perspective of psychodynamics, aiming to solve the problem of pupil appearance anxiety through psychodynamic theory and practical methods. The main content is to analyze the influencing factors of primary school students' appearance anxiety from the perspective of psychodynamics, which has important practical significance in dealing with the risk of pupil's appearance anxiety effectively [4].

2. The Research Background of Appearance Anxiety and Policy Support Technology

2.1 Pupil's Appearance Anxiety Is Universal

Appearance anxiety is one of the essential criteria of student mental health, which is the psychological expression of excessive attention and negative evaluation of their appearance [5]. Psychologists and educators have discussed the definition of facial anxiety from the perspectives of psychodynamics and cognitive behavior. In addition, some scholars believe that appearance anxiety is a degree of dissatisfaction with self-image or fear of external evaluation. Because appearance anxiety is somewhat more subjective, it is an interdisciplinary science aimed at individual mental health. The history of research on appearance anxiety can even be traced back to the last century, and its main contents include excessive concern about an individual's appearance and negative emotional experiences [6]. At the same time, the perception and influence of appearance anxiety are closely related to individual mental health. Through in-depth research, mental health education and intervention have become a helpful way to alleviate anxiety. The main contribution of the theory of facial anxiety in psychodynamics is to reveal the influence of family, school, and socio-cultural factors on individual facial anxiety. Therefore, appearance anxiety was initially focused on individual psychometric measurements using standard psychodynamic characteristics.

2.2 The Influence of Appearance Anxiety on Pupils

Unlike traditional mental health topics, appearance anxiety has the advantage of emphasizing the connection between an individual's inner drivers and their outer behavior, penetrating deep into subconscious traits. Although some scholars have questioned that appearance anxiety may not be directly related to pupils' mental health, most scholars argue that pupils' mental health can be evaluated more rationally. Psychodynamic pioneers such as Freud proposed the classic psychodynamic model that included elements of the unconscious, sexual desire, and aggression. Since then, the model has become a typical tool for explaining psychological problems, giving researchers an in-depth understanding of individual psychology. These scholars believe that mental health can be improved only when the individual's internal driving force is satisfied. In other words, appearance anxiety is the result of mental health. Furthermore, psychodynamics has been generalized into conflict-based and development-based psychodynamic models, with the former focusing on resolving unconscious conflicts and the latter focusing on the psychological needs of individuals at developmental stages. Although psychodynamics has experienced some practical failures, from the perspective of long-term development, it can provide adequate theoretical support and practical guidance for understanding and alleviating pupil's appearance anxiety. In short, psychodynamics has gradually become the consensus of psychological research and practice [7].

2.3 The Necessity of Social Policy Support

In this study, social policy support technology focuses on pupil mental health issues. Social policy support technology is the application of psychological thinking in social policy. To make up for the shortcomings of traditional psychology, it has entered the research field as a new alternative model-social policy support framework. The basic ideas of this framework are as follows. First, social policy support technology should be used to maintain pupil mental health. Second, professional standards for mental health research output should be set. Third, the researchers use the questionnaire to

understand the mental health status of pupils. Fourth, they use psychodynamics to measure pupil's mental health. Social policy support technical framework reframes student mental health research, emphasizes the influence of family, school, and sociocultural factors, and improves student cognitive, emotional, behavioral, and mental health prevention [8].

3. The Basis and Key Technology of Appearance Anxiety Relief Research

3.1 Overview of Social Policy Support Technology

Social policy support technology is the primary way to alleviate pupils' appearance anxiety (as shown in Figure 1), which highlights the application value of social policy in the field of mental health and reflects the influence of family, school, and social culture on pupils ' mental health through policy formulation and implementation. Social elements of policy support technology development, such as policy formulation, implementation, and impact evaluation, are gradually becoming more evident, and various evaluation systems are gradually attracting attention. However, from a practical point of view, some socio-political assistive technology practices still need to be revised, which contradict the psychodynamic logical framework and emergent mechanism and cause some problems. Therefore, in-depth research and understanding of social policy support technologies are crucial to developing effective interventions and mitigation strategies.
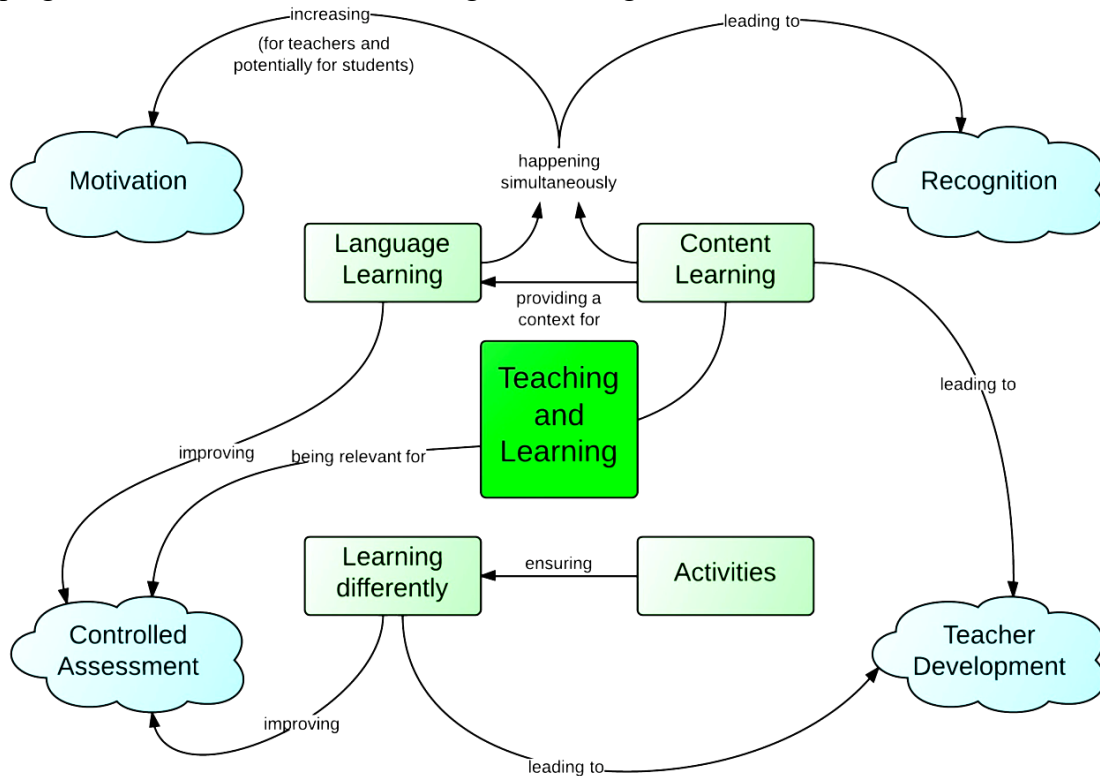

Figure 1 Social policy support technology is the primary way to alleviate pupils' appearance anxiety

3.2 Theoretical Basis

From the perspective of the psychodynamic dimension, social policy support technology is the essential link to alleviating pupil's appearance anxiety, and it is also the embodiment of psychodynamic theory. Therefore, this study takes psychodynamics as the main generative logic. One of the tasks of studying social policy support technology is to alleviate pupil appearance anxiety. It is also the empirical subject of the research process. At this stage, the research uses psychodynamics to strengthen data quality control. There are three primary forms: the first is to use social policy support technology to analyze the impact of family, school, and social culture through policy formulation and implementation to alleviate appearance anxiety. The second is to realize the standardized control of technology by formulating standards and making them public. The third is to improve data quality and research accuracy through internal reengineering of social policy support technology. However,

compared with the ideal state, the rigor of current social policy support technology needs to be further improved.

3.3 Current Status of Technology Applications

The fundamental difference between social policy support techniques and traditional psychotherapy lies in their inherent properties. The standards and guidelines of social policy support technology aim to alleviate pupils' appearance anxiety, and its development mainly reflects the influence of family, school, and social and cultural factors. In the psychodynamic analysis framework, identifying, understanding, and responding to psychological problems are the core values and highest principles for solving appearance anxiety. At present, the changes in social policy support technology and the difference in pupil experiences lead to the complex situation of appearance anxiety. Although social policy support technology plays a vital role in the treatment of pupil's mental health, the technology is not perfect, and there is a need for effective coping mechanisms. Therefore, they are the shortcomings of social policy support technology, which affects the effect of social policy support technology on anxiety relief.

4. Strategies and Applications of Social Policy Support Technology and Appearance Anxiety Relief

4.1 The Use of Technology in Alleviating Anxiety

From the perspective of psychodynamics, social policy support technology can not accurately give the psychological support that primary school students need. The effect of social policy support technology on primary school students is mainly reflected in satisfaction evaluation, but relevant information and feedback mechanisms need to be more effective. More social policy support technology in psychodynamics may cause this problem. In the analysis of psychodynamics, social policy support technology is described as a "psychodynamic field," and its influence on pupils' psychology directly reflects its practical function. There needs to be more research on the technical information of social policy support because, in general, it is difficult to obtain or measure social policy support technology. At the same time, the imperfection of social policy support technology has caused obstacles to the treatment of mental health. Therefore, in-depth study and understanding of social policy support technology is crucial for formulating effective intervention measures and mitigation strategies.

4.2 Technology Optimization and Development

In psychodynamics, social policy support technology cannot provide the psychological support primary school students need. Although the impact of social policy support technology on elementary school students is reflected in the satisfaction ratings, more effective and relevant information and feedback mechanisms are needed. The cause of this problem may be the lack of technology supporting social policy in the field of psychodynamics. In the analysis of psychodynamics, social policy support technology is usually called the "psychodynamic field," and its influence on pupils' psychology directly reflects the practical role of social policy support technology. However, there needs to be more information about social policy support technology. Usually, social policy support technology is challenging to evaluate. Therefore, the imperfection of social policy support technology leads to the obstacle of mental health treatment. In summary, in-depth study and understanding of social policy support technology plays a significant role in formulating effective intervention measures and mitigation strategies.

4.3 Technology Popularization and Promotion

From a psychodynamic perspective, social policy supports have long limited the level of mental health of primary school students. Since the 20th century, various sociopolitical support techniques have changed the psychological state of primary school students through their values. Still, the disadvantages of traditional social policy support technology restrict primary school students' psychotherapy level. Due to the influence of social policy support technology and other difficulties,

its practical effect on primary school students remains to be discussed. Therefore, social policy support technology has yet to achieve its expected goal. In other words, the technology that supports social policy is both a technical problem and a psychologically dynamic problem. Therefore, studying and understanding social policy support technology is crucial for formulating effective intervention measures and mitigation programs.

4.4 Effect Evaluation

We need the "means" of mental health promotion to alleviate pupil's appearance anxiety. Policy support technology is a standard and effective tool in the support mechanism, which plays a vital role in maintaining mental health. It makes social policy support technology not only a technical concept but also a scientific concept. Therefore, the system based on policy support technology has become an essential mechanism of mental health. A practical interpretation of this technology is a gradually evolving intervention approach based on psychodynamics, although it involves attempts to improve the technology. Technology developers are concerned about mental health, from policy support technical guidance to social research. The researchers are committed to improving therapeutic levels to meet people's health requirements. At the same time, the need for more funds is a dilemma. In general, social policy support technology has room for improvement in enhancing mental health, and its scientificity needs to be further improved, which is an essential task for developing social psychological health.

5. Conclusion

Social policy support technology has been deeply applied to pupil mental health treatment, which poses challenges and requirements for the development of technology innovation. The social policy support technology symbolizes the scientific nature of mental health and is an essential means of keeping mental health. Furthermore, there is an urgent need for securing mental health, reflecting people's requirements for all-round development. Due to the progress of psychodynamics, people constructed the theoretical analysis framework and practical mechanism of social policy support technology based on the research findings. In recent years, modern information technologies such as big data and artificial intelligence have promoted the development of social policy support technology, improving the accuracy of mental health treatment through technology upgrading. The research value conforms to the internal logic of mental health. Therefore, social policy support technology provides a new way for developing mental health care. To sum up, the continuous improvement and development of social policy support will help better promote pupil mental health and the accurate implementation of social policies.

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