

# Exploring the strategies of frustration education for high school students --Taking Mianyang High Schools in Youxian District as examples

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**Abstract.** The report of the 20th CPC National Congress for the first time has integrated and deployed education, science and technology and talents in one, which is of great strategic significance and far-reaching influence. [1] In the new era, young people are facing more opportunities and challenges, and social competition is becoming increasingly fierce. So the standards of Chinese qualified talents must include physical and mental health, integrity and ability. As an important part of the social group, high school students are overwhelmed by the high expectations of their schools, families and society. When they encounter setbacks such as unsatisfactory academic performances or emotional failures, they are often unable to withstand the blows, and may become dispirited or even mentally disturbed. High school students are in the best years of their lives, we should help them overcome the difficulties in studies and emotions, and use scientific spirit and methods to carry out effective frustration education, so that they can be optimistic and live a sunny life.

## 1. Introduction

Frustration is usually a state of inner tension and negative psychological emotions that arise when people driven by certain motivations and in the course of activities to achieve their goals, and encounter insurmountable or perceived insurmountable obstacles and distractions that prevent their needs and motivations from being met. [2] The prevention and handling of frustration are two indispensable aspects of frustration education for high school students. In his book *Research on Frustration Education for High School Students in Xin yang*, Lu Ning mentions that frustration education for high school students is an education that purposefully and effectively improves the cognitive and anti-frustration abilities through the design of frustration situations as well as other methods according to scientific educational ideas and the laws of youth psychological development. [3] In the context of quality education, it is of great importance to provide regular frustration education to high school students. Firstly, frustration education can enhance students' ability resist to pressure, cultivate their good psychological quality and improve their own mental resilience, which is conducive to improving students' psychological health .Secondly, frustration education can help schools change their education modes, integrate frustration education into their daily education and teaching activities, and also implement quality education so as to cultivate psychologically healthy and capable

students. Lastly, to realize the great rejuvenation of the Chinese nation requires a strong reserve force to take over. Frustration education for high school students can improve their awareness of resistance to setbacks, strengthen their anti-frustration belief and ability, and then become qualified successors. The following aspects can be discussed and explored to solve the current frustration education problems faced by high school students.

## 2. The State enacts policies to guarantee healthy growth of high school students

2021 was a year of "great changes" in China's education system, with a series of education-related reform measures promulgated by Ministry of Education, most notably the Notice on Strengthening the Management of School work in Compulsory Education issued on 26 April 2021 and the Opinions on Further Reducing the Burden of Homework and Off-campus Training for Students in compulsory Education adopted at the 19th CPC National Congress for deepening overall reform of the CPC Central Committee on May 21, 2021. The "double reduction" policy has eased the pressure and burden of schoolwork on primary and secondary students, creating a relaxed learning atmosphere for students, which is in line with the law of growth for their healthy development. Therefore, the "Double reduction" is still the top priority among the 35 work points released by the

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Ministry of Education on its official website in 2022. It refers that: Guiding localities to implement the policy requirement that discipline training at the high school stage should be in strict accordance with the compulsory education stage. In the report of the 20th CPC National Congress, General Secretary Xi Jinping made important arrangements around promoting the construction of a healthy China, giving priority to the protection of people's health and putting emphasis on mental health. In order to comprehensively implement the educational guidelines formulated by the Party, and practice the fundamental task of establishing moral integrity in cultivation, the state must systematically promote the reform of education evaluation, develop quality education to improve students' comprehensive literacy in science, humanities and arts. Students also are allowed to fully develop their personality, and cultivate their independence and creativity in learning and inquiry. A wide range of school-based elective curriculum should be offered for students by schools, such as labor class, science popularization class, music and literature appreciation course, physical training etc so as to mobilize students' enthusiasm for participation and improve their comprehensive quality in a subtle way, laying a solid foundation for their all-round development.

### **3. Schools should attach great importance to frustration education for students and improve the quality of the teaching staff**

**3.1** The school is the most important place of holding frustration education. The pressure of college entrance examination has forced schools to just focus on students' grades, ignoring the cultivation of students' cognition, emotion and will. So for frustration education, schools do not pay enough attention to it. Some of the students with excellent grades are mentally fragile and have a weak tolerance for setbacks, and often immersed in low spirits when they encounter unsatisfactory results; those who still do poorly after making efforts are even more self-doubt. So it is difficult for these students to adapt to the requirements of the new era for the all-round development of talents. General Secretary Xi Jinping pointed out in the report of the 20th CPC National Congress that "Developing education that meets the people's expectations". [1] As the ancient saying goes: Trust the master, follow the way. Schools should take the psychological construction of students highly and actively take the initiative to find outlets for students to release their emotions. At the same time, school also should encourage, support and guide teachers to study and research mental health to finally deliver qualified university students who are academically excellent and physically and mentally healthy. In order to maintain the mental health of students, the school can sign a cooperation agreement with the Third People's Hospital of Mianyang for the co-construction of psychological education. The two sides can have a long-term cooperation in the fields of psychological assessment and psychological intervention, giving professional and

precise treatment to students.

**3.2** The school can effectively utilize the psychological counselling room of schools to enhance the timeliness about frustration education. Middle schools usually have a beautifully furnished and equipped counselling room, where professional teachers should pay attention to and intervene in students' psychological problems or illnesses. As the main way for frustration education in schools, the Ideology and Politics class has great advantages of its own, so the political teachers, as the leading figures of frustration education in schools, should make good use of such advantages, and other related ideological and political courses are also effective supplementary resources. Frustration education is a kind of mental health and a psychological quality education for cultivating a sound personality. [4] Professional teachers can improve the effectiveness of frustration education for high school students with the help of resources of the school's psychological counselling service. For example, they can actively assess and screen students, conduct seminars to listen to students' innermost thoughts, organize mental health week activities to strengthen the influence of frustration education, hold regular individual talks with students etc, and then make timely adjustments to psychological treatment programs through students' feedback. After that, students with psychological trauma can feel that the school is not giving up on them, not pushing them out, not discriminating against them, but hard trying to help them get through their difficulties and build up a sense of security. By effectively playing the role of psychological counselling on campus, the advantages of frustration education can be developed, thus the effectiveness of it also can be improved.

**3.3** Improve the scientific and practical effect of teachers' psychological counselling. The new curriculum standards clearly mention that teachers must change their roles. Teachers are no longer just the transmitters of knowledge, but also the guides of students, at the same time, they also should be good at guiding students in the process of seeking knowledge, rather than simply shaping them. Teachers of all subjects in senior secondary schools are not only expected to teach points of knowledge, but to teach students how to learn, to apply what they have learned, and to draw inferences from one instance. In the process, students should also be taught how to view setbacks and how to deal with the sense of defeat caused by setbacks. However, many teachers just focus on work performances and do not really care about the inner world of their students, and there are even cases of verbal violence, corporal punishment, etc. Such teachers not only fail to teach students how to face setbacks, but also bring a great sense of inferiority and frustration for students. The professional quality of teachers needs to be improved. On 28 June 2018, General Secretary Xi Jinping made an important statement on the construction of the teaching force in the new era, proposing "A qualified teacher must have ideals and beliefs, moral sentiments, solid knowledge and a heart of benevolence" and "Teachers must guide students in shaping characters,

learning knowledge, innovating thoughts and devoting to the motherland", clarifying the role and function of teachers and point out the direction for improving the quality of teaching training. [5] As stated in the Book of Rites: "It is after learning that one knows his deficiency, and after teaching one discovers his confusion", as teachers, we must persist in lifelong learning, be self-reinvent, analysing personality and psychology, adjusting the positioning and setting the goal of lifelong learning. [6] With the rapid development of science and technology, the era of great explosion of information has already come, and the knowledge of various fields of society continues to develop to a wider and deeper level. So we should not be a teacher who only focuses on textbooks, but to study education and teaching, constantly improve our professional quality, learn from the good experiences of others and all aspects of knowledge, continuously enrich our own knowledge reserves, so that we can accumulate more and more to adapt to the requirements of basic education reform.

#### **4. Good family education helps high school students grow up healthily.**

General Secretary Xi Jinping has always paid great attention to the construction of family, family education and family building, and stressed during his visit to Sichuan in June 2022 that family building and family education are the most valuable assets of a family and the best legacy to future generations. [7] Home is the warmest harbor in life for everyone, providing a haven for the soul. If a child grows up in a warm, harmonious and loving family, he will grow up healthy, happy and confident. He will not be easily defeated when he encounters frustration and difficulties, and will consciously find ways to solve them. On the contrary, the child maybe be negative and pessimistic at worst, even depressed and go to extreme. If parents guide their children to face setbacks consciously and deal with them effectively from an early age, then even if they encounter setbacks, they will be able to confront them calmly and learn to self-regulate. In the intense and stressful study of high school, it is common for students to take exams, so the rising and falling of grades also are normal. When some students fail in the exam with the unsatisfactory results, they will have a great sense of frustration, and even fall into self-denial and doubt. At this time, what parents need to do is not to blame them blindly, but to let them learn to face up to the failure, find their own problems, and give them timely encouragement and correct guidance. Actually, High school students with poor anti-frustration ability are closely related to the education of their families of origin, where criticism, blame and nagging from family members are like a sharp blade that hurts the child's heart, which is difficult to repair. At the same time, kids need to be told that life is full of ups and downs, so don't let one failure get you discouraged and lost. There may be more difficulties and setbacks in store for you. As the saying goes: Never pleased by external gains; never saddened by personal losses. [8] Facing all kinds of unknown risks and

challenges, the only thing you can do is to keep improving yourself to build a strong heart. Only that way, we can go further and longer on the road of life. This is true of learning, so is life. [9] Parents are a mirror and a model for their children, they need to learn how to be qualified parents in the new era, how to communicate effectively with their children, how to learn to be a companion and a listener on the way of their children's growth. With a good family education, the children will be healthy and have a sound personality, and even if there are thorns and dangers, they will cut through them.

#### **5. Conclusion**

To sum up, high school students are faced with overwhelming academic pressure, which can easily lead to psychological imbalance and psychopathy. In order to solve this problem, fully protect the physical and mental health of high school students and improve their ability to overcome setbacks, the state should issue policies to reduce stress and burden under the macro guidance. Schools must practice the fundamental task of establishing moral integrity in cultivation to cultivate talents for the country and party. [10] Teachers should be encouraged to learn more to constantly improve their teaching skills, nurture students with kindness, and treat students equally. Finally the students can be taught effectively how to learn and behave, and also the overall quality of the teaching teams will be improved. In the new journey of striving for a new era, the ways of family education should be changed as well. [11] Families and schools can work together to help students develop a sense of responsibility. Anyway, the state, schools, teachers, and families should take multi-pronged actions to let the children's high school life full of warmth, color and power.

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