

Analysis of the current status of children's mental health

Yuxin Tai^{1*},

¹Humanities and Social Sciences, University of British Columbia, Vancouver, BC, L8S 4P3, Canada

Abstract. This paper systematically analyzes the current status of the mental health of young children, summarizing both the positive and negative aspects. It explores the underlying causes of these phenomena and proposes corresponding suggestions for improvement. Through a detailed analysis of the literature, the paper highlights how increasing attention and the popularization of mental health education have allowed more children to access mental health knowledge and counselling early on. Despite this progress, challenges persist due to modern lifestyle changes, rapid technological advancements, and urbanization, which negatively impact children's mental health. Many children suffer from a lack of emotional support, high psychological pressure, and exposure to harmful information within their family and social environments. To address these issues, the paper emphasizes the need for improvements in family environments, societal support, and policies, as well as enhancements to the mental health service system. The recommendations include fostering better parent-child communication, using electronic devices judiciously, and creating supportive home environments. On a broader scale, it calls for stronger policy support, improved mental health services, and widespread mental health education.

1 Introduction

1.1 Research background

The early childhood period is a critical stage for the psychological development and personality formation of individuals, and mental health is particularly important during this period. In recent years, with the development of society and the accelerated pace of life, the problem of mental health of young children has become increasingly prominent. Studies have shown that mental health does not only refer to the absence of mental illness, but also includes the good state of individuals in terms of emotions, behaviours, and sociality. If mental health problems are not effectively intervened and solved in early childhood, they may have adverse effects on the long-term development of individuals. As society pays more attention to mental

* Corresponding author: ytai02@student.ubc.ca

health, more and more studies have begun to focus on the mental health of young children and promote the healthy growth of young children through early intervention and prevention.

1.2 Research topic

This paper aims to systematically analyze the current status of the mental health of young children, combine the latest research results at home and abroad, summarize the good and bad situations of the mental health of young children, explore the causes of these phenomena, and put forward corresponding improvement suggestions. Through a comprehensive analysis of the current situation, it is hoped that it can provide useful references for relevant policymakers, educators and parents, and promote the development of mental health education for young children.

1.3 Research significance

The mental health of young children is related to the lifelong development of individuals. A good mental state not only helps the comprehensive development of young children in the preschool education stage but also lays a solid foundation for their future academic, work and social adaptability. By studying the current status of children's mental health, find out the problems existing in the family, school and social environment, and propose effective solutions to these problems. At the same time, studying children's mental health can also increase society's attention to this issue, prompting the government and relevant institutions to formulate more scientific policies and measures, to create a healthy and harmonious growth environment for children.

Specifically, this paper will summarize the overall situation of children's mental health, including positive aspects and aspects that need to be improved, by analyzing relevant domestic and foreign literature; deeply explore the main factors affecting children's mental health, including family environment, social environment and school education; finally, according to the research results, make suggestions to promote the development of children's mental health. It is hoped that the research results of this paper can provide basic data and reference for further research in the field of children's mental health, provide a scientific basis for the formulation and implementation of relevant policies, and contribute to improving the mental health level of the whole society.

2 Current Status of Children's Mental Health

2.1 Good Situation

In recent years, children's mental health issues have gradually received widespread attention from society, and mental health education has been popularized and valued in education systems at all levels. According to Wang Pei, with the gradual promotion of mental health education, more children can be exposed to basic mental health knowledge and counselling, helping them to establish good psychological quality and healthy psychological habits at an early stage [1]. This change is not only reflected in school education but also permeates all aspects of family education and social education. In terms of schools, offering mental health courses, carrying out mental health activities and providing psychological counselling services, actively help students solve psychological confusion and enhance psychological stress resistance. In terms of families, after receiving mental health knowledge training, parents can better understand and support children's psychological development and provide children with a warm and harmonious growth environment.

The attention of all sectors of society to children's mental health has increased significantly. Xiao Wei pointed out that more and more communities and social organizations have carried out activities related to children's mental health, such as parent-child interaction activities, mental health lectures and psychological counselling services [2]. These activities not only provide a platform for young children to express and channel their emotions but also provide parents with more educational resources and support to help them better understand and deal with the psychological problems their children encounter during their growth. Through the joint efforts of all sectors of society, the mental health problems of young children have received timely attention and treatment, and many potential psychological problems have been discovered and intervened early, avoiding their further development and deterioration.

In addition, government support and investment have also played a vital role. In recent years, governments at all levels have increased their financial investment and policy support for mental health education and promoted the inclusion of mental health education in the overall planning of school education. By formulating and implementing a series of relevant policies and measures, such as mental health education planning and mental health curriculum setting guidelines, clear guidance and support are provided to schools and families. The government also encourages local governments to establish professional mental health service agencies, provide systematic mental health education and consulting services, and further improve the system and mechanism of mental health education.

These positive changes reflect the society's attention and efforts to the mental health of young children and have also achieved remarkable results. Through the collaborative efforts of many parties, young children have received more attention and support in mental health education, which helps them establish a healthy mental state in the process of growing up and lay a solid foundation for future learning and life. However, despite the progress made, early childhood mental health education still faces many challenges and requires continuous attention and improvement.

2.2 The bad situation

Although society has paid more attention to early childhood mental health, in reality, early childhood mental health problems are still relatively common and severe. The challenges brought by modern lifestyles have had a significant impact on early childhood mental health. Yu Bin and Guo Cheng showed that with the rapid development of technology, parents overuse electronic devices such as mobile phones, resulting in the increasingly serious phenomenon of "head-down tribe" [3]. Parents lack effective interaction and communication with their children at home, and children lack emotional support and psychological counselling during their growth, which makes them prone to loneliness and insecurity. This situation not only affects the emotional development of children but may also lead to a series of psychological problems such as anxiety and depression.

The negative impact of the rapid development of the Internet and technology on early childhood mental health cannot be ignored. Zhao Jianan and Liu Fenglin pointed out that young children who overuse electronic products such as mobile phones and tablets will be exposed to a large amount of content that is not suitable for their age, including violence, pornography and false information. This bad information harms the mental health of young children, which may lead them to form wrong values and behaviour patterns and increase psychological confusion and pressure [4]. In addition, long-term use of electronic products will also affect the attention and cognitive development of young children, leading to a decline in learning and social skills.

The process of urbanization has exacerbated the complexity of young children's mental health problems. Research by Collins et al [5]. Shows that the high pace of life and huge competitive pressure brought about by urbanization have caused parents to face many

pressures in work and life, and they are unable to give their children enough attention and companionship. At the same time, noise, pollution and lack of natural environment in urban environments also hurt the mental health of young children. Young children living in a high-pressure environment are prone to anxiety and emotional instability, which will affect their mental health development in the long run.

Changes in family structure are also an important factor leading to young children's mental health problems. With the increase in divorce rates and the increase in single-parent families, many young children lack the company and care of both parents during their growth, which hurts their mental health. The tension and instability of family relationships can easily cause young children to have emotional loss and insecurity, increasing the risk of psychological problems.

Although society has made many efforts to improve the mental health of young children, there are still many problems that need to be solved. Modern lifestyles, the development of Internet technology, the process of urbanization and changes in family structure have all had a profound impact on the mental health of young children. These issues need to be taken seriously by all sectors of society. Through collaborative efforts from all parties, effective intervention measures should be taken to help young children establish a healthy mental state and promote their all-round development.

3 Cause Analysis

3.1 Family Factors

Family environment and parents' education methods have a direct and far-reaching impact on children's mental health. First of all, parents' education methods are one of the key factors. Traditionally, there are two extremes in parents' education of their children: one is over-indulging and the other is too strict. Over-indulging parents often provide too much protection and help for their children, resulting in children's lack of autonomy and independence, prone to dependence, and unable to face and solve setbacks and difficulties in life. On the contrary, overly strict education methods may cause children to have fear and depression, lack of self-confidence and security, and may even lead to behavioural problems and antisocial tendencies.

Secondly, the stability of the family environment and the quality of the parent-child relationship are crucial to children's mental health. A harmonious and stable family environment can provide children with a sense of security and belonging so that they can be fully supported and satisfied emotionally. However, in modern society, the rising divorce rate and the increase in single-parent families have caused many children to live in an unstable family environment. This environment not only lacks complete parent-child interaction but may also be full of contradictions and conflicts, causing children to have emotional loss and insecurity in the process of growing up.

Parents' behaviour and habits can also have an impact on their children's mental health. Yu Bin and Guo Cheng found that parents' excessive use of electronic devices such as mobile phones and neglect of interaction and communication with their children led to a lack of necessary support and attention for their children emotionally and psychologically [3]. In the long run, children are prone to loneliness and neglect, which not only affects their emotional development, but also may lead to a series of psychological problems, such as anxiety, depression, and social disorders. Therefore, parents should be aware of the impact of their behaviour on their children, spend more time interacting with their children, and pay attention to their children's psychological needs.

Family economic conditions and parents' mental health also have an important impact on children's mental health. Families with good economic conditions can provide children with better educational resources and living environment, which is conducive to their all-round development. However, families with high economic pressure often face more life troubles and pressures, and parents may neglect their children's mental health because they are busy making a living. At the same time, parents' mental health also directly affects children's mental health. If parents themselves have psychological problems, such as depression, anxiety, etc., the emotions and behaviour patterns that children are exposed to in daily life may be negatively affected, increasing their own risk of psychological problems.

3.2 Social and environmental factors

The changes in social environment and macro-environment also have a significant impact on the mental health of young children. First, the development of the Internet and technology has brought new challenges. Zhao Jianan and Liu Fenglin pointed out that if young children are exposed to electronic devices and the Internet too early, they are not only prone to bad information but may also lead to addiction and dependence [4]. These problems not only affect children's daily lives and learning but may also have a negative impact on their mental health. Excessive use of electronic products will weaken children's attention and cognitive abilities, and increase their psychological pressure and anxiety.

The impact of urbanization on the mental health of young children is also an issue that cannot be ignored. Collins et al. showed that the accelerated pace of life and increased competitive pressure brought about by urbanization have caused parents to face many pressures in work and life, and they have no time to take care of their children's psychological needs [6]. Noise, pollution and lack of natural environment in urban environments also hurt the mental health of young children. Young children living in such a high-pressure environment are prone to anxiety and emotional instability, which will affect their mental health development in the long run.

The education system and academic pressure are also important factors leading to mental health problems in young children. Sun Hongyan pointed out that the current education system often pays too much attention to academic performance and neglects the mental health development of children [7]. The heavy academic burden and frequent exam pressure make children face huge psychological pressure in the preschool stage, which is prone to anxiety and self-doubt. This situation is particularly serious in some areas. Under the heavy pressure of exam-oriented education, children lack sufficient rest and entertainment time, and mental health problems frequently occur.

The lack of social awareness of mental health problems and the lack of related services are also important reasons. Although mental health issues have gradually received attention in recent years, in actual operations, the popularity and coverage of mental health services are still insufficient. Many parents and educators have limited ability to identify and deal with mental health problems, resulting in the inability to timely discover and intervene in children's mental problems. In addition, the lack of professional mental health service institutions and personnel also makes it difficult for mental health services to fully cover every family and child in need.

The causes of mental health problems in young children are multifaceted, involving multiple levels such as family, society and environment. Only through the concerted efforts of all parties and the comprehensive improvement of the understanding and handling capabilities of mental health problems can the development of young children's mental health be effectively promoted.

4 Suggestions

4.1 Family level

Children's mental health first requires the attention and support of the family. Parents are the first teachers of their children, and their behaviour and education methods directly affect their children's psychological development. Here are some specific suggestions:

4.1.1 Improve parents' mental health awareness

Through parent training and the popularization of mental health knowledge, parents can pay more attention to mental health. Parents need to understand the importance of mental health and how to identify and deal with their children's psychological problems. Parents can be provided with systematic mental health education through community activities, parent classes, and online resources to improve their mental health literacy. Wang emphasizes the necessity for parents to take children's worries to heart, highlighting the role of parental understanding and support in addressing children's mental health concerns [8].

4.1.2 Enhance parent-child communication

A good parent-child relationship is an important guarantee for children's mental health. Parents should spend more time interacting with their children in a high-quality manner and understand their children's inner world. By participating in games, reading, and daily activities together, a good parent-child relationship can be established to enhance children's sense of security and trust. When communicating, attention should be paid to listening to children's voices, giving them enough attention and understanding, and helping them solve psychological confusion. This approach aligns with the findings of Karimli et al. who noted that improved communication within family units can significantly benefit adolescent mental health [9].

4.1.3 Rational use of electronic devices

The popularity of electronic devices in modern families makes it easy for parents and children to indulge in them and ignore face-to-face interaction. Parents should set an example by arranging the time for using electronic devices reasonably and avoid overusing mobile phones and other devices when they are with their children. At the same time, formulate reasonable rules for the use of electronic devices to ensure that children have enough time for outdoor activities and parent-child interaction to promote their physical and mental health development. Van Loon et al suggest that limiting screen time and encouraging physical activities can contribute positively to children's overall mental well-being [10].

4.1.4 Create a warm and harmonious family environment

The family atmosphere has an important impact on children's mental health. Parents should strive to create a warm and harmonious family environment to provide stable emotional support for their children. Family members should maintain good communication and understanding, reduce conflicts and quarrels, and create a safe and warm family atmosphere.

4.1.5 Pay attention to parents' own mental health

The mental health of parents directly affects the mental health of their children. If parents themselves have psychological problems, such as depression, anxiety, etc., they should seek professional help in time and actively improve their own mental state. Only when parents maintain good mental health can they better care for and support their children's psychological development.

4.2 Social and Policy Level

Children's mental health problems are not just family problems but also require the joint efforts of society and the government. Here are some specific suggestions.

4.2.1 Strengthen policy support

The government should formulate and implement a series of policies and measures to support children's mental health. Including incorporating mental health education into the national education system and ensuring that every kindergarten and primary school has professional mental health teachers and psychological counsellors. The government should also increase its investment in mental health services, establish a complete mental health service system, and ensure that every child can receive timely and professional mental health support.

4.2.2 Improve the mental health service system

Establish and improve a mental health service network covering urban and rural areas to provide convenient and fast mental health services for young children and their families. The government and relevant institutions should establish more mental health service institutions, such as psychological counselling centers, mental health education bases, etc., to provide systematic mental health education and counselling services for young children and their families. Strengthening the training of mental health professionals, improving the quality and level of services, and ensuring that every child in need can receive professional mental health support.

4.2.3 Promote the collaborative efforts of all sectors of society

Children's mental health requires the joint attention and support of all sectors of society. Schools, communities, medical institutions, etc. should work together to form a multi-party linkage working mechanism. Schools should actively carry out mental health education and activities to cultivate children's psychological quality and coping ability. Communities should enhance the interaction and communication between parents and children by organizing various parent-child activities and mental health lectures. Medical institutions should provide professional mental health services to help children and their families cope with and solve psychological problems.

4.2.4 Strengthen the publicity and popularization of mental health education

Strengthen the publicity of mental health education through various channels to improve the awareness and attention of the whole society to mental health issues. Mental health knowledge can be popularized through media, the Internet and community activities, and healthy lifestyles and parenting concepts can be advocated. In particular, attention should be paid to mental health education in

rural and remote areas to ensure the popularization and coverage of mental health knowledge.

4.2.5 Carry out targeted research and evaluation

The government and relevant institutions should strengthen research on children's mental health issues, and timely understand and grasp the current status and changing trends of children's mental health. Through scientific research and data analysis, provide the scientific basis for policy formulation and services. At the same time, establish a sound evaluation mechanism, regularly evaluate the implementation effects of mental health services and policies, and timely adjust and improve relevant measures to ensure the effectiveness and pertinence of policies and services.

In short, children's mental health issues require the joint attention and efforts of families, society and the government. Only through multi-party collaboration and comprehensive improvement of the understanding and handling capabilities of mental health issues can we effectively promote the development of children's mental health and help them thrive in a healthy and harmonious environment.

5 Conclusion

Through the analysis of the current status of children's mental health, this paper found that the current children's mental health issues have attracted widespread attention, and all sectors of society have also achieved certain results in promoting mental health education. Through literature analysis, we elaborated on the good and bad situations of children's mental health in detail and explored in depth the causes of these phenomena. On this basis, a variety of improvement suggestions are put forward, aiming to comprehensively improve the level of children's mental health through the concerted efforts of families, society and the government.

In terms of the good situation, the popularization and attention of mental health education have enabled more and more children to be exposed to mental health knowledge and counselling at an early stage, and the support of families and society has also provided children with more emotional and psychological help. However, the bad situation still exists. Factors such as changes in modern lifestyles, the rapid development of the Internet and technology, and the accelerated urbanization process have all had a negative impact on children's mental health. Many children face the problems of lack of emotional support, high psychological pressure and bad information in the family and social environment, resulting in a high incidence of psychological problems.

The analysis of the causes of these problems, the improvement of family environment and education methods, the support of society and policies, and the improvement of the mental health service system are all key to solving children's mental health problems. At the family level, parents need to improve their mental health awareness, enhance parent-child communication, use electronic devices reasonably, create a warm and harmonious family environment, and pay attention to their own mental health. At the social and policy level, the government needs to strengthen policy support, improve the mental health service system, promote the concerted efforts of all sectors of society, strengthen the publicity and popularization of mental health education, and carry out targeted research and evaluation.

In the future, society needs to continue to pay attention to the mental health of young children and establish a comprehensive mental health education and service system through multi-party cooperation. Only with the joint efforts of families, schools and all sectors of society can we provide young children with a healthy and harmonious growth environment and promote their all-round development. Through early intervention and prevention, society can help young children establish good psychological qualities and a healthy mental state,

laying a solid foundation for their future. It is hoped that the research results of this article can provide useful references for the formulation and implementation of relevant policies and contribute to improving the mental health level of the whole society.

In summary, the mental health problem of young children is a complex and important social issue that requires the joint attention and efforts of families, society and the government. Through continuous exploration and improvement of mental health education and services, the mental health of young children will be significantly improved and children will thrive in a healthier and more harmonious environment.

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