

Ministry of Education and Science of Ukraine

West Ukrainian National University

Department of Psychology

And social work

Master's thesis on the subject:

**PSYCHOLOGICAL FEATURES OF JUNIOR SCHOOLCHILDREN
FROM SINGLE-PARENT FAMILIES SOCIALIZATION**

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Ternopil 2024

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INTRODUCTION

Under the new situation, junior high school teachers must shoulder the heavy responsibility of protecting and educating junior high school single-parent children. Teachers should be loving, patient and sincere to these children. Only by being emotional, understanding and educating joint family can they help and gradually guide them to overcome their abnormal mentality and grow up healthily like other children.

In some junior high schools, there are some groups of underachievers, and their bad performance inside and outside the school is particularly prominent. Don't think about studying. playing truant at will, bullying the weak, quarreling and fighting.damaging public property.stealing money, staying overnight and not coming home. Despite the help of teachers' education for many times.they still make repeated mistakes.causing the attention of schools and teachers. After in-depth investigation.understanding and analysis.we know that most of these children come from unsound families.and most of them are single-parent families. These special children must adopt special education methods.otherwise they will be easily hurt. Studying and solving the mental health problems of children in single-parent families has become an important work of implementing quality education in an all-round way.which has positive practical significance.

A couple's divorce can be said to be just an unhappy time. After the divorce.as time goes by.the divorced men and women manage their own lives.and their days are still colorful. If there are only children.the hardest hit should be children. Although many children from single-parent families are very sunny.we have to admit that too

many children from single-parent families will have some psychological problems more or less. Its main features are:

- It can be very extreme;
- Hate mentality is heavier;
- Extremely sensitive inside;
- I'm very jealous.

Under the new situation, junior high school teachers must shoulder the heavy responsibility of protecting and educating junior high school single-parent children. Teachers should be caring, patient and sincere to these children. Only by being emotional, being sensible and educating joint family can they help and gradually guide them to overcome their abnormal mentality and grow up healthily like other children.

In some junior high schools, there are some groups of underachievers, and their bad performance inside and outside the school is particularly prominent. Don't think about studying, playing truant at will, bullying the weak, quarreling and fighting, damaging public property, stealing money, staying overnight and not coming home. Despite the help of teachers' education for many times, they still make repeated mistakes, causing the attention of schools and teachers. After in-depth investigation, understanding and analysis, we know that most of these children come from unsound families, and most of them are single-parent families. These special children must adopt special education methods, otherwise they will be easily hurt. Studying and solving the mental health problems of children in single-parent families has become an important work of implementing quality education in an all-round way.

which has positive practical significance.

The purpose of this paper is to clarify the universal psychological characteristics of junior high school students from single-parent families and what kind of universal behaviors such psychological characteristics will lead to, so as to find an effective way of psychological counseling for this group.

The research object is the group of junior high school students and teachers from single-parent families.

The research topic is the psychological characteristics of junior high school students from single-parent families.

I have determined the following research objectives:

1. Analyze the theoretical basis of related psychology, and determine the general psychological phenomena and behavioral characteristics among the single-parent families of junior high school students.

2. Determine the basic principles of psychological counseling for junior high school students from single-parent families.

3. Determine the psychological and educational ability of modern teachers needed to implement psychological counseling for junior high school students from single-parent families.

4. Analyze the effectiveness of teachers' counseling in the professional activities of psychological counseling for junior high school students from single-parent families.

Research methods. In order to achieve this goal and solve the problem, a set of theoretical and empirical research methods are used, including analytical

philosophy.educational psychology and developmental psychology literature.to determine the psychological characteristics of junior high school students in single-parent families. Scientific content analysis to determine the general psychological characteristics of this group.

According to the research conclusions of Wang Ling. Wang Qiong. Li Meng.MengQian and Tang Xiaoyu.the psychological characteristics of junior high school students from single-parent families are generally consistent. Xia Yun. Chen Fengfeng. Li Yuyin and Wang yao have made in-depth research on the behavior characteristics of junior high school students from single-parent families. Yang Xiangsheng. Li Qi. Cui Yiming. Wang Yongliang and others all talked about the significance of family factors in some aspects of psychological counseling for junior high school students from single-parent families. Wang Ling. Wang Xuesong.XiongJianbo etc. deeply studied the psychological state of middle school students from single-parent families in their middle school education.

Scientific novelty of research.

The more subdivided group of junior high school students from single-parent families is selected as the research object, and the accuracy of the research is higher.

And confirmed the implementation principle of counseling technology corresponding to the modern psychological counseling education model: precision.Personalization.Targeted.Considering the needs of each student.his personal psychological characteristics; .

Based on the established principles.according to the psychological characteristics of junior high school students from single-parent families.this paper

studies their behavior characteristics.

The conditions and some basic methods of psychological counseling for junior high school students from single-parent families are determined.

The theoretical significance of this study lies in:

The selected and confirmed guidance principle determines the direction of improving the related ways and means when modern psychological guidance is applied to the psychological guidance of junior high school students in single-parent families.

The practical significance of the research. Provide feasible suggestions and methods for psychological counseling of junior high school students from single-parent families, so as to improve the efficiency and effectiveness of psychological counseling.

Structure of master's thesis: This thesis consists of an introduction, three chapters, a conclusion, a list of references and 69 positions. The volume of the master's thesis is 53 pages.

CHAPTER 1

PSYCHOLOGICAL CHARACTERISTICS AND PERFORMANCE OF JUNIOR HIGH SCHOOL STUDENTS FROM SINGLE-PARENT FAMILIES.

1.1 the concept of single-parent family

The divorce rate in China increased from 0.96‰ in 2000 to 3.1‰ in 2020. The number of single-parent families increased year by year, and the proportion of children in single-parent families among minors also increased.

However, single-parent families have existed since ancient times, but the concept of single-parent families originated from the investigation of the marital status in European and American countries at that time. The peak of divorce in the 1960s and 1970s in Europe and America led to the emergence of a large number of single-parent families, and the concept of single-parent families gradually took shape.

There is no clear definition of children's age in the concept of single-parent family in China. For example, in the Dictionary of Marriage and Family, the definition of single-parent family is: "Single-parent family refers to a family composed of one parent and unmarried children, and the nuclear family is caused by the death of one spouse or the divorce of husband and wife". In the Encyclopedia of China, it is described as follows: Single-parent family "refers to a family composed of one parent and unmarried children".

Based on the definition of the concept of single-parent family at home and abroad, the author believes that according to China's Marriage Law and the Law on the Protection of Minors and other related laws[1], single-parent families should at least include the following meanings:

The relationship between family members is single: one parent is absent, only the relationship between father and son (female) or mother (female);

Children are minors. Therefore, we can define it as follows: Divorced single-parent family refers to the family composed of one parent and unmarried children of minors caused by the divorce of husband and wife in the nuclear family.

1.2. Psychological characteristics of junior school students from single-parent families

The Constitution of WHO defines health as: health is not only the elimination of disease or weakness, but also the complete physical, mental and social health. That is to say, health is not only the absence of physical illness, but also good psychological and social adaptation and moral health. Due to the special family situation, the children of single-parent families lack sound parental care, which easily leads to the psychological and emotional imbalance of children, and thus leads to some psychological problems[2]. Ge Ai Rong's (2012) research shows that compared with the children of complete families, single-parent families are prone to problems such as withdrawn personality, big mood swings and weak social adaptability. Xue Xiaohong (2009) summarized a series of psychological problems existing in children of single-parent families, such as rebellious hatred, sensitivity and suspicion, irritability, carelessness and willfulness, and serious school weariness, and discussed their family[3], personal and social reasons, and discussed feasible psychological adjustment strategies. Guo Tianzhen (2020) analyzed the causes of the psychological problems of children in single-parent families, that is, the lack of parental care, the lack of school-related education, and the lack of a good social growth environment, etc.

and believed that it was necessary to integrate various forces to jointly do a good job in the psychological health education of children in single-parent families. JiaZhanrui's (2020) analysis shows that the children of single-parent families have high anxiety.Isolation.self-blame and impulsiveness.and the overall mental health level is poor[4].

1.2.1. Children of single-parent families are the main reason for psychological problems of different degrees because they can't get timely care from their biological parents. Through literature review and investigation and analysis.junior high school students from single-parent families generally have the following psychological characteristics:

Depression and apathy: Some children are very painful because of the loss of their parents.and they can't extricate themselves for a long time.or because of the turbulent life and irresponsible parents.their hearts are greatly hurt.so they are often depressed.easily sad.Depressed.and even very happy to see other students in front of their parents.which makes them feel very uncomfortable[5]. At school, they dare not talk about their parents, so they are self-closed, go their own way.show "self-centeredness" and are indifferent to the people around them.even causing apathy.resentment and hostility.which leads to the most serious disagreement with the collective. Due to the lack of complete parental care.single-parent children can't correctly express their emotional needs.and their family communication with one parent is restricted. Over time.children will feel abandoned by their families.and naturally they will feel lonely. Younger children have a feeling of turning to one side and betraying the other. After a long time.children are prone to inferiority complex

and sensitive psychology[6]. This kind of loneliness and inferiority complex is unsociable in behavior.and it is also prone to inferiority complex in communication with others. I feel inferior to others, unwilling to communicate with my peers and close myself off. In this case.if the child is depressed for a long time.it may lead to depression and even suicide.

1.2.2. Full of hatred: Some children hate their parents' divorce. They hate their parents' quarrels and their parents' disregard for their growth and feelings[7]. Over time, this kind of hatred will have adverse effects on psychological development.and then extend to lack of interest in school and social life.dissatisfaction with other people.and even society. They think that since no one cares about me.why should I care about others? Therefore.students lack enthusiasm for collective affairs.show indifference to public welfare undertakings.and some deliberately break discipline.damage public property.and even some children will break cans and fall.in order to attract others' attention.

Irritability: Most parents are often accompanied by quarrels and other behaviors before divorce.and they are often agitated after divorce. It is easy to make children feel cold and sad[8].which leads to the growth of bad emotions.thus gradually forming an arrogant.rude and cold character.

1.2.3. Some children in single-parent families often have nowhere to vent their depressed feelings.so they are grumpy, impulsive and aggressive.and often swear and fight. Divorce left an indelible impression on children's spirit. Research shows that the unstable family environment caused by parents' divorce has obvious influence on children's emotional development.with large emotional fluctuations and high

incidence of bad emotions.of which impulsive irritability is one of the manifestations.

Introverted inferiority, timid and withdrawn: After parents divorce.depression occurs due to being alienated by their parents. Students from divorced single-parent families are generally reluctant to get in touch with others.and they are always alert to the people around them. The change of single-parent family's economic situation.the mutual prevarication of divorced parents to their children[9].and the long-term cold war or quarrel in the family are all important reasons for children's inferiority complex. For example.some students feel that the noise of their parents is a shame for their classmates and neighbors to see and hear, and their faces are disgraceful; Because of low self-esteem. I lack self-confidence.dare not associate with others.dare not speak, dare not answer questions.and always hide by myself.

1.2.4. Suspicion and jealousy: Compared with children from normal families.children from single-parent families are about 3% more suspicious and jealous[10]. It is characterized by being very sensitive to other people's comments.always suspecting that others are talking about themselves.whether others are speaking ill of themselves.and whether teachers don't trust themselves. If an activity doesn't allow him to participate.he will be cranky. In my opinion, the emergence of this kind of psychology is related to inferiority complex. Subconsciously. I am still afraid that others will look down on myself.so I feel suspicious and jealous[11].

- Extreme: children from divorced single-parent families are stubborn in their behavior.unwilling to be persuaded by others.lack of trust in others, and have a particularly serious prevention mentality. They cannot correctly and objectively

analyze the situation.and are self-righteous, one-sided and overly sensitive.

- Anxiety: What children see in the process of parents' divorce is mutual attack and hostility between people[12]. This makes them lack confidence in interpersonal communication.

- Fear and self-reproach: When children from divorced single-parent families realize that they are in some danger and cannot get rid of it, they are prone to fear because they cannot find a safe dependence.and they will make a low evaluation of their personal abilities and qualities.such as self-reproach.self-contempt, self-contempt.etc. and attribute all disappointments to themselves.and have a tendency to fear what they have done.

1.3 the behavior featuresof junior school students from single-parent families

1.3.1. Emotional instability and serious weariness of learning: Although the situation of students with learning difficulties is very different.their characteristics have many similarities. This is especially true for students from single-parent families.who have serious psychological problems in their studies[13]. Through the author's observation.they are manifested as: unstable mood.weak willpower and aversion to learning.Idle and free behavior.inattention in class.and no active participation in learning.Lack of sense of responsibility.serious interference with classroom records.and even random absence from class.

1.3.2. Psychological dislocation and laissez-faire.

Because of the defect of the family.the children can't get warmth in the family.resulting in some psychological dislocation. They think that since their most trusted parents can't give enough care to themselves.they can only find their own fun. They go to the society too early.because they lack the guidance and supervision of their parents[14].and their cognitive level is not high.and they lack the ability to correctly distinguish right from wrong.good from evil. Under the influence of various

adverse factors in the society. they go into the space outside the family to seek solace. even into some commercial Internet cafes. dance halls and other places. or make some dubious friends in the society, which leads to their relaxation of thoughts and freedom of behavior.

1.3.2. cowardice, inferiority, narrow selfishness

Due to the imperfect family, children are psychologically deficient. They often feel that they are inferior to others, and they feel that others look down on themselves. They even think that they are redundant or their fate treats them unfairly, which leads them to distrust others and themselves, and their lives are full of confusion and sadness. Make them emotionally indifferent, and some of them experience the irreconcilable differences between people and the hypocrisy of the world in the long-term quarrel between their parents. At this time, parents of some single-parent families often mistakenly regard the attitude of obeying their children or protecting them as giving love, which makes their children develop selfish and self-centered bad characters and behavior habits.

1.3.4. Depressed, lonely, rebellious and rude.

Due to the divorce of parents or the death of one parent, the child is raised by the other parent, and the family loses its original laughter. Especially after the family is reorganized, some children's sense of loneliness and disharmony is further aggravated. Some parents are busy with work or business all day and only pay attention to the satisfaction of their children's material needs, but neglect their active communication with their children, resulting in a lack of emotional communication between children and parents[15]. Their psychological confusion and doubts can't get timely guidance from their parents, their inner desires and needs can't be met, and their realistic psychology can't be vented, and they can't be comforted psychologically. Over time, their psychological problems are hard to come back, which leads to depression, sensitivity, suspicion, irritability, indifference, isolation, etc. At school, it is manifested as: I don't like to get in touch with my classmates, I don't talk well, I can't communicate with my teachers or classmates when there are contradictions, or I am psychologically depressed, or my behavior is rude and excessive.

The above psychological characteristics will lead to the lack of interpersonal skills of junior high school students from divorced families. Students from divorced single-parent families are poor in social interest, trust others, communication frequency, family intimacy and emotional distance, and their children's social development has not been well developed. There are many shortcomings, which are manifested in their relationship with parents and peers: because their parents are divorced, they are prone to "abandonment", which leads to anxiety, sadness and loneliness. The frustration of the family is suppressed deep in the heart, but there is no suitable way to vent it, so it will produce impulsiveness and other bad words and deeds, so as to escape the frustration situation. This kind of emotion is manifested externally as indifference, and it is afraid to associate with others. Although deep down, it is very eager to get care and love, especially from classmates and friends, but it is at a loss. When facing parents, they will resent their parents and be unwilling to communicate with them. This is actually a child's distrust of their parents[16].

1.4 Causes of psychological problems of junior school students from divorced families

1.4.1.The influence of social factors

The society has certain prejudice against the phenomenon of divorce, and the surrounding comments and evaluations will cause strong resentment in the psychology of these students. They often think that it is shameful to be born in such a family, and the psychological hints given by the social environment to the children of divorced families become their psychological burden.

1.4.2. the influence of family factors

It is the cradle of family character development. The early divorce of parents has a negative impact on the formation of children's correct outlook on life and values in childhood. Parents' educational style has a direct influence on the formation of children's character. A warm family environment gives children a sound personality and a correct view of right and wrong[17]; On the contrary, in a broken family, children will form distorted personality and biased ideas, and treat life negatively. Parent and family education plays an important role in children's mental health and personality development. Parents' words and deeds have a vital influence on children's growth, with natural appeal and great authority. Parents' moral quality, psychological quality, ideological level, cultural accomplishment and even living habits are all reflected on children, which has a great impact on children's psychology and behavior. Good family education and parental care can promote children's physical and mental development and growth. On the contrary, the lack of parental care and family education will lead to unhealthy psychological problems for children. First of all, due to the lack of accompanying education from both parents, the children of single-parent families often have cases where the elderly or nannies take care of their children at home. These children lack complete parental care and education in the process of growing up, and they don't know how to guide and ask for help in the face of psychological problems in life, which leads to more serious psychological problems of children over time. Secondly, the parents and the main caregivers of single-parent families lack correct educational knowledge and attention to adolescents' mental health problems, and they can't provide psychological counseling to their children in time, which leads to small problems leading to big

problems, and finally more serious psychological problems. If you don't pay enough attention, your child will be bullied or even sexually assaulted on campus, and your lack of understanding of your child will lead to running away from home or other bad behaviors. In addition, when children have psychological problems or symptoms of neurosis, the lack of knowledge from parents and schools will lead to symptoms that can't be treated or relieved in time, which will lead to bigger problems.

1.4.3. the influence of school factors

School and family are closely linked, and school education also plays an important role in the healthy development of children in single-parent families. School education is not only imparting cultural knowledge, but also paying attention to the healthy development of individual students' psychology. If schools and society ignore the psychological problems of children in single-parent families, and even discriminate against and prejudice against this part of single-parent group, this part of students will be influenced by external prejudice, resulting in psychological barriers and negative emotions. Under the influence of such negative psychology and emotions, these children of single-parent families are prone to some psychological problems as mentioned above, such as autism, inferiority complex, emotional instability, lack of enthusiasm and confidence in learning. In the long run, these children's psychological problems will develop further and eventually lead to more serious social problems[18].

1.4.4. the influence of personal factors

The reality of single-parent families is not transferred by their children's will. They can't change the established family reality, so they are prone to frustration. For

the children of single-parent families with weak frustration tolerance, their self-control ability and self-regulation ability are poor, they can't bear the blow and pressure brought by the sudden changes in family life and emotional world, and they are vulnerable to mental trauma and negative emotions. Without effective adjustment, they can easily change their personality, resulting in psychological imbalance and mental health crisis.

In fact, not all students living in divorced families are problem students, and they all have psychological problems. Some students may face life in adversity, and strive for self-reliance. However, most students from divorced families can't correctly understand their parents' divorce, and their thoughts and behaviors are extreme. They are not good at adjustment and catharsis, and most of them choose passive resistance[19], give up on themselves, don't make progress, avoid reality, and think that there is no happiness and happiness in life, resulting in value deviation.

1.4.5. The influence of parents' divorce on junior school students' academic performance

The following is a change in the grades of a junior high school sophomore after his parents divorced[20]:

(full) name	First monthly exam	The second monthly exam	Midterm exam
Liu	688	425	342

It can be seen from this classmate's monthly exam transcript that before his

parents were divorced, his first monthly exam results were excellent, but then his parents divorced, and his second monthly exam results dropped rapidly. It can be seen from this that the influence of parents' divorce on children's academic performance is enormous.

Parents' divorce is not only the problem of divorced parties, but also the direct victims of parents' divorce wars. They are disturbed and influenced in physiology, psychology, study, etc., resulting in the following problems:

First of all, it is easy to produce psychological obstacles, resulting in depression, decreased self-esteem and withdrawal behavior. A series of conflicts between parents' divorce. In order to achieve the goal of early separation or to vent their troubles and dislike each other's emotions, they do not hesitate to resort to quarreling, fighting, smashing things, drinking too much, separation and other out-of-control behaviors. Children often witness what their parents have done, and their hearts are full of panic and anxiety. In particular, some parents take their children as "punching bags" with each other, or use them as bargaining chips against each other, or both parents think that children are burdensome, ignore them, or compete for them. After the divorce, such children always feel a sense of shame and the inferiority complex of "children without parents are like grass", and think that they are inferior to others everywhere. In addition, the separation of parents causes children to live only with one party, lacking the warmth of the other party; Some can only live with their ancestors and mothers, lacking parental care; Some of them are entrusted by relatives and friends, and supported by others. Such a variety of situations often make children feel lonely and lonely in their hearts, resulting in withdrawal behavior. Studies have pointed out

that if children whose parents are divorced are at school age, they will become reluctant to go to school and participate in class and school activities. Some of them are afraid to participate in the games and activities of their friends, because they are afraid of being laughed at by others, especially those who mention words related to divorce. Some children are aggressive and aggressive in order to gain their lost self-esteem.

The learning process of junior high school students needs to be based on a good mood. Before and after the divorce, parents have a period of mutual attack and self-pity, and the parties themselves are uneasy, so they have no intention to ask their children about their studies, let alone counseling. And children can't calm down and study their lessons because they are in constant fear. There is a sixth-grade student in our school, who was at the top of his class in all subjects. Since his parents divorced, his children have been beating and cursing for years, and he doesn't want to go home after school every day, so his academic performance drops sharply. It is known that the academic performance of children in divorced families is greatly affected, but if they are properly guided, their academic performance can still catch up.

Finally, parents' divorce also has a negative impact on junior high school students' physical development. No matter whether their parents are divorcing or divorced, most children are not well cared for, their diet is not normal, their clothes are not cleaned[21], and they are not taken care of when they are sick. Some research reports point out that children with divorced parents often have nightmares, insomnia, anorexia and other physical and mental symptoms.

Conclusions to chapter 1

The above situation is not shared by every child in a divorced family, but generally speaking, it is an undeniable fact that parents' divorce will bring such and such adverse effects to children. For this kind of students, it is not enough for educators to give general sympathy. What is important is to provide specific counseling according to their actual situation, so as to help them tide over this difficult life smoothly.

Although single-parent children are no longer rare, it can't be denied that their inner world is still full of wonderful changes. In a family, the mother is gentle and virtuous, and the father is full of strength and knowledge. The absence of either party will leave unhealthy psychological influences such as inferiority complex in the growth of children, which will limit the children's imagination and creativity. If a child lives with his father or his father's reorganized family, it is particularly easy to be restricted by communication in affection, and there are dark sides such as isolation, isolation and selfishness. If a child lacks discipline, it will be even more detrimental to the parents' discipline under the conflict of his inner dissatisfaction with his step-parents. With the increase of estrangement, the child has developed the self-centered psychological characteristics from an early age, everything is self-centered, and his behavior shows selfishness, no concern for others, and no participation in group activities. Sometimes, it leads to irritability, jealousy and resentment.

CHAPTER 2

THE PSYCHOLOGICAL COUNSELING STRATEGY OF EDUCATORS FOR JUNIOR SCHOOL STUDENTS FROM SINGLE-PARENT FAMILIES.

2.1. General principles

Teachers are the second parents of children, especially for children from single-parent families, and they should be good at understanding the joys and sorrows of children. Therefore, studying and solving the psychological problems of children from single-parent families is one of the effective ways to do a good job in school moral education. Teachers help and gradually guide them to overcome their abnormal mentality and grow up healthily like other children. Schools should play a leading role and compensate for love[22].

As an important full-time educational institution, the school should give full play to the leading role of education, and make love compensation for students from divorced single-parent families: understand, respect and trust students from divorced single-parent families, protect their privacy, and create a friendly and mutual-aid educational atmosphere, which can promote interpersonal communication atmosphere, help children from divorced single-parent families eliminate their excessive self-esteem, relieve their psychological burden, get spiritual comfort and friendship, and feel the warmth of the school family and the pure friendship among classmates. As teachers, they are obliged to undertake the task of protecting and educating these students, play the role of teachers' mentor and friend, and make up for their missing love. In daily work, teachers should pay attention to the life of children from divorced single-parent families, establish the study and life files of

children from divorced single-parent families, understand their ideological trends, talk with them more, help to enhance their interest in learning and change their bad learning attitudes.

When educators give psychological counseling to single-parent junior high school students, they should pay attention to the following general principles:

The first thing is to give them more warmth and happiness, care and encouragement.

"True education is a heart-to-heart activity. Only when it comes from the mind can it reach the heart. " [23]For those children from single-parent families, it is even more necessary for teachers to pour selfless love to soothe the most sensitive wounds in their hearts. Create a sincere atmosphere, so that students can enjoy the lost warmth and happiness again. Love can make up for it. As long as we give more love to them in the spirit of "love, enthusiasm, sincerity and patience" and scientific attitude, we can heal their inner wounds and help them overcome difficulties in life. I believe they will also live happily and happily.

Secondly, we should pay attention to the protection of children's privacy in single-parent families.

The psychology of single-parent children is sensitive and fragile, and with the increase of children's age, the children's sensitivity becomes stronger. Teachers should pay more attention to protecting the privacy of single-parent children, both in education and teaching at the same time and in organizing activities. Whether in organizing activities or helping students with difficulties, we should pay attention not to let single-parent children be listed separately.

The third is to cultivate their sound personality in activities.

Especially, children from special families should attract our attention. We should know what they like and hate, cultivate their sound personality, and make them integrate into the group to face difficulties optimistically. Help them form a sound personality and normal interpersonal communication. At the same time, avoid talking about sensitive topics face to face, pay attention to their trends, and prevent them from making bad friends and going astray.

The fourth is to set up files of single-parent children. Understand and master the number of single-parent children in the class, and be familiar with their family status and the reasons for single parents, and then take effective measures[24].

Fifth, the class teacher should make regular home visits to single-parent families and meet with parents of single-parent children. Talking with parents is often because parents let their children go their own way, thinking that with school education, the family can ignore the importance of family education. It is necessary to make it clear to parents that teachers and parents should work closely together to educate their children.

Guide parents to do a good job in the management and education of their children, especially in the following situations, and pay more attention to:

- Not simple and rude

Many parents of single-parent children regard their children as their only spiritual support, and often place all their hopes and dreams on their children, asking them to get ahead everywhere, especially in their studies. However, if the expectation is too high, it will inevitably lead to the child's psychological burden[25].

-Don't indulge and spoil your children without principle.

Although the children of single-parent families have suffered family misfortune innocently, the parents of these children tend to be more sympathetic to their children after being widowed or divorced. Everything depends on the children, and everything is at their mercy. They would rather suffer for themselves than let their children suffer a little "injustice". As a result, children are always self-centered, and become selfish, bossy and willful "bullies". They lack compassion and sense of responsibility, do not know how to respect others, and even look down on their parents who have raised them with hardships.

- Don't let yourself go, regardless of the children.

Some parents of single-parent children leave their children alone for work or family reasons, leaving them in a state of laissez-faire. In the eyes of adults, the world of children is simple. Actually, this is not the case[26]. Children are also social people, and they are inextricably linked with the society in their own life circle. Because children's self-regulation ability is low, long-term laissez-faire and loneliness will make them have all kinds of abnormal mentality and get bad habits. Therefore, it's not difficult to understand that they did something out of line with one thought.

Under the new situation, teachers must shoulder the heavy responsibility of protecting and educating single-parent children. Teachers should be loving, patient and sincere to these children. Only by being emotional, understanding and educating them in joint family can they help and gradually guide them to overcome their abnormal mentality and grow up healthily like other children[27].

2.2. According to the mentality of students at different stages to provide corresponding help.

Divorce between husband and wife usually takes a long time, ranging from several years to more than ten years, and from one year to six months. During the period between parents' motivation conflict and divorce, children's attitudes and thoughts also have a process of change. Foreign scholar HuoZiman and his colleagues divided this process into four stages by observing the mental changes of children from divorced families when their parents were separated[28]:

2.2.1. the denial stage. When the relationship between parents is tense and divorce is near. If someone asks, "Do your parents want a divorce?" Children strongly deny it, saying that it is a rumor and false. Although they are aware of family conflicts in their hearts, they are emotionally unwilling to accept this fact. They don't miss that they will encounter this kind of misfortune, and hope that this kind of thing will not happen.

2.2.2. Anger stage. As the relationship between parents deteriorates day by day, children will feel resentful when they expect a bad future. It is extremely selfish to be angry with parents and think that they have abandoned him for personal happiness. Under the domination of this resentment, children tend to be uncharacteristically aggressive at home or in the Song Dynasty.

- Dispute stage. When parents' divorce soon becomes a fact, children will try their best to live with their favorite father or mother, and bargain with their parents for things such as the distribution of household goods.

- Depressed stage. After the divorce of parents, children feel sad and depressed, sometimes even lose interest in life and study, get into bad habits, run away from home or participate in bad social gangs, which often happens at this time. Ziman put forward these four stages, which can provide some reference for us to tutor this type of students. On the basis of knowing the situation, educators should carry out different education according to the different stages of students. For example, children in the angry stage, teachers should pay attention to their words and deeds to prevent some accidents. A third-grade student in a primary school in Guangzhou is usually timid, and he is often beaten and scolded by his parents, so he doesn't dare to fight back. Later, when the parents divorced, the father often made excuses to beat his mother. In a fit of pique, he picked up a kitchen knife to chop his father, which surprised his neighbors. This shows that a child can do anything when he is extremely angry, and the object of their attack is not limited to his family. Sometimes one or two jokes of his classmates will lead to their impulsive behavior. Therefore, teachers should pay attention to helping students in peacetime to eliminate their passion and prevent accidental injuries caused by impulse. For another example, we should pay special attention to the children in the depressed stage, and they will do something unexpected at this time[29]. For example, a weak girl in grade three of our school actually left a note to run away from home when her parents divorced; A sixth-grade boy once told his classmates that if his parents divorced, he would commit suicide. For children at this stage, educators should help them accept the fact that their parents are divorced, make them realize that children whose parents are divorced are not the most unfortunate children, encourage them to cheer up, and give more care and care

in their study and life.

2.3 Educate students to treat their parents' divorce with a correct attitude.

Some scholars believe that children's attitude towards parents' divorce is an important key for children to adapt to the fact of parents' divorce[30]. The more they take a negative view of the divorce, the more difficult it is for them to adapt to their lives, because they can't accept the fact of parents' divorce and make themselves unloved by their parents. Due to the influence of traditional ideas in China, most people hold negative views on divorce, and children are young and depend on their parents' support in material and spiritual life, so it is generally difficult for them to treat their parents' divorce correctly. They have a low opinion of the divorce. Many people hold negative views.

Teachers should find out this kind of students' views on their parents' divorce through daily contact. For some children who hold such views as "parents divorce, their children are the most unfortunate", "parents divorce is a shame", "I don't think anyone loves me" and "people shouldn't divorce when they get married", they should be persuaded in an appropriate way according to their age characteristics and understanding degree, so that they can understand the reasons for their parents' divorce, and gradually students will accept this fact[31].

Generally speaking, children always try their best to hide the separation from their parents and don't want others to know. With this in mind, teachers should establish a good and harmonious relationship between teachers and students when discussing children's ideas, otherwise children will be alert and disgusted.

2.4 Give more care and care in study and life.

If a student's parents die of illness or are killed or injured by an accident, there will usually be help and comfort from relatives and friends, neighbors, etc. Teachers and classmates will take the initiative to help him with the lessons he missed when there was an accident at home[32]. Those naughty students will also become extra careful in front of him, and dare not try to be brave and call his nickname. However, students whose parents are divorced are less likely to get this kind of "treatment". In fact, this kind of children need emotional support and compensation most, and the friendship between teachers and classmates will effectively alleviate their negative psychology such as anxiety, inferiority and fear. Therefore, teachers should pay more attention to the study and life of students from divorced families, be considerate and encouraging, criticize less, and pay special attention to protecting their self-esteem. These children's emotions are fragile and sensitive, and some words like "home" and "divorce" will stimulate their young minds. Therefore, when it comes to family problems, you should be careful with your words. Besides, you should educate other students not to discriminate against and laugh at them[33].

2.5. Assist parents to solve the problem of educating their children.

Because of social pressure, economic pressure, work pressure and other reasons, parents of single-parent families have no time or no intention to take care of their children's study and life. They generally think that it is difficult to educate their children, and some of them fall into misunderstanding in education[34].

One is "excessive neglect". Some single parents regard their children as a burden, dislike them in every way, and even abuse them. For example, in a family, after the parents divorce, the daughter is raised by the father. After work, my father

either goes to "Karaoke", rarely asking about his children's study and life. Children often go to school hungry. Later, my father remarried, and the other party thought he had a daughter who was burdensome. If he failed, he would take it out on his children and often beat and scold them. In the future, whenever a girlfriend comes, he always throws his daughter out of the house first[35].

Another kind of "excessive pampering". Some single parents think that it is hard to gain custody of their children, so they indulge and tolerate their children in every way, resulting in their willfulness, arbitrariness and daring. For example, a girl in grade four of our school, whose parents divorced, originally awarded her child to her father. Because of her father's neglect of management, her mother won the custody. The mother lost her rational upbringing to her child, and she had to give her child food and clothes if she didn't eat or drink. Over time, the child was willful, bossy, greedy and playful, unable to make progress in study, and unable to understand her mother's heart, and became a "problem" child[36].

Conclusions to chapter 2

Students and teachers are always full of expectation, especially children from single-parent families. The incomplete affection makes them yearn for the teacher's complete and generous love. As educators, we should not only treat them as students, but also treat them as our own children and equal friends. Find more opportunities to talk to them and let them feel your concern, patience and tolerance for them. Most of these children are on guard. When they talk to them at first, they often don't want to open their hearts and tell you the truth. This requires us to carefully create a relaxed and pleasant atmosphere, put down the dignity of teachers, respect their independent

personality, look for topics close to their lives, open their chatterboxes and remove their psychological barriers. With the increase of the number of conversations, the topics discussed can be gradually expanded and the content can be deepened. In this way, there will naturally be many opportunities to enter their hearts, and teachers can give correct guidance at the right time to help these children correct their bad mental state and regain their former happiness. When talking with children from single-parent families, teachers try their best to communicate individually and care for their sensitive self-esteem. Especially in public, we should do it naturally and appropriately. We can't let them feel that the teacher's care is a pity, and we can't let the teacher's care become an excuse for them to indulge themselves. After all, personal strength is limited, and everyone can paddle to drive a big ship. What's more, it's a complicated systematic project of educating children, and it's inseparable from the joint efforts of schools, families and society. First of all, teachers should make full use of their opportunities to get along with students, try to create a relaxed and pleasant learning atmosphere in class, and discuss and communicate happily with students on an equal footing. For these children who are seldom asked after school, we should pay attention to cultivating their active learning habits and help them solve their learning difficulties in time[37]. When it's cold, add clothes to them .A lot of daily care will bring warmth to their young hearts. When dealing with children from single-parent families, teachers should guide them to look at the ups and downs in life correctly, and at the same time create a healthy and happy environment for them to grow up, so that children can feel the warmth of family, so that they can have a warm, cheerful, confident, brave, strong and sociable healthy personality just like other children.

CHAPTER3

Family education countermeasures for psychological problems of junior school students in divorced single-parent families.

The psychological problems of students from single-parent families are the result of many factors[38]. Therefore, families, schools and society should make joint efforts to create a good trinity environment and shoulder their respective responsibilities without hesitation. So, how should parents shoulder this responsibility?

3.1 How to make children accept the reality of their parents' divorce

3.1.1. Tell your child frankly about your intention to divorce.

The best time is when the husband and wife decide to divorce and negotiate custody and future arrangements[39]. At this time, telling children can make them psychologically prepared, and gradually accept the fact that their parents are about to divorce in daily life. This is a buffer period for children to adjust themselves and accept the reality. It's best to pave the way before telling. Usually, when you talk about other people's divorce examples, you can talk to your children about their views and attitudes towards divorce, so that they can accept the fact that their parents are about to divorce psychologically[40].

Avoid children getting involved in marriage fights. Before divorce, some couples will go through many times of wandering, tangling or quarreling, which is easy to get their children involved in marriage fights[41]. After negotiating the divorce matters and future arrangements, you can tell your children frankly, which can prevent your children from getting involved in the marriage vortex that was wavering or even tossing. Some couples have been divorced for several years, trying

to solve their marriage problems, but they have not been solved for a long time, so that their children are involved, which does great harm to their children.

Tell the children about the divorce together. Now you have divorced your ex-wife for two months and haven't told your daughter. It's understandable that you want to protect your daughter, but it's inappropriate and risky. As you are worried, if you are accidentally discovered by your daughter, you will be more passive in handling it, and your daughter may be hurt more[42]. You and your ex-wife can choose a calm day and tell your daughter the truth seriously and sincerely. Why should the husband and wife tell the children together, instead of alone? Because this will make children believe that although you are divorced, you will continue to assume the responsibilities of parents now and in the future, which will make them feel safe. Although parents' divorce is unfortunate, fortunately, their parents' love for themselves is still there, and the future is safe and practical.

3.1.2. Explain objectively and calmly why you want a divorce.

Make sure children understand that parents' divorce is between parents, not because of children[43]. Children have the right to know the truth. You should tell them the truth objectively and calmly, even if it hurts people. You don't need to tell your children the details. You can say, "Mom (or Dad) has fallen in love with another person." "We used to think that each other was true love, but now it seems to be a wrong judgment." "Daughter, our marriage has encountered difficulties. Some time ago, we tried to solve them, but it's really hard to solve them." "Dad and Mom often quarrel, and living together makes us feel tired." ... Anyway, you should Let the children know that she is the crystallization of your love, because it is too important

for teenagers' sense of self-worth.

Avoid mutual accusations, angry complaints and complaints. Never say "Your mother (or father) doesn't want us", which will lower the child's sense of self-worth, and don't accuse and accuse "Your father (or mother) only knows playing mahjong (drinking and gambling ...) all the time, and I can't stand it anymore"; "Your father (or mother) is so selfish! Only care about him (her) himself, don't put us at ease "...

3.1.3. Discuss the future living arrangements with your children in detail and concretely.

The more detailed the future arrangement, the better. Be as specific as possible to tell your child about her future life arrangements, and ensure your responsibilities, such as where she will live, whether she will follow her father or mother, who will move away, where she will move, when to visit her or pick her up for a few days ... No matter what your daughter asks you about her future arrangements, you should answer as honestly as possible, don't hide it, and don't avoid talking about it[44].

Discuss it with your child many times. For the first time, I focus on creating an open communication atmosphere, so that the child can feel that she can ask any questions she wants, and you will answer honestly, which will make the child feel that your decision is responsible for her. Several times later, we will focus on the life plan after divorce, try to talk with a positive and optimistic attitude, and give priority to solving the problems that will be faced[45]. For example, after divorce, the elderly or relatives and friends of both parents may have irrational words and deeds that will affect their children. You should remind them in advance and discuss how to face or

resolve them[46].

3.1.4. Some behaviors to be avoided.

Don't let the child get caught in the middle. No matter what you think of your ex-wife, you should support her relationship with your children, don't let her choose between you, and respect her wishes and choices[47]. Don't impose your feelings for your ex-wife on your child's feelings for her mother. You are you, and children are children. Don't let your children be "spies" (such as "Does your mother have a boyfriend dating recently"), "allies" (such as "Your mother is always like this, now you know why I had to get divorced in the first place"), "transmitters" (such as "tell your mother not to meddle in my affairs all the time" and "tell your mother that she hasn't paid for your living expenses for a long time"), and if you disagree with your ex-wife[48].

The party without custody should not use gifts or other means to attract children[49]. When the party without custody comes to visit the child or pick up the child to stay together for a while, it should be calm and can express its love and welcome to the child, but don't overdo it. Don't let the child feel that he is trying to please her or even connive at her. Try to make the child a member of the family like living in an ordinary family[50]. He is bound by family rules and needs to finish his homework and housework normally every day as usual.

3.2 How should couples get along with their children after divorce?

3.2.1. How to mention her father/mother in front of the child?

Divorced adults, no matter how much they hate each other, shouldn't say anything wrong about each other in front of their children[51]. Tell the child that the absence of parents does not affect their love for her. Parents should not use their own opinions to influence their children's judgment[52]. However, many people do the opposite. They know a mother, are abandoned by a man, and nag their children all their lives. One day, the grown-up daughter said, "My father has been told so many things by you for so many years. Will it be finished?" Children don't necessarily dislike people you don't like[53].

3.2.2. Never put on a bitter face every day.

Maybe you were abandoned by a third party, maybe you were wronged, but don't be a bitter woman/bitter man every day[54]. First of all, it is not good for your body and mind, and more importantly, it has a subtle influence on your children. It is very important for a child to see a calm you for her mental health.

3.2.3. Do not emphasize or evade the fact of divorce.

Some parents always say to their children after divorce: Our family is different from others, so you should work hard and get ahead[55]. The starting point may be good, but will this reminder/emphasis cause children's inferiority complex? It's not a good way to avoid the facts. If the child asks: Why is someone else father always at home? Just take this opportunity to tell her that families can be in various situations. Some families have parents, some have grandparents, and some are adoptive parents, so they accept everything they have. It may be helpful for children to enter the society in the future. The most important thing is to be a parent's own mentality[56].

3.2.4. Don't bet your future on your children.

Some parents will say, "Son, my life is ruined, so I'm counting on you." What's more, some parents not only talk about it, but really put their heart and soul on their children[57]. I think it's unfair to children. This method sometimes makes children have rebellious attitude. Parents should open up their own world, develop themselves, and let their children have their own world.

At the same time, after a formal divorce, couples should pay attention to four points:

You can communicate and chat with her more, talk about school work and interpersonal matters, and let her participate in deciding family affairs, so that children feel important and needed, but don't let them bear too much housework, otherwise, children may feel too stressed, so they don't want to go home and wander outside, and they can't fully assume the functions of the left party. Parents should pay attention that their lost feelings can't be compensated by their children[58].

-Try to avoid big changes in your life, such as moving, transferring, remarrying soon, and so on[59]. The departure of one of the parents has made the child unbearable, and other unstable factors should be avoided.

- Encourage children to associate more with the other party.
- Communicate with school teachers, ask them to take care of their children's life at school and encourage them to make more friends.

In fact, as long as parents are wise, divorce does not necessarily lead to children's psychological problems[60]. But some parents often use their children in

the process of divorce, hoping that their children will stand on their own side. Some criticize and accuse the other party in front of the children; Some use money to buy and woo children; Some complain to their children all day; Some provoke children's hatred of the other party, saying that the other party abandoned themselves and their children; Some children are forbidden to associate with the other party. These practices are often detrimental to mental health[61]. As a child grows up, she will gradually realize the narrowness and selfishness of her parents, so these practices are often helping a stone to hit her own foot.

3.3 How to ease the negative emotions of junior high school students from single-parent families

Parents should establish a sense of responsibility and pay attention to the unity of education and love[62]. As parents of single-parent students, regardless of the child's custody, regardless of the process and outcome of marriage, they should establish a sense of responsibility and assume the responsibility of education and love: don't hide the truth from their children, let alone maliciously slander each other or prevent the party without custody from visiting their children[63]. Not because I feel guilty. I want to pay more for my children to compensate them and give up my legitimate demands on them. We should set a moderate expectation for our children's future, and pay attention to scientific educational methods[64].

In fact, when a child states something with negative emotions to us, it is obvious that he hopes to get the support or understanding of his parents. This kind of problem exists in all aspects of communication with children. If we understand and see clearly the essential needs of children, we can effectively ease the negative emotions of

children, and effectively turn negative emotions into a lively, lively and valuable emotional management lesson[65].

If we do something hastily or even ignore it directly, we will ignore the "best education period" of our children. In the long run, children will be trapped in the "emotional quagmire" because they can't channel their negative emotions. In adolescence, they are likely to refuse to communicate, stay up late to "relieve their emotions", and their self-recovery ability will be worse than that of ordinary people when they encounter setbacks after work. Such a child who is "influenced by emotions" will find it difficult to be happy[66].

So, let's take a look at why the following answers are not suitable:

-command warning type

"You should play for him, don't be so stingy." The message the child received was, "You think the problem is with me, not a little dream! You don't love me! "

The influence of this imperative answer on parent-child relationship can be imagined. Many parents are always puzzled why their children grow up and are inexplicably alienated from themselves. When they were young, they were quite obedient. I don't know that the children's drift away is actually the mental shackles that we handcuff to our children every time we give random answers[67].

- Preaching suggestions and persuasion

"Be generous, just give him the following, and know how to share good things". It seems reasonable for parents to give a suggestion directly, but what children need at this time is not advice, but emotional guidance. The message the child received at this time was: "You don't understand my feelings at all, you are fooling me!"

-Evaluation, accusation and diagnosis.

"This matter, your idea is wrong, the idea is selfish, very capricious. Why do all good things have to be yours? You should know that toys are public and everyone can play with them. " On the surface, we are helping our children to analyze the causes of this incident, and making corresponding evaluation of their ideas, which is reasonable[68]. But in fact, children don't have adult thinking logic. The message they receive is: "You are accusing me. My parents don't like me. I am really a useless person."

-Comfort, diversion

"I know, she robbed your toys, and you are very unhappy. Let's not think about it. My mother bought you a lot of toys. You can play as you like.

On the surface, parents seem to notice their children's emotions and begin to comfort and divert attention, but in fact, this kind of comfort is very thin and powerless, which is tantamount to solving their children's problems. The next time Xiaomeng grabs toys, the children still don't know what to do, and parents, too, have lost an excellent opportunity to educate their children. The message the child received at this time was: "It's not as light as you said. You don't care about my feelings at all. I still don't know what to do in the future."

So, what should we do about the situation that children already have clear negative emotions and ask us for help?

-Don't be in a hurry to evaluate, ask the child to continue talking.

For the statement of parents and children, you can simply say "Oh?" In this sentence "Oh?" It shows that parents have noticed their children's problems and issued an invitation to "go on talking" with a neutral attitude.

-Show understanding and clarify the child's current emotional state.

When the child goes on further, we can say, "So you feel sad, are you?" At this time, parents need to help their children clarify their emotional state. Emotion is very complicated, not just anger and happiness. Helping children to clarify the subtle differences between different emotions is very important for children to correctly judge their emotions in the future. At this time, parents will turn their children's factual statements into psychological feelings and emotional needs. When children realize that their parents "understand us", they will let off their guard and start to analyze their own problems.

-Express the true feelings of parents.

"Mom is very sad to hear you say that, and it's a pity, baby. Do you know?"

"You and Xiaomeng are such good friends. We used to go to the playground together and come home from school together. What good friends."

When the child tells you what he thinks, he is mentally defensive and ready for a war with his mother. First of all, when the mother tells her emotional needs, the child's psychology will be transformed into "Why is the mother sad?" Did I do something wrong? "

Once the equal dialogue takes place, the child will unconsciously stand in the mother's position to consider the problem.

-Let the children come up with their own plans.

"Then let's see, what's a good idea to play with toys without losing this good friend?"

At this time, the child's resistance will be much smaller, and she has changed from "angry" to "solving things". At this time, what we need is patient guidance, offering alternatives for our children, and not condescending to criticize or criticize the children's proposals[69].

- Implement suggestions and give timely feedback.

Under the scheme put forward by the children themselves, its enforcement will be much stronger. When the child comes home from school next time, parents can chat and ask if the knot of the child's psychology has been completely untied.

Conclusions to chapter 3

In fact, the divorce of parents has a great impact on children. Even though parents love this child very much. However, after divorce, we basically won't live under the same roof. It's impossible for a child to see his parents all day, and he will gradually guess what happened. Plus, adults talk for one build what did not build. The child will listen. He may not know what divorce is. However, he must know that his father and mother will not be together.

How can we keep children from missing care? Well, the possibility is very low. Divorce, even if there is contact because of children. But they themselves can't care about harmony. In front of the children, maybe put it on. But more likely, I don't even bother to pretend. Children, either follow their father or mother. More likely, follow one's ancestors. Old people spoil their children, but that kind of love and fatherly love will not be the same after all.

I can only, really communicate with my children more. Know what they really think, and then communicate more. However, this is a temporary solution rather than a permanent solution. It's the only way to win and lose. After all, family of origin does. What children need most is the company of their parents!

CONCLUSION

The divorce of parents and the disintegration of families have a great negative impact on most students' children, seriously restricting the healthy development of students' body and mind, and at the same time causing a series of social problems. To better develop themselves, it is not enough to create conditions for children of divorced families only in family education, but also in schools and all aspects of society. The psychological education of students from single-parent families is a systematic project, which needs to form communication inside and outside the school through the interconnection, cooperation and mutual promotion among the school, family and society, so as to give them more love and make them feel that the society, school and family are caring for them and caring for them, so as to encourage them to overcome and gradually eliminate their unhealthy psychology and promote their healthy growth. Therefore, the cultivation and education of children from divorced families must give full play to the role of family, school and society, and form a new pattern of "three-in-one education" with school education as the main body, family education as the foundation and social education as the support, so that these junior high school students from single-parent families can get more and better help and care from the whole society.

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