

## **Study into the Psychological Reversion of Senior High School Students to the Ideological and Political Course and Find Out the Way to Lessen It**

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### **Abstract**

*Psychological reversion is a common psychological phenomenon among senior high school students, which cases are frequently to be found in the ideological and political course. It does no benefit for the progress of the course, and on the other hand hampers the shaping of the students' good morality, healthy mentality and ability to learn. This article is mainly about what's the senior high school students' negative mentality, why it happens and will come up with appropriate strategies.*

**Keywords:** ideological and political course; senior high school students; psychological reversion; cause; strategies for removal;

Psychological reversion, also called reverse psychology is a strong emotion of antagonism stimulated by the case when the objective environment is contradicted to the needs of the subject. Therefore, in other words psychological reversion means that the subject is opposed to the things and events he is involved. In the case of teaching, it particularly means that the inherent thinking patterns and stereotype of the students themselves are against the cognitive messages from some certain education environment, and they establish a sense of reverse and start resistant actions against the normal education. In the ideological and political course, the existence of antagonistic psychology or emotion raised by the disparities between the expectations of the senior high school students and the teachers' teaching contents, methods and personality is called psychological reversion of senior high school students in the ideological and political course.

## **1. Expression of Psychological Reversion of Senior High School Students to the Ideological and Political Course**

Some Researches point out that the expression of the antagonistic mentality in the senior high school students towards the political class can be summarized into several aspects. Firstly, awkward silence shows up in the class. The student shows negative attitude towards the learning of the political class, they tend to think useless of the class, always find it idle and uninspired, never take active actions even oppose the teaching of teachers. Secondly, the bias and antagonistic emotion the students hold to the political teachers and learning. Some of them consider the political class no more than a class for brainwashing, pure and time-wasting doctrine preaching. Some have an idea that it is only a class of no importance, it does not matter if you listen or not, and you can get a high score easily as long as you take pains to memorize the main points in the books for only a short time before the exam is going to begin, and they think it more effective to make progress by spending more energy on the so-called core courses like Chinese, Foreign Languages and Math. Moreover, some blame the political teachers for being stubborn, maintaining the same and dull teaching method or show unwillingness to have the class or even ignore their teachers. Thirdly, they opposed to the moral models and the anecdotes the hero did from the speech of teachers, schools and parents. The students are suspicious to the ideas in the political books, and they are indifferent to the publicity of moral models and positive characters, thinking it an overstated advertisement, brag, a false image, and even denounce the political class an extravagant, void class.

## **2. Cause for the Existence of the Psychology Reversion in the Senior High School Students to the Ideological and Political Class**

### **2.1 Senior high School Students' Immature and Instable Mentality**

Physically and Mentally Immature as the senior high school students, they grow all the more independent in their consciousness, they only do things at the charge of their own will, leading to a generation gap between their parents. If parents stay requesting them to obey their order and ignore the students' emotion and needs to be independent, it will nevertheless be contradictions, and here comes the psychological reversion. Great changes have taken place in the age of nowadays senior high school students, which they are so sensitive to the scores, the unwittingly praise or criticism from their parents and teachers, particularly when they face severe criticism, they feel shame and lost esteem, grow to stand opposite to their seniors. The senior high school students although accumulate more experience in life as they grow older, become more independent and can think in their own way, they lack mature quality of thinking, have no profound and systematic knowledge foundation, strong caution to the world but lack of actual experience, way to go in the shaping of value to the world, as a result they can only see the problem from one dimension, and they have difficulty in clarifying and judging the boundary of right or wrong, making them changing in their temper, easy to go astray and extreme. Therefore, when they are imparted with political knowledge which can't be compatible to their individual cognition, they tend to suspect and antagonize with their subjective judgment, which results in the psychology reversion.

### **2.2 Abstract Teaching Contents, Dull Teaching Method, Single Criteria for Class Evaluation**

Even as the ideological and political class is so closely related to our life, rich in contents that are

interested to the senior high school students, the too much emphasis on the roundabout of the concepts the books should present and the aloof from the actual life lead to the consequences of dull, tedious, abstract, incomprehensible, which greatly effects the students' enthusiasm for learning, and give birth to a sense of antagonism and reversion. Currently, the so-called traditional "duck-stuffing" type of teaching method rather than the thinking-inspired, case-modeling type is making the class fall into dead silence, uninterested to the students. Moreover, when the college admittance exam is approaching, the political class become all the more a class for "knocking the door of good college" for both teachers and students, paying more attention to the ability to solve the problems in the exam papers, the selection and memorization of important points in the books, but not the cultivation of virtue, mental healthiness, the true essence of ideological and political class. Meanwhile, the evaluation of the teaching has single function which is to select good students instead of have students advance. Besides, the contents of evaluation are single, too. They tend to emphasize the knowledge in the book, and ignore to evaluate the ability, emotion, and value objectives of the students. The evaluation methods are single, either. The majority of them are qualitative evaluation, mostly in written form, which makes the evaluation surface and quantity-oriented. Lastly, in most cases, the only one party that can be in charge of the class evaluation is the teachers, not the students, leading to the excessive importance of teacher's evaluation. The above reasons make the students afraid of the political class, even feel antagonist to it.

### **2.3 Low Integrated Quality of Some of the Teachers, Insufficient Emotional Communication between Teachers and Students**

Psychological research finds out that the degree of affection between teachers and students goes opposite to the level of psychological reversion. The profound emotional link the two parties have bond, the more inclined the student be to the teacher, leading to an effect of emotional dependence which is manifested by trust, obedience, and close to the teacher. Conversely, In case of disrespect to the students, abandon to abuse the students without any consider for their feelings by the teachers, the consequences will be on the negative way. If lack of cultural attainment and innovation in the course, unable to handle the criticism from the students properly, even treat their students with bias, one will never be a beloved teacher by their students. If the teacher maintains that score is the only criterion for evaluation of the students' performance, not about their personality, quality and ability, the effect of evaluation fails. If conflict between the two parties exists, and the only way of solution for the problem is to suppress the students with a set of old concept that advocates the students must respect to their teachers and unable to see the problem from the students' perspective, the teachers are alienation to the students. If the teachers has low vocational obligation whose behavior lags behind what he said, invisible bridge to separate the two parties in the minds will come up. If the teachers make injustice treatment to the students, take to penalties without thought for the feeling of student. All that may lead to abnormal teachers-students relationship, bad communication, bringing about disgust on the teacher from the students, eventually making bad consequences on the political class.

### **2.4 Strong Influence from the Multi-ideological Trend and Unfavorable Social Environment**

As the deepening of opening and reform in China, particularly under the marketing economy, the negative influences, produced by the fever of individual interest and material profit, prevalence of money worship and pleasure indulgent have direct consequence of the student suspicious to the ideological class. As

the primary place for teenager students to grow up, a good family environment can make influence on the body and heart of the students unconsciously. However, problems of family education like exclusive focus on exam and scores, severe management to the child or on the hand let them out of control absolutely, inharmonious spousal relationship leads to bad parent-child relationship, overdue abuse of the material needs of the child by satisfying whatever the child has asked can be found sometimes. In the school environment, interrupted by the bad influence from school, bad relationship between teachers and students and between fellow students, the students will be added up with mental burdens, leading to negative effect on learning impulse and feeling wearing of studying. Besides, the mass media, especially internet and various new media even though expand the horizon of senior high school students, quickening their way to obtain knowledge and information, hides a great amount of bad information, plus in lack of ability to make proper selection and clarification of information, which may confuse the students' morality and legal consciousness, decrease their ability to get along with others, generating a sense of loneliness and aloofness. The penetration of bad social influence greatly reverses the construction of credibility of the educators, leading to the failing of teaching objectives and teaching results of the ideological class.

### **3. Countermeasures for Reducing the Senior High School Students' Psychological Reversion to the Ideological and Political Course**

#### **3.1 Regard to the Students' Psychological Reversion with ADialectical View and Guide Them to Have the True Self-image**

Teachers, parents and schools should have indiscriminate, objective, fair view on the existence of the students' psychological rebellion, try to offer them room for free choice, capitalize on the positive side brought by the mental reversion, for instance curiousness, self-consciousness, seeking for distinctiveness, innovative quality, which will push them to explore the potential in them, help to shape positive character and sound personality, eliminate negative feelings, stay positive and enhance the mental health. The teachers also need to give the students fair treatment, trying to see the world at their status and offer them assistance to know the world in a correct way. Numerous ways can be taken to guide the student into the correct way of knowing themselves and to remove the bad influence from mental reversion. First of all, have true understanding on the ideological and political course. The ideological and political course is a course that educates the students with morality, composed of four modules, politics, virtue, ideology and mental health, providing a way to know the state policies and regulations. It deserves a serious attitude in learning and exam marks is not justified. Only with an accurate view on the self-image, with application of philosophical concepts in advancing the level of oneself, can the student develop scientific view of their life, of the world and of value. Besides, it will increase their sense of accomplishment. As a member of society who can't live in separation of others, the senior high school students should be guided to know more about themselves through mirror from others' comments, be aware of what they are good at and what they are not in the various contrast with others, thus taking active action to avoid the weakness and play up to the strength in them, which is the root of confidence and the motivation of ideological course learning. They shall be guided to reflect themselves, overcome the weakness in their mind, gradually establishing a comparatively mature ability of politics to have a correct understanding about the world, promoting the effectiveness of the political learning. Moreover, the students shall be encouraged to take part in the mental regulatory class, learn to have self-modification to their minds, which is

an effective way to counter the bad effects from the mental rebellion and increase confidence on the ideological class.

### **3.2 Improve the Teaching Contents, Methods and Evaluation Standards to Inspire Senior High School Students' Enthusiasm for Learning the Ideological Course**

Firstly, the theory in the teaching content should be closely related to our reality. Since the political class is close to our daily life, its content is highly oriented and timely, teacher should relate the knowledge in the book with the current events taking place in our society based on the state situation, guide the student to realize both their accomplishment and fault. With profound knowledge on books, teachers should be sensitive about the pulse of the senior high students' thinking, offer instructions for the students to concern about our life, the nature and our community with specific purposes, help them to use what they have learnt in the class to solve the problems in real life, with highly close relation between politics and real life they have intuitively form, daily life language converts into political language, making the political class vivid and rich.

Second, initiate new teaching methods and means. According to the body and soul developing rules and cognitive rules of senior high school students, the teachers should adapt their methods and means of teaching in different contents, pay more attention to use case inspiring approach, creative teaching mode stressing on independent, cooperating, exploring learning, assist with modern multi-media, added by humorous class language to have the student happy, curious, passionate for knowledge, recover the class which used to be full of abstract, complicated concepts with colorful pictures and sounds by making it direct and digestible for the students whose studying motivation will be fueled, participation will increase, inertia in the class disappears and active returns, the mental rebellion of the students reverses.

Thirdly, set up scientific evaluation system for teaching. Construct polybasic student's performance appraisal which not only on the level and ability they have mastered and applied the knowledge, but also what positive changes have taken place in their daily life, realizing a comprehensive approach to make judgment by multiplying evaluation methods, indicators and subjects to promote the sound development of students. Set up a teaching evaluation system which involves teachers as the main part of evaluation, leaders, teachers, students, and parents of the teenager students as joint efforts, to improve the level of teaching by receiving response from different resources, which can activate the initiative of students for learning the political class and reduce the psychological reversion.

### **3.3 Enhance the Comprehensive Quality of Teachers, Strengthening the Interactions between Teachers and Students**

Teachers, first of all should enhance their own quality. Through persistent study, efforts to improve the political attainments and vocational morality, the political teachers should gather together the hearts of students by showing their professional character, having them eager to receive education. Besides, the teachers should keep close pace with the development of society and economy, learn from the latest experience in the age, in search of the rules in this age, and strain to deepen the working ability, in store of knowledge on the field they teach for a long run, perfect their knowledge system, improve the level of intelligence and culture, enhance the innovative ability, nurture a high standard of teaching skills, play the part of guidance to the road for knowledge seeking and of gardener to irrigate the beautiful minds.

Besides, construct a harmonious teacher-student relationship. Teachers should pay respect to the individuality, character and difference of students, be aware of how they feel and what they have undergone, do not punish the students in case of little conflicts, consider the comments of students fairly, treat each of all students equally and justly, pay more attention the subtle changes of the students, make comprehensive and objective evaluation to the ability, score, morality of students, strengthen communication with students, try not to suppress but to think about the problems at the students' position, put up yourself as moral model for students and keep consistent between action and speaking, handle incidences with justice, persuade, warm, criticize and urge the student to avoid misbehavior and help to make it right and reflect. A good teacher-student relationship can make the students feel affectionate towards the teacher, obedient to teaching and be confident about the teacher, as a result the effect of psychological reversion decreases.

Moreover, understand the psychology of senior high school students and offer them with prompt discharge. In case of severe or light psychological antagonism emerges in senior high students, responsibility to overcome it should be on both teacher and student. Establish harmonious and agreeable emotional links, exchange trust and value, realize heart-to-heart communication, use true feelings, lofty vocational morality as a teacher to move the students, help them to have a healthier mentality. Apart from that, teachers should be fully aware of what senior high students need in their mind, offer the biggest support to realize their reasonable mental needs with consideration to their actuality, which on the other hand can be grown into right ideological motive and correct behavior, making it a way to discharge psychological antagonism.

### **3.4 Optimize Environment in Family and Society, Build Amiable Atmosphere for Political and Ideological Education**

As family will always be the starting environment for nurturing ideology and morality, what parents did and what education they have received have direct influence on the senior high school students' learning for the political class. As a result, it is necessary for parents to abandon the old thoughts that books and science are important while morality and arts are inferior, to set up a good parental-child relationship, exchange ideas with soft, equal language, notice about what the child has just learnt and how they led their life recently, cooperate with the school to guide the child into having correct idea about the world, life and value, prevent the child from psychological reversion. It is also necessary for parents to encourage the child to listen to political news, and encourage them to gather information about politics and economics on line, apply what they saw on the Internet into the real world, strengthen their sense of obligation to do benefit to the society and have more life experience in order to fuel the learning motivation with the aim to have a better effect on learning.

We should take active measures to optimize the campus environment, turning the school into the main battle position of morality cultivation, with penetration into cross-disciplines, students will unwittingly be inspired and educated. We need positive models to build right ideological concepts, morality and mental quality in preparation of correct orientation for the ideological class. Also, the school should fasten the infrastructure construction, environment planning and cultural facility construction, promote the teaching condition, conduct a more severe regulation on campus, put up with standard for teaching activities, pay attention to foster good interpersonal relationship, use various social resources to arrange more practice to students, helping them to wash the dirt in their minds under a circumstance that is arousing, to purify their personality and rid of weariness from the political class. To create a superior social environment, the

government should remove the dark side in our society, take enormous actions to counter corruption and uphold integrity, create a safer society and enhance equality and fairness, providing students with healthy, stable and harmonious environment for living. Great efforts should be taken into launch network consciousness education, open network education platform, enhance the students' ability to judge, select rubbish online and force of self-regulation, mute the negative influence brought by the social trend, effectively eliminate the mental rebellion of senior high students, making the political education real and practical.

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