

Exploring Psychological Issues in Modern Social Governance

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Abstract. With the development of society, people pay more and more attention to the psychological problems in the governance of modern society. The management of psychological problems in modern society should be based on the psychological connotations of people in modern society, and the causes and phenomena of psychological problems should be analyzed deeply in people's hearts. Therefore, psychologists should focus their research on the various psychological problems of people in modern society and establish a psychological management system through various methods of studying psychological problems. In this paper, we study the psychological problems in modern social governance, analyze the significance of managing psychology in modern social governance and propose management suggestions for reference.

Keywords: Modern Social Governance; Psychological Problems; Management.

1. Introduction

The study of social psychology and behavior is indispensable to reveal the human psyche in its entirety, and the study of social psychology and behavior is also indispensable to analyze social processes in detail and then provide theoretical support and practical guidance for social development and social change. Although psychology is not yet enough to be called the basic discipline of social science, today's academia has attached great importance to the role of psychology in exploring many social issues. Many social problems, at least to some extent, are considered by scholars to be psychological in nature, and the need for psychologists to label the psychological processes implied by them and then intervene at the psychological-technical level to propose corresponding solutions is emphasized.

As China continues to promote deeper reforms, promoting social governance capacity and creating a governance system has become one of the most important goals, and the study of psychological problems can provide scientific or technical support. Psychological problems belong to the social science category, which can not only provide reasonable explanations for most social problems and social processes, but also solve social problems and strengthen human thinking. Therefore, psychologists should have innovative thinking and use a variety of theories and methods to properly deal with the relationship between applied and basic research and between social sciences and humanities [1].

2. Subjects of Social Governance

In the traditional concept, most people believe that social governance is managed by the government because the government has absolute rights and authority, and has the monopoly nature of public affairs management. With the development of society, the state places more emphasis on the pluralism of social governance subjects, including various types of enterprises, non-governmental organizations and the rights of individual citizens, while the government remains the center of social governance subjects. Therefore, social governance should be accomplished by the state, government, social forces, various types of enterprises, social organizations and citizens, and the process of social governance requires the rational use of market, administrative and democratic decision-making.

3. Classification of Psychological Issues

Psychology includes two major fields: basic and applied psychology, and its research involves many areas such as perception, cognition, emotion, thinking, personality, behavioral habits, interpersonal relationships, social relationships, etc. It is also related to many areas of daily life - family, education, health, society, etc.

With the continuous development of society, people are focusing more and more on psychological issues, for example, some psychologists suggest to keep thinking about psychological issues in modern social governance beyond experiments to show the innovative thinking of psychological disciplines. However, psychological problems are also divided into many types, for example, people's life in modern society is more stressful and prone to mental health problems; in the era of network information, it is necessary to focus on people's network psychological problems; for people with disabilities, patients and other physical defects need to focus on the psychological problems of vulnerable groups; the development of various nationalities need to focus on national psychological problems, etc. Therefore, it is necessary to focus on different psychological Therefore, it is necessary to target the treatment according to the classification of different psychological problems.

4. The Significance of Psychological Issues in Modern Social Governance

In the middle of the 20th century, the Western psychological community became increasingly aware of the practical responsibilities of psychological research, and in 1967, the authoritative journal *American Psychologist* published a column devoted to the role of psychological research in the formulation of social public policy. They argued that psychological research must focus on human well-being and take on the responsibility of helping to achieve progress in the development of human civilization. Driven by this initiative, a group of researchers, represented by the American Psychological Association (APA), began to experiment with psychological thinking and research findings to influence social policy. Through psychological research, they have identified shortcomings in social policies, aroused the attention of policy makers and other sectors of society to the psychological aspects behind the policies, and called for the integration of psychological research with social policy making to promote social development.

4.1 Increase the Level of Social Trust

Trust is the most important part of human interaction. In the traditional concept, the government is the only subject of social governance, but modern society advocates social governance pluralism, whether it is the government, state agencies, non-governmental institutions or schools, social organizations or individual citizens, all need to cooperate together to complete social governance. Therefore, managing psychological issues can help improve people's social trust and enhance the effectiveness of social governance.

4.2 Promoting the Mental Health of Members of Society

With the continuous development of society, mental health needs to be paid attention to by people, and different categories of people have different mental health problems. For example, students in the senior section face the pressure of further education and are prone to self-abandonment when they encounter difficulties in learning, or some disabled people are prone to depression when they are constantly under the ridiculing gaze of others, etc. Therefore, managing psychological issues in modern social governance allows people to solve their psychological problems, overcome psychological barriers and promote their mental health.

4.3 Reduction of Social Conflicts

Elimination of social contradictions is one of the most important goals in modern social governance, and psychological problems are one of the most important factors in the creation of social contradictions, such as inequality in the possession of resources, inequality in the distribution of

benefits or tensions between social classes, groups and organizations. Therefore, managing psychological problems in modern social governance helps to eliminate social contradictions, improve the efficiency of modern social governance and promote harmonious social development [2].

5. Promoting Social Governance through Psychological Theory

The government should actively use psychological theory in the process of modern social governance to promote people's psychological health, improve social trust and eliminate social conflicts through various means in order to promote efficient modern social governance.

5.1 Conducting Mental Health Awareness Lectures

In modern society, mental health issues need to be taken seriously, and the government or other social organizations can help people with psychological guidance by conducting mental health promotion lectures, thus promoting people's mental health.

For example, the government or other social organizations can use weekends to conduct lectures on the mental health of people with disabilities and invite local people with disabilities to attend. During the lecture, the facilitator would first give a lecture on mental health to the participants to give them a preliminary understanding of mental health. Afterwards, the facilitator asked questions to interact with the participants: "What should you do if someone makes fun of you in your daily life and you are sad?" The participants should speak according to the facilitator's questions, such as: there is nothing you can do but to suffer in silence, find a place where no one is around and cry for a while to let off steam; yell at the person who laughs at you, why should you put up with others' ridicule; get used to it and pretend you don't see it, etc. Next, the moderator should reply according to the participants' speeches: "Everyone in this meeting has some physical defects for one reason or another, but this is not caused by our subjective consciousness, everyone wants to have a healthy body. But since things have happened, it also means that things are over, everyone's life is only once, we should live out our value in our limited life, no matter whether the body is healthy or not, everyone should live every day happily in life. As for those who laugh at us, they all do not know how to respect others, not only will they laugh at us in life, but also at anything they do not understand, these people are sad, although they have a healthy body, but the mind has long become dirty, in life every day because of a variety of things to worry about. And although we have some physical defects, our minds are pure and we can be happy every day, and that's what matters most." By conducting mental health awareness lectures, it can well promote people's mental health and help improve the efficiency of modern social governance.

5.2 Improve the Psychological Guidance Service System

In modern society, people's life is becoming more and more stressful, which leads to unsatisfactory development of people's psychological health. Therefore, various departments should establish a sound psychological diversion service system to allow people in need of psychological diversion so as to promote the development of people's mental health [3].

For example, the government or other organizations can open some institutions that can provide psychological guidance or counseling centers in the community, hospitals or schools, etc. People can go to the institutions for counseling when they are under stress, and professional psychologists can provide psychological guidance so as to relieve people's stress and promote their psychological health development. For example, if contemporary students are under high academic pressure, they can go to a psychological counseling institution near their school for consultation after school hours, and the counseling method is mainly based on chatting, so that students can enjoy themselves physically and mentally while relieving their academic pressure and promoting their physical and mental health. With the rapid development of the modernization process of the country, contemporary young people are under pressure to buy a house, and the mortgage is so heavy that people can't breathe, so people

can go to a psychological counseling institution near the residential building for consultation. The program will help people to turn their stress into motivation and face life with a positive attitude.

5.3 Cultivating a Professional Psychology Service Team

To solve people's mental health problems and promote their mental health development, it is essential to cultivate a professional psychology team, which requires everyone in the psychology team to have the spirit of helpfulness and selflessness, and at present, China still lacks this type of talent. Therefore, the state and government need to support from policy and funding to cultivate high quality, professional psychology teams.

For example, various colleges and universities can add psychology majors to their education system to train psychology teams from their student days, while the government or social organizations can carry out more institutions on psychology training to train psychology talents from multiple perspectives and strengthen the basic training work of psychology teams. After the basic cultivation work, psychological services and psychological guidance skills should also be cultivated for psychology teams, and the scale of psychology teams should be gradually expanded to promote people's mental health.

6. Conclusion

In summary, psychological issues occupy an extremely important position in modern social governance, and the government and social organizations should pay attention to psychological issues and optimize social services through various perspectives such as carrying out psychological propaganda lectures, improving the psychological guidance service system and cultivating professional psychological teams to promote people's psychological health and improve the efficiency of modern social governance. The nature of psychology in terms of discipline, research methods, research questions, and practice techniques are intrinsically compatible with the real needs of social governance. The application of psychology to social governance practice has also yielded some exciting results. Of course, this field of research is still in its infancy in China, but we have reasons to believe that it has a broad future development prospect.

References

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