

The Application of Psychological Therapies in Addressing Adolescent Disengagement from School.

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Abstract: The issue of adolescent aversion to school not only affects their academic performance but can also lead to psychological health problems. This article reviews the application of several psychological therapies in addressing the problem of adolescent aversion to school, including mindfulness therapy, sandplay therapy, life review method, adaptive psychological counseling, and humanistic therapy.

Keywords: Adolescent Aversion to School; Psychological Therapy; Mindfulness Therapy; Sandplay Therapy.

1. Introduction

Most scholars agree on the reasons for adolescent disengagement from school, attributing it to four main areas: the student themselves, the school environment, family dynamics, and societal influences. From the perspective of the student, low academic self-efficacy, an absence of self-expectations, and high levels of self-defeat play significant roles. Students may lack confidence in their ability to succeed academically, have no personal goals or aspirations related to education, and often experience feelings of failure and inadequacy. Regarding family factors, inappropriate parenting styles, rigid family relationships, and dysfunctional family relations contribute to disengagement. Some parents may use ineffective methods that do not foster growth or engagement, while stiff and unresponsive interactions within the family can further discourage students. Additionally, conflict and instability at home can negatively impact a student's motivation and performance at school. On the school level, unrealistically high educational goals, excessive academic workloads, and negative teacher attitudes and methods can all discourage students from learning. Expectations that are too high can lead to overwhelming pressure on students, an overly heavy course load can cause stress and burnout, and teachers who display negative attitudes or employ ineffective teaching strategies can further discourage students. From a societal standpoint, the influence of traditional beliefs, the impact of "fast-food culture," and transition-related distortions can also contribute to disengagement. Societal expectations and norms can sometimes discourage educational pursuits, the prevalence of quick fixes and instant gratification can devalue the importance of long-term educational goals, and social changes and shifts in values, such as the notion that higher education does not necessarily lead to better employment opportunities, can lead to skepticism about the value of schooling. These factors, individually or combined, can contribute significantly to a student's disinterest or disengagement from academic pursuits.

2. Psychological Therapies

Psychological Therapy Adolescent aversion to school is a common adaptive disorder among adolescents, severely

affecting their learning and life. This issue is something we cannot ignore. In the post-pandemic era, due to changes in learning methods, the combination of offline and online learning has made it difficult for students to adapt to the new ways of learning. Many students have developed severe aversion to school after returning to school, even refusing to continue their education. Therefore, the issue of adolescent aversion to school is even more worthy of our attention. This article has collected several psychological therapies, aiming to solve the aversion to school in adolescents through more scientific and effective methods. The therapies collected include "mindfulness" therapy, sandplay therapy, life review method, adaptive psychological counseling, and humanistic therapy.

3. Naikan Therapy

Mindfulness Therapy Mindfulness is actually a variety of practices aimed at "awareness," observing the inner self to better understand oneself, thereby improving the psychological therapeutic effect and enhancing self-spiritual cultivation. Through introspection, one can quickly reach the root of the problem by discarding existing experiences, thoughts, logic, and knowledge, eliminating attachment, comparison, and delusion, thus integrating inner divisions and contradictions, liberating psychological pain, and reaching wisdom. It is short in time and effective. Guided by professionals, students with such aversion to school can better understand themselves, why they have developed this aversion, and find the root cause of the problem, which is essential for better problem-solving. When students develop an aversion to school, the first step is to analyze the reasons for the aversion. Mindfulness therapy can help students better understand their thoughts and identify the causes of their aversion.

4. Sandplay Therapy

Sandplay Therapy The client can use different archetypes to create a unique picture in the sand tray, transforming the inner spiritual world of the client from intangible to tangible. In this process, clients are well protected, free from any resistance, and can fully vent their emotions, expressing their confusion and perplexity vividly. Through the use of "sandplay," the therapist provides active care and

companionship, making it easier for the client's psychological issues to be treated and transformed. Each sand tray image created reflects an individual's thoughts and wisdom. Sandplay therapy is an innovative therapy based on imagery, integrating sand, water, and pebbles into creative images through "spiritual and physical vitality," a creation and symbol of spiritual therapy. A set of different sand tray images reflects the deep communication and dialogue between the subconscious and consciousness of adolescents, leading to healing and personality development. Sandplay therapy is a projection of the psychological activities of adolescents with aversion to school. By placing objects in the sand tray, they create a spiritual world corresponding to their inner state, showing their beautiful spiritual home. At the same time, it can also provide an effective way for the mental health education of adolescents, better promoting the development of students' confidence, personality, imagination, and creativity. Sandplay therapy can express the inner world of students, and only by better understanding students can the aversion to school be effectively solved.

5. Life Review Therapy

Life Review Method The life review method involves recording significant events in one's life to enhance self-integration awareness. Through guidance, it allows the individual to accept themselves positively and face all aspects of life, enabling them to take control of their own lives. Although this method is generally aimed at the elderly, it is also applicable to adolescents with aversion to school. Life review includes a process of recapture, recognition, discovery, integration, and creation, which helps adolescents with problems. It encourages adolescents to continuously organize their lives. The life review in nursing homes for the elderly is a reflection on their lives, aiming to achieve reflective effects. Unlike the overall life review of the elderly, the life review of adolescents is from their birth to the present events. The events that have occurred during this stage of life can affect adolescents, leading them to accept themselves with an open and harmonious attitude, face all aspects of life, and then reorganize their life trajectory. Some adolescents develop an aversion to school due to personal issues. Many cases show that some students develop an aversion to school because they did not perform well in an exam and were criticized by the teacher, or encountered difficulties in learning a certain knowledge point, leading to an aversion to school. For these types of students, we can use the life review method to solve their aversion to school.

6. Adaptive Counseling Techniques

Adaptive Counseling Techniques applies the basic principles of adaptive psychology, using psychological counseling to help the client enter the role of the problem, understand the process, grasp the development rules, prevent and control their problems, and adapt to society and family. Psychological adaptability refers to the coordination between individuals and their adaptability to the surrounding environment. Whether a person can adapt to a new environment in the shortest time, deal with complex, significant, or critical situations, is closely related to the strength of their psychological adaptability. Adaptive psychological counseling has three steps, which can effectively help solve the problem of adolescent aversion to school. First, help students with self-reflection. Aversion to

school is largely due to "tacit" thinking methods that are difficult to detect. Therefore, it is necessary to cultivate their thinking consciously. Reflection can be carried out in the form of "self-report," allowing students to express all the thoughts in their minds in each problem-solving process. All reports are reported to the students, allowing them to understand their work. A fixed thinking method. Using self-statement, the internal speech in the students' minds is transformed into external speech, making it possible for individuals to perceive this automatic thinking. Thus, continuous reflection is carried out. Second, provide students with help in collecting evidence to the contrary. To change the students' inherent concepts, encourage them to always find evidence to the contrary from themselves, the people around them, and the events. For example, students who give up easily when encountering difficulties have the thought that "I am stupid," and can't do anything well, and similar thoughts. The task of teachers and parents is to let students see their own shining points, to create some successful opportunities for students, so that students change their views on themselves. When students change their views on themselves, they will think they can do anything well, thus reducing the occurrence of aversion to school psychology and behavior. The last step is psychological adjustment. Psychological counseling helps the client form a good psychological state, which is beneficial for students to overcome learning difficulties, and allows students to better cope with aversion to school while facing challenges. Adjust learning psychology. Aversion to school is caused by tension. Psychological and physical comprehensive diseases. The main reason for adolescent aversion to school is the lack of learning motivation.

Psychological therapy plays an important role in solving the problem of adolescent aversion to school. By comprehensively applying different therapies, it can effectively improve the psychological state of adolescents and help them overcome the aversion to school.

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