

The Application of Active Education in Puppy Love of Middle School Students

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Abstract: This paper starts with the causes of puppy love among middle school students, and puts forward some suggestions based on China's national conditions and relevant laws and policies: pay attention to mental health education; Create a relaxed and harmonious environment; Cultivate a healthy and upward lifestyle; Establish a reasonable and effective evaluation mechanism. I hope it can give some reference to educators. Effective measures are put forward from different levels to help middle school students correctly treat and deal with adolescent puppy love, so as to promote their healthy and all-round growth and improve their ability to adapt to social life.

Keywords: Adolescence, "Puppy Love" Problem, Positive Education.

1. Introduction

At present, the phenomenon of "puppy love" among middle school students has gradually become a major social issue that the education sector urgently needs to pay attention to and solve. In China, there is no fixed definition of puppy love among middle school students, and there are many explanations, such as puppy love and puppy love behavior. Some scholars hold the view that the emotional development between men and women is only a normal social phenomenon during adolescence. The so-called "puppy love" refers to the feelings or good feelings that adolescent men and women have when they interact with heterosexual students. The definition of "puppy love" for middle school students in China is different from that in western countries. In western countries, middle school students usually don't fall in love at school, but in our country, many middle school students have begun to have sexual impulses [1]. However, in the international scope, many middle schools do not regard the relationship between students as a punishment or disciplinary action, but develop it to the point of "renting a house to live" [2]. The problem of puppy love may have adverse effects on middle school students' mental health, academic progress, family life and social relations. In view of this problem, active education has become a key tool to help middle school students establish correct values and good interpersonal relationships. Therefore, through active educational methods, the problem of "puppy love" among middle school students can be effectively solved. Active education represents an innovative educational concept and strategy. It not only cares about students' academic progress, but also deeply cares about students' moral growth and social adaptability, which helps students establish correct life and values, and then promotes their all-round development.

2. The Feasibility of Active Education in Dealing with the Problem of "Puppy Love"

Positive psychology is a branch of psychology that pays attention to individual's positive attitude and personal growth. It emphasizes people's advantages, resources and potential, and improves happiness and quality of life by exploring

positive emotions and behaviors. Positive education is feasible in dealing with the problem of puppy love. In a longitudinal study, researchers found that puppy love can have a positive impact on the mental health of teenagers. Their research shows that teenagers who are puppy love are more inclined to experience positive emotions, show higher self-esteem and self-worth, and also have more social skills and adaptability [3]. In addition, the research results show that positive family relations and parent-child communication are very important for the positive development of adolescent puppy love. They believe that support, care and communication in the family environment can help teenagers to establish good love concepts and behavior patterns and reduce negative effects [4].

3. The Coping Strategies of Active Education in Middle School Students' Puppy Love

Love in middle school is a headache for many parents and teachers, and it is also a sensitive topic among students. Therefore, in the face of middle school students' puppy love behavior, parents, teachers and even schools will chase after them and try their best to stop these things, but in fact, this can not educate and guide middle school students to establish a correct outlook on life, world outlook and values. By combing the existing research, it is concluded that to correctly handle the puppy love behavior of middle school students, we must have a comprehensive understanding of the living environment and system in which middle school students live, and those who exist in the micro, meso and macro environment of middle school students or various systems should also have an objective understanding of puppy love behavior [4].

(A) to establish a correct world outlook, outlook on life and values

The primary task of middle school students must be to finish their studies better, to study cultural knowledge hard and to cultivate their basic cultural literacy. Therefore, in middle school students' stage, they should do something that conforms to the role of middle school students, that is, to develop their hobbies and seek their emotional support on the premise of completing their studies [5]; In addition, as a

middle school student, we must also realize that as a minor, at this stage, many needs still need to be fulfilled by parents, including material support from parents. Middle school students are not completely independent or even independent economically, but they need a certain material foundation for falling in love, and their psychology is not fully mature at this stage, so they are prone to emotional behavior, which leads to deviant behavior. Therefore, middle school students should be clear about their main goals and tasks in the middle school stage, establish a correct three views, and be responsible for their future life development.

(B) to build a warm, harmonious and loving family environment

Parents have the responsibility to care about their children's feelings and create a warm and harmonious family atmosphere for them. Because of their age characteristics, students in junior high school are easily influenced by external bad factors, which leads to the gradual increase of students' psychological problems, including middle school students' sexual consciousness. The relationship between parents and children, especially the intimacy between them and the quality of parental relationship, has a significant impact on the puppy love behavior of middle school students. Parents are not only the first educators of children, but also play a vital role in adolescent middle school students. Therefore, in the interaction with their children, parents should regard their children as an independent existence and help them understand the mutual attraction and affection between the opposite sex in adolescence, which is a common phenomenon in this age group. For middle school students, because of their own characteristics and different environments, it is easy to cause a series of psychological conflicts and contradictions. Parents don't need to be overly nervous or show extreme behavior. They should guide their children to establish correct cognition and resolve or transfer this emotion in the process.

(C) to strengthen the relationship between teachers and students to meet the emotional support of students.

Under the background of China's current education system, the enrollment rate seems to be the only goal of many schools, which leads to the fact that most schools only pay attention to students' achievements, ignoring the establishment of a good relationship between teachers and students in school life, making students lack suitable emotional vent objects, and thus prone to adolescent confusion. Schools should not only pay attention to middle school students' academic performance, but also have the responsibility to cultivate students with sound mind and perfect character. Therefore, schools should strengthen the establishment of the relationship between teachers and middle school students, encourage middle school students to actively communicate with teachers, and at the same time, teachers can pay more attention to students' psychological development and provide them with necessary emotional counseling and support. They should strengthen their emotional education while imparting cultural knowledge to middle school students, and constantly improve the establishment of a positive and harmonious relationship between teachers and students, so that middle school students can get better emotional support.

(D) to ease students' psychological problems and eliminate students' blind spots in physiological knowledge.

Setting up physiological courses to eliminate students' blind spots in physiological knowledge. Constrained by our traditional ideas and moral constraints, many middle school

students in our country are very shy about explaining physiological knowledge. Although there are biology courses that will explain the physiological structure of boys and girls to some extent, these are far from enough for middle school students to understand and learn physiological knowledge, which makes middle school students' sex education very imperfect. In ignorant adolescence, one-sided understanding of sexual knowledge may lead to some bad behaviors among middle school students. Therefore, the school should set up special physiological courses and really play its role, so that middle school students can actively learn the relevant knowledge between the sexes, and really let middle school students learn to correctly look at their own physiological changes and eliminate their blind spots in physiological knowledge.

(E) Optimize the social environment and purify the social atmosphere.

The era we live in is the era of rapid development of the Internet. We have to admit that the era in which middle school students live is very complex and full of temptation. Therefore, we must put middle school students in a holistic living environment to think about strategies for puppy love, so that we can handle this phenomenon well. With the rapid development of society, people's values are easily deviated and confused. As middle school students who have just entered adolescence, they are more likely to fall into chaos in value orientation. Therefore, cultural workers should aim at increasing middle school students' knowledge, cultivating their sentiments and enriching their spiritual life when doing cultural propaganda, and inspire them with more excellent and literate works. In addition, the relevant social departments have stepped up their efforts to crack down on illegal activities such as pornography and violence, resolutely resisted the entry of bad culture into the field of vision of middle school students, so that middle school students can live in a healthy social environment and reduce the negative impact on them.

At the same time, social workers play the role of good policy advocates and promote social work to play a greater role in the field of juvenile practice. Social work is a major dealing with people. Social workers can find out the problems that are easy to occur in middle school students' stage in practice, and put forward relevant suggestions. Social workers should give full play to the role of policy advocates, give suggestions to local government departments and policy-making departments, and call on relevant departments to pay attention to the development of middle school students and the role of social work in dealing with adolescent problems, including middle school students, so as to deal with the puppy love behavior of middle school students positively.

(F) Introducing school social work.

Introduce school social work and unite teachers to form a diversified management system. In the development process of social work in China, it seems that there is no consensus on the development of social work in schools, so students can rarely receive social work services in schools. Although some schools have psychological counseling rooms, there are still some differences between psychology and social work. Compared with psychology, which only focuses on solving individual psychological problems, social work emphasizes that it can help middle school students deal with all kinds of problems caused by improper interaction with the social ecosystem environment through the integration of various resources, and help middle school students solve more than

just psychological problems. Therefore, it is very necessary to introduce school social work. Social workers can help those introverted middle school students to get in touch with the opposite sex bravely by working in groups at school, so as to overcome their negative inferiority complex. In view of the way that school teachers suppress middle school students' puppy love behavior, social workers can help schools realize the inappropriateness of this treatment and help them solve their confusion from the standpoint of middle school students. However, the results brought by simply relying on the power of social work are often not obvious enough. The main communication object of middle school students in school is teachers, who may not know about social work. Therefore, teachers should cooperate with social workers to discuss how social work can correctly intervene or intervene in puppy love behavior, and form a diversified management system to manage puppy love behavior of middle school students.

4. Conclusion

In conclusion, addressing the complex phenomenon of "puppy love" among middle school students requires a multifaceted and proactive approach grounded in positive education principles. Rather than suppression or punishment, effective strategies must focus on understanding adolescent development and providing supportive environments. This paper advocates for a holistic framework involving: fostering correct values and life goals in students; cultivating warm and communicative family relationships; strengthening teacher-student bonds to meet emotional needs; implementing comprehensive physiological and psychological education to

eliminate knowledge gaps; optimizing the broader social environment; and integrating specialized school social work services. By adopting these evidence-based, positive strategies at the individual, familial, educational, and societal levels, educators, parents, and policymakers can better guide adolescents through this developmental stage. The aim is not merely to prevent "puppy love," but to empower students with the understanding, resilience, and social skills necessary for healthy relationships and overall well-being, ultimately supporting their holistic growth and successful adaptation to society.

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