

How to Promote Adolescents' Psychological Tolerance: Evidence from Special Adolescents

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ABSTRACT

From the theoretical point of view, the present study discusses the influence and help of psychological tolerance on adolescents with depression. This study tries to prove from three factors: individual, family, and social factors. At the same time, this study will analyze and prove the influence or help of psychological tolerance on adolescent mental diseases. Depressed adolescents often carry out self-denial because of depression, leading to aggressive behavior. Based on the above phenomenon, this study makes the following hypothesis: improving the psychological tolerance of patients with depression can avoid collective overreaction. Moreover, according to the social, individual and family factors, when the psychological tolerance of adolescents with depression is improved, it will significantly reduce the occurrence of overreaction. The current study explores three aspects: First is individual factors, starting from the perspective of depression patients themselves, through psychological satisfaction of a need: the need for autonomy, which is the role of the need to be recognized by others. Thus, to demonstrate the impact of psychological bearing capacity on depression patients, family factors use ecosystem theory, parenting style, and family atmosphere to influence each other. The third is social factors, profited from both government and non-governmental perspectives, and reflects the importance of psychological endurance from the perspective of enterprises and mass media.

Keywords: Psychological tolerance, Adolescents, Depression, Mental health

1. INTRODUCTION

The WHO [1] definition of an individual aged between 10 and 19 years is called an 'adolescent'. It also points out that the development and growth of adolescents are prone to public health problems. Mental health is one of the significant problems and a topic of grave social concern. Mental health refers to mental activities in a standard and stable state; on the contrary, when there is a problem in mental health will lead to mental illness. On the other hand, people under a mental health condition are easy to be shown differently. The thinking, feeling, and behaviors of this group are different from ordinary people and can even cause social, family, and personal safety problems [2]. In general, psychiatric patients find it difficult to control their emotions and behaviors and often suffer from uncontrollable emotions and abnormal behaviors. Bipolar disorder is the most typical case. Bipolar disorder

or BD is a mental disorder with two symptoms simultaneously, manic disease and depression. Belmake [3] pointed out that the two symptoms of bipolar disorder were completely extreme, and the two symptoms would crossover occur in irregular situations. When the onset of bipolar disorder, on the one hand, patients under manic disease are euphoric and high in mood; however, they are easy to be anger or loss control. [4] On the contrary, when depression occurs, patients are in a state of low mood, and their overall thinking becomes pessimistic and fragile. In severe cases, they will self-harm or even choose to end their own lives [5].

According to previous studies, it is clear that the effects of mental illness are usually adverse. Stein et al also pointed out that the impact of mental disorders is apparent and varied; psychological and physical suffering is unbearable for ordinary people [6]. At the same time, the effect of mental illness is not limited to personal health, and it also hurts society and the public.

Bebbington [7] pointed out that depression and other mental diseases usually occur in the middle of adulthood, so society and the public need to pay more attention and care to people who have developmental disorders early, teenagers. So adolescents under mental disorder conditions will be classified exceptional group of adolescents. Kieling [8], in 2011, reported that 20% of adolescents worldwide suffer from mental health problems, and studies have shown that cases of depression, self-harm, and suicide were on the rise in the late 20th century. Therefore, to better help teenagers and prevent tragedies, it is necessary to solve the problem from the root.

Consequently, it is essential to help teenagers have healthy psychological issues by cultivating and promoting psychological tolerance. Psychological tolerance refers to the degree of adaptability and adjustment ability when a person faces pressure, negative emotions, and unexpected situations [9]. Ivan Petrovich Pavlov states that the ability to bear the stimulation has direct proportion to psychological endurance [10]. Therefore, the stronger a person's psychological endurance is, the greater his ability to withstand pressure will be, and the more stimulation and risk he will bear. This confirms that it is necessary to start by improving the psychological bearing capacity of adolescents to reduce the phenomenon of adolescents' mental illness. The next step will start from three influencing factors: the impact of individuals, families, and society on the mental health of special adolescent groups and analysis. Thus, the present study aims to search for the positive influence of special adolescents on improving their psychological tolerance and how to cultivate and improve their psychological tolerance through reviewing and collecting previous literature and relevant articles.

2. LITERATURE REVIEW

2.1. Influence Factors

2.1.1. Individual Factors

Psychological tolerance is the ability of an individual to face pressure and negative emotions in adversity, mainly about the strength of adaptability, tolerance, and endurance [11].

A certain psychological tolerance is an important part of an individual's psychological quality [12]. Generally speaking, psychological endurance can be understood in some parts but, in a narrow sense, psychological endurance is caused by congenital neural characteristics. Some people which have a high tolerance can balance between excitement and inhibition, they can afford more stimulation. These people have high psychological endurance, but oppositely, some people can't afford big stimulation so their psychological endurance is weak.

In reality, there is part of people who get mental diseases, such as depression. They will have some symptoms which come with depression [13]. First depressed, they often feel discouraged, feel sorry to this world or lose the memory to their relatives and friends, also they will feel incompetent. Second, anxiety and agitation, based on the depression, they might feel anxiety and agitation. Third, self-blaming, they are extremely sensitive, they often blame themselves because of some small thing, they will blame on their bad work and study ability.

This study will prove that improving psychological endurance can help people with depression to reduce these symptoms and even recover from them [14]. Psychological needs are fewer than people's emotional needs, such as making friends with others, self-esteem, and self-realization. So, need friends, relatives need to be careful and can let others realize your value.

As a part of people who have depression, they always can't fill their psychological needs, they think other people are denied their value, as long time, they will have compensation behavior. Compensatory thinking is a kind of psychoanalytic theory, that uses some way to make up for the lack of basic psychological needs, to cover the negative effect of dissatisfaction. As a result, they will use a way to fully fill their needs, which is called giving up self-control, actively against, for example, when the basic psychological needs are frustrated, people will drink, smoke, hurt themselves even suicide. So when their psychological needs are fully filled, they will be and can accept more things and stimulation, they will have better psychological tolerance.

2.1.2. Family Factors

2.1.2.1. Ecological Systems Theory

Although the modern learning theorist Bandura believes that the environment affects both the development of the individual and the individual who develops, he still does not make a clear description of the environment in which the individual develops. Bronfenbrenner's ecosystem theory makes a detailed analysis of the impacts of the environment. Because he acknowledges that biological and environmental factors interact to influence human development, it might be more accurate to describe this theory as a bioecological theory [15].

Bronfenbrenner argues that the natural environment is a major source of influence on human development, which is often overlooked by scholars of research development in human design laboratories. The environment (or natural ecology), he argues, is "a set of nested structures, each nested in the next, like a Russian matryoshka doll." In other words, the developing

individual is in the middle or nested in several environmental systems from the direct environment (like the family) to the indirect environment (like a broad culture). Each system interacts with other systems and individuals, influencing many important aspects of development. Based on the theory, it shows that family factors have an important impact on individual development. That is to say, the psychological problems of adolescents come largely from the family environment in which they live [16].

2.1.2.2. Parenting Styles

With the progress of society, more and more people pay attention to the physical and mental health of teenagers. According to some parents' parenting styles have an important impact on the cognition and evaluation of college students when they encounter setbacks and the way they cope with emotions and behaviors [17]. On the other hand, investigations have shown that changes in the family environment are the causes of mental health defects, such as parents' divorce, family conflict, and domestic violence [18]. The influence of parents' way of education on teenagers is also a very important part of the factors. Parenting Style Evaluation Scale (EMBU): A 1980 survey of the Umea University in Sweden, by C. Perils et al., in the Department of Psychiatric-developed a questionnaire to evaluate parenting attitudes and behaviors. Father parenting comprises six factors: emotional warmth and understanding; punishment, severity; excessive interference; preference for subjects; rejection, denial, and over-protectiveness. Motherhood is divided into five factors: emotional warmth and understanding; excessive interference and protection; rejection and denial; punishment, harshness, and preference for the subject [17]. At the same time, Fatori, Bordin, and Curto pointed out that parents' mental health problems would directly or indirectly affect children. Children would be exposed to an unhealthy growth environment due to heredity or long-term relationship, greatly increasing the incidence of mental defects. For special adolescents, the family environment directly affects their mental health. The unhealthy family environment has largely led to various psychological problems in adolescents.

2.1.2.3. Family Atmosphere

Most adolescent groups will be in a family environment for a long time, and the actions of parents affect their children's cognition and behavior. A good family atmosphere is a goal that everyone strives to pursue. Three misunderstandings often exist in current family education: It is believed that educating children is to educate children intellectually, parents preach more than lead by example. The satisfaction of children's material requirements exceeds the focus on children's spiritual needs. The important role of family education in adolescent mental health should be fully utilized. That is,

to play the role of parents as a good role model, the role of a good parenting style, and the role of a good family atmosphere [19]. Parents should pay attention to their children's mental health and reflect on their actions.

2.1.3. Social Factors

One of the non-negligible factors that impact the psychological endurance of special teenagers in society. German philosopher Marx once said: "People are Social animals, people always live-in relationships." Special Needs Youth Group is a part of the Social Group and it is in all kinds of social relations. So society necessarily impacts special teenagers' psychological endurance. Subjects in society roughly include Government, media, non-governmental organizations, corporations, etc. Government policy support has a great influence on the Psychological frustration of special adolescent groups, which is determined by the government that occupies an absolute position on the main social resources; Mass media plays a role in Information Transfer and pooling of resources; Professional services and diverse support of non-governmental organization also can improve Psychological endurance of special adolescent group; Enterprises can provide some material supports [20]. So it's clear that society is one of the factors that impact the psychological endurance of special teenagers.

2.1.3.1. The Government Angle

Government organizations at all levels have already implemented some policies to support. Action for a healthy China—action program for the mental health of children and adolescents was issued by the National Board of Health. Local Governments like Changchun Municipal Party Committee classify the Special Adolescent Group and the general adolescent group and carry out social workers to pay attention to the adolescents. Local social services through professional social work methods like the professional case, group activities, community activities, and psychological intervention service to improve the psychological endurance of special adolescent groups and improve their resilience in the further [21].

2.1.3.2. The Non-governmental Organization Angle

Then on-governmental organization is an indispensable power in the development of society which is distinguished from the government. Special adolescent groups are often excluded from the formal education system, unlike the formal education system of the government, the non-governmental organization can provide flexible and diverse ways to target specific groups [22]. The Related Education of special adolescent groups should be conducted from the actual situation, a typical example in the International is "garbage village" on the outskirts of Cairo---Moqatamu village. The

Egyptian Environmental Protection Association provides support and Training courses on solid waste management for local youth to improve their ability to adapt to society [23]. In our country, there are many social welfare organizations like. The pro bono organization of the "pro-fishing program", "jvxin jiejie" spiritual station and "Songcheng wanfeng" five old studios and so on in Ganzhou, Jiangxi province which assists key youth groups [24].

2.1.3.3. The Enterprise Angle

The enterprise needs to undertake some social responsibilities, social welfare can not do well without the help of enterprises. Some companies work with the government, others with non-profit organizations. For example, Care for the Next Generation Fund was set up jointly by the China Care for the next generation working committee and Caring Enterprises, which is for special adolescent groups [25]. Usually, the enterprise provides financial and material assistance in these processes.

2.1.3.4. The Mass Media Angle

The government, the non-governmental organization, and businesses should use new media to focus on social issues as they campaign to help improve the mental resilience of special adolescent groups. In this way can form an online and offline resultant force, expand the influence and call on other groups in society to join the ranks of care for special adolescent groups to come [25]. There are many ways of mass media such as the Internet, newspapers, television, radio, these things are everywhere in our lives, affecting us all the time, so we should attach great importance to the influence of mass media.

Mass media is a means of social advocacy. Social advocacy is mass mobilization, which is a way of increasing awareness and participation. In the process of social advocacy, the introduction of related public policy topics, such as the topic of caring for special youth groups, so that the public can make suggestions, reach the masses and improve better policies [25].

3. LIMITATIONS AND FUTURE IMPLICATIONS

Several limitations of the current study need to be considered. Firstly, this study mainly discusses the influencing factors of psychological endurance of special adolescents from the perspective of literature review, but no empirical studies have been conducted to investigate this. For example, questionnaires, interviews, etc. Future research could expand according to this and could be conducted using experimental design, questionnaires, interviews to support the findings. Secondly, this study lacks real data to support the findings. Compared with the literature review and research, the results of data-based

research methods are more obvious and intuitive. Thirdly, this study is one-sided in the study of special adolescents, focusing on adolescents with mental health problems, especially those with depression. Future research could expand the range, for example, disabled teens and delinquent teens.

4. CONCLUSION

The present study describes three factors that affect the psychological endurance of special adolescent groups, including individual, family, and society all affect the mental health of special adolescents, thus changing the psychological tolerance of adolescents. Especially in the group of adolescents with psychological problems, they may show the relationship between their thinking and emotions and external behavior and influencing factors when they suffer setbacks.

In general, various factors influence the psychological tolerance of special teenager groups, such as individual factors, family atmosphere, and parenting style. On the other hand, from the social level, government support, society, and public groups' organisation. The purpose of this study is to evaluate the influence and relationship of adolescents' psychological tolerance on mental illness. Also, arouse the attention of social groups to adolescents' mental health, especially to improve the public's attention to special groups of adolescents.

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