

Sounds from Inner Mongolia

Situation and Needs of Health Psychological Support in Schools

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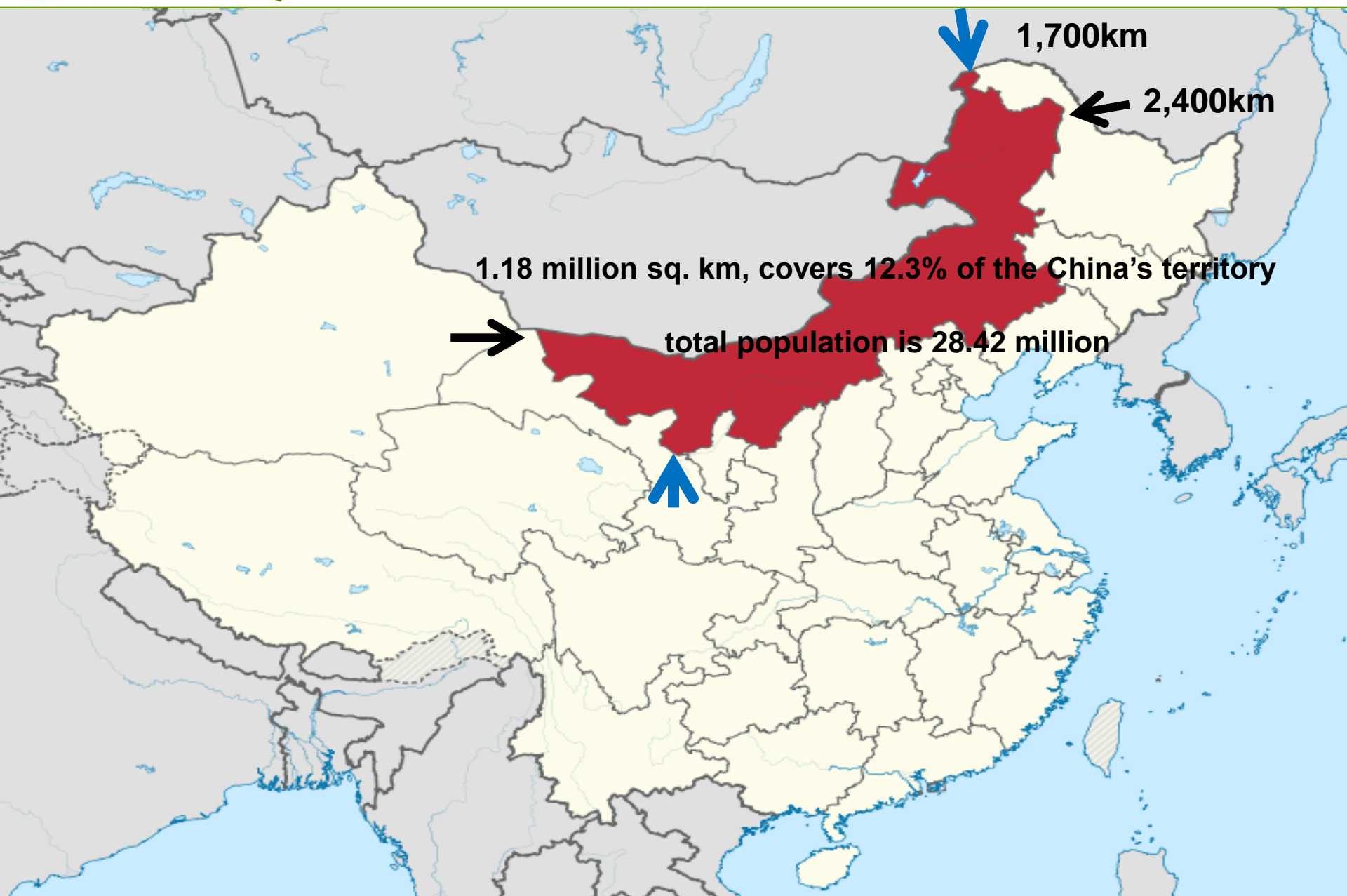
➤ Inner Mongolia

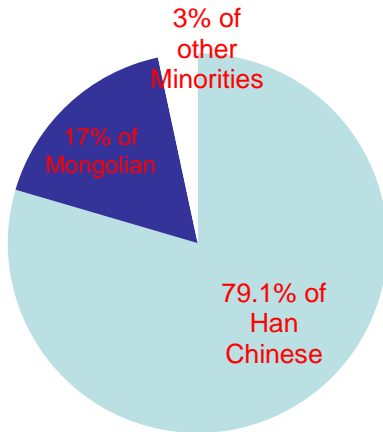
➤ Situation

- ❖ Only child
- ❖ Left-behind children
- ❖ Mental health of high school students
- ❖ Mental health of university students

➤ Needs

- ❖ Strategies
- ❖ Promoting positive mental health





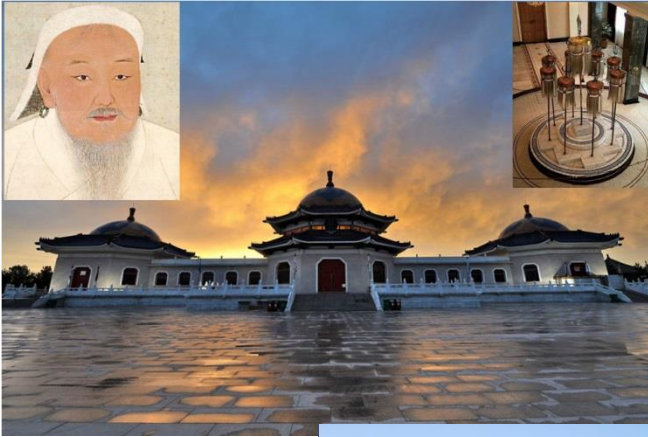
other Minorities



Mongolian



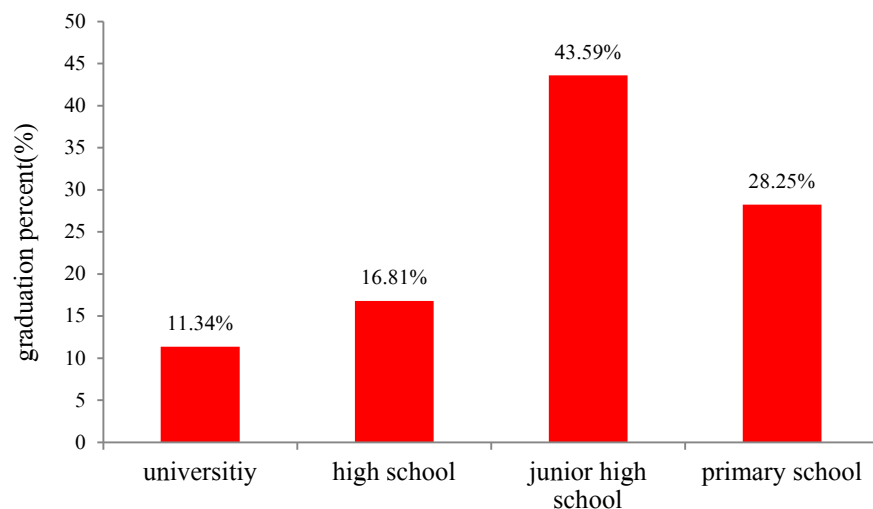
Han Chinese



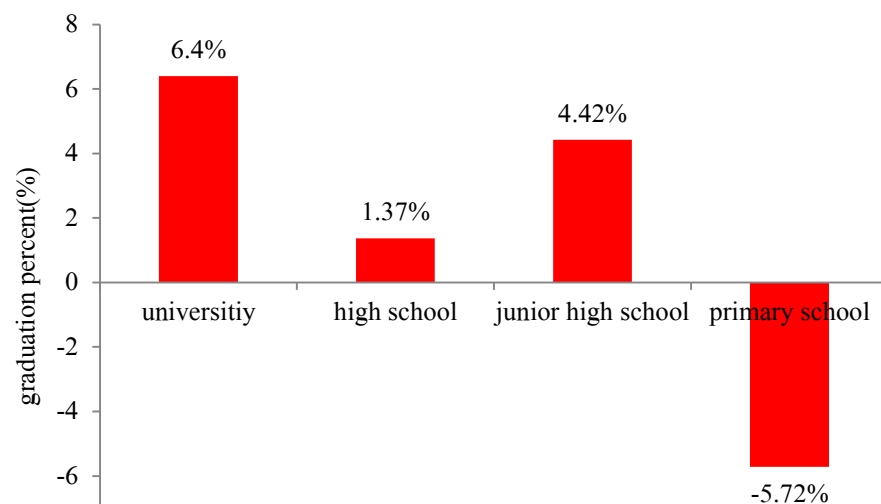
**Tourism, mining, and animal husbandry
as main industry in Inner Mongolia**



Till end of 2011, in Inner Mongolia, there are 8 universities, 39 colleges, 562 high schools, 808 junior high schools, 2613 primary schools.



Percent of graduates in 2011



Graduates in 2011 compared to 2000
(in one hundred thousand students)



globalization



Inner Mongolia



advantages

disadvantages



**The Guidelines for School
Mental Health Education 2002,
China**

goal

- **learn and live**
- **correct understanding of self**
- **strengthen abilities of regulation of mood**
- **withstand setbacks**
- **adapt to the environment**

mission

- **develop mental potential**
- **promote mental health**
- **reduce and avoid various adverse factors**
- **cultivate physical health and social responsibility**
- **innovate practical ability**



Over the past decade, in Inner Mongolia, there has been a new situation of psychological support that in many schools and universities, we have full-time teachers of psychological support and mental health institutions. However, as we know, Inner Mongolia is an unbalanced region; the development levels of mental education are different in urban, rural and pastoral areas.

At present situation, because of government and so many people too much focus on economic development, money is emphasized intentionally and morality is contempt unintentionally, the young generations have sunk into temptations, so they would basically lost the ability to judge the right and wrong, that cause some negative impact to immature kids.

Only child

In cities, there are families with only child in the majority, because of those particular family environment, kids were created a special upbringing and special characters such as withdrawn, isolated, selfish, loss, fragile and other personalities shown in school time.

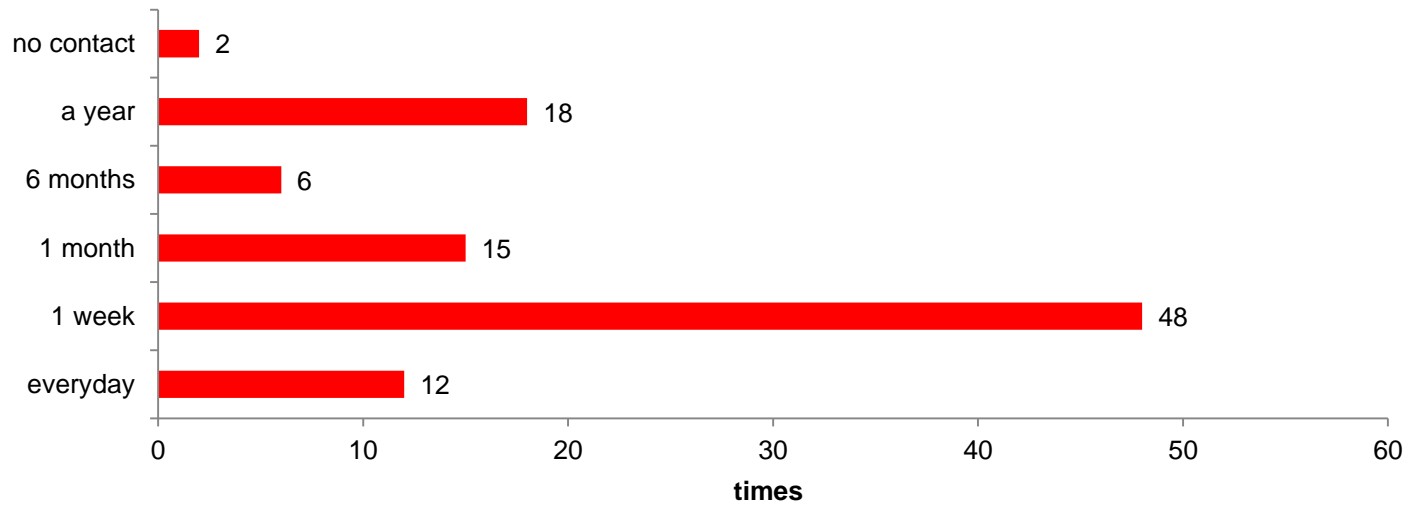


left-behind children

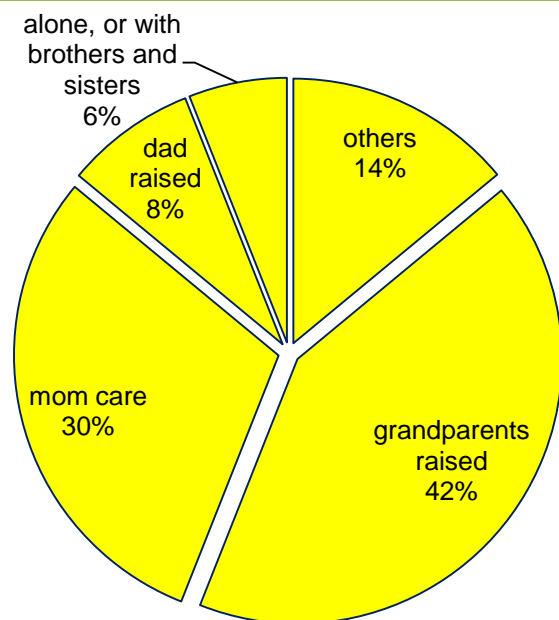


Following the increasing number of migrant workers, their children have been a new special social group in China. They are labeled as ‘left-behind children’ which means that they are left by their parents who have to become migrant workers and work in urban areas far away from their homes to earn living and those left-behind children have to stay in the rural areas.

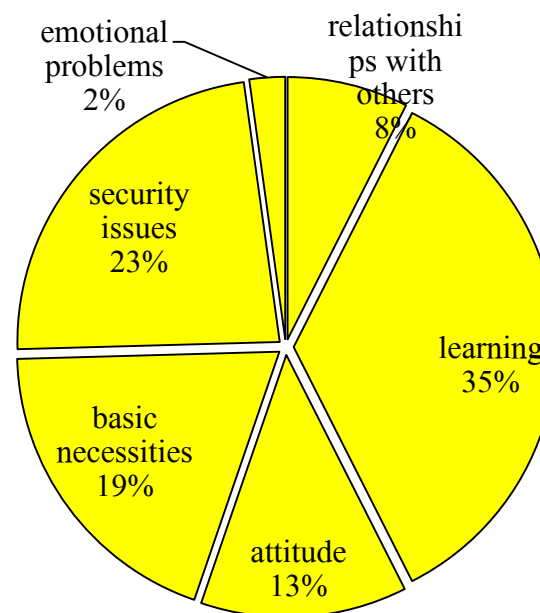
---Wikipedia



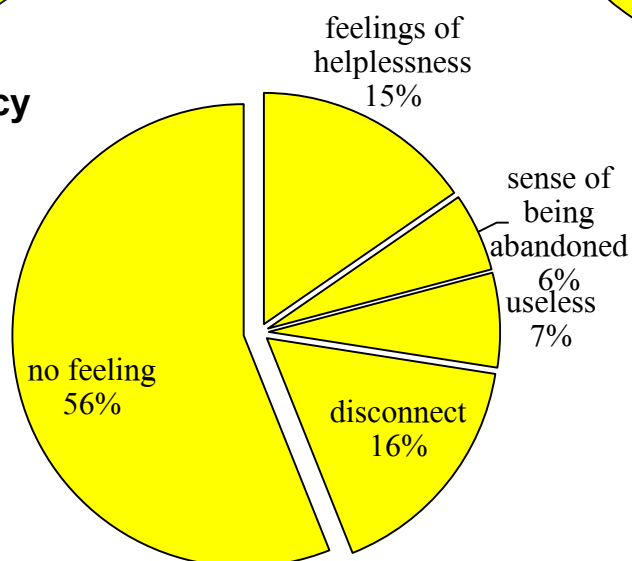
Parents contact with children



Children's dependency

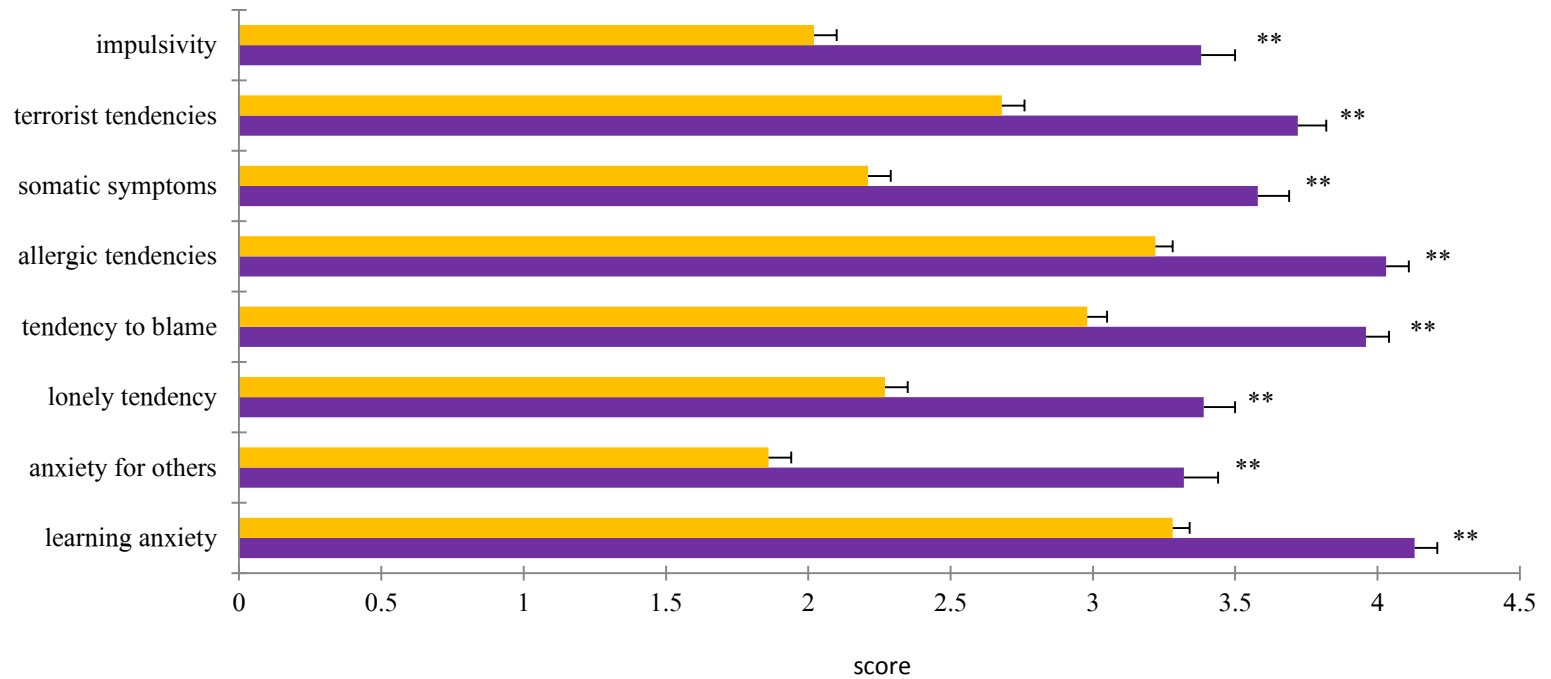


Parental concern



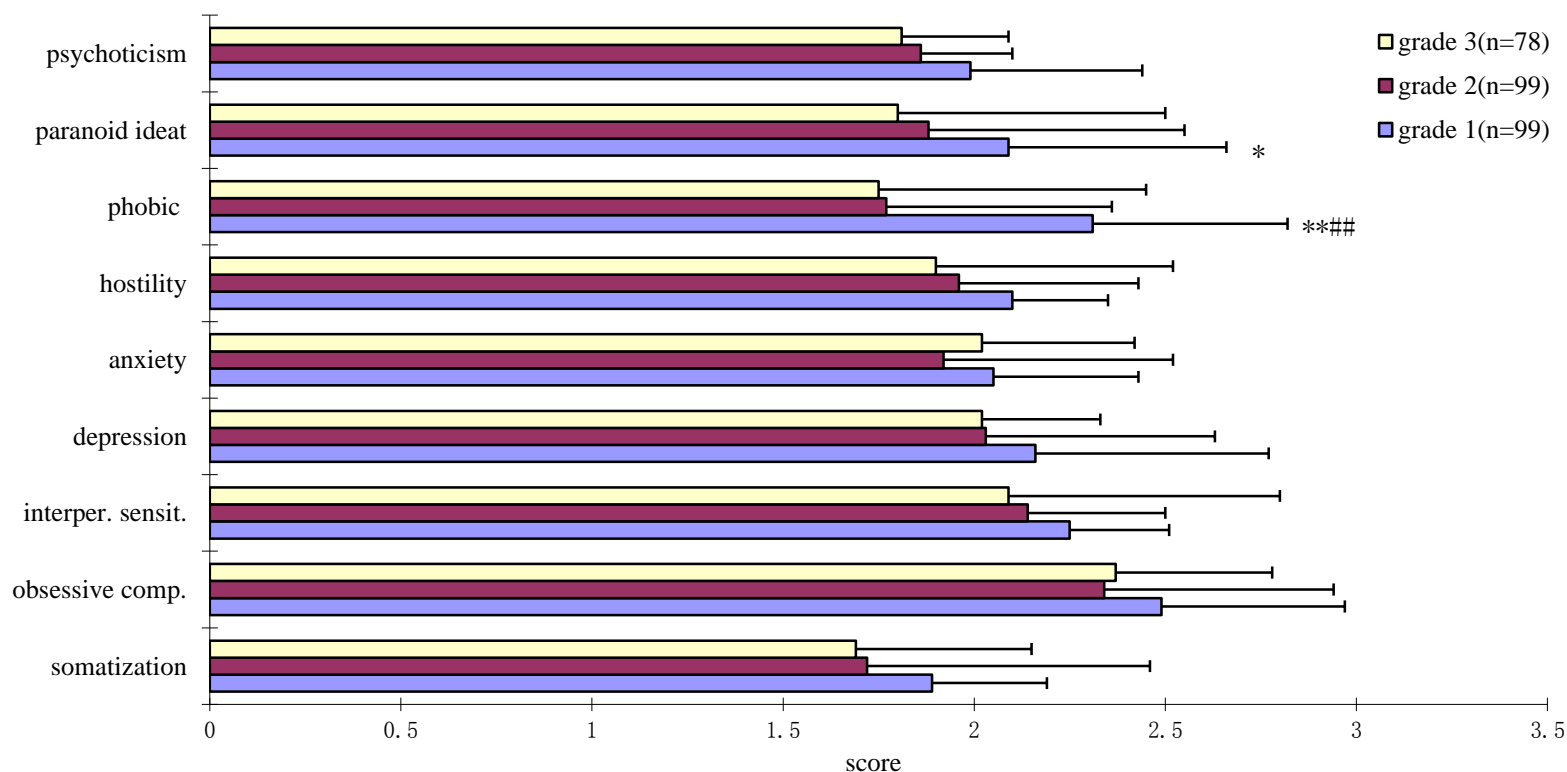
Children's feeling

■ non left-behind children(n=85)
■ left-behind children(n=78)



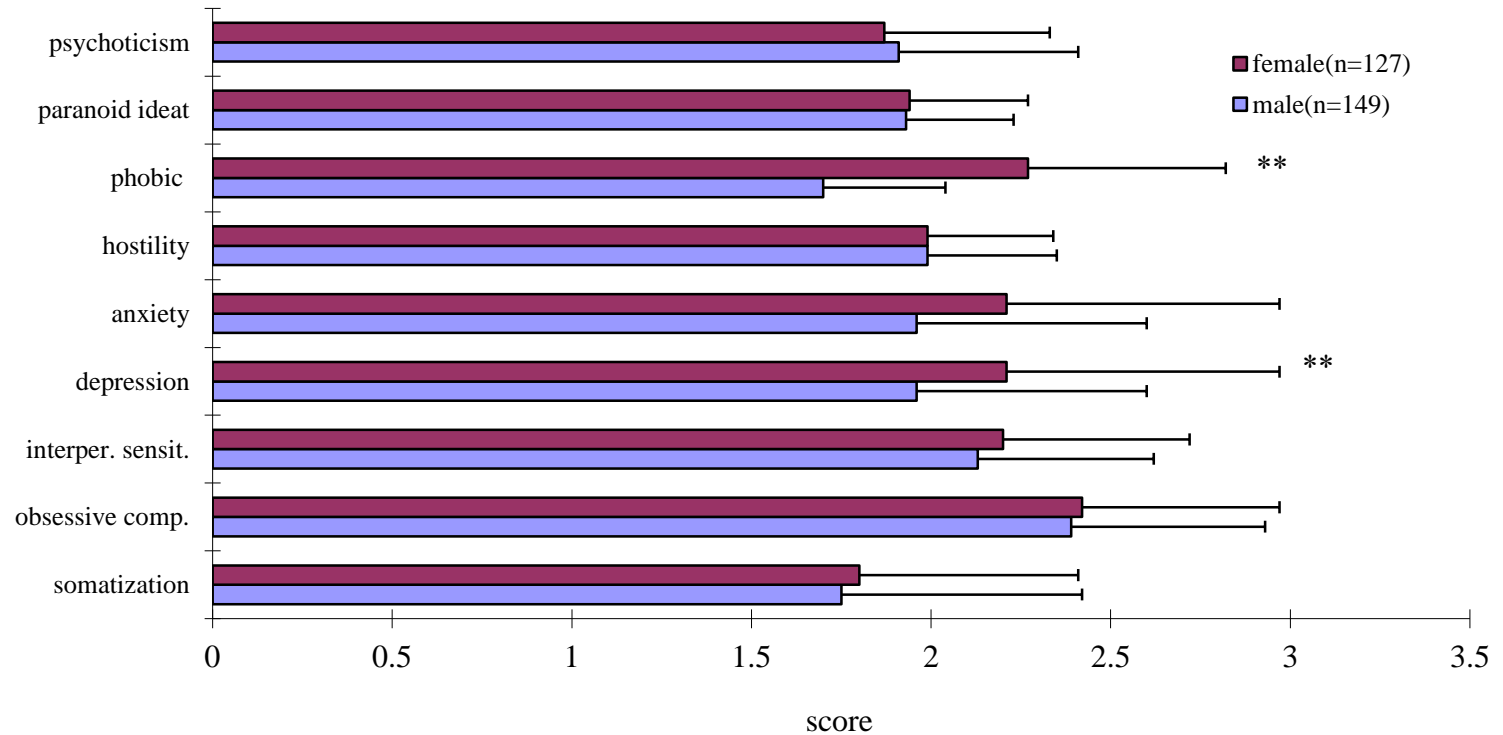
Mental health test (MHT) of NLBC and LBC in schools

Mental health of high school students



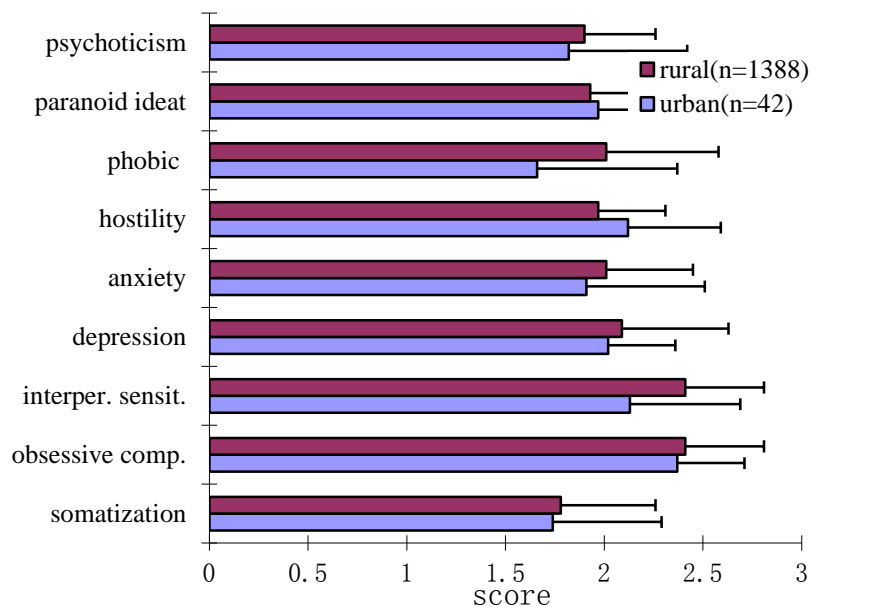
SCL-90 score of high school students

*: $p < 0.05$ **: $p < 0.01$ compared to grade 3; #: $p < 0.05$ ##: $p < 0.01$ compared to grade 2

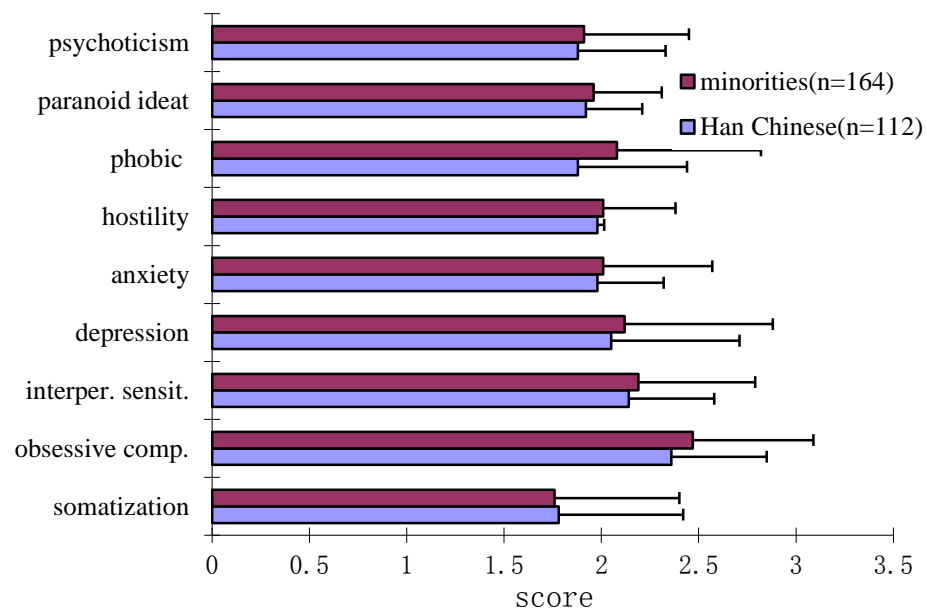


Differences of SCL-90 score between male and female high school students

*: $p < 0.05$ **: $p < 0.01$



SCL-90 score of high school students in rural and urban areas



SCL-90 score of minorities and Han Chinese high school students

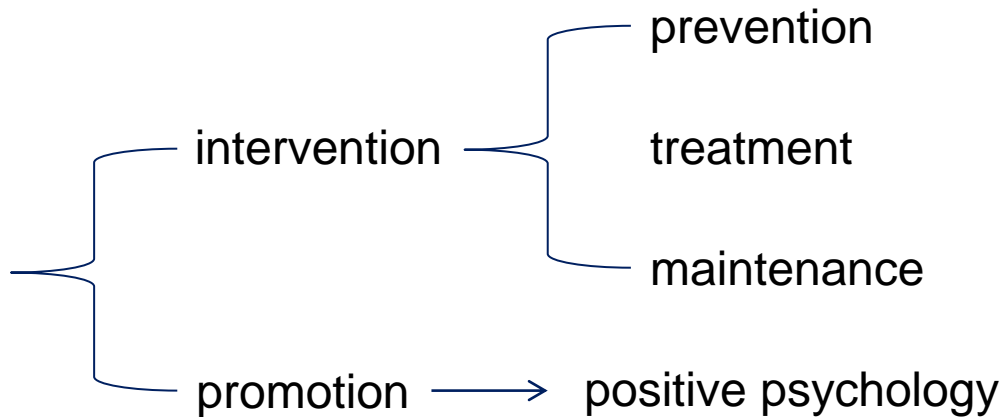
Mental health of university students

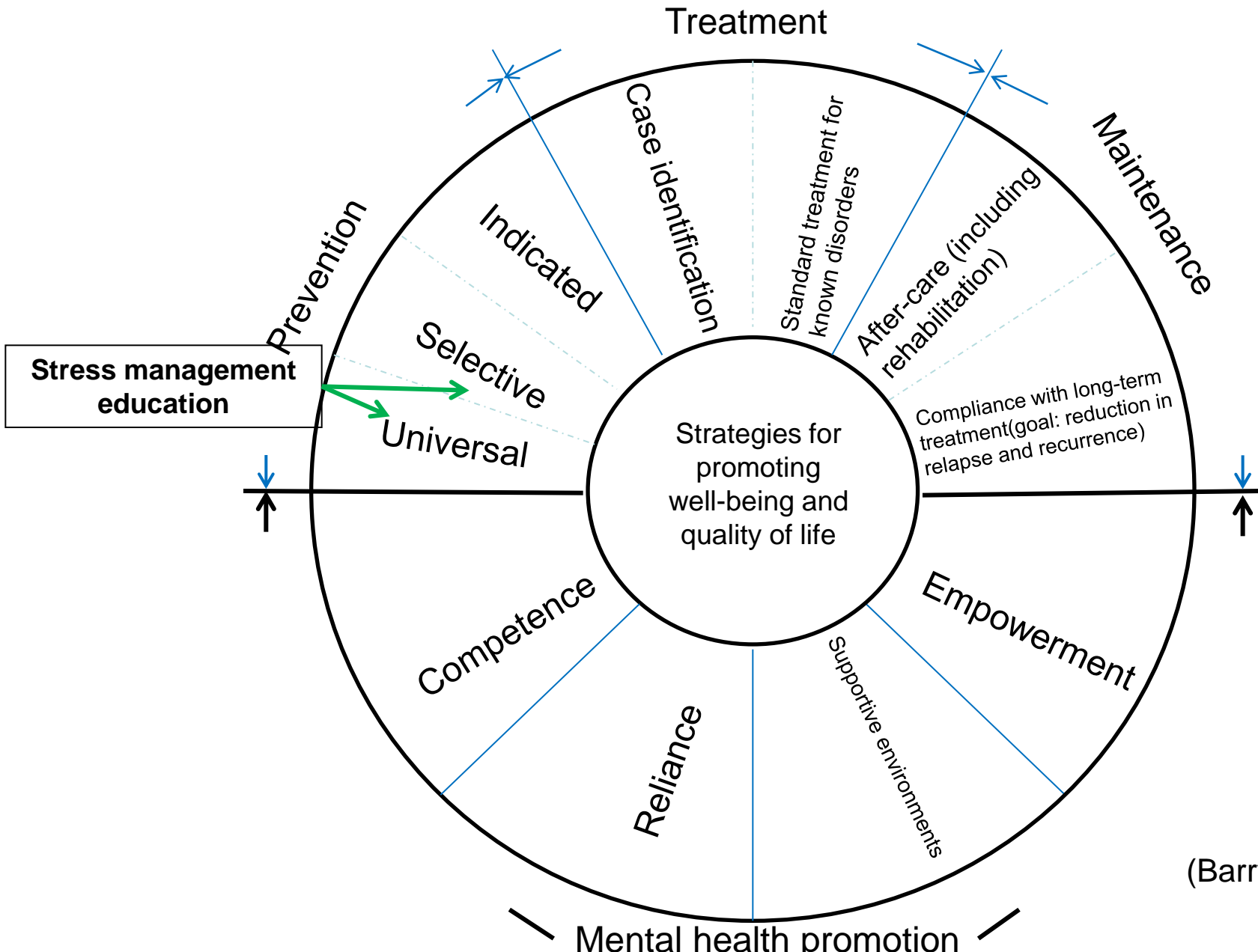
In universities and colleges, poverty remains a major impact on mental health factors of students, as we know, although poverty has a double-edged sword effect for growth of students, but in such underdeveloped areas in Inner Mongolia, the pressures of life are still brought to students insurmountable difficulties, and compared with above descriptions, those psychological problems caused by the single-parent families and such as only child factors might have been minimal.

Strategies

Because of their parents were away from them, those left-behind children are taken care by grandparents, so they need somebody care about their lives and listen to them what they were thinking; traditionally, children often called they have introverted characters are naturally seen as sweet students, but it should be noted that they are often reluctant to communicate with others, it is very important that their thinking style and behavior is changed; it was said that students may not need systematic psychological knowledge, but they may need someone tend to listen their heartfelt wishes, therefore, schools should provide many kinds of opportunities and places to adapt emerging issues, so in a variety of schools, we need more mental health workers and institutions to provide psychological support for students.

Promoting positive mental health





(Barry, 2001)

Thank you!

Welcome to Inner Mongolia!



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