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Exploring the Teaching Method Based on the Construction of Middle School Students' Psychology

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Abstract. Under the collision of traditional teaching modes and new teaching modes, the teaching mode has undergone tremendous changes. The question of what changes have occurred in students' psychological construction based on this change has received widespread attention. Different teaching models, however, focus more on the transformation of educational teaching methods, neglecting students' mental health. This article analyzes the specific changes in students' psychological construction under different teaching modes in the transition between old and new teaching modes. Further analyzes the reasons and influencing factors based on students' psychological changes, and how to effectively improve and enhance different teaching modes. Based on it, this article proposes the following suggestions: to inherit and develop the factors that are advantageous to students in traditional education. Do not blindly follow the trend in implementing new teaching models, but consider whether they meet the needs of students and put students at the center of everything.

Keywords: traditional teaching, new teaching, student psychological construction

1. Introduction

Against the backdrop of the new education reform, teaching methods, teaching tools, and assessment methods have also undergone "qualitative" changes, and students' mental health problems have also undergone corresponding changes based on these changes. Nowadays, digital education has developed at a high speed, emphasizes the importance of using modern information technology and which means to strengthen and transform educational and teaching techniques, thereby promoting the improvement of teaching modes. This transformation will become an important driving force for promoting the development of high-quality education, breaking the traditional teaching mode, which is dominated by face-to-face "teacher teaching, student learning", and making the teaching mode more diversified and flexible [1]. Under the new teaching model, students' awareness and overall satisfaction with resources and assessments have improved as well, and new assessment tools have emerged as a result [2]. This change means that the new teaching model not only relies on final exam scores when evaluating students, but also evaluates students from multiple aspects and perspectives through various means. This change will pay more attention to students' physical and mental health rather than relying solely on grades. For example, many universities have taken English writing as an example, and under the guidance of new teaching

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models, students can independently practice on AI platforms and receive timely feedback. Not only does it reduce the waiting time for corrections, but it also provides personalized guidance. It can be seen that the transformation of traditional teaching methods is effective in students' academic writing [3]. In contrast, the traditional teaching model continues the rigid national curriculum and teaching practices, and the mainstream assessment method based on semester tests lacks significance and challenge. It is no longer suitable for the personality development of students in the 21st century, and can also have adverse effect on their psychological health development due to long-term exam pressure [4]. Based on this change, the purpose of this study is to investigate the performance of students' psychological construction under traditional teaching models. What impact does the transformation of traditional education under the impact of new education have on students' psychological construction?

2. Characteristics of traditional teaching methods and analysis of students' psychological problems

Traditional education has historical significance, and every country has its own long history and corresponding education. In China, traditional education has undergone transformation, change, and renewal, and now it is combined with new education. Each change has a different impact on students' psychological construction.

2.1. Characteristics and positive effects

Traditional education aims to have teachers and students in the same space, in the form of "face-to-face teaching", where the professor explains the knowledge in the textbook to the students through a certain order based on their own designed teaching activities. This process is mainly based on "indoctrination". Compared to online courses in modern education systems, the learning efficiency of traditional education is superior and more in line with the needs of exam-oriented education for students in contemporary education systems.

In addition, under the traditional education system, every teacher designs their teaching based on educational objectives, plans, and priorities through face-to-face teaching, group meetings, and other methods according to the teaching syllabus, teaching theories, and teaching principles. This method avoids the defects of the disciplinary knowledge structure and the emergence of a knowledge vacuum. Based on this, students can fully grasp the relevant knowledge of different disciplines and meet their exploration needs for different disciplines [5,6].

Nowadays, online courses have gained popularity, but teachers cannot control what students are doing behind the computer screen. In contrast, the traditional teaching model takes schools as the carrier and provides students with a strong learning atmosphere. Teachers and school staff can be seen as strong supervisors. As is well known, students lack self-discipline, and effective supervision can help them engage in learning better. At the same time, students can find learning partners through offline learning. Compared to working alone in isolation, traditional education creates more opportunities for their learning, which can satisfy students' conformity and sense of belonging.

2.2. Psychological problems of students influenced by traditional culture and teaching methods

With the development of the times and science and technology, the traditional teaching model in the Chinese Mainland no longer meets the teaching requirements of the new era. The traditional education model in China has the characteristics of dryness, dogmatism, passivity, copying, and test

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taking, which pose severe challenges to the mental health of middle school students [7]. For example, students' psychological demand for "book-only theory" has increased, believing that the content in books is correct, thus lacking the ability to think and practice. In addition, the exam-oriented nature is also the biggest drawback of traditional education today. This not only puts students under the high-pressure test of survival of the fittest for a long time, but also indirectly reflects the serious problems of the evaluation system of the traditional education model. The evaluation system ignores students' mental health and personality development, making students believe that the aim of learning is only for exams and further neglecting the ability to apply knowledge to practice. Over time, this hinders students' interest in learning.

In addition, under the traditional educational background, teachers are the absolute masters of teaching, and very few teachers will listen to students' opinions, which means that students can only blindly learn the content taught by teachers. In this case, students will gradually lose their ability to think independently and become learning "machines", thus losing the development of their personalities. Furthermore, some teachers often wear colored glasses when facing students, and have sufficient patience for students with good grades. However, for those who with average or poor grades, teachers often regard them as "abandoned children" for further education. In this scenario, students' psychological gap will become increasingly large, and more serious cases may lead to disinterest in learning, dropout, and skipping classes.

3. The roles and impacts of innovative teaching models

3.1. Functions

Faced with the shortcomings exposed by traditional teaching models, the new education model has made improvements in teaching objectives, teaching methods, teaching subjects, and evaluation methods. For example, by combining the advantages of Chinese and Western cultures, redefining the teaching subject [8]. Combining with the educational background of the new era, change the status of teachers, that is, teachers should become helpers and guides for students' learning, and attach importance to the status of students as learning subjects [5]. In addition, the new educational mode breaks the traditional education mode that only provides learning opportunities for students in school, and redefines the new education to provide equal educational opportunities for people from different social groups. Related studies have also confirmed the significant characteristics of humanization and popularization in Chinese education in the new era [9,10].

Based on this change, traditional teaching methods have also undergone significant changes, and students' mental health issues have received more attention than ever before. For example, robot education has been widely popular in recent years. It is a new type of education that focuses on experiments and is supplemented by textbooks. It fully breaks the traditional education's "three points and one view" in form. Teachers are no longer primarily based on textbooks, but on physical construction, transforming dull theoretical knowledge into flexible and interesting objects or practices, stimulating students' motivation to explore knowledge, and improving their learning enthusiasm. According to research, the majority of students dislike teachers' teaching not because there is a problem with the instruction, but they feel that the teacher provides too many frameworks that constrain their thinking and hinder their ability to think divergently. In recent years, with the diversity of hardware and software platforms, traditional teaching methods have been greatly improved, and students have begun to embark on a path of self-creation and innovation in learning, further stimulating their thirst for knowledge, innovative spirit, and exploratory spirit. Since the outbreak of COVID-19, the country has paid more attention to the innovation of teaching methods

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and the mental health of students. New media based on information technology not only seriously affects traditional media, but also breaks the constraints of traditional educational methods, playing an important role in optimizing students' ideological and cultural concepts and adjusting their psychological state [11]. Similarly, this study also confirms the complexity and dynamism of policy interpretation and implementation, which stems from the diversity of the public sphere and the collective nature of different values [12]. From this, it can be seen that the changes in traditional teaching models under the impact of new teaching models are complementary to students' psychological construction. Government policies should also focus on improving teaching objectives, teaching subjects, teaching methods, and evaluation models to complement students' physical and mental health development.

3.2. New contradictions

Although the new education mode has promoted the transformation of traditional teaching models, facilitated the development of the education and teaching system, and had a certain positive impact on the physical and mental health development of students. The loopholes and negative aspects of this change should not be underestimated.

Although artificial intelligence learning software has innovated new ways of learning, it will affect students' ability to think independently and, to some extent, make them lose their enthusiasm for seeking knowledge. For example, ChatGPT and other related software have also been resisted by many teachers due to the problem of students using the software to generate homework. Based on this situation, excessive use of electronic products and software by students will not only result in their loss of independent learning and thinking abilities, but also disrupt the academic atmosphere, affecting students' learning pace and teachers' teaching methods. In addition, Duolingo is a gamified teaching mode that integrates boring vocabulary and grammar exercises into fun level challenges, gradually allowing students to master knowledge and greatly stimulating their learning interest [13]. However, this learning method has certain limitations, as it is not suitable for middle school students. Clearance games can only set word grammar as the learning content, and systematic article reading cannot be effectively set in the game. Therefore, the content in this mode does not match the teaching syllabus, which can mislead students about the content they need to learn and disrupt their learning pace and physical and mental health.

In addition, although some innovative teaching models return the leadership of learning to students, they pose a great challenge to teachers' in-class control ability in this aspect, and even cause students to lose interest in class due to improper organization. For example, the purpose of the flipped classroom is to guide students to preview with goals, record questions, and think independently, thereby making classroom discussions more targeted. In the Chinese Mainland, education has been forced to shift to a more flexible, effective, active, and student-centered teaching strategy to reduce the limitations of the traditional education delivery model [14]. However, passively applying the flipped classroom to the classroom can seriously affect the course progress, and not all the content taught by students is effective. This "flipped" form is not suitable for science students, who are more suited to effective practice. Therefore, the flipped classroom not only has no positive impact to a certain extent, but also affects the pace of the classroom, making it difficult for students to grasp the main tasks of the classroom, thereby causing students to lose interest and confidence in the classroom.

Moreover, although the PBL(Problem-Based Learning) teaching model has improved students' ability to learn in groups, if not implemented properly, it can affect the relationships between students and lead to situations, such as exclusion and conformity, thereby affecting students'

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physical and mental health development. For example, the PBL teaching model is a comprehensive teaching model based on constructivist theory, problem-driven teaching, relying on real-life situations, group cooperation and communication as teaching carriers, and multi-dimensional evaluation as teaching reflection [15]. Although this model increases student engagement, students can share their viewpoints through group interactions. Not only does it improve academic performance, but it also contributes to the physical and mental development of students. However, in the Chinese Mainland, the PBL teaching model has not been applied to every school, which makes students who lack the sense of cooperation seriously affects the output of knowledge. There are relevant cases that show that if the number of members in a group is the base, with the majority holding one viewpoint and the minority holding the other viewpoint, given students' herd mentality, even if the minority's answer is reasonable, they will still obey the majority. Under this mode, students' exploration and cooperation are not deep enough, making it difficult for them to express their true thoughts, and even more so, there may be situations of exclusion within the group, which undoubtedly has an extremely negative impact on students' physical and mental health.

4. Improve the reform of teaching methods based on students' psychological needs

In the new era, new teaching technologies dominate, but the traditional face-to-face teaching mode is the most effective way to help students improve their grades. Given the mental health issues of students, it is necessary to combine new and old teaching models, as well as assessment methods, to avoid a too dominant teacher position that hinders students' development. For example, a monthly group collaboration discussion can be conducted, and corresponding scores can be given, which will also be included in the final exam.

In addition, compared to boring classroom conversation exercises, websites such as YouTube and Bilibili allow students to follow conversations from videos outside of class, imitating tone and rhythm. This flexible and interesting approach attracts a large number of students to practice speaking, thereby stimulating their language abilities [16].

Finally, the abilities of teachers should be valued and closely aligned with the changes in old and new traditional models, promoting mutual learning and keeping up with the times. For example, in terms of language teaching, there is no oral test in the Chinese Mainland, which can break the traditional teaching mode of ignoring oral learning and boring dialogue. By utilizing the CALL(Computer-Assisted Language Learning) model, practical tasks and techniques of utilizing digital technology knowledge and skills have been carried out, and suggestions for improving language teacher training and development have been proposed. This provides students with better teaching methods for language learning, breaking away from traditional imitative learning and offering more diverse language learning options, thereby increasing students' interest in learning the language [17].

5. Conclusion

This study takes the new and old teaching modes as the background, introduces the characteristics and changes of traditional education modes, further investigates the impact of students' mental health under this model, and reveals the problems existing in the traditional education mode, such as relying only on textbooks, exam-oriented education, and so on. Based on the negative psychological problems of traditional education models, such as hindering students' interests, inhibiting their creative thinking, suppressing their self-directed learning, overly relying on teachers, and lacking application and practical abilities under exam-oriented education, this article elaborates on how

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modern education models improve and enhance these aspects based on students' psychological construction. For example, under the new education model, it is beneficial to enhance students' interest in learning, promote the development of teaching methods, and thus affect students' learning efficiency, learning ability, and academic performance. In addition, by comparing and demonstrating teaching modes such as PBL and Flipped Classroom, the different effects of the new and old teaching modes on students' psychology were explored.

In future research, further quantitative studies can be conducted to apply different teaching modes to different experimental control groups. Through observation, recording, and testing, the different impacts of traditional and modern teaching modes on students' physical and mental health can be more effectively compared and demonstrated.

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