

A Study on the Physical and Mental Health of Preschool Children

Qian HaiJuan

Xianyang Normal University
Xianyang, 712000, Shaanxi, China

Abstract: The psychological development of preschool children has its age characteristics. This article mainly explores the developmental characteristics of language, attention, memory, and imagination in preschool children, as well as the cultivation strategies for their language ability, attention, memory, and imagination. However, many problems have also arisen in the development of preschool physical education. This article briefly analyzes the problems in preschool physical education and proposes corresponding solutions to these problems, aiming to provide reference opinions for preschool physical education teaching.

Keywords: Mental Health, Physical Health, Preschool Children

1. INTRODUCTION

Preschool education is of great significance for the physical and mental health development of children, especially preschool physical education. However, so far, there are still many problems in preschool physical education, including a lack of strong preschool physical education teachers, complete equipment and spacious activity venues, and a lack of standardized management of preschool physical education. In addition, people's understanding of preschool physical education is insufficient, including kindergarten teachers and parents, it is difficult for preschool physical education to play its important role. Therefore, it is necessary to strengthen the awareness of preschool physical education among teachers and parents and strengthen the implementation of preschool physical education to ensure that children can grow up physically and mentally healthy. In terms of social environment, another American psychologist, Ben Finbony, proposed a social ecological model for the development of children's mental health.

He regards the overall environment related to children's mental health development as an ecological system and divides this system into four subsystems: micro, cross, indirect, and macro. The micro system includes families and childcare institutions, and the cross system is the cross environment of several micro systems, while the environment of the government, the country, and the whole society is included in the latter two subsystems. Benfinboni actively advocates for extensive investigation and research on children's psychological development and behavioral problems in the social ecological environment. The research on preschool children's health education has rich connotations and involves many aspects, such as health curriculum, physical education, care and safety work, and the mental health of children and teachers.

The symposium workshop provides opportunities for representatives to share and exchange ideas on topics of interest or in-depth research with others. The conference has set up 5 sub venues, each with two experts providing guidance and comments, and 6-10 representatives giving special speeches. This can also trigger practical thinking and guidance on children's problem-solving behaviors, and apply the knowledge to practical early childhood teaching, which can have a positive effect on promoting the physical and mental health development of young children. Especially for Preschool teacher, promoting the healthy growth of children is the primary goal and the responsibility. Therefore, it is very

important to guide children to establish a healthy and happy psychological state and guide them to make correct behavior in the process of getting along with children or carrying out one-day activities.

However, how to guide requires starting from observing the behavior of young children, that is, observing their behavior through various activities and determining whether their behavior is problematic. Teachers should control the difficulty of activities at a level suitable for children, allowing them to experience the joy of success while also experiencing certain challenges. Clarify the purpose and requirements of the activity. The clearer the task, the stronger the desire to complete the task, and the more focused and persistent the attention. So, in activities, it is important to let children know why they should do this and stimulate their desire to do it well. Active attention must overcome various disturbances from the external environment to achieve the effect of attention, so it is necessary to create a quiet and simple environment and overcome the factors that affect attention. For example, if a child sees other children performing better than themselves during an activity and immediately resists or damages others' works or property, and this situation occurs more frequently, it can be preliminarily judged that the child's behavior.

2. THE PROPOSED METHODOLOGY

2.1 The existence of physical and mental health in preschool children

To correct this behavior of young children, teachers should first discover this problem in a timely manner, and then deal with the jealousy behavior of young children in a timely manner. That is, they should carefully listen to the psychological feelings of young children, and simply and clearly tell them that each child has their own strengths, and should not always compare their own strengths to others' weaknesses, nor should they always compare their own weaknesses to others' strengths, when comparing the same strengths with others who are better than oneself, one should see if one has greater room for improvement and learn from children who are better than oneself.

There are two main forms of kindergartens in China, namely private kindergartens, and public kindergartens. Public kindergartens have relatively standardized and scientific management of physical education, but the number of public kindergartens is relatively small. Although there are many private kindergartens, there is a lack of standardized management of preschool physical education, which is not

conducive to the development of preschool physical education. In addition, some kindergarten managers do not attach importance to the standardized management of physical education. However, the focus is on external publicity activities, without implementing sports activities. Only in large-scale activities can there be relevant sports activities and competitions, which hinders the development of preschool physical education. Many parents attach more importance to the cultivation of children's artistic talents, English abilities, and intelligence, while neglecting the importance of physical education. Kindergartens, to meet the needs of parents, spending part of physical education time on cultivating artistic skills, English proficiency, and intelligence greatly shortens the time spent on physical activities, leading to the inability of young children to develop in a coordinated manner.

In the four cases of aggressive behavior, two of the parents have divorced, while the other's parents often argue and use their children as a source of anger, freely beating and scolding. Another example is that because this young child is the only boy in the entire family and is particularly favored, his grandparents are often beaten by this young child but remain silent. The case of refusing to attend kindergarten is that due to the indifferent attitude of the head teacher, parents believe that their children are useless, so they always treat their children with a rough attitude. In the special session of "health education curriculum and teaching and management", Professor Ye Pingzhi from the School of Education of Guangzhou University talked about the construction of curriculum in the field of health education, including how to choose content, set goals, organize activities, implement evaluation and other issues.

The content shared by the representatives also had different focuses, some thinking about the construction of health education courses from a theoretical perspective, and some introducing their own kindergarten's practical exploration of health education. In the special session of "infant sports", Leng Xiaogang, associate professor at the School of Sports and Health of East China Normal University, elaborated on how to effectively implement kindergarten sports teaching activities. It is easy for preschool children to develop visual memory and improve their memory ability. Developing games and memorizing interests is a favorite activity for young children. Gorky once said that games are a way for young children to understand the world. Indeed, games can consolidate and enrich young children's knowledge, and can develop their language and intelligence.

2.2 Practical Pathways to Solve the Physical and Mental Health of Preschool Children

Teachers integrate knowledge into games, which can enable young children to learn and remember in the game; Try to encourage preschool children to participate in various sensory activities - visual, auditory, olfactory, taste, and tactile - to achieve the best attempted memory effect. Action demonstration, accurate memory of some knowledge, using action demonstration, preschool children will accurately understand and remember. At the same time, it is necessary for teachers to actively research scientific and reasonable game activities that can enrich children's world, achieve good physical education teaching results, and promote their physical and mental health growth. Supervision and management of sports equipment in kindergartens should be implemented to ensure that sports equipment meets quality

requirements, is environmentally friendly and standardized. In terms of equipment selection, Kindergartens can be uniformly purchased by the government, and these sports equipment should be regularly inspected and maintained to ensure that children can safely use them. Explicit or implicit "maternal deprivation" is an important feature of the family environment in such cases.

In four cases, one child had just turned one when their mother ran away from home, and their father, after being stopped from driving a "disabled car", wandered around and threw the child to the neighbor's 80-year-old lady. A young child's mother is a mentally ill person. In the fourth year after the child was born, the father ran away and the child was raised by the grandfather. There is one case where parents get divorced. There is another example where although parents are healthy, they have very little time to spend with their children and have conversations, which is an implicit "maternal love deprivation". Dr. Xu Fangzhong, Director of the Clinical Psychology Department of Zhejiang Mental Health Center, introduced his research findings on the incidence and influencing factors of psychological and behavioral problems in preschool children in Zhejiang Province, providing many insights from a medical perspective. The representatives respectively introduced their theoretical and practical research on early childhood mental health education, including the impact of mother's work and family conflicts on young children's psychology, how to intervene in games for socially withdrawn children, how to understand young children's psychology through their paintings, and so on.

The conference also held a special session on "research on the cultivation of teachers' mental health and care ability", focusing on the psychological needs and professional growth of teachers. Unintentional imagination dominates, while intentional imagination is developing. Reconstructing imagination occupies the main position, and creating imagination begins to develop; Imagination is greatly exaggerated and gradually moves towards logical alignment with reality. It is particularly important to cultivate interpersonal skills in the information society, especially among children. The first step in cultivating children's interpersonal skills is teamwork. In sports activities, the completion of some activities requires unity and cooperation with others, such as relay races. Children understand during the relay process that no matter how hard a person tries, no matter how fast they run, they cannot achieve success without collaborating with other members of the team. Therefore, I understand the importance of teamwork. Through these collaborative sports activities, I gradually cultivate young children's interpersonal skills.

In addition, during the process of participating in sports activities, it is inevitable to communicate with others. Therefore, preschool physical education provides children with a platform for communication and exchange, allowing them to not only gain joy during sports activities, but also cultivate their communication and communication abilities, which is conducive to cultivating children's psychological qualities and is beneficial for their social and emotional development.

3. CONCLUSION

Preschool physical education cultivates children's abilities in all aspects, including interpersonal communication ability, cognitive ability, and intellectual development, so that children can adapt to society. Therefore, preschool education

is of great significance to children's healthy development. Therefore, parents, preschool teacher and education departments must attach importance to the development of preschool physical education, not only to vigorously cultivate physical education teachers, but We should also strengthen the purchase of equipment and the construction of Sports venue, and finally strengthen the standardized management of kindergarten physical education. The accumulation of knowledge and experience is the foundation for the development of children's imagination. Teachers should guide children to have more exposure to and observation of things, deepen their understanding of things, enrich their knowledge, increase their visual reserves, and prepare for the improvement of their imagination.

4. REFERENCES

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