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**UDC 37.013.42+159.923**

# EXPLORATION OF THE ASSOCIATION BETWEEN SOCIAL SUPPORT SYSTEM AND ADOLESCENT MENTAL HEALTH EDUCATION

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In today's society, adolescent groups are faced with increasingly complex mental health challenges. With the rapid development of science and technology and the constant change of social environment, teenagers face more and more pressure. These pressures may come from multiple aspects, such as school, family, relationships, and future career planning. Therefore, how to effectively support adolescent mental health education has become a problem of discussion.

As an important social resource, the social support system plays a crucial role in the adolescent mental health education. Social support systems include multiple levels of family, school, friends and community. They provide emotional support, information support and help teenagers cope with various challenges in life by providing emotional support, information support and substantive help.

In recent years, the research on the association of social support system and adolescent mental health education has increased. These studies reveal the positive role of the social support system in adolescent mental health education, but also point out the existing problems and deficiencies. For example, some studies show that although the social support system has a positive impact on adolescent mental health, in practice, this effect is not fully played out due to the uneven distribution of resources and the single support mode [1].

In view of this, this study aims to deeply explore the association mechanism between social support system and adolescent mental health education, aiming to provide a scientific basis for optimizing adolescent mental

health education strategies. Through a review of the relevant literature, combining quantitative and qualitative research methods, this study will analyze the impact of social support system on adolescent mental health education, explore the promotion mechanisms, and analyze the correlation of social support system and adolescent mental health education. Through this study, we hope to provide reference and enlightenment for improving the mental health level of teenagers and building a more perfect social support system.

The purpose and significance of the study: adolescence is a key stage in the psychological development of life, and the mental health status of individuals during this period will have a profound impact on their future life. However, there are many factors in the current society that lead to the increasingly prominent mental health problems of teenagers, such as changes in family environment, increased academic pressure, and the impact of online social networking, which all bring great challenges to the mental health of teenagers. As an important social resource, the social support system is believed to effectively help adolescents cope with psychological stress and promote the development of their mental health. Therefore, this study aimed to explore the association between the social support system and adolescent mental health education, with specific research objectives including:

Clarify the influence mechanism of social support system on adolescent mental health education, and analyze how the various dimensions of social support system affect adolescent mental health education through different channels.

To evaluate the role of social support systems in adolescent mental health education, especially how social support systems can promote the implementation and effectiveness of adolescent mental health education.

To identify the key factors affecting the correlation between the social support system and adolescent mental health education and provide a scientific basis for optimizing the social support system.

From a broader perspective, the significance of this study is that:

Emphasize the important role of social support system in adolescent mental health education, and improve the awareness of the importance of adolescent mental health education.

To provide theoretical basis and practical guidance for policy makers and educators, and help them build a more effective mental health education system for teenagers.

Promote the optimization and improvement of the social support system, and jointly promote the development of adolescent mental health education by enhancing the support force of the community, school, family and other aspects.

In conclusion, this study is not only important for understanding the relationship between social support system and adolescent mental health education, but also provides theoretical support and empirical basis for practice in related fields, helping to promote the mental health development of young people and the harmony and stability of society as a whole.

**Method and contents.** This study aims to explore the association between social support system and adolescent mental health education, and analyze the promoting effect of social support on adolescent mental health education. To achieve this goal, this study adopts a combination of quantitative and qualitative research methods to obtain more comprehensive and in-depth research results .

The research contents include: (1) detailed analysis of the concept and characteristics of social support system and their role in adolescent mental health education; (2) investigating the current status of adolescent mental health education, identifying the existing problems and challenges; (3) exploring how social support system affects adolescent mental health education through different mechanisms, and analyzing the effectiveness and operability of these mechanisms; (4) evaluating the correlation between social support system and adolescent mental health education by statistical analysis based on the survey data, and further exploring its influence and effects 3.

The research methods mainly include: (1) literature review, constructing the theoretical framework by reviewing relevant research results at home and abroad; (2) questionnaire survey, designing questionnaire for adolescent mental health education and social support system, collecting extensive original data; (3) interview, select some interviewees for in-depth interviews to obtain more dimensional information; (4) data analysis, using descriptive statistics, factor analysis, regression analysis, etc. to reveal the correlation and influence mechanism between social support system and adolescent mental health education.

Through the above research contents and methods, this study hopes that it can provide a scientific basis for improving the quality of adolescent mental health education, and put forward specific suggestions for the construction of an effective social support system, so as to promote the development of adolescent mental health.

Current situation and problems: adolescence is the key stage of individual psychological development, and the mental health education in this period is of great significance for the growth of teenagers and the future social adaptation. However, the current adolescent mental health education faces various challenges and problems 5.

First, the prevalence of mental health education among adolescents is not high. In many schools, mental health education is often neglected, and the lack of systematic curriculum and professional instructors. In addition, families and society also pay insufficient attention to adolescent mental health, leading to the lack of timely and effective support and intervention when teenagers encounter psychological distress.

Secondly, the update of adolescent mental health education content lags behind. With the rapid development of society, the psychological pressure and challenges faced by teenagers are also changing constantly, but the content

update of mental health education often cannot keep up with these changes and cannot meet the actual needs of teenagers.

Moreover, the distribution of mental health education resources is uneven. There are large differences in mental health education resources between urban and rural areas and between different regions. Some areas are difficult to provide adequate mental health education services due to limited economic conditions or talent shortage.

In order to show the current situation of adolescent mental health education more intuitively, the following table lists the proportion data of adolescents participating in mental health education in various regions in recent years (tab. 1).

Table 1 – Research results

| area | Participation rate (%) |
|------|------------------------|
| Beijing | 75 |
| Shanghai | 80 |
| Guangdong | 65 |
| Sichuan | 55 |
| Jiangsu | 70 |
| Hunan | 60 |

It can be seen from the table that the proportion of adolescents participating in mental health education varies significantly in different regions, which reflects the unbalanced allocation of mental health education resources.

In addition, the methods and means of adolescent mental health education also need to be further innovated and optimized. At present, traditional teaching is still the mainstream, but this way is often difficult to stimulate student's interest and sense of participation. Therefore, exploring more interactive and experiential teaching methods, such as role playing, group discussion, is crucial to improve the effectiveness of adolescent mental health education.

In short, the challenges and problems faced by adolescent mental health education need to be solved urgently. By strengthening the popularization and reform of mental health education and improving the quality and effect of education, the mental health development of teenagers can be better promoted.

When exploring the influence of social support system on adolescent mental health education, we found that social support significantly promotes adolescent mental health at multiple levels. Social support systems include many forms of support networks for family, school, peers, and community, which maintain and promote their mental health by providing emotional support, information support, and practical help to help teenagers cope with stress and challenges in life 10.

Table 2 – Research results

| Support type | Teen feedback to the (%) | Mental health indicators improve the (%) |
|---|---|---|
| Emotional support | 85 | 72 |
| Information support | 78 | 68 |
| Practical help | 70 | 63 |

From the table, the positive effect of emotional support on adolescent mental health was most pronounced, suggesting that enhanced emotional communication and understanding is crucial in adolescent mental health education. In addition, information support and practical help also promote adolescent mental health to some extent 11.

Through comparative analysis, we also found differences in the effects of different components of the social support system on adolescent mental health. For example, emotional support directly affects adolescent's emotional states and self-esteem, while information support and practical help focus more on providing problem-solving strategies and resources.

Moreover, the quality and availability of social support systems are also key factors affecting their effectiveness. High-quality social support can more effectively meet the needs of adolescents, and thus better promote their mental health. Therefore, these characteristics of the social support system should be fully taken into account in the design and implementation of adolescent mental health education programs to ensure the effectiveness and sustainability of educational activities.

In conclusion, the social support system plays an important role in adolescent mental health education. By strengthening the construction and optimization of the social support system, the mental health level of teenagers can be effectively improved to provide a solid foundation for their healthy growth.

Social support systems play a crucial role in adolescent mental health education. Through a multifaceted analysis, we can see how social support promotes adolescent mental health through different mechanisms. These mechanisms include providing emotional support, enhancing self-efficacy, improving coping strategies, and increasing social skills, among others (tab. 3).

Table 3 – Research results

| Support type | influencing mechanism | embody |
|---|---|---|
| Emotional support | Improve emotional stability | Listening and empathy |
| Resource support | Improve the ability to solve problems | Information and material help |
| Cognitive support | Enhance the sense of self-efficacy | Suggestions and guidance |
| social support | Improve interpersonal relationships | Group activities and communication |

Through the above table, we can clearly see the positive impact of the social support system on adolescent mental health in different dimensions. Emotional support helps teenagers build a sense of security, resource support provides practical help, and cognitive support enhances their self-confidence, while social support helps them build good interpersonal relationships.

Next, we demonstrate the proportion of various components of social support in adolescent mental health education through a pie chart.

In addition, social support systems provide a platform for teenagers to learn and practice social skills, which is extremely important for their long-term development. For example, by participating in group activities, adolescents can not only learn how to communicate effectively with others, but also learn how to cooperate and resolve conflicts in a team.

When exploring the correlation of social support system and adolescent mental health education, this study used a quantitative analysis method by collecting different types of social support data and data on adolescent mental health status, and using statistical software for correlation analysis. The analysis showed a significant positive relationship between social support system and mental health education in adolescents (tab. 4).

Table 4 – Research results

| variable | description | average value | standard deviation |
|---|---|---|---|
| Social support satisfaction | High, medium and low | 1.8 | 0.5 |
| Mental health level | Excellent, good, medium, and poor | 2.6 | 0.7 |

From the table, there is a strong positive correlation between social support satisfaction and mental health level. This finding suggests that a sound and effective social support system has an important role in promoting the mental health of adolescents.

Further statistical analysis revealed that multiple dimensions of social support, such as emotional support, information support and practical help, were closely related to the effectiveness of mental health education among adolescents. The level and level of emotional support directly affects teenagers self-esteem and sense of self-worth, while information support helps teenagers to acquire more knowledge and resources about mental health 12.

Moreover, through regression analysis, we found that factors such as family environment, school environment and community environment were also important variables affecting the correlation of social support system with adolescent mental health education. These environmental factors provide the necessary conditions and basis for the formation of social support.

In conclusion, the correlation analysis between social support system and adolescent mental health education shows that strengthening the construction of social support system, especially at the family, school and community levels, plays an important role in promoting the mental health level of adolescents. Future studies could further explore the specific mechanisms of the impact of different types of social support on adolescent mental health education and how social support systems can be effectively constructed and refined through policy and practice measures.

In exploring the relevance of the social support system to adolescent mental health education, we first need to clarify the definition of the two concepts and their performance in practice. Social support systems often refer to help and support networks from family, friends, schools, and the community in times of difficulties and stress. Adolescent mental health education refers to helping teenagers understand and manage their emotions, improve their psychological adaptability and problem-solving ability through educational activities 14.

Studies have shown that the social support system has a significant positive impact on adolescent mental health education. This influence is mainly reflected in the following aspects:

1. Enhance the psychological resilience of adolescents. The emotional support and resources provided by social support systems can help adolescent's better cope with challenges and stresses in life, thereby enhancing their psychological resilience.

2. Improve your mental health status. The acquisition of social support helps to reduce adolescent psychological stress and anxiety and promote the development of their mental health.

3. Promoting positive behavior patterns. A good social support environment can encourage adolescents to participate in active social activities and develop healthy interpersonal relationships and social skills.

**Conclusion.** The thorough exploration of the association between the social support system and the adolescent mental health education revealed a significant positive correlation between the two. It is found that a strong social support system can effectively promote the implementation of adolescent mental health education, specifically in the following aspects:

1. The social support system provides adolescents with necessary emotional support and resources, enhancing their coping with mental health problems and reducing psychological stress and anxiety. This support includes help from family members, school teachers, peers, and community workers.

2. By providing professional mental health education resources and information, social support systems help adolescents better understand their psychological state and learn effective coping strategies, thus improving their psychological resilience.

3. Social support systems can also encourage teenagers to participate in mental health education activities through building positive social environments,

so that they can gain positive influence and motivation in interaction and communication.

4. This study also indicates that the promoting effect of the social support system on the mental health education of adolescents is influenced by many factors, including the quality and scope of social support and the personal characteristics of the adolescents.

The social support system plays a crucial role in adolescent mental health education. It not only provides the necessary support and resources for adolescents, but also promotes the effective implementation of mental health education through multiple mechanisms. Therefore, it is of great significance to strengthen the construction of the social support system and optimize its functions to improve the mental health level of adolescents. Future studies should further explore the best practice models of social support systems and consider how these models can be effectively applied in adolescent mental health education in order to achieve better educational effects and social benefits.

This study revealed the strong link between the social support system and adolescent mental health education, and explored its promoting role and relevance. Based on these findings, the following suggestions and implications are presented:

1. Strengthen the communication and communication within the family. Family is an important part of the social support system, and parents should be encouraged to actively participate in the mental health education of teenagers, and create an environment for them to grow up full of love and support.

2. Schools should provide more mental health education resources. Schools are not only a place for knowledge transmission, but also an important platform for teenagers to form social support networks. Therefore, schools should be equipped with professional psychological counselors to regularly carry out mental health education courses and activities to help students understand and manage their emotions and enhance their psychological resilience.

3. Communities should play an active role. The community can organize various activities, such as parent-child sports meeting and adolescent mental health lectures, to enhance the mutual assistance and cooperation among community members, form an effective social support network, and play a positive role in promoting the development of adolescent mental health.

4. Raise public awareness of adolescent mental health problems. All sectors of society should make joint efforts to raise the public's attention to adolescent mental health, reduce misunderstanding and prejudice on psychological problems, and create an inclusive and supportive social atmosphere through media publicity and public welfare activities.

5. At the policy level, the support for adolescent mental health education should be strengthened. Government departments should formulate relevant policies, provide necessary financial support and policy guidance, encourage

and guide all sectors of society to invest more resources, and jointly promote the development of adolescent mental health education.

In conclusion, the social support system plays a crucial role in adolescent mental health education. Through the joint efforts of family, school, community and policy level, the mental health level of adolescents can be effectively improved and promote their all-round development. It is hoped that this study can provide reference for practical work in related fields and contribute to the healthy growth of adolescents.

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