

# The issue of education for adolescents in the rebellious phase

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**Abstract:** The rebellious phase of adolescence is a concern for many parents and teachers. The proper resolution of issues during the adolescent rebellious phase is directly related to the entire life of the teenager. The occurrence of rebellious behavior is closely related to the physiological and psychological changes of the adolescents themselves, as well as reasons related to family, school, and society. Only by managing factors from all aspects and finding corresponding solutions can the problems of the adolescent rebellious phase be resolved.

**Keywords:** Rebellious Phase, Adolescents, Ideological and Political Education, Adolescence, Rebellious Psychology

## 1. Introduction

Generally speaking, the rebellious phase often occurs in the groups of junior high school and high school students. During this period, if parents and teachers do not provide proper guidance to adolescents in the rebellious phase, it is easy for their rebellious behavior to gradually deviate from the correct path, and even lead to the path of illegal and criminal activities; if adolescents in the rebellious phase receive proper guidance, it is conducive to correcting the life path of adolescents. Parents, schools, and society should jointly address and guide adolescents to smoothly pass through the rebellious phase.

## 2. Manifestations of adolescents in the rebellious phase

### 2.1. Alienation from parents

Adolescents in the rebellious phase experience an increased self-awareness and a tendency towards self-isolation, refusing to communicate with adults and being averse to their guidance. They often exhibit emotional fluctuations and radical actions, making them prone to developing a rebellious psychology and behavior. These children believe that they have grown up, possessing an independent perspective for observing problems and the ability to handle them, and no longer wish to be constrained by parents and teachers. If parents or teachers continue to intervene or obstruct their behavior as before, they will immediately become like hedgehogs, wrapping themselves up and lashing out at everyone. Faced with this situation, some parents still adhere to the traditional belief that "good people are made under the rod of gold." As a result, parents become tired from scolding, and the children become weary from being scolded, yet the issues of the rebellious phase are never well resolved. In the end, the children no longer wish to confide in their parents, and the parents gradually become disappointed in their children, leading to increasingly cold relationships.

### 2.2. Lack of respect for teachers' authority

During the rebellious phase, adolescents' admiration for teachers has significantly diminished compared to the past. They no longer heed teachers' instructions, fail to complete assigned homework on time, deliberately violate the student code of conduct, dress in bizarre attire, and dye their hair in various colors. Skipping classes during school hours is also a common occurrence, and some even spend entire days in internet cafes, befriending characters in video games. More seriously, some students may deliberately

confront teachers openly to attract their classmates' attention or to gain admiration from others in search of a sense of presence.

### **2.3. "Impulsiveness" leads to frequent conflicts**

The "impulsiveness" exhibited by adolescents when conflicts arise is one of the most common characteristics of entering the rebellious phase. Changes in their physiology and external influences can make their personalities peculiar and their tempers irritable, acting without considering the consequences and often appearing as if they fear nothing and believe the whole world owes them. Many issues that could have been easily resolved become difficult due to their impulsiveness, and sometimes they may pay a heavy price for a moment of impulsiveness.

## **3. The dangers of adolescent rebellion**

### **3.1. The harm to the adolescents themselves**

When adolescents enter the rebellious phase, if parents and schools do not pay attention to this issue and do not provide correct guidance for their thoughts and behaviors, then adolescents in the rebellious phase will be the first to be harmed. At worst, they may ruin their promising future during the rebellious phase, and at worst, they may end their lives during this period.

### **3.2. The harm to the family**

If adolescents in the rebellious phase are not guided correctly, the harm they bring to the family is no less than the harm they suffer themselves during the rebellious phase. The family may have to constantly pay for the troubles caused by the rebellious adolescents, or worry and be anxious about the adolescents often not coming home at night, making poor friends, fighting, and having a hopeless future. What's more serious is that they may face the pain of losing their loved ones.

### **3.3. The harm to schools**

Schools are the places where adolescents spend the longest time besides their homes and are also important places to strengthen the ideological and political education of adolescents in the rebellious phase and cultivate their comprehensive development in morality, intelligence, and physical fitness. Schools bear the hopes of society and the expectations of parents to a certain extent. However, the failure to guide adolescents in the rebellious phase will not only make the work of school teachers difficult but also cause the society and parents to question the "double education" (moral education and intellectual education) of the school.

### **3.4. The harm to society**

In recent years, the number of adolescent suicide and crime incidents has been increasing, and people in society are paying more and more attention to such incidents. Many netizens have expressed their views and suggestions through microblogging, WeChat, QQ, and other online communication tools, indicating the worries of the people, especially parents, and people's confidence in national policies and the education system. However, many criminals often exaggerate the facts and spread rumors everywhere to cause panic and social instability.

## **4. Causes of adolescent rebellious behavior**

### **4.1. Reasons within the students themselves**

The rebellious phase, also known as the resistance phase or the dangerous phase, specifically refers to the period when adolescents often exhibit rebellious psychology and behavior due to physiological and psychological reasons of puberty, which usually occurs around the ages of 14-17 [1]. Adolescents entering this period will gradually experience discomfort as their physiological and psychological states change. At the same time, this period is also a transitional stage for adolescents moving towards adulthood, and it is a time when sexual awareness begins to sprout and develop. However, their psychological development and

physiological growth are often not synchronized, characterized by being semi-mature and semi-childish. Therefore, during this critical stage of their psychological quality development, they are prone to psychological errors or even psychological decline. Thus, the curiosity, competitiveness, one-sided vanity, dissatisfaction, immature romantic psychology, sexual mystery and impulsiveness, self-deprecating inferiority complex, and the ambiguous psychology of right and wrong that they exhibit in their daily lives are all normal manifestations. Adolescence is a very sensitive period, and guidance from parents and teachers during this time is a key factor in determining the degree of adolescents' rebelliousness.

## 4.2. Family reasons

### 4.2.1. *Overindulgence by parents*

Since China implemented the family planning policy in the 1970s, many children have been doted upon by their elders since birth, leading to the development of many bad habits. When the rebellious phase arrives, physiological changes, psychological maladjustment, and lack of psychological resilience can exacerbate and highlight these bad habits. Faced with these sudden changes, parents are often helpless and at a loss.

### 4.2.2. *Improper parental education methods*

The traditional concept of parental authority still exists in the minds of many parents. Parents always believe that their children are not mature enough and must absolutely obey them, without having their own thoughts, otherwise, it is considered as "disobedience" or "opposing." Children also do not or rarely take their parents as confidants and are unwilling to communicate with their parents, fearing blame from their parents after making mistakes. Some parents are eager for quick success in their children's education, using simple and rough methods, often disregarding their children's self-esteem and tolerance. When their children make minor mistakes, instead of analyzing the errors with them and discussing remedial measures, they scold and beat them, causing the children to feel fear and even despair, eventually leading to a rebellious psychology and behavior.

### 4.2.3. *Parent-Child communication gap causing ideological conflicts*

The arrival of adolescence strengthens the sense of independence in teenagers, who demand their own unique way of dealing with things and do not wish to be overly constrained. Many parents, fearing that their children will be hurt or take the wrong path, often use rigid rules to restrict their children's behavior and have less heart-to-heart communication with them, failing to let their children understand the parents' intentions and good intentions, which can also lead to rebellious psychology and behavior in their children.

## 4.3. School reasons

Research shows that young children are mainly influenced by their families, primary school students are influenced by both family and school, junior high school students are influenced equally by society, family, and school, while high school students are more influenced by school and society [2].

### 4.3.1. *Lack of teacher awareness on adolescent rebellion*

In addition to teaching their professional subjects, junior or high school teachers also have to accept the school's random arrangement of other subjects (which everyone thinks are unimportant, such as psychology, music, and physical education). Most teachers have not received professional and systematic training and examination in these subjects. For these subjects, teachers can only let students read by themselves or directly change to other main subjects. During the school period, teachers also cannot use the relevant knowledge of the rebellious phase to observe students, communicate with students, and guide students out of misunderstandings. When conflicts occur between students or students do not listen to teachers, deliberately confront teachers, the students face only one end: punishment and parental involvement. These practices by teachers not only fail to help students correct their mistakes but also make students hate teachers more, intensifying their rebellious psychology.

### 4.3.2. *Schools do not offer specialized psychology courses*

China's college entrance examination system buries students in a pile of books every day. Parents also do not miss the weekend rest time, enrolling their children in various cram schools, fearing that missing one

class will put them at a disadvantage from the starting line. Schools are no exception; the already scarce psychology classes are often used for other main subjects. Students do not have the time and place to understand and release the psychological pressure of adolescence, and the unhealthy thoughts that are suppressed in their hearts will gradually expand, eventually making the rebellious psychology of adolescents more and more serious.

#### **4.4. Social reasons**

During the rebellious phase, adolescents are in an era that is easy to imitate and lacks the ability to discern correctly, and the influence from society is crucial. Ancient China had the saying, "One takes on the color of one's company," meaning that a person's character, interests, and hobbies are easily influenced by the surrounding environment. The influence of peer relationships is also the case; making good friends will help you face life positively, while making bad friends may lead to a decline in life and grades. It is not difficult to see that society has a significant hidden influence on adolescents.

### **5. Strategies for adolescent political education in rebellion**

Based on the analysis of the manifestations of adolescents in the rebellious phase, the dangers of improper guidance, and the causes of rebellious behavior, the author will propose strategies to address the ideological and political education of adolescents in the rebellious phase from the perspectives of family, school, and society.

#### **5.1. Creating a family environment suitable for the growth of adolescents**

##### *5.1.1. Nurturing early good Habits & Character*

From the day a child is born and becomes sensible, parents should not overindulge their children out of pity. The best state for parents and children is to combine strictness with love. The most basic manners should be cultivated from an early age, understanding the difficulties of parents, filial piety, empathy, and doing things independently. When mistakes are made, children should recognize and correct their errors instead of developing self-centered, impolite, irritable, and unclear character from a young age. However, when children do well, parents should give appropriate praise to enhance their children's enthusiasm.

##### *5.1.2. Parents should become friends with their children*

A democratic way of getting along with children is the best way to help parents bridge the emotional distance with their children, which is a family education method between permissive and authoritative styles. Parents should not be domineering or condescending in front of their children, as this will lead to dissatisfaction and a rebellious psychology. Parents should show trust in their children's behavior and not be sarcastic when they make mistakes. In summary, the democratic way of getting along requires parents to: first, let children understand the expectations and requirements of their parents and the reasons; second, give children a full opportunity to explain before they are punished; third, the severity of the punishment depends on the degree of the mistake.

##### *5.1.3. Parents should often talk and talk to their children*

Parents must not use being busy with work as an excuse or feel that there is no need to talk and talk to their children. When parents find that their children are different from usual, they should take the initiative to find topics to talk and talk to their children. In this process, not only can the children's troubles and confusions be solved, preventing the children's ideological contradictions from continuing to grow, but also the relationship between parents and children is also closer. When parents gain the trust of their children, no matter what happens, the children will also take the initiative to tell their parents, and there will be no problem of bad relationship between parents and children and serious rebellious problems of children.

#### **5.2. Building a healthy social environment**

##### *5.2.1. Building sports venues and adding sports facilities*

When adolescents enter the rebellious phase, the contradictions, troubles, and anger in their hearts need to be vented. If these problems cannot be solved, it will lead to a heavy psychological burden on adolescents,

and they will start to lose their temper and become extremely irritable. Strengthening physical exercise is a good way to vent psychological pressure. Only after venting can adolescents have a broad mind, be physically and mentally happy, and avoid the occurrence of rebellious behavior. Sports venues are good places for adolescents to exercise and vent emotionally.

#### *5.2.2. Actively publicize positive and negative models*

Today's society is extremely complex and has a great impact on adolescents. When adolescents can't tell right from wrong and feel confused, we need to define a clear boundary and tell them what is right and what is wrong to prevent adolescents from blindly imitating. We need to vigorously publicize positive and advanced models to inspire adolescents; for negative typical illegal events, we also need to crack down to make adolescents realize the serious consequences of illegal crimes and make them feel awe.

### **5.3. Creating a good campus learning environment**

#### *5.3.1. Enhance teacher knowledge on adolescent rebellion*

In addition to specialized psychology teachers, teachers of other subjects also need to strengthen their study of psychological knowledge, especially the knowledge related to the rebellious phase. Teachers should first let every student feel the warmth of love, and secondly, when students make mistakes or behave strangely, teachers should use relevant knowledge to analyze where the problem comes from and how to solve it. While avoiding the occurrence of rebellious behavior, it also reduces the workload of teachers and allows students to study happily, which is conducive to improving learning efficiency.

#### *5.3.2. Formulate special psychological counseling courses*

The learning burden of junior and high school students is heavy, and their learning pressure is great. Schools should increase psychological counseling classes according to the psychological pressure of students. Psychological problems are the beginning of all problems. Only with the help of specialized psychological teachers, can we first solve ideological problems, and other problems can be easily solved. In psychology courses, teachers can choose appropriate methods according to relevant knowledge and students' problems, such as discussion methods, game methods, testing methods, etc.

#### *5.3.3. Increase extracurricular activity time*

Increasing students' extracurricular activity time is an important way to ensure the physical and mental health and comprehensive development of students. Schools can enrich students' campus cultural life during extracurricular activities by holding sports meetings, singing competitions, poetry recitation, painting competitions, etc., helping them to broaden their horizons and cultivate innovative thinking abilities. It can also appropriately divert attention when there are ideological contradictions, not just limited to the pressure brought by learning, and after relaxing the mentality, it can treat others and understand things and the world with a tolerant attitude, and cultivate a positive and correct value concept.

## **6. Conclusion**

The rebellious phase of adolescence is a critical stage in the growth process, affecting not only the development of the individual teenager but also having profound implications for the family, school, and society at large. Adolescents in this phase may exhibit behaviors such as indifference, disrespect, and impulsiveness. If these behaviors are not properly guided and addressed, they may cause irreversible harm to their future. Therefore, parents, schools, and society must work together to help adolescents navigate this period smoothly. By creating a positive family environment, building a healthy social environment, fostering a proactive campus learning atmosphere, and strengthening ideological and political education, we can assist adolescents in getting through this phase. Correct guidance and educational strategies, such as developing good habits, enhancing psychological counseling, and providing ample extracurricular activities, are crucial for preventing and reducing rebellious behaviors. Through these measures, we can help adolescents establish correct values, promote their comprehensive development, and cultivate more responsible and creative citizens for society.

## 7. References

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