



Effects of a supportive atmosphere on children's mental health in the classroom

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ABSTRACT

The main purpose of this paper is a psychological approach to schoolchildren and their reactions to it. Educational psychologists refer to a variety of cognitive and psychological variables that correlate with academic performance. These include students' self-concept, self-regulation skills, mindset, cognitive flexibility, emotional and impulse control, stress tolerance, and task initiation skills.

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INTRODUCTION

We all know that students have different ways of thinking. As the saying goes, all five fingers are not always the same. Every student has unique abilities and ways of thinking. Every aspect of student treatment needs to be individual, and the way it is done needs to be unique. Most teachers tend to be very strict and rude. But that doesn't mean that's their true nature. They intentionally act this way because they want to maintain an element of fear among the students for discipline. However, when a teacher becomes friendly (though not friends) with a student, you will definitely see some changes and they will become more respectful.

AN APPROACH

There is also a saying that continuing to apply pressure will lead to changes in movement. The way you approach that person's perspective will change accordingly.

Few children try to be friendly and easy-going, but are willing to be treated harshly in exams. Some kids don't want to be humiliated by their teacher in front of everyone. Such rude behavior can affect children's easy-going attitude towards teachers. By providing feedback and asking for needed emotional responses, teachers can connect

with students. They should usually be told why they are being treated this way and even be applauded or punished. Punish multiple students to make them understand what they have done, what they have to worry about, and what they are happy about. Above all, encouragement for each step of success propels the student forward, and this is what makes them incredibly strong in that particular activity.

Child therapy (also known as child counseling) is similar to therapy and counseling for adults. We provide a safe space and an empathetic ear while giving you the tools to make changes in your thoughts, feelings, and behaviors. A student's future is directly determined by the character he or she has cultivated since childhood. Teachers are responsible for the process of soft skills and character development. Many children behave rudely and argue frequently, which leads to mischievous behavior in class. In this case, it is not enough to criminally observe their behavior. Many lonely or poorly cared-for children tend to behave rudely and seek attention that they don't get from their parents or their home environment.

For example, murky water disappears when you pierce it with a stone (punishment), but when you enter it and purify it, its impurity disappears forever. This is how we treat our students and children. Punishment is always ineffective, but a continued friendly approach with encouragement will make them feel like they are the only one superior. Both the student's feelings of inferiority and superiority must be properly addressed as part of good advice. Because today's children are tomorrow's citizens.

CONCLUSION

Verbal communication is very important in psychology, as is the ability to listen and interpret what others are saying.

Combining intellectual and emotional skills to achieve holistic development of students. When it comes to educating students, teachers and policy makers have a key role to play in preventing skills obsolescence and continually updating and developing them to meet current and future needs in the working environment.

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CONFLICTS OF INTEREST

Authors in this review article have no conflicts of interest.

AUTHOR'S CONTRIBUTION

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