

Research on the Methods of Cultivating Teachers' Emotion

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Abstract

Psychological process is the process of the occurrence, development and completion of psychological activities, and is the basic form of human psychological activities. It includes three aspects: the process of cognition, the process of affection and the process of volition. Teachers' emotion plays an important role in the instructional process and may have a profound influence on students. It is very necessary to have a deep understanding of the characteristics of teachers' emotion. This paper selects the particular aspect of psychological characteristics --teachers' emotional characteristics, analyses the value of teachers' emotion's cultivation, and then summarizes the methods of cultivating modern teachers' emotion on the basis of sorting it out.

Keywords

Teachers' Education; Teachers' Psychology; Cultivation of Teachers' Emotion.

1. Introduction: A Review of the Psychological and Emotional Characteristics of Teachers

The teacher's own emotion is the starting point and motivation foundation of education students, is a powerful educational factor, it directly affects the students' emotion, the students' interest in learning and the enthusiasm and creativity of intellectual activities, and then affects the effect of education and teaching. The biggest characteristic of educational work is to be emotional, so it has higher requirements for teachers' emotion. The particularity of the teacher profession is that the emotion of teachers shows the following characteristics:

1.1. Teachers' Emotions are Mature and Stable

Mature and stable is the characteristic of teacher emotion in form. One's emotional maturity is accomplished through the process of socialization. In the process of growth, individuals can adjust and control their emotions in accordance with the requirements of the society, and can make reasonable evaluation of their own activities, so as to properly express their emotions, to achieve such a level is the performance of emotional maturity. In history, many psychologists have studied the content of "emotional maturity". For example, L.S.Holling Worth believes that emotional maturity has three specific manifestations: 1. Emotionally mature people can better control the response and inhibit the external expression of emotion; 2. Emotionally mature people can restrain their emotional attacks, inhibit or delay their emotional reactions; 3. Emotionally mature people, when they encounter similar stimuli and have negative emotions, can restrain them with their own willpower and will not easily ask for sympathy from others. As teachers, they have different inner experiences due to the influence of various factors, so they have strong ability of adjustment and control. D.Fontane, a British doctor of education and psychology, believes that one of the important qualities of a successful teacher is that the teacher's emotion is mature and stable. Similarly, many psychologists have also shown that mature and stable mood is an important condition for teachers to successfully complete the teaching work.

1.2. Teachers have a Strong Sense of Morality and Profound Sense of Reason

Teachers are the social strata who are engaged in mental work in human society and take imparting and applying knowledge, inheriting and creating spiritual culture as their professional mission. Special professional activities and teachers are influenced by more traditional culture. Long-term cohesion and historical precipitation form the specific psychological characteristics of teachers, that is, a strong sense of morality and a profound sense of reason. Teachers assume the specific social role of "being a model for teachers", so teachers show a strong moral sense of introspection and self-discipline. In China, the Confucian moral spirit of "self-reflection", "one day three self-examination", "do not do to others what you do not want" and so on have a deep influence on teachers. Teachers also have a sense of social responsibility and historical mission of caring for society and expecting to make a difference. Such as "the rise and fall of the world, everyone is responsible for" "first the world of sorrow and sorrow, after the world of joy and joy" are the life goals pursued by teachers. As teachers assume the role of "knowledge imparting", teachers show their admiration for rationality, pursuit of knowledge and attention to spiritual needs, and have a profound sense of reason.

2. The Value of Cultivating Teachers' Emotion

There are many values in cultivating teachers' emotion. The author mainly summarizes from the following four aspects:

2.1. Cultivating Teachers' Emotion can Improve Teachers' Affinity

In daily teaching practice, the degree of teacher affinity often affects the relationship between teachers and students as well as teaching quality. Only by truly letting students feel the intimacy from teachers' heart, can the distance between teachers and students be eliminated, and the relationship between teachers and students be eased and the teaching effect be improved. In essence, teacher affinity is a kind of love generated from the heart, which comes from the improvement of teachers' emotional accomplishment.

2.2. Cultivate Teachers' Emotion can Help Arouse Teachers' Empathy

Teacher's empathy is a catalyst in the process of communication between teachers and students. The teacher's empathy does not lie in the teacher's tolerance of students, but in the students' emotional changes from the heart, put yourself in the position to truly understand the inner experience of students. With students' hearts, students' thinking, students' feelings to respect and accept them. It can be said that teacher empathy is a kind of emotional acceptance and understanding of love.

2.3. Cultivating Teachers' Emotion can Enhance Communication Ability

Teachers' empathy is compared to a catalyst in the previous article, so teachers' communication ability is a glue in the daily teaching process, including teachers' language, expression and behavior. Whether the language expression is artistic, whether the facial expression is educational, and whether the behavior expression is appropriate all affect the communication between teachers and students. Students are individuals with unique personalities, which determines that the communication methods of teachers will also show a variety of characteristics and different forms, but the common point is that each communication method should be with feelings and temperature, which is the heart-to-heart dialogue and communication between teachers and students with love, kindness and sincerity.

2.4. Cultivate Teachers' Emotion can Inspire Teachers' Continuous Innovation

Teacher the profession most to machine has replaced the reason is that teachers can in the face of a group of individual life are different and unique at the same time according to the

complicated and changeable education situation in a timely manner to adjust the teaching strategy, this is can't do temporarily, artificial intelligence and the standardization of the so-called AI teachers teaching essentially different output. The cultivation of students' innovation is inseparable from teachers, and teachers themselves must be innovative to teach students by example. The cultivation of teachers' emotion can promote teachers to maintain high work enthusiasm and devote themselves to the continuous innovation of educational ideas and teaching methods, so as to cultivate students' innovation ability and help them better adapt to the future world and cope with the challenges in the future.

3. The Methods of Cultivating Modern Teachers' Emotion

Different from the traditional cognition, the cultivation of teachers' emotion should not be a process of exerting pressure from the outside to the inside. The real lasting and effective cultivation of teachers' emotion should be transformed from the inner to the outside. Teachers themselves identify with the educational mission, and then adopt a variety of methods to consciously cultivate their emotions, and demand support and help from the outside world when necessary.

3.1. Study: Pursue Self-transcendence

People often say "never too old to learn", as a teacher, lifelong learning is more important. From the freshman teachers to the honorary retired backbone teachers, cultivating their own teacher emotion is always a process of pursuing Self-transcendence. To achieve Self-transcendence, it is necessary to accumulate rich knowledge and keep pace with the times.

3.1.1. Accumulate Knowledge

3.1.1.1 Disciplinary Professional Knowledge

Teachers must accurately master the specialized knowledge and skills unique to the subject they teach. Taking high school ideological and political teachers as an example, it is necessary to keep in mind the basic knowledge of high school ideological and political courses and the related content including morality, mental health, law, national conditions, etc., and be familiar with the overall knowledge structure of the subject and the internal relationship between each part. In order not to be alarmed when facing students' "sudden attack" in class, teachers also need to read articles on subject teaching and the latest professional books to understand the development trend of the subject and the latest research results, and master more professional knowledge and ability. Based on the experience of successfully answering the questions raised by students again and again, teachers can also keep a good teaching attitude and teaching enthusiasm in the process of education and teaching, and cultivate better teaching confidence, so as to show the due teacher emotion to students.

3.1.1.2 Scientific and Cultural Literacy

The rapid development of modern science and technology to accelerate the speed of updating the knowledge, discipline and discipline the mutual infiltration between obvious increase, this requires teachers to ensure their own professional knowledge growing at the same time, pay attention to strengthen the nature, study the basic knowledge of humanities, arts, etc, these disciplines develop basic literacy, realize the integration of discipline and discipline consciously. This not only makes teachers' knowledge structure more complete, but also enables teachers to talk freely when facing the problems raised by students outside the curriculum, showing teachers' unique emotional care and knowledge confidence.

3.1.1.3 Educational Scientific Knowledge

Curriculum teaching and students' moral education should not be separated. Teachers should have solid knowledge of pedagogy and psychology necessary for moral education. For teachers,

it is important to make clear "what to teach", but "why to teach" and "how to teach" need every teacher to carefully figure out. Teachers need to master the basic theories of education and teaching, master the basic laws of students' physical and mental development, and use these basic principles and laws in their work creatively. Only by understanding the characteristics of students and keeping in mind the rules of education and teaching can teachers know how to use scientific methods to carry out teaching activities effectively. Teachers' knowledge of psychology can help them understand the real thoughts behind students' behaviors, so as to carry out exploratory activities step by step.

3.1.2. Change the Concept

3.1.2.1 Improve the Ideological Understanding of Educational Work

From the relationship between emotion process and cognition process, the generation of human emotion is always based on certain cognition. Therefore, if teachers can strengthen their understanding of education, love education and comb lofty ideological realm, they can provide a solid foundation for mature and stable emotion.

3.1.2.2 Develop a Love of the Subject

In the course of a teacher's teaching career, he or she will experience waves of students with different personalities, but what always accompanies him or her is the subject and the corresponding textbooks. The cultivation of love for the subject taught can promote teachers' in-depth understanding of the textbook, and the classroom narration is full of emotional color, so as to stimulate students' corresponding emotional experience, so that students can better feel and understand the textbook. At the same time, when students perceive teachers' love for the subject, they will also be inspired to learn the subject more attentively, thus playing a positive leading role.

3.1.2.3 Cultivate the Spirit of Selfless and Rational Love and Tolerance for Students

Loving students is a psychological quality that teachers must have. Psychological research shows that love can promote imitation intention. Men tend to imitate those whom they love, and whom they love, rather than those whom they hate. The love for the educatees is the motivation for teachers to be tireless in teaching, the power to move students and make them willing to accept education, and the emotional stability and maturity of teachers are also promoted. Teacher's love is not an instinctive and intuitive emotional response, but a universal sense of responsibility, a selfless and pure feeling with a spirit of dedication, cultivated by reason. This is consistent with the strong sense of morality and profound sense of reason possessed by the teaching profession.

Of course, teachers and students are not always happy in the teaching process. Teachers' love for students can also promote the spirit of tolerance of teachers to students, but tolerance does not mean connivance, not negative accommodation of backward students, but forgive them because of immature, childish mistakes, do care, love, support, respect for students. When "conflict" with the students, especially when their prestige "damaged", has a mature teachers emotional reason should not haggle over every ounce first personal dignity and the gain and loss, but to carefully weigh the pros and cons of education, in contrast to the use of students to teachers "power" coercion, is used to analyze yourself, by the broad and profound mind influence the students, In order to improve the ability of teachers to control emotional stress response in the actual exercise.

3.2. Method: Moderate Emotion Regulation

Emotions have connectivity and infection, if we cherish the love of students into the classroom, can give full play to the positive role of teachers' emotions affect students' learning; On the contrary, if we bring negative emotions into the work environment, colleagues and students in the classroom will feel the existence of negative emotions, which is not conducive to

interpersonal communication in a depressed environment. Therefore, teachers should master the method of regulating emotions, timely and effective restraint and resolve bad emotions, so that their own good psychological state. The best way to deal with emotions is not to eliminate them, but to learn to manage them. Regulation and management of emotion commonly used methods are: control breathing method, will control method, attention transfer method, knowledge change method, reasonable vent method, heartily pour out the law, sublimation of emotion, self-suggestion method, self-comfort method, psychological transposition and so on. Teachers can adopt different methods according to different situations in their daily teaching and working life. In the teaching career of teachers, they should constantly strengthen their personal cultivation, sharpen their strong will, clarify their responsibilities and missions, learn to use scientific methods to reasonably adjust their emotions, and overcome the interference of bad emotions.

3.3. Help: External Environment Support

After all, individual power is limited. Human development needs not only internal strength, but also external environment to provide help, and schools, families and society and other subjects to provide a variety of possibilities for the cultivation of teachers' emotion.

From the school level, school administrators should further promote humanized management, such as minimizing administrative work burden of teachers except extracurricular activities, giving teachers more positive evaluation, reducing the pressure caused by assessment, etc. At the same time, the school can also be modelled on the students' psychological weather stations set up teachers' emotional expression workshops, help teachers to relieve all kinds of stress and negative emotions, in the work related to organize regular need of teachers by watching movies, reading books and a variety of forms such as self narration, promote teachers' self-understanding and self-acceptance, help teachers better understand the student's emotion world, Improve the relationship between teachers and students, adjust teachers' emotion.

From the perspective of family and school, teachers are under great pressure from the society's praise for teachers as "engineers of human soul" for a long time and parents' earnest expectation for children's success. Teachers are also living individuals, rather than detached sages, and have their own emotional needs and even short-term emotional burnout. Society should pay attention to this and take the initiative to take responsibility for the education of students, rather than relying on teachers for all their educational expectations. All sectors of society and parents should stand together with teachers, affirm teachers' efforts in the teaching process, and timely provide needed help, so as to promote teachers' emotional maintenance at a relatively high level of excitement, and better investment in education and teaching.

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