On the Influence of Early Family Education on College Students' Mental Health

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Abstract

In early family education, family environment and structure, family education methods, family economic level and parents' education level all have an impact on college students' mental health. Therefore, parents should create a democratic family environment, attach importance to the family dynamic model, and schools should establish a linkage mechanism to jointly carry out mental health education for college students.

Keywords

Early family education; College students; Mental health; Affect.

1. Introduction

Influenced by western culture, contemporary college students advocate freedom and equality, and do not want parents and teachers to interfere with their thoughts and behaviors too much. Moreover, they have a strong sense of self-awareness and competition, and pursue the realization of self-worth. If schools adopt too tough management methods, they will not only fail to play a role, but may also cause students' rebellious psychology, which is counterproductive. In this case, the school has carried out in-depth research on the mental health of college students, and also paid great attention to the mental health education of college students. Family of origin's influence on a person is enormous and far-reaching. Understanding the influence of early family education on college students' mental health can better prescribe the right medicine, master the mental health status of college students, and take targeted psychological counseling and psychological education measures to guide college students to grow up healthily.

2. Analysis of the Influence of Early Family Education on College Students' Mental Health

2.1. Family Environment and Structure

Family environment includes hard environment composed of family material conditions and soft environment formed by inner emotions and feelings of family members, which will have a direct impact on people's personality. A good family environment and warm and harmonious family atmosphere are conducive to children's formation of good personality, character, and good language and behavior habits. However, the bad family environment, such as the disharmony between parents, will cause great psychological pressure on children, which makes them not good at expressing and venting their emotions and prone to psychological problems [1]. For example, in college student A, parents often quarrel constantly, and mothers often resent and vent their anger on their children. Student A gradually becomes taciturn, often denies himself, has no communication with his parents, and even begins to self-harm. After entering the university, student A performed well in all aspects, and the mental health test was
normal. However, after a conflict with his classmates, he stayed up all night, which aroused everyone’s concern. This is actually an unharmonious family environment, which has a negative impact on students’ mental health and makes them have a pessimistic and negative attitude towards life.

2.2. **Family Education**

At present, family education methods can be divided into four types: democratic type, severe type, laissez-faire type and indulgent type. Except for democratic type, the other three types are not conducive to the cultivation of children’s good character and are not desirable. Taking doting family education as an example, parents are child-centered and try their best to meet their children’s reasonable or unreasonable demands, and children are prone to self-centered and selfish personality. Taking laissez-faire family education as an example, parents don’t care enough about their children’s life and study, lack interaction with their children, and lack family intimacy. Long-term development, parents and children can’t communicate effectively, parents can’t understand their children’s behavior, and children will have rebellious psychology.

2.3. **Family Economic Level and Parents’ Education Level**

The lower the family income, the lower the level of mental health. If the family's economic conditions are general, parents run for a living and neglect the care and discipline of their children. Moreover, when children are in school, compared with their classmates, they will inevitably have inferiority complex and sensitive psychology. There is a saying: "the children of the poor are in charge early.". But in modern society, the information that children contact tends to be diversified. Some children from poor families are clever and sensible, and hope to change their lives through their own efforts; but some children, with weak psychological endurance, have a mentality of comparison in the process of getting along with their classmates, and then produce negative emotions such as inferiority and anger. They are more and more reluctant to cherish the fruits of their parents’ labor, develop the character of extravagance and extravagance, and finally embark on the road of borrowing [2]. In addition, parents’ educational level and professional status will also affect their children's mental health. Parents with high educational level know how to raise children scientifically, how to communicate with their children, listen to their voices and gain their respect and recognition. However, parents with low educational level mostly only express their own ideas, are not good at listening, educate their children in the way of rejection and negation, and only want their children's obedience. This will make children feel insecure and belonging.

3. **Strategy Analysis of Strengthening Family Education and College Education**

3.1. **Create A Democratic Family Environment**

The four factors that have the greatest influence on children's growth are family, school, peers and mass media. Among them, family comes first, and the influence of family on children's growth is unmatched by any factor. Children who grow up in different family environments will form different outlook on life, world and values [3]. Children who grow up in a tolerant environment know how to be tolerant; Encourage children who grow up in the environment to be more confident; Children who grow up in a critical environment are more critical; Children who grow up in a negative environment tend to feel inferior. In order to cultivate healthy, active, sunny and lively children, parents should unify their educational ideas, adopt unified family education methods, care about their children's living and learning conditions, do their best to meet their children's reasonable wishes, and create a relaxed, harmonious and equal family atmosphere. Parents should also pay attention to the communication with their children, respect their children, communicate well, please each other, teach by words and deeds,
influence their children with their words and deeds, and build a correct growth track together with their children. Modern society has brought more pressure to college students. Parents should pay attention to their children’s life and study in college, pay enough attention to their children's troubles when they are given some freedom, and guide their negative emotions in time, from the perspective of a person who has been there before, from the perspective of modernization, so that children can face pressure and face difficulties under the circumstance of love.

3.2. Pay Attention to Family Power Model

In 1950s, based on family therapy, people began to study family dynamics, including family psychology, behavior and communication. In related studies, family dynamics was used to reflect the interaction between family members [4]. After long-term research, it has been found that family motivation will directly affect college students’ adaptability to the environment, interpersonal relationship, career choice, emotional adaptability and so on. If family function is good, college students have better adaptability to school, and if family system is logical, college students have better adaptability to interpersonal relationship. If the family atmosphere is good, the emotional adaptability of college students will be better. When encountering problems, students will link the problems with their own subjective efforts and adjust their emotions by themselves. In family education, parents should adopt reasonable ways to enhance family organization and cohesion, adopt diversified channels to communicate with families, adopt flexible ways to solve family problems, build a good family motivation model, improve the overall family atmosphere and promote the healthy growth of family members.

3.3. Strengthen the Home School Joint Mechanism

Universities should pay attention to the mental health education for college students, build a home-school joint education mechanism, integrate family strength to improve their psychological state, and help them better cope with problems in study, work and life. In mental health education for college students, schools should increase investment, construct the curriculum system of mental health education for college students, allocate professional psychological teachers, psychological counselors and peer counselors, improve the educational psychology literacy of teachers in professional courses, public courses and elective courses, and create a new pattern of educating all employees. Pay attention to students' mental health. If students have abnormal behaviors, class cadres and counselors should pay attention in time, listen to students' inner thoughts, get in touch with students' parents, let parents care more about their children, and help them get out of difficulties, integrate into society and develop healthily.

4. Conclusions

To sum up, the university is a pure and beautiful ivory tower, and it is a beautiful memory in students’ life. At the same time, universities are also the key period for the psychological growth of college students. At this stage, students try to connect with the society, their personality will gradually become distinct, and the road they choose may determine the direction of their life. Colleges and universities should pay full attention to the mental health education for college students, deeply study the factors that affect their mental health, understand the causes of their current mental state, and explain it from the source to guide students to grow up healthily. Early family education has a direct impact on college students' personality characteristics and personality. Understanding students’ family education methods, educational background, etc., can make a more comprehensive and in-depth understanding of students’ psychological state, so as to teach students evidence, enlighten students, and help students form correct ideological and moral, ideological and emotional concepts.
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References


