

The Influence of Different Family Education Methods on the Mental Health of Middle School Students in Shanghai

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Abstract: Under COVID-19, parents were required to work from home, and children had no choice but to enroll in online programs. The time spent by children with their parents has shifted imperceptibly. However, the suicide incidence among children soared, prompting the Education Bureau to proclaim that exam results would no longer be published after students returned to class. All of this is intimately tied to the homeschooling of parents. Consequently, the author intends to investigate the effect of family education on the mental health of teenagers. In this study, through the questionnaire, the author will examine the influence of "material situations" and "parental behavior" on the mental health of adolescents in greater depth, illustrating our ideas with real-world examples. In the context of an epidemic, "Wenjuanxing.com" served as the primary instrument for preparing 21 study themes in order to collect data in a more secure and effective manner.

Keywords: COVID-19, questionnaire, adolescents, family education, mental health

1. Introduction

Family education is a critical stage in one's life and the type of education received. When a child is born, his or her parents are the only teachers. Their guidance and teaching to their children, as well as the behavior they have demonstrated to them, will leave an indelible mark and influence on their development, and even their life. However, based on their own growth experiences or the experiences of those around them, it seems that the society has not yet placed a high value on family education. Parents and children frequently have unbelievable squabbles, while parents are unaware of their children's suffering. As a result, the author began researching the topic of "the impact of family education on children's mental health" on this basis. This study revolves around this topic.

People are paying more attention to education as society develops. The entire society, particularly researchers, has been paying increasing attention to family education as the seed of human growth. There are numerous previous studies available at the moment. Zhou Zheng wrote a paper titled "Research on the Influence of Family Education on Middle School Students' Mental Health and Countermeasures" in which he examined the level and variation of students' mental health [1]. The findings revealed that parents' "talent outlook" "children outlook" and "evaluation outlook" influenced their children. As well as the various parenting styles of parents, such as whether they interfere excessively with children or are excessively indifferent to children. This paper's research direction includes not only parents' direct discipline of children, but also parents' invisible guidance to children in their daily lives. In an article titled "Research on the Impact of Family Environment on

Adolescent Mental Health and Countermeasures," Fan Zengli mentioned the impact of family material conditions and family members' behavior patterns on children [2]. In this paper, the author will examine the impact of "material conditions" and "parental behavior" on the mental health of teenagers in greater depth, and will use real-life examples to illustrate our points. The questionnaire survey method was used in this paper. In the midst of an epidemic, in order to collect data more safely and effectively, "Wenjuanxing.com" was used as the primary tool to prepare 21 topics to support the research.

The goal of this research is to draw the public's attention to the manner in which children receive family education. Domestic violence incidents are on the rise, but they are not receiving the attention and solutions they deserve. As a result, the goal of this paper is to help more children avoid danger and have a happy childhood and youth in a safe and comfortable environment.

2. Methodology

The questionnaire was distributed online from September 10 to September 20, and 45 students from Shanghai middle schools responded (after deleting null data), all of whom are high school students over the age of 15. Ten of them deal with language attacks, one with daily life patterns, three with physical violence, four with family economic conditions, and two with the impact of parents' behavior on themselves. The study will be divided into two parts: direct and indirect impact.

The first is behavior that has a direct impact on children: parental disciplinary measures. These measures include verbal abuse, corporal punishment, heart-to-heart talks, and prohibiting children from doing things they normally enjoy. According to the questionnaire [3], 6 students chose corporal punishment, 7 students chose language attack, 10 students chose heart-to-heart talk, and 10 students chose to prevent their children from doing things they normally enjoy. Twelve of them chose not to accept this behavior. The investigation focused primarily on language and physical attacks. The paper classifies the types of language attacks as: "thinking that children should not be born", "threatening children with a series of high prestige people such as teachers or police", "belittling some achievements of children", "comparing with others", and "threatening children will further punish him/her if he/she continues". Three students selected the first class, five selected the second class, six selected the third class, seven selected the fourth class, and two selected the fifth class. These verbal attacks have a wide range of psychological effects on children, the majority of which are negative. First of all, 18 students chose "Yes" on the question of "whether such language can make people feel lost and depressed". Students have a low mood, inferiority sensitivity, and even a depression tendency on a psychological level. Academically, when their parents disparage them, they are generally unable to concentrate and learn efficiently. Physically, students will experience insomnia, fatigue, and other symptoms that are unique to depression. Some students will have a strong dislike for their parents and will be unable to comprehend their parents' behavior. When language attacks have an effect on them, the subjects have several options for dealing with their emotions. The first is "to have a fierce quarrel with your parents and fight against them". "Peaceful communication with parents" is the second. "Silently bear all emotions" is the third. The fourth is "seeking help from others". Ten of them selected the first option, four selected the second option, three selected the third option, and six selected the fourth option. Irrational arguments, according to feedback, will only aggravate the relationship between parents and children, whereas reasonable conversation will result in mutual understanding.

According to Dr. Gregory E. Miller and Dr. Edith Chen's paper "Harsh Family Climate in Early Life Predicts the Emergence of Pro-Inflammatory Phenotype in Adolescence" [4], the participants lived in a depressed family environment for a long time and showed more and more proinflammatory phenotypes during follow-up. It is distinguished by an increasing bacterial challenge to the in vitro cytokine response and the gradual desensitization of glucocorticoid receptors, which impairs

cortisol's ability to properly regulate the inflammatory response. If current trends continue, children from high-risk families may find themselves on the path to aging chronic diseases. As a result, effective communication with parents is a must.

Most cases can include physical violence in addition to verbal insults. To begin with, different children define domestic violence differently. There are 7 people who believe that domestic violence refers to "emotional instability of parents accompanied by some physical actions". There are 8 people who believe that "the parents have made slight physical contact but caused serious psychological shadow to the children". There are 8 people who believe that they "did not fight but threatened children with some actions". No one thinks that domestic violence means "only injuries" [3]. Domestic violence is defined differently in the professional field than it is in the general public. Domestic violence is characterized by one person attempting to dominate or control another. This includes various forms of abuse. This is a pattern of abuse, and the perpetrators consistently catch the victims. Domestic violence takes various forms and methods. Many real-world studies have shown that the majority of victims are women. This type of abuse is also possible in the workplace. To better understand, the following are the main categories of domestic abuse: corporal punishment: pushing, kicking, strangulation or any other physical violence. Sexual abuse: compulsive sexual behavior, sexual assault, sexual threat, etc. Emotional abuse: threatening, manipulating, lying, tracking, abusing, etc. Economic abuse: refusal to enter bank accounts and other financial platforms. This paper mainly focuses on corporal punishment and verbal abuse.

In order to find out the current situation of punishment methods, the author designs four choices, as shown in figure 1. It shows that most parents prefer heart-to-heart talk or prohibiting students from doing whatever they like. Not that many parents would choose corporal punishment.

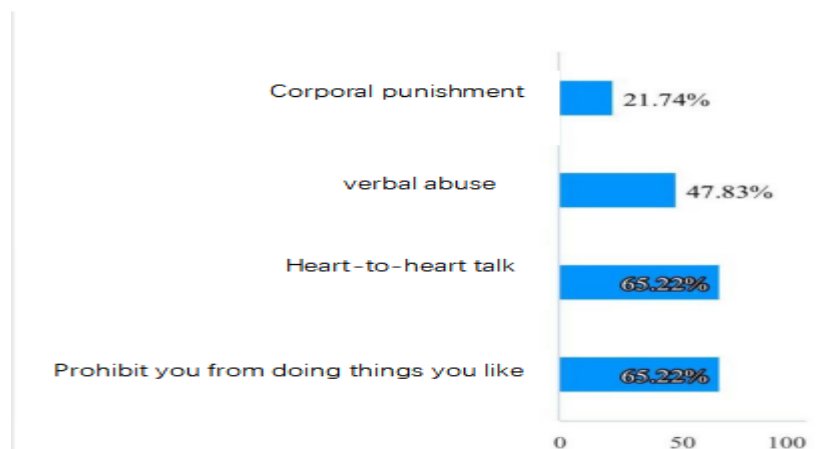


Figure 1: Punishment method (original).

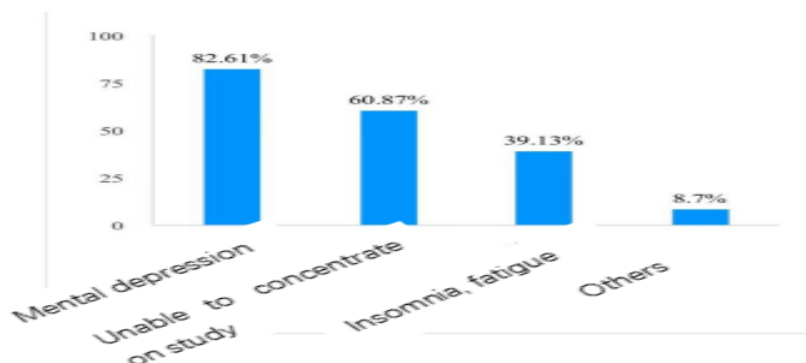


Figure 2: Psychophysiological state after receiving punishment (original).

Domestic violence was experienced by 23 of the 45 participants. Domestic violence has a significant negative impact on children's psychology, as shown in figure 2. For starters, 14 people believed that domestic violence would cause mental depression. One student, for example, stated that minor setbacks would cause her to experience unbearable depression. Domestic violence, according to 12 students, would make them unable to concentrate on study [3]. This kind of problem stems not only from domestic violence, but also from a sense of self-loathing. 12 students believe that domestic violence will erode their courage. Children, for example, are more easily frightened and experience uncontrollable fear when they hear a slightly loud voice. 8 students believed that domestic violence frequently caused them to experience uncontrollable depression, and even make them feel fatigue. A classmate explained that whenever his parents abused him, he would cry bitterly, shake his body, and even commit suicide [3]. "Why should parents treat me in this manner? Do they not care about me?" Similar inquiries. Six students chose not to have any influence.

3. Results

According to research, domestic violence can cause psychological and behavioral problems in children. Catherine Naughton, Aisling O'Donnell, and Orla Muldoon conducted a recent study on 465 people aged 17 to 25 who had experienced various types of domestic violence as children. The standard for research was their physical, emotional, and mental health. The findings indicate that two types of outcomes are the most common. The first is based on participants who experienced family psychological violence as children, demonstrating that it has a direct impact on their adult mental health. Participants who had experienced physical domestic violence, on the other hand, did not initially show the same results. The presence of an inhibition effect requires mediation analysis [4]. Almost all of the people chosen have one or more mental disorders that have a negative impact on their lives.

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Emotional disorders are common among these mental disorders. For example, victims of sexual harassment are frequently associated with chronic depression. The chronic subtype of depression is often overlooked due to a lack of information on the subject, but preliminary reports indicate that domestic violence is one of the main causes. It not only promotes the disease's development, but also aggravates it [7]. It may also be accompanied by the emergence of non-suicidal self-injury habits. Such habits are typically a symptom of a disease rather than the disease itself, but their danger to people should be considered. Self-mutilation is typically associated with people seeking help who are unable to communicate orally due to emotional or psychological pressure [8].

However, there is no agreement on whether childhood experiences of domestic violence cause children to repeat their mistakes as adults. A French study looked into the effects of domestic violence on children's anger, anxiety, depression, and post-traumatic stress disorder. It contrasts children raised in nonviolent families with children raised in violent homes. The latter has outperformed the former on all four indicators. According to this study [9], the likelihood of developing mental disorders

related to anger is high, but this is not the only point of view on the subject. In a previous study, researchers compared historical data on domestic violence in the United States.

The study focuses on various forms of victimization and violence, as well as their links to racism, homophobia, and other social issues. The overall study shows a positive trend of decreasing domestic violence over time. Domestic violence has actually decreased significantly since 2000 [8]. These statistics suggest that the frequency of anger disorder caused by domestic violence is low enough to decrease over time. Both studies, however, could be correct. Perhaps the frequency of nonviolent diseases is higher than that of violent diseases, or perhaps childhood trauma prevents people from starting their own families.

4. Discussion

Family abuse can also result in the formation of social barriers. These issues may include the development of antisocial behaviors and negative habits that are harmful to themselves and others. Domestic violence frequently leads to drug abuse. Children who are victims of violence are more likely to begin drinking and using drugs at a young age. They may become involved in criminal activities, which can lead to the development of antisocial behavior. According to research on the subject, children who have witnessed various forms of domestic violence are more likely to be affected by this behavior [5]. Their pain, anxiety, and despair are reflected in their attempts to disconnect from society as a whole, making treatment implementation more difficult because people may not understand the reason for their behavior. Children's education is frequently harmed because they are uninterested in learning and lack motivation to continue receiving education. The risk of such behavior is that children will not receive an education, severely limiting their future life opportunities.

According to a paper titled "Research on the Correlation between the Mental Health Level of High School Students and Parental Rearing Styles" by Guo Lei and Ge Cao, too harsh punishment will make children feel inferior and uneasy, but too much indulgence and protection will make children self-centered and overly dependent on their parents [7]. There are three indirect factors in addition to the two direct factors.

4.1. Social Barriers Caused by Communication Styles

When asked if they would get perfunctory or indifferent responses when their children talked to their parents, 15 said frequently, 25 said occasionally, and 5 said never. What happens when a child is ignored? According to the research, the vast majority of neglectful parents inadvertently ignore their children's needs due to the challenges of life and the environment. When parents learn how to be conscious parents, the situation will improve.

But what if things will not get better? What will happen to their children if these parents do not participate? Numerous studies have discovered a link between non-participating parenting and poor child development. Children become impulsive and perform poorly in school and at work [5]. Neglected children are more likely to adopt negative behaviors such as drinking, gambling, social withdrawal, and so on. They are more passive and self-conscious [9]. Failure is more likely to be attributed to children's self-worth, while success is attributed to material, reputation, and status [4]. The emotional, social, and physical well-being of neglected children is not as secure as that of their peers. As a result, children are unlikely to receive a higher education and may face a low standard of living.

Studies have found that neglected children are more likely than their peers to have behavioral problems, mental illness and/or substance abuse, or to show emotional challenges, such as difficulty in connecting with others or trusting others. Physically neglected children - for example, lack of

access to adequate food or medical services - may have developmental problems or other long-term health problems. Children who are neglected in the first few years of life often face more long-term problems than older children who are in similar difficulties [10].

4.2. The Link Between Family Economic Status and Social Barriers

The second question concerns the family's financial situation. According to the survey, white-collar workers, entrepreneurs, engineers, managers, CEOs, and doctors are the fathers' occupations in the family. White-collar workers, engineers, stock traders, accountants, doctors, and non-professionals are among the mother's occupations. Among the questions about the family's economic situation, one person selected food and clothing, 35 people selected well-off, ten people selected rich, and no one selected poor. Four people frequently feel inferior because of family economic conditions on children, seven people choose to feel inferior occasionally, eight people choose not to affect, and four people choose to feel confident.

According to Fan Zengli's paper "Research on the Impact of Family Environment on Adolescent Mental Health and Countermeasures" [4], growing up in a family with excellent family conditions allows parents to focus more on cultivating children's personality and expertise, and children are generally more confident. On the contrary, if family conditions are poor, parents will disregard their children's discipline in order to devote more energy to earning money, which will result in more lonely children and even lower self-esteem. Other studies have found that children perform better when their parents are more educated, their family income is higher, and their families have a variety of daily activities, books, and game materials, as well as participate in learning activities.

4.3. The Influence of Parents' Own Behavior on Children's Social Disorder

The final question concerns the impact of parents' behavior on their children. Thirteen students believed that their parents' behavior had harmed them. These include "drinking too much", "complaining frequently", "belittling and ridiculing others", "quarrelling", and "withholding pocket money". According to Fan Zengli's paper "Research on the Impact of Family Environment on Adolescent Mental Health and Countermeasures" [6], if parents frequently argue or even fight, the likelihood of teenagers suffering from mental illness is greatly increased. Children who spend a long time in this environment will become unhappy, moody, unstable, or even unsociable.

According to research, Albert Bandura, a psychologist, developed and wrote the social learning theory, which states that learning is influenced by psychological and environmental stimuli. This essentially means that children can learn and adapt their behavior by observing their surroundings. Children typically learn by imitating the behaviors of those around them, particularly their parents' behaviors, without knowing whether these behaviors are good or bad. Children's academic achievements are directly proportional to their family environment, according to Li Ying's research on the impact of family atmosphere and parental rearing patterns on college students' mental health and academic achievements. The more harmonious the family, the better the mental health of the children [9].

5. Conclusion

Finally, according to our experiments and survey results, the author comes to the conclusion that "verbal and physical attacks, parents' indifference and estrangement in the process of getting along with children, low family income, disharmonious relationships between family members, and parents' own bad habits will lead to the decline of children's mental health". The author believes our experiment has numerous flaws. To begin with, during the experiment, the paper included a performance question in the first question but did not thoroughly discuss the impact of performance

on children in the later data analysis. Second, our sample size is too small, with only one age group represented. Furthermore, because the respondents are usually very busy, which causes them to be less careful when filling out the questionnaire, resulting in our experimental results being inconsistent with professional data. More importantly, the paper did not make tables in the order of the investigators, but rather in the number of subjects, which makes statistics difficult. Furthermore, the paper did not fully read the papers written by our predecessors during the preparation stage, which led us to discover that our views were repetitive with those studied by our predecessors. Finally, during the research process, the paper discovered that previous research on this topic was excellent. The paper refined the problem and divided it into several categories for further examination. However, many previous research results were inevitably cited in the process, resulting in a topic that is not particularly novel. If it needs to conduct the survey again, the paper hopes that more people from outside the school, including people from different countries, can assist us.

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