

Study on the Influence of Adolescent Self-cognitive Deviation and Family Environment

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Abstract: Teenagers are in the critical period of the formation of the three views, with a wide range of mood swings and easy to be disturbed by external conditions for self-cognition, among which the influence of family factors is very important. By analyzing the experience of an adolescent boy with self-cognition bias, this paper summarizes the influence of several elements in the family environment on adolescents' self-cognition, explores the causes of adolescents' self-cognition bias caused by family environment, so as to help adolescents correctly understand the causes of their own self-cognitive deviation, in order to eliminate the negative impact of self-cognitive deviation.

Keywords: case method, self-perception bias, teenagers, family environment

1. Introduction

In his paper On Social Comparison, Festinger argued that individuals in groups have a tendency to compare themselves with others in order to determine their own worth. People are used to making social comparison for self-cognition. In this process, when there is conflict between self-cognition and objective facts, cognitive bias often occurs [1]. Family environment, as an extremely important factor in the growth of adolescents, includes parenting style, parents' evaluation of children, family function and parents' negative psychological characteristics [2]. Youth is an important stage of life development, they are faced with physical, psychological, social and other changes and challenges. At this stage, good self-cognition is helpful for students to develop sound psychological quality and personality. Bad self-cognition or cognitive deviation will cause more behavior problems for teenagers, which will affect their successful completion of learning tasks and have a far-reaching influence on their future personal development [3]. There are still gaps in this study on how to combat the factors that may lead to cognitive bias in the family environment. Through the analysis of a case of adolescents with self-cognitive bias, the role of family environment in the process of their cognitive bias is studied, and the influence of different factors in the family environment is summarized, so as to avoid the formation of cognitive bias of adolescents caused by family environment.

2. Case Analysis

Adolescents are in the critical period of the formation of three views, due to the specific factors of adolescence, adolescents have a large range of mood swings, and their understanding of things is easy to go extreme and easy to change, in this, whether the objective understanding of adolescents

is an important factor affecting the formation of three views, self-cognitive deviation may hinder the formation of correct three views, It has a negative influence on the way of dealing with people and things. The family environment is an important factor affecting the formation of adolescents' self-cognition during their growth. In this case, we analyze the experience of a junior high school boy with self-cognition deviation[4].

2.1. Analysis Object

Nationality: China Gender: Male Age: 15 years old

Education level: middle school student

Physical characteristics: medium height, thin.

Personality: More outgoing, talkative, active

2.2. Background

The investigation found that the boy's parents did not have a good relationship when he was growing up. There were often violent arguments between his parents and his mother even committed suicide. His parents had a low education and income level. His mother often expressed criticism towards him, which led to the boy thinking that he was a burden and superfluous since childhood. He felt that his parents did not love him, and self-enclosed emotions emerged, gradually forming a state of zero communication with his parents.

2.3. Problems

The boy talked too much in class and had poor self-control. He often disturbed classroom discipline and did not respect others in the process of getting along with others. The teacher's education process also led to his depression in mood and decline in grades.

2.4. Analysis

Because of the lack of communication from his parents since childhood, the low education level of his parents themselves caused the error of educational methods, resulting in the lack of care, resulting in the boy's low sense of self-worth, lack of respect for himself and others, poor expression ability, expression methods are unreasonable. The conflict between the parents also affected the boy's emotional stability. The boy's overtly bad behavior is a manifestation of his disguised quest for others' attention.

2.5. The Solution

Previous research has shown that emotional and behavioral changes can be effective through changes in self-perception. Through cognitive behavioral therapy, the teacher regularly consults the boy to help him understand himself correctly and improve his sense of self-worth, in order to correct his bad behavior.

2.6. Effect Evaluation

After two years of counseling, the student's self-cognitive bias was corrected, he became more confident and happier, began to accept himself, gradually established a good relationship with his parents, and gradually formed a healthy personality.

2.7. Conclusion

Through this case, it can be found that the self-cognitive deviation has a great impact on the growth of teenagers, and the family environment has a profound impact on the self-cognitive deviation of teenagers. The negative family environment may cause the deformities of adolescent personality development. At the same time, self-cognitive therapy can help adolescents to correct their self-cognitive deviation. The formation of correct self-cognition is helpful for adolescents to get along with others, to maintain stable emotions, and to form a healthy personality.

3. Several Aspects of the Influence of Family Environment on Adolescent Cognitive Deviation

3.1. The Influence of the Pressure of the Home Environment

Excessive expectations and criticism from parents may cause adolescents to feel doubtful and insecure about their own abilities and worth. Under the increasing pressure of college entrance examination in China, there has emerged a phenomenon known as "chicken baby", which means that parents keep instilling the concept of hard work in their children. In order for their children to get good grades, they keep arranging learning and activities for their children, and keep asking their children to struggle. This behavior has led to the spread of anxiety, and many children who are already excellent in the eyes of outsiders develop feelings of inferiority and believe they are not good enough because of their parents' excessive expectations. At the same time, children who grow up under this kind of education will have the characteristics of inner fragility, poor ability to withstand pressure, and too utilitarian, caring about gains and losses. Apart from the control of the family, children may easily lose their own life goals.

3.2. The Influence of the Communication Style of the Family Environment

If parents often use negative evaluation and criticism to communicate with adolescents, adolescents will develop an incorrect self-perception. Children growing up in this kind of environment are very easy to form inferiority complex, very sensitive heart, lack of self-esteem, in daily life with others will also appear obstacles, emotional instability, irritable. The frequency and content of communication between parents and teenagers also play an important role. If the frequency of communication between parents and children is low and the content is simple, parents will not be able to understand the real thoughts of their children and cannot correct their children's wrong self-cognition in time. This situation is more obvious in the ancestral family. Pan Jingru's research shows that grandparents in grandparents' families tend to have ideas that are inconsistent with teenagers' cognitive development, grandparents' educational concepts may be different from parents', grandparents' interaction with teenagers is usually low, and there is a lack of communication between grandparents and teenagers' daily upbringing environment, such as school.

3.3. The Influence of the Family Education Mode

Here the influence of two typical abnormal family education modes is taken as an example.

In Chen Xiaojia's research, children from single-parent families are prone to self-cognition problems. For example, when encountering setbacks, children's feelings of inferiority and anxiety are difficult to get support from their parents, and there is a lack of sense of security. Therefore, there is a great difference in psychological adaptability between them and children of the same age[5]. In terms of their role orientation, children from single-parent families are easy to lack goals and a sense of control over life. At the same time, teenagers from single parent families are prone to

strong rebellious psychology, changeable emotions and more negative emotions. Incorrect self-cognition also leads to a higher crime rate among teenagers from single parent families than those from ordinary families.

In Pan's study, children growing up in grandparents' families may have cognitive deficits. Negative visual non-verbal signs and auditory non-verbal signs that grandparents inadvertently give their grandchildren may affect their cognition and cause them to make wrong judgments. And adolescent cognitive deviation on their own growth and development, family relations, teacher-student relations, peer groups, social harmony and stability will have a certain impact [6].

3.4. The Influence of Values in the Family Environment

If parents have wrong or chaotic values, it is bound to affect the formation of adolescents' self-cognition. If parents emphasize the importance of physical appearance and body shape, children may feel dissatisfied with their physical appearance and body shape, resulting in a self-perception bias [7]. If parents have bad consumption concepts such as the pursuit of luxury products. It may lead to the formation of vanity, material concept of the characteristics of teenagers, so as to ignore their own psychological construction, forming a self-cognitive deviation. Xie Yong found in his research that the democratic atmosphere in the family is conducive to teenagers' thinking about their own development, while parents' excessive indulgence of their children or abuse of authority are not conducive to the formation of teenagers' sense of self-identity, which may cause them to be in a state of premature closure or diffusion for a long time [8].

3.5. The Influence of the Relationship between Family Members

In the existing research on family education, the marital relationship of parents, as the basis of the whole family relationship, will have an important impact on parent-child relationship, parenting style, etc. Qiao Nan's research shows that when parents have a stable relationship, they will not often vent their bad emotions to their children, and the evaluation that the children feel is rational and objective, so the children will have space for self-analysis and interpretation [9]. The relationship between parents also has the most direct impact on children's own views on marriage and love. Harmonious and friendly parent-child relationship can bring positive psychological experience to children, which is conducive to their mental health. Parents' negative cognition of children will bring negative impact on the growth and development of children [10].

4. Conclusion

This study believes that family environment plays an important role in the formation of cognitive bias among adolescents. This study mainly explores the effect of family environment on adolescents' cognitive formation from five aspects: the influence of family environment pressure, the influence of family environment communication mode, the influence of family education mode, the influence of family environment values, and the influence of the relationship between family members. The significance of the study is:

First, to understand the types and characteristics of adolescents' self-cognitive biases.

This study can provide an in-depth understanding of the types and characteristics of adolescents' self-cognitive biases, and provide a basis for formulating targeted intervention programs.

Also, to promote healthy physical and mental development of adolescents. Self-cognitive deviation may lead to emotional instability, low self-esteem, loneliness, anxiety and other problems of adolescents, and even lead to self-harm, suicide and other behaviors. The research can provide theoretical basis and practical experience for promoting the healthy development of adolescent body and mind.

What's more, to improve the effect of adolescent mental health education. This study can provide reference for the implementation of mental health education and help educators better understand the characteristics and influence of adolescent self-cognitive deviation, so as to develop more effective educational strategies.

In addition, to promote the development of adolescent mental health cause. Research can provide theoretical support and practical experience for the development of adolescent mental health cause, promote the popularization and improvement of mental health services, and escort the physical and mental health of adolescents.

This study can help family members to improve the mode of getting along with adolescents, promote the family environment is conducive to the development of adolescents' self-cognition, and avoid the formation of adolescents' self-cognition deviation.

There are still some imperfections in the research on the factors contained in the family environment, and the methods of how to avoid the cognitive deviation caused by the family environment are brief. At the same time, it fails to fully show the particularity of young people. It is expected to be further explored in subsequent studies.

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