

# ***On the Influence of Children's Rebellious Emotions on Parents and Family Education During Adolescence***

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**Abstract:** For a long time, people have focused on the education and influence of children at school, but have always ignored the importance of family education. However, family education is the foundation of a minor's education while school education helps to expand and extend the foundation. In today's society, it is important to focus on the influence that children receive as a result of their family education. Family education is pioneering, contagious, relevant and lifelong. Through the investigation of parents, it is understood that different triggering situations of children's rebellious feelings towards parents in study, individual, family and communication, and reveal the influence mechanism of different factors such as the change of social environment, the continuation of successful hope, the way of family communication, and the group environmental identity. The author puts forward some family adjustment measures, such as building a democratic family atmosphere, actively participating in multilateral activities, strengthening children's family responsibility positively, strengthening the analysis of social culture orientation, emphasizing and utilizing the positive energy of rebellious emotions.

**Keywords:** rebellious emotions, family education, educational psychology

## **1. Introduction**

With the progress of The Times, people's living standards gradually improve, people began to pay attention to their mental health, at the same time, they also in the cultivation of children's growth in the psychological aspects of a lot of preparation.

Every family has its own way of education, and the family environment plays a crucial role in the growth and character formation of children. It is obvious for most psychologists and educators that family together with family education greatly influence mental development of every individual and formation of one's character [1]. Different families bring up different children. Parents' genes may not be the only factor in inheriting a child's personality. Environment appears to be a more important factor in a child's development. In this regard, both psychologists and educators give closest attention to the study of this. However, in most works devoted to this problem, the influence and role of family education on the development of self-regulation behavior and the arbitrariness of a child is studied [2].

Therefore, different children represent different environments in which they grow up. The children who are outgoing and friendly, usually grow up in an environment which full of love. The parents are always following the children's willing, children can get what they want. In this kind of

growth environment, the children will also obey their parents, never rebellious mentality. And for some children who lack care or have no parents since childhood, most children have some psychological problems and reverse psychology. They will go to extreme lengths to get attention or satisfy their lack of affection in other ways. Serious rebellion typically begins at the outset of adolescence, and when it does many parents think this opposition is against them. They are usually mistaken. Rebellion is not against them; it is only acted out against them [3].

Many experts and scholars have proposed that the environment has an important impact on the growth of children, but whether the reverse psychology is only directly related to the growth of the environment. The environment is the first factor of influence, whether there are other reasons for the formation of personality. How people define rebellious. This article will give you insights.

## 2. Methods

For the study population, this study mainly targets at 13-18 years old teenagers, because this age is in their growth cycle, developing their mind. They are more likely to against the parents instruction. When a parent says that he will discipline his children who will violate his policy at home, a teenager may try to become disobedience to find out if the parent will punish them. In fact, teenagers are less likely to adhere to the rules when parents change their way of discipline or when the limits are not clear [4]. The formation of a person's character is the most crucial stage in their childhood, the personality of teenagers will have a great influence on their personality formation.

The main inspiration for this paper comes from a variety show in China. Metamorphosis, which records children living in different home environments, when they swap living environments, their performance and impact. "Metamorphosis" is the idea of "perspectivism", exchange the living environment of poor and rich children, experience different lives, achieve the purpose of improving relations, resolving conflicts, and harvesting lessons. This show clearly shows the difference in character and quality of children who grow up in different living environments, and also shows the importance of family education.

Good family education affects the growth of children, and if society does not give proper guidance to children's rebelliousness, it can have very serious consequences. When parents involve themselves in the education process of their children, usually the outcome can be qualified as a positive and encouraging one [5]. Paying timely attention to children's psychology and focusing on their growing environment is an important factor in maintaining healthy learning for children today.

## 3. What Is Rebellious Psychology?

Reverse psychology refers to a state of mind in which people take opposite attitudes and words to each other's demands in order to maintain their self-esteem. Teenagers often find that individuals are "not taught", "disobedient", and educators often "take the bull", "work against". This kind of behavior, which runs counter to common sense and shows his "brilliant" and "extraordinary" behavior with abnormal mental state, often comes from "reverse psychology". The early stage of youth mainly refers to the stage from 10 to 14 years old, while the late stage of youth refers to the stage from 14 to 18 years old. The growth and development of teenagers in early youth is rapid, and the growth and development of teenagers in late youth is slow [6].

## 4. Results

Teenagers aged 13-18 show rebelliousness mainly by disobeying their parents and school orders, most of them have disagreements with their parents or other people, parents often call this behavior of their children disobedient rebellion, in the survey, more than 77% of parents think their children have rebellion.

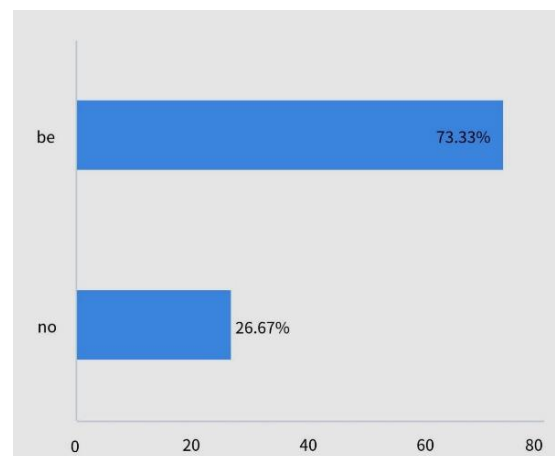


Figure 1: Question: Do you think your child have rebellious emotion?

The writer did the research with the parent's group of one international school in Daqing, China. To investigate whether do they think their son/daughter have rebellious emotion. The result of the experiment shown that about 73.33% of parents think their children have the bad emotion of rebellious, but only 26.67% parents do not think their children have that.

Figure 1 shows that most parents believe that their children are accompanied by a rebellious mentality. And there are several causes of rebelliousness that occur in children growing up.

Different parents also have different views on their education styles, and they often treat their children in different ways, resulting in children from different backgrounds homeschooled with different character growth and ways of dealing with things. As shown in the chart, this table reflects the management methods of three different groups of people for their children's usual education. As can be seen, 73.33% of parents will partially control their children's behavior, but will also give the children to save the space to decide, while only a small portion of the two extreme groups will choose to let their children regardless, and regulate all the behavior of children, often such families, more likely to be improperly restrained, or too confined to the child's mind, resulting in the child's rebellious behavior.

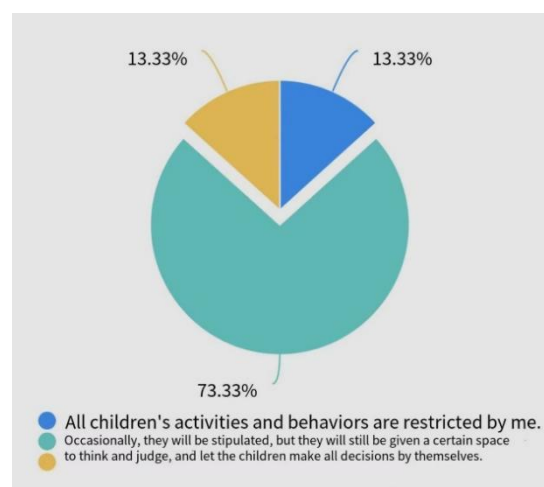


Figure 2: Question: In what way do you make decisions with your children in your family education?

The writer selects three questions to ask parents about the ways that how do they decide the things with their children. First, all their children's activities and behaviors are restricted by them.

Second, occasionally, they will be stipulated, but they will be given a certain place. Third option, to think and judge, let the children make all decisions by themselves. The results are shown.

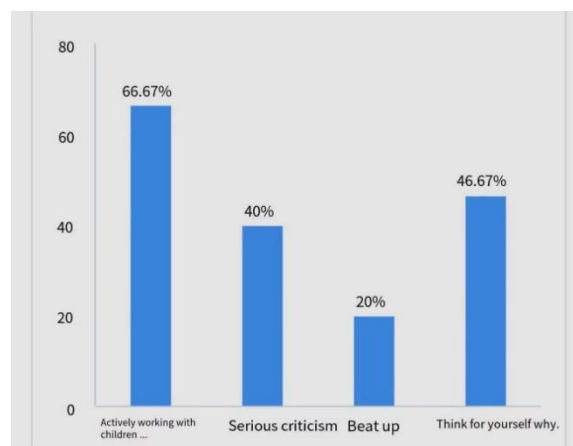


Figure 3: Question: The way you treat your child when they make a mistake?

The writer gave four options about the way of parents treat with their children when they are doing wrong things. First, actively working with children, do the effective communication. Second, serious criticism. Third, only beat up their child. Fourth, think themselves and find the reason why. The results are shown in the graph.

A major factor in the causes of child rebellion is also because different children are treated and handled differently by different parents when they go against their parents' behavior, or make mistakes. As the chart shows, 66.67% parents choose to actively communicate with their children, exchange each other's ideas and solve family conflicts. Often, in such family questionnaires, parents always think that their children do not have rebelliousness because at the same time they do understand their children and respect them. And 40% of parents give their children serious verbal criticism, which is also a big factor in the source of conflict between parents and children, some children do not want to listen to their parents, and the exchange process often causes a lot of quarrels, as a result, there is a tendency of rebelliousness in the children of most families who choose this education method. Only a small percentage of parents choose to use violence to stop their children's rebellious behavior, and 20% of parents think this is the best way to deal with their children's rebelliousness. However, choosing this way of educational measures is wrong. Beating will only make the child yield from soft in a moment, and after a long time, the child will also gradually produce the intention of rebellion, and even will start a fight with the parents together. In particular, 46.67 % of parents choose to think about their own problems. Such parents are often very rational and will think about the reasons why they are arguing with their children, even if they think about their own faults and whether they are teaching their children wrongly, such a self-reflective approach to education will bring a great sense of respect to their children and give them a lot of room to grow in their thinking and stop rebellion from happening.

It can be seen that the behavioral measures of different parents reflect their different family education styles, and that family education is the key to influence the formation of a child's mind and even character during the growth of a child. In my summary, there are several reasons that influence the formation of children's rebelliousness.

#### I. Unrealistic expectations

Nowadays, most parents want their children to become strong, but they often ignore their own qualities and abilities, do not consider their interests, hobbies, forcing children to complete what they do not like, forcing them to do things they hate, the result can only be counterproductive, or

even nothing, this kind of practice is easy to cause the child's antagonism. The correct approach should be that the requirements put forward by parents should be slightly higher than the actual ability of the child, so that they can "jump to pick the fruit of the tree," so that they can successfully complete the task after efforts to enjoy the joy of success. In this way, children will continue to increase their self-confidence and sense of accomplishment.

## II. The handling of harsh, damage to children's self-esteem

Nowadays, some parents still use corporal punishment to discipline their children. They think that "strict" means corporal punishment and seldom consider the child's self-esteem, freely exposing the child's shortcomings in front of outsiders, even sarcastic, sarcastic and sometimes violent. The right approach is to understand the child, respect the child, treat them as a beginning to have an independent consciousness, something to discuss to do, treat each other as equals, follow the good advice, convince people with reason, move people with emotion. Never be condescending and overwhelmed with power.

## III. Repeated nagging, causing boredom

Some parents pay too much attention to the child or excessive nagging, no matter what the child does to come to participate in all the behavior of the child. Whether the child's behavior is motivated by their own ideas or otherwise, they want to have complete control over the child's choices and monitor their lives, thus making the child easily bored and causing rebellion.

## 5. Discussion

Finally, it can be seen that children's family education and their growth have a very direct link, Optimize the external environment and create a good learning atmosphere for ideological and political education. External environmental factors have a subtle effect on college students. Optimizing the external environment of Ideological and political education is of great significance to eliminate college students' rebellious emotions and improve the effectiveness of Ideological and political education. [7] Children's rebellious mentality once formed, will have a great relationship to the formation and growth of their character thereafter. The long-term absence of parents will make the left behind children have negative emotions, and then produce anxiety and rebellious psychology [8]. If parents do not make timely adjustment to rebelliousness, it can bring very serious consequences and even change the child's life!

Therefore, the following are a few suggestions for regulating rebelliousness.

1) Actively communicate with your child and exchange each other's ideas. Some parents and children cause a lot of conflicts from language communication, children and parents who have conflicts in some matters, but do not go to actively communicate, but just ignore and insult each other, such behavior will lead to children to produce boredom. Therefore, no matter what time of the year, effective communication in the family is a great solution to help resolve conflicts in person.

### 2) Calmly to deal with family conflicts

First of all, you need to know what the conflict occurred because, understand the cause of the conflict, find the root cause in order to prescribe the right remedy to solve the conflict at the root, in taking certain methods to solve the problem. Some parents have conflicts first reflect on whether they are not doing enough, or let the children take the initiative to bear the mistakes, to resolve the conflict between each other, so that the family more harmonious. Also to do more transposition to think, when the conflict occurs, you can in turn put yourself in the child's shoes to think, put yourself in their shoes to consider what they are thinking, how to consider, I believe that each other's conflicts will soon be resolved.

### 3) Parents need to go to a good role model

Children's rebelliousness or from family conflicts, and parents' words and actions are also very

important. When dealing with some problems, parents also need to know right from wrong, rather than just blaming the child, scolding and beating without reason or even arguing with the child. Therefore, what parents should do is to always get along with their children, spend more time with them, listen to what is on their mind, and pay more attention to and observe their emotions. The key to resolving family conflicts is to let the child feel accompanied and loved. After that, the importance of family education should not be underestimated, even though different families have different ways of education, parents should not just ask their children to reach unattainable standards, but should choose the right way of education according to the family atmosphere and the child's personality. Open the child's mind and let the child actively try new things, so as not to cause their rebellious behavior, and rebellious psychology.

## 6. Conclusion

Finally, the main content of this article is to explore the manifestations of rebellious behaviour in children during adolescence and the important influence of family education. The psychology of the child and the family are inextricably linked. Poor parent-child relationship will reduce the rebellious teenage identity, appear the negative emotions, such as self denial, think that they are not loved, even bad, prone to failing grades, fighting, don't listen to your discipline, much of life, and so on and so forth, if severe, may even cause social problems, endanger public security and the lives of others[9]. In summary, the article also provides a strong representation of how to deal with children's rebelliousness and how to avoid it. The family and the school are the bridges that build the future of the child, and in this age of information technology, we should also pay more attention to the inner world of the child. The importance of mental health cannot be underestimated. Adolescent children are prone to psychological problems, not knowing how to get along with others, having low self-esteem, not being able to socialise, anxiety... At such a sensitive age, without sound values formation, there is a greater need for parental home education, perfect communication and answers to their inner confusion. In today's society, it is more important to focus on these future pillars of our society, and we hope that more people will emerge who are committed to psychological research. There is no substitute for psychological communication, it is vital.

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