

The Influence of Family on Aggressive Behaviors Between 3-6 Years-old Children-Based on the Triadic Model of Family Process

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Abstract. Children's aggressive behavior is widely discussed by society and academics because there is a high rate of aggressive behavior in China. Due to family is the first school of children, some researchers have found that family factors have a significant influence on children's aggressive behavior. However, the systematic review of family factors on children's aggressive behavior is not concluded. So, this research's subject is to conclude family factors on children's aggressive behavior based on triadic model of family process using method of document analysis. This research concludes family factors in three aspects: family-level factors, parent-level factors and dyad-level factors. Researcher has concluded family atmosphere and family structure in family-level factors and parenting practices and perinatal period in parent-level factors. Moreover, Parent-child relationship, sibling relationship, marital relationship is in dyad-level factors. According to these factors, this research gives some suggestions in these three aspects pertinently.

Keywords: Aggressive behavior; family; family process.

1. Introduction

In recent years, China National Health Commission enacts a new law called *Health China Reaction-Children and Adolescents Psychology Reaction Scheme*, aiming to focus on Pre-School children's psychological health and development. This could form a psychological health service model including school, community, family, media, and health commission and so on. Meanwhile, children aggressive behavior is a kind of problematic behavior, which has a high probability [1]. According to other researches, this paper could learn that a child who has a high level of aggressive behavior would has a high probability to break the law (commit a crime) [2]. Hence, learning about the reasons behind the aggressive behavior has become one of the hottest topics in China.

Family is the first place that children could learn about some social rules. Therefore, the influence of family on children's aggressive behavior needs further discussion. Actually, there are reviews about the influence of family about aggressive behavior in 2023. However, there are some differences between two researches. Some focus on parenting practice, Parent-Child relationship, Parental relationship, Family-Level educational strategies [3]. The analysis is comprehensive but lack logical relation, so this research would base on the triadic model of family process and clarify family factors into family-level factors, parent-level factors, and dyad - level factors and discuss these three aspects. Family-level factors see family as a unit while parent-level factors refer to parents themselves and the relationship between father and mother. Dyad-level factors refer to relationship in family such as parent-child relationship, marital relationship and sibling relationship [4].

2. Definition and classification of Children's aggressive behavior

2.1. Definition of children's aggressive behavior

Children's aggressive behavior is one of the most common problematic behaviors and its probability is 8.83 % -11.9 % [4]. Children's aggressive behavior refer to a behavior that children harm other children intentionally. These behaviors would include not only the injury in physical but in psychological as well [5].

2.2. Classification of children's aggressive behavior

Many researchers have classified children's aggressive behavior according to different dimensions. For example, one of the foreign researchers, Dodge, have conducted much research about children's aggressive behavior. According to ethology, he has divided children's aggressive behavior into proactive and reactive aggressive behavior. Reactive aggressive behavior refers to child react to the risk factors in the surrounding and form the behavior that harm the other people. The children that have this kind of aggressive behavior usually lack self - control and led by emotion, while proactive aggressive behavior is that children initiate aggressive behavior and this kind of aggressive behavior is driven by reward mechanism. For example, child would think that if they show some aggression, they would gain teachers and other children's attention. Meanwhile, according to motivation, children's aggressive behaviors could also be divided into person-directed hostile aggression and object-directed instrumental aggression. Person - directed hostile aggression refers to someone has appeared some emotional fluctuation because other's words as mediator and the aggressive behavior arising, while objective - directed behavior is a kind of behavior that happen when children scramble for something [6]. Similar distinctions have also made between physical aggression, language attack and relationship aggression by Buss. Language attack is divided into non - verbal attack and verbal attack. It is clear that verbal attack refers to verbally abused somebody, while non-verbal attack is often express by body language or facial expression. Physical aggression is hurt someone through hitting, kicking and so on. Relationship aggression refer to someone hurts another people through isolating him and this type of aggression' occurrence is minimum degree [7].

3. Method

This research mainly uses review method. Researchers clarify some concepts and classification through reading many papers. Besides, reading some researches and according to the triadic model of family process, researcher could classify these family factors that have an effect on aggressive behavior.

4. Family - level factors on children's aggressive behavior

4.1. Family environment on children's aggressive behavior

Family conflict and family atmosphere are two aspects of family environment. They have vital influence on children's aggressive behavior. Firstly, for family conflict, it could have an effect on children's mental health. When children are in psychology anxiety for a long time, children's aggressive behavior would significantly increase. Meanwhile, according to Bandura's theory of social learning, the way that parents solve their problems would influence their child's way of solving problems, that is when parents use violence solving conflicts, their child would be more likely to learn more aggressive behavior than the other child and the aggressive behavior they increase are proactive aggressive behavior [1,8]. Secondly, for family atmosphere, the child living in a harmonious and warm atmosphere would show less aggressive behavior, while the child living in arguing and anxious atmosphere would show more aggressive behavior. That is because living in the arguing situation, the children do not know how to solve this situation so they would have sense of confusion. This kind of children would feel wronged. They would appear more aggressive behaviors because of lacking their parent's leading [8]. Family noise is an important index of regulating children's aggressive behavior. According to related research, family noise is a subsystem that could be apperceived by children. This subsystem includes lots of aspects such as irregular living habit, noise, chaos and so on. The research gauge according to these three aspects and find that noise and chaos played a role in aggressive behavior, while irregular living habits have no obvious effect on aggressive behavior, because chaos and noise would cause emotional problem like anxiety, and it would cause children's aggressive behavior [9].

4.2. Family structure on children's aggressive behavior

The discrepancy of family structure shows a positive correlation with children's aggressive behavior. This research would discuss two typical situations: single - parent family and grandparents raising grandchild.

According to studies, the children living in single - parent family are 5.2 times more aggressive than children in other family structures and the children would appear more relationship aggression of proactive aggressive behavior and relationship aggression and physical aggression of reactive aggressive behavior [10, 11]. The possible reason is that attention that they gain from their parents is less than the children from other family structures and they are less likely to gain correct guidance from their parents, so they are more likely to appear behavioral problems.

Grandparents raising grandchild is one of the reasons which cause incomplete family structure. This kind of children would be usually raised by their grandparents. The occurrence of aggressive behavior of Left - behind children is higher than living - with - parent's children. The longer they are left, the more physical aggressive behavior they have [12]. The possible reason is that Left-behind children are raised by their grandparents and most of grandparents would obey their children or they are more likely facing some difficulties when they communicate with their peers and they could not communicate with their caregiver effectively, so Left-Behind children are more likely to appear aggressive behavior [13].

5. Parent-level factors on children's aggressive behavior

5.1. Parenting practice on children's aggressive behavior

Parenting practice can be divided into four types, including permissive - parents, disregarding - parents, autocratic - parents and democratic - parents. On basis of research, the first three types would have obvious impact on children's aggressive behavior [14]. Firstly, the reason why permissive parents would influence children's aggressive behavior is that this kind of parents would fulfill their children's demand, even if it is unreasonable. However, when their children go to kindergarten, they would find that it is impossible to do anything that they want. Meanwhile, they could not solve the negative emotion by themselves, so they are more likely to appear aggressive behavior to relieve their feelings. While the parents hold the disregarding attitude to their children, their children would hope to get other's attention. Therefore, it is more possible for this kind of children to learn aggressive behavior because aggressive behavior will be regarded as an approach that attracts other's attention. Besides, according to the study, disregarding - parents and autocratic - parents' children are more likely to acquire proactive aggressive behavior. That is because autocratic - parents will use physical punishment solving problems. In this way their child would acquire proactive aggressive behavior more easily. While disregarding parenting practice has positive correlation with reactive aggressive behavior. When their children are attacked, the children would not communicate with their parents. Therefore, according to social information processing theory, this kind of children will be more likely to acquire aggressive behavior and when they are attacked, they would execute the behavior that they learn to counterattack [15].

When parents' parenting practice are inconsistent, it has a negative effect on children's aggressive behavior. The difference of parenting practice would cause chaos of living habit and thinking mode. So, they would show slow adaption of environment and it would cause psychological change. In this way, it is possible for them to acquire aggressive behavior [16].

Parent's attitude to aggressive behavior shows parenting practice in some degree and have obvious effect on children's aggressive behavior. When children appear aggressive behavior, it is necessary for parents to lead their children. Due to lacking specialized knowledge, parents possibly take counterproductive actions. For example, some parents would educate their children that when you are attacked, you should counterattack. Improper parenting practice possibly leads to aggressive behavior. Some permissive parents would permit their children appearing aggressive behavior rather

than educate their children not to attack other people. According to Skinner's theory of reinforcement, reward and punishment could let the children acquire specified behavior, so this parenting style would give a loose rein to aggressive behavior [2].

5.2. Perinatal period on children's aggressive behavior

Perinatal periods refer to the period that 28 weeks before childbirth to a week after childbirth. However, some people think that this period should include conception, pregnancy and delivery. Perinatal period has significant effect on everybody systems' growth of children.

Although there are some differences between two definitions, most of researches agree that perinatal period has obvious effect on children's aggressive behavior. In the first place, during pregnancy, if mothers appear uncomfortable symptoms during perinatal period, the children would likely to have aggressive behavior. That is probably because the trouble symptoms that occur in perinatal period would have an effect on children's growth and children's aggressive behavior. Meanwhile, the mothers who experience significant events. Their children would have a higher probability to appear aggressive behavior. If mothers have some unhealthy behaviors during pregnancy, smoking is one of unhealthiest behavior that mothers have during pregnancy. Researches have claimed that smoking during pregnancy had obvious correlation with children's aggressive behavior and maternal warmth as a mediator. Smoking during pregnancy is related to maternal warmth while maternal warmth is related to children's aggressive behavior [17]. According to study, the children who are influenced by smoking during pregnancy are more probable to show externalizing aggressive behavior [17]. Some other bad habits like alcohol and drugs would also have obvious effect on aggressive behavior. In the second place, after children have been born, some of mothers would appear some psychological problems like postpartum depression and postpartum anxiety, mothers' psychological state would influence mother's parenting practice, and this would influence children's moral action.

6. Dyad - level factors on children's aggressive behavior

6.1. Parent - Child relationship on children's aggressive behavior

Parent - Child relationship has different effect on different type of children's aggressive behavior. For example, parent - Child relationship shares a negative correlation with external aggressive behavior, while the relation between parent - child relationship and relationship aggression is not obvious. This phenomenon proves that children would observe and imitate their parents' behavior on the basis of Bandura's observational learning theory. If the relationship between children and parents was not very well or the way that they solved conflict wrongly, for example physical punishment, abusive behavior, their children would learn aggressive behavior more easily, especially verbal aggression and physical aggression. Relationship aggression's probability is low because it needs children have a high level of social ability and it doesn't have obvious correlation with Parent - Child relationship [18].

Different types of parent-child relationship would have different effects. Parent - Child relationship include 'father and child' and 'mother and child'. Due to lacking empirical research about filiation, this research only discusses the relationship between children's aggressive behavior and mother - child relationship. According to researches, mother-child relationship has negative correlation with aggressive behavior. A better mother - child relationship would play important role in children's social development. The probability of occurrence of aggressive behavior would be lower as well [19].

6.2. Sibling relationship on children's aggressive behavior

Sibling relationship react to children's aggressive behavior through parents treat their first-born child different with their sibling. With the two - child policy, many families' structures change. So, this research would divide family into three types: one-child family, two-child family and prospective

two-child family [20]. Parents' attitude to their first - born child would change with the changing of family structure. The first-born child's moral action would change at the same time, and it would influence the child's behavior. For example, when they feel that their parents' pay more attention on their siblings, the sense of imbalance would emerge. The sense would influence their attitude to their siblings and sibling relationship. In this way, they would become aggressive. However, because of lacking empirical researches, this research only concludes the former research [21].

6.3. Marital relationship on children's aggressive behavior

Marital relationship also influences children's aggressive behavior. On the basis of some former researches, marital relationship is main factor of children's aggressive behavior, for undesirable marital relationship would cause conflicts and has an effect on family atmosphere. The worse marital relationship, the more emotional problems their child has, such as anxiety, confusion, intensity because marital relationship between their parents would truly influence their moral action.

Parents' marital relationship impact on children's aggressive relationship through mother's parenting as mediator. When marital relationship is not very well, it would influence mother's emotion and mother's parenting. In this way, mother would be more likely to appear aggressive behavior and children would appear aggressive behavior as well [22]. Meanwhile, some researches have proved that if parent's marital relationship was not very well, in other words, having more parental conflict, the children are more likely to appear externalizing aggressive behavior such as physical aggression or verbal aggression [23].

7. Suggestion

7.1. Suggestion on family - level factors

As the researcher mentioned above, family noise, family atmosphere and family structure would have an effect on aggressive behavior, so taking actions is significant. Firstly, parents should give a quite family atmosphere rather than the noise. It is the parents' responsibility to provide a warm atmosphere for children's growth. Secondly, taking into account family structure, it is important that parents should undertake the responsibility of children's education, for example, visiting and communicating with children at least once a week even if parents have divorced.

7.2. Suggestion on parent - level factors

According to parenting practice and pregnancy, here are several suggestions that prevent children's aggressive behavior.

In the first place, parents should improve their parenting skills and using democratic styles educating their children. For example, when the children appear aggressive behavior, parents should communicate with the children and leading the children to think in other's standpoint to increase their empathy ability. In the second place, mother should decrease the behavior of smoking, alcohol, drugs and so on.

7.3. Suggestion on dyad - level factors

This research would discuss suggestion in three aspects. At the beginning of parent - child relationship, parents should pay more attention to their way of solving problems, for example, when the parents get angry, they should control their emotion and using punishment properly rather than using some physical punishment. Besides, for sibling relationship, parents should pay more attention to the - first - born child's emotion and before the second child have been born, parents could do some role - play - games to let the first child experience happiness of taking care of the second-child. Last but not least, some researches show that when adjusting parent's relationship would be benefit to aggressive behavior, so they should let their conflict overt and communicate each other, meanwhile, do not let the conflict last for a long time.

8. Conclusion

This research aims to conclude family factors on children's aggressive behavior and make a commentary about the family factors. This research classifies these factors into three aspects: family - level factors, parent-level factors and dyad-level factors. According to family dimension, this research mainly discusses the influence of family environment and family structure. According to parent dimension, this research mainly investigates parenting practices and perinatal period factors. According to dyad - level factors, this research chiefly explores parent - child relationship, sibling relationship and marital relationship. To sum up all the factors mentioned above, this research find that these factors have obvious effect on children's aggressive behavior. Meanwhile, this research also sorts out the relationship between mediator, influence factors and aggressive behavior. According to this research, parents should pay attention to their behavior during pregnancy and get rid of bad living habits. After child's birth, parent should not only give their child a quiet and cozy atmosphere but ensure the completeness of family structure as well. It is also important that parents should communicate more with their own child and use democratic parenting styles to keep an excellent parent - child relationship and sibling relationship. When the children appear aggressive behavior, parents take correct measures. However, this research also has some limitations, for example, this research only concludes the factors that interact with the children. This research does not conclude factors like parents' age, parents' economic and social status and so on. Some other factors, for example family education, should be taken into consideration in the future as well. Meanwhile, researcher have found that the influence of father - child relationship, sibling relationship, parents' temperament on children's aggressive behavior needs further researches.

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