

The Influence of Family Environment on Children's Mental Health

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Abstract. The influence of the family environment on children's physical and mental development has been widely discussed, but the degree of children's mental health is still insufficient, and many children fail to achieve a good mental state. If the parents create a warm family atmosphere, create a safe and warm physical environment, and let the child grow up in a relaxed and pleasant family, then the child will become very confident and cheerful. In stark contrast, children who grow up in an oppressive home are more likely to be isolated and more afraid to speak up. The analysis of this paper shows that in the process of children's physical and mental development, the role of the family environment is huge. Family environment factors are the basis of children's health psychology, and establishing a harmonious and good family environment is an important condition for cultivating children's health psychology. Based on this, this paper puts forward the following suggestions. Parents should strengthen their learning, create a harmonious family atmosphere, attach importance to frustration education, and cultivate children's emotional expression ability.

Keywords: Parents, mental state, educational style, family atmosphere.

1. Introduction

In the development of children, the family environment is particularly crucial. The family is an important place to foster children's good character and healthy personality, parents are the enlightening teachers of children's growth, and the family is the first stop on the journey of life, which plays a very important role in the growth of people's life [1]. The first experiences a child encounters in a family will determine whether he has feelings of security and love, or feelings of anxiety and hatred. Besides the school environment, the family environment is the factor that has the deepest and longest influence on children's psychological development. As the environment that children have been in contact with since birth, the family environment plays an important role in children's psychological development. Family environment factors include parental occupation, family economic status, parental education mode, family atmosphere, etc. These factors have a large or small impact on children's mental health development, and have a certain impact on children to establish a correct outlook on life, world outlook, and values [2]. The influence of family structure and family psychological environment on children's mental health is powerful and far-reaching [3]. Stabilizing family structure, creating a happy and warm family atmosphere, adhering to correct family education attitudes, and ensuring good emotional communication are important guarantees for cultivating children's healthy psychology. Therefore, creating a good family environment is very important for the growth of children. This paper will specifically explore the impact of family environment on children's mental health and put forward parent-child education model strategies to build a good harmonious and equal family environment so that children can grow up healthily in a warm and harmonious, equal, and friendly family environment [4].

2. Objective Family Environment Factors

In the family environment, some factors belong to the objective influencing factors, which are not changed by parents' psychological cognition of children, including family economic conditions, parents' occupation, and education level [4]. The other part belongs to subjective factors, which mainly include family-rearing style, parents' educational expectations, and family atmosphere [5].

These factors play a very important role in the development of children's mental health and must be paid attention to in the management of children's mental health.

2.1. Family Economic Conditions

In the process of children's growth, family economic conditions will have a certain impact on the growth and development of children to a certain extent [5]. Relatively well-off families. Parents will be committed to a higher level of educational conditions, such conditions or educational resources can have a great effect on the future development of children to a certain extent and the dress is very careful to provide good material conditions for children [6]. Children grow up in this situation, often with personality bias, and outrageous behavior. The children of families with ordinary economic conditions can only get reasonable needs or even get little, and they will develop the habit of being sensible, cherishing, and not wasting, and they are very independent in life [7].

2.2. The Occupation and Education Level of Parents and Family Members

Parents' cultural literacy level, especially parents' educational views, will have a direct impact on children's personality and values [8]. Compared with the ordinary school education relationship, there is a corresponding blood relationship between the members of family education, such a relationship leads to children trusting their parents more, parents' casual words, a looks, will make children worship or imitate the psychology, so the character of children and parents will have a large degree of similarity [9]. The education level of parents will directly affect their choice of education mode. Parents adopting democratic, tolerant, non-interference education methods, will make children's personalities more independent, friendly, and optimistic, if parents will only complain, blame, or scold, will make children develop a sense of inferiority and melancholy mentality. It can be seen that the family plays a pivotal role in cultivating the personality of children.

2.3. Living Environment

The living environment mainly includes the surrounding personnel's occupation, moral quality, public security management, civilized degree, and other factors. The living environment is also an important factor affecting children's growth. Some families live in rented houses or temporary mobile places, and children's learning environments with the migration of adults and often changes, learning life is difficult to stabilize, affecting academic performance [10]. Some live in urban communities, and although the living environment is very good, but close the door when they go home, even if they live on the first floor, children rarely communicate with each other, and there is a lack of communication between each other. Children in this "closed-door" environment lack social communication skills and may find it difficult to adapt to the future open society. However, the children living in the countryside, their growth environment is free and open, and can not be restricted by age, large and small children can be together, communicating, listening, frolicking, and playing, in this lively and free environment children, cheerful personality, with good independence, self-control, courage, and social, cooperation and so on are better [11].

3. Subjective Family Environment Factors

3.1. Family Rearing Style

In the process of children's mental health development, the parenting style of the family is a subjective factor that cannot be ignored. Scientific and reasonable parenting can provide a good foundation for children's character formation and mental health. Poor parenting style will cause children certain mental health problems, and even affect children's lives.

The way of family rearing directly affects the psychological formation of children, and different ways of raising children will have different effects on their mental health. The first one is bossy or arbitrary parenting. Parents often adopt a "high pressure" policy to educate their children, and the

psychological requirements of children are not patiently preached, but the performance of impatience or beating and scolding children, which makes children easy to produce fear, lack of self-confidence, solitary character, emotional instability. The second is excessive accommodation or spoiling parenting, this parenting style is mainly manifested in the elders to the child in every way full of love, too pampered, the child is a little unhappy crying, to achieve psychological satisfaction [12]. Third, democratic or tolerant parenting. This kind of parenting style is generally more common in families with high-cultural quality parents. In this kind of family, parents often guide their children's activities by using the method of good guidance and give different social knowledge and cultural knowledge preliminary training according to the age characteristics and personality development of their children at different stages. Parents do not beat and scold their children, do not coddle them, love their pets, and cultivate them well [13]. For the requirements of children, parents are not blindly satisfied with accommodation, but to see whether the requirements of children are reasonable.

3.2. Parents' Educational Expectations

The idea of looking forward to the success of a child is deeply rooted in the hearts of parents in China. It is an expectation of parents for children for a long time, and this expectation also has a non-negligible impact on children's mental health [14]. He used other people's children as references when raising his own. For children, they are full of beautiful imagination, full of longing for the future. Positive expectations can play a motivating role for children so that children can cultivate good learning initiative and enthusiasm. But parents inadvertently bring negative emotions to children will increase their burden, scold children, but also hurt their self-esteem.

Therefore, parents' expectations of children's education are closely related to children's mental health. Parents' expectations of children are too high, which is easy to cause children's emotional disorders, personality defects, social maladjustment, behavior disorders, communication defects, and eating and sleeping disorders.

3.3. Family Atmosphere

In the early stages of development, children tend to imitate their parents and other family members, and this process will establish the characteristics of children. A harmonious family environment and a bad family environment have different influences on children, which will mostly affect their whole lives.

Poor relationships between husband and wife can lead to children's behavior disorders, bad habits, eating and sleeping disorders, and other psychological problems. In a family where husband and wife do not agree, the family atmosphere is difficult to harmonize. Psychologist Heider found that parental discord has a more negative impact on children than parental inactivity [15]. Long-term disagreement, hostility, bickering, tension, and conflict between parents will cause serious anxiety and contradiction, pessimism, suspicion, unsociable, unsettled, or neurotic in their children's hearts, and even lead to psychopathy and antisocial behavior. Children with harmonious families are peaceful, lively, and happy. Chinese scholars have also found that bad family psychology and life atmosphere are important factors that cause children's aggressive behavior, hyperactivity, restlessness, discipline violation, and other behaviors and psychological problems.

4. Suggestions for Creating a Good Home Environment

4.1. Parents Strengthen Learning

Research shows that children's mental health problems are caused by heredity, family, school, society, personal unexpected experiences, and many other factors. Young children's self-knowledge is still in the initial stage, so keeping them optimistic, stable, and coordinated emotions is crucial for their future development.

Parents should strengthen the awareness of children's mental health and give more attention and support during the psychological development of children. Children's mental health is a multi-level

problem, and its care and cultivation is a vast and fine systematic project, to explore, shape, and use various methods from every detail, to cultivate excellent children at all levels of physiology, psychology, and society [16]. Children are the hope of a family and the future of a country, to train their spiritual quality, train their healthy body, train their sound personality, such children will be a precious wealth to a country and a nation. This requires parents to create a good, healthy, and harmonious living environment atmosphere so that children can grow up healthily and happily in a warm family.

4.2. Create a Harmonious Family Atmosphere

As the early imitation object of children, parents often become the object of children's imitation in the way they treat others. Family members get along with each other and help each other, and the family atmosphere is harmonious and warm, which can make children feel a sense of trust and security in the family in the early stage of growth.

To make children grow up healthily and happily, it can create a good family atmosphere through the following ways. First, family members enjoy their own identities and places of existence, respect each other, and respect children as they do others. The second is to let each member have a positive attitude and be full of confidence and vitality so that children develop a good attitude, which is the responsibility of parents. Third, family members should trust each other, support each other, and give their children full trust. Fourth, each family member must be honest, starting with themselves, and encourage children in all aspects [17]. The fifth is to allow family members to have differences in opinion and behavior, encourage members to experiment, admit mistakes, set an example, and do not expect too much from their children.

Therefore, it is necessary to create a good family atmosphere, so that children can form a good personality and a good mentality in the growth process so that mental health education can go deep into thousands of families, and build a strong psychological security line for children in each family.

4.3. Attach Importance to Frustration Education

In addition, in the management of children's psychological growth, it must pay attention to frustration education, exercise their psychological bearing, emotional regulation, interpersonal communication, and other abilities from a young age, and lay a solid foundation for mental health during the growth of children. In the process of children's growth, frustration education has a decisive impact on children [18]. The good mental health status of children cannot be separated from the comprehensive care of family members, and only under the help and guidance of family members can children better cope with all kinds of setbacks. At the same time, children's mental health needs a full range of family support, with family support and guidance, children can better face a variety of psychological crises [19]. Parents should attach importance to family mental health education, and use scientific, timely, and effective methods to intervene in children's psychological conditions.

4.4. Cultivate Emotional Expression Ability

Children's good emotional expression and regulation ability is an important part of mental health, and family education plays an important role in emotional expression and regulation. Mentally healthy young children can rationally express their emotions, whether it's joy, anger, sadness, or fear [20]. Parents can guide their children to learn to correctly express their emotions so that they can actively cope with setbacks and difficulties, rather than being trapped by emotions. Children should also learn to regulate their emotions appropriately to adapt to different situations and social needs.

5. Conclusion

The quality of family education will have a direct impact on children's mental health. Children's mental health is directly related to the growing environment of the family, the educational mode of the parents, the economic conditions of the family, and the high expectations of the parents. Parents

in China need to understand the psychological changes of children promptly, and parents play a guiding role in the development of mental health. Parents should change the traditional education model and management concepts, communicate with their children promptly, and enhance the cooperation between parents and teachers through the system measures of rewards and punishments to help children achieve healthy operation of mental health.

To sum up, the family environment plays a very important role in the development of children's mental health, and the family environment is often mixed with more complex factors, which requires parents to strengthen their knowledge and understanding of this aspect through their learning, and lay a good foundation for the development of children's mental health in the family environment. In a family education full of love and wisdom, parents use the key of wisdom to open the mysterious door of children's emotional management. Through daily life, they teach children how to read their emotions, how to express them properly, and how to regulate emotions skillfully. Under such guidance, the children gradually grow into small emotional masters and calmly face the joys and sorrows of life. Loving, supportive parents and a stable family environment help young children build trust and a sense of security in the world around them. Good family education contributes to the formation of children's healthy psychology and lays a solid foundation for their future growth and development.

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