The influence of family education on teenagers' interpersonal communication: starting from influencing teenagers' interpersonal communication psychology

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Abstract. In recent years, the Ministry of Education issued the "Opinions on the Implementation of the Action Plan for Expanding and Improving the quality of Basic Education in the New Era" mentioned that it is necessary to actively promote the use of family education guidance manuals, carry out family education theme publicity week activities and develop family education guidance courses. In addition, China has also designated the week of the International Family Day on May 15 every year as the National Family Education Publicity Week, hoping to bring together the forces of families, schools, society and other parties to vigorously popularize the family education promotion law and widely publicize the scientific concept of family education. Various national measures have reflected the importance of family education. The psychological aspects of teenagers' interpersonal communication will also be affected by family education. It can be seen that family education has an important impact on teenagers' interpersonal communication. In this study, after reading a lot of literature, it is found that there are few studies on family education from the psychological perspective of influencing teenagers' interpersonal communication. Therefore, this study will take the influence of family education on teenagers' interpersonal communication psychology as the starting point to deeply study the influence of family education on teenagers' interpersonal communication. It is found that factors such as the way of family education and the structure of the family will have different degrees of influence on the way of interpersonal communication, psychology and behavior of teenagers.

Keywords: Family education; Teenagers; Interpersonal psychology.

1. Introduction

The family is the child's first classroom, parents are the child's first teacher. Therefore, the parenting style of parents has a very important impact on the development of adolescents, and the psychological impact can not be ignored. In recent years, many scholars at home and abroad have done a lot of research on the impact of family education on adolescent mental health, which indirectly reflects its importance. Luo Wei and Wu Ji found in their research that parents' parenting style can play a predictive role in adolescents' interpersonal relationships [1]. Adolescents' outlook on life and values are deeply influenced by their families, and the scale of outlook on life and values will profoundly affect their interpersonal communication patterns. Therefore, how to make family education have a positive impact on teenagers' interpersonal communication psychology, so as to promote their interpersonal communication relations is the research Angle and question to be explored in this study.

1.1. The concept connotation of family education

In Cihai, the word "family education" is explained in this way: "Family education refers to the education of children and adolescents by parents or other elders in the family." Since the 18th CPC National Congress, the Party and the state have attached great importance to family education. The Family Education Promotion Law of the People's Republic of China, implemented last year, elevates family education from a traditional "family matter" to an important "state" through institutional design, providing legal guarantee for the promotion of family education. The state attaches great importance to family education and promotes it according to law, thus welcoming new opportunities

for its development [2]. Family education is the starting point and foundation of children's education, and plays an important role in children's physical and mental growth. Family education is the foundation and supplement of school education, and family education is an important force to promote social civilization and progress, with early, continuous, private, authoritative, penetrative, targeted, multiple and different. Therefore, family education is very different, but also reflects the complexity of family education.

1.2. The conceptual connotation of adolescent interpersonal communication

The establishment and development of interpersonal relationship is one of the important goals of adolescents, which runs through the mental health education for adolescents [3]. The companion is one of the objects of the adolescent's interpersonal communication, and the companion of the adolescent refers to the person with the same or similar social cognitive ability. Teenagers are in the special period of unbalanced physical and mental development. They have the need of belonging and love. Establishing good interpersonal relationship can satisfy their urgent psychological needs and promote their adaptive development. Failure to establish a stable and intimate emotional connection will hinder the healthy development of adolescents and increase the hidden danger of adolescent mental health problems [3]. Adolescent interpersonal communication refers to the interactive process of communication, exchange of ideas, expression of emotions and coordination of behaviors between adolescents and other social groups [4]. The types of teenagers' interpersonal communication are mainly divided into self-centered type, self-enclosed type, conformist type and social utilitarian type. With the continuous development of society, it is mainly through school, the Internet or some out-of-school activities. You know, teenagers still have it. Such psychological characteristics. Therefore, the psychological characteristics of adolescents' interpersonal communication are complex, diverse and vary from person to person.

2. Types of adolescent interpersonal communication patterns

There are four types of teenagers' interpersonal communication: self-centered type, self-enclosed type, conformist type and social utilitarian type. Family is an important place to influence the character development of teenagers before socialization, and the generation of the four types of communication patterns will certainly be affected by the parenting pattern. In fact, the formation of teenagers' social outlook is a practical process, mainly in the practice of family daily life, through the concrete interaction between teenagers and their parents and other elders in the family, to develop individual consciousness and individual behavior habits. The actual situation of family function and family structure will affect the formation of adolescents' social outlook [5].

Self-centered teenagers, the most prominent feature in the social process is the "I" word priority, in their daily life is also self-centered. There are three main reasons for the formation of teenagers in this communication mode: 1. The main source of the problem of intergenerational parenting is that grandparents, such as grandma, grandma, etc., have a great subconscious need for the family dependence and value demands of grandchildren. In other words, they are eager to be needed by their children and grandchildren and hope to be valuable to them, so as to obtain the company of family and self-value, and overcome the fear of aging and loneliness. Thus, they are a way of pampering their grandchildren. 2. Single parent families. This type is commonly seen in "mother-son" single-parent families, because the father's position and function are missing, the mother should be directed to the husband's emotional energy, forced to turn to the child, thus enhancing the emotional involvement of the "mother-son" duality. The same problem exists in families where the marital relationship is intact but the psychological role of the husband is neglected or marginalized. 3. Mother's character defects. Mothers who had a traumatic experience of "lack of maternal love" in early childhood are generally narcissistic personality traits, and such mothers are most likely to cause children to form self-centered social patterns. Because they will unconsciously regard the child as a

part of themselves, by doubling the needs of the child to compensate for their own inner defects of maternal love [4].

Self-enclosed teenagers, in the social process of true friendship will hold a skeptical or even negative attitude, so they deliberately do not go and the people around them, they often think that "people are unpredictable." There are several reasons for the formation of this type of people: 1. Their own personality reasons; 2. Strong sense of independence; 3. Putting too much emphasis on personality. ; 4. Deny friendship.

In the process of communication, there are no rules for making friends, and it seems that there are many good friends on the surface, but there are few or even no real friends. Social utilitarian teenagers often regard friendship as a transaction in the process of communication, and think that "friendship" can be no heart-to-heart emotional communication, but the mutual use between people, when both sides can obtain benefits. Teenagers who hold this concept are often from the soil of "sex evil theory", such communication mode is a reflection of some bad social atmosphere, more seen in families from business or politics, their parents' daily behavior or communication mode will always affect the child, such people often do not have a purpose to do things.

3. The influence of family parent-child attachment relationship on adolescent interpersonal communication

Back in the 1970s, John Bowlby proposed attachment theory. Attachment patterns first develop and form in the parent-child relationship in early childhood, and the continuous adjustment and correction in the acquired interpersonal relationship will form adult attachment patterns. It can be divided into four types: secure attachment, contradictory attachment, avoidant attachment and chaotic attachment. Different parent-child attachment relationships will create different attachment types of adolescents, so it will also create different types of communication patterns of adolescents. Secure adolescents have low anxiety about being abandoned, and these children are optimistic about life, more autonomous in interpersonal relationships, and more sociable. Contradictory, avoidant and chaotic attachment children will have different degrees of rejection and even vigilance for interpersonal communication, such children are more shy of intimacy, worry about being abandoned, and show extreme distrust of interpersonal relationships, which also has a different impact on mate selection. Children and adolescents with secure attachment think that others are safe and reliable, have more positive cognition, emotion and behavior in their interactions with others, perform well in school, have higher self-esteem, and have fewer problem behaviors. Insecure attachment children will show more anxiety and feel more pressure in self-independence and self-decision-making [6].

4. The influence of family rearing pattern or structure on adolescents' interpersonal communication

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Different families will form different attachment types of adolescents, which is closely related to parenting patterns or family structures. At the same time, the characteristics of parents will affect the parenting concepts and behaviors of parents, thus affecting the parent-child relationship and thus the development of children [6]. Family change is an important part in the process of social transformation in China, and it is the epitome of social change. With the development of urbanization, industrialization and information technology in China, the adjustment of fertility policy and the change of people's views on marriage and family, the contemporary family structure has undergone great changes in terms of scale, type and algebra. The traditional joint extended family is gradually declining, the nuclear family continues to develop, and new family structures continue to emerge, such as empty nest families, cross-generation families, mobile families and left-behind families. The centralization of family structure and the miniaturization of family size are the manifestation of

adapting to the social transformation of contemporary China, and bring certain benefits to the social development of young people. But this change also brings the traditional functions of the family can not be effectively realized or even missing, which brings severe challenges to the stability and harmony of the society. For the children in the family, the first thing is the weakening of the family socialization function. Meanwhile, changes in the family structure will also lead to changes in the relationship between family members, family education methods, family behavior patterns and other aspects, and the changes in these family factors will certainly affect the process and results of adolescent socialization [7].

The diversity and complexity of contemporary family structures also have positive and negative effects on adolescents. There are three main positive effects: 1. Family structure becomes more centralized. The members of modern families are small and relatively single, usually parents and children, most of such families take children as the focus of the family, and make "health investment" and "intellectual investment" on them. The training of various interest classes not only develops intellectual education for children, stimulates children's potential, but also allows children to have a wider range of interpersonal communication and more opportunities. 2. Smaller family size. The small size of the family allows children to interact with their parents more frequently and have more opportunities for communication, which makes children more able to feel a sense of security and belonging, thus forming a secure attachment, and more courage to explore the wider world and have good communication with more people. 3. Family algebra reduction. Traditional Chinese families are mostly "three-generation households", that is, grandparents and younger generations live together. According to a survey conducted in Wuhan, only 15% of the 875 families surveyed were able to cooperate with their children to educate the third generation, while most of the elderly were unable to do so and often acted as a "protective umbrella" for their grandchildren [7]. It can be seen that grandparents have a certain hindrance to the growth education of young people. However, the current family is mostly one generation or two generation, giving teenagers more rights and freedom to develop, so that teenagers become more independent and update their interpersonal communication concepts.

5. How to regulate family education to promote the positive development of teenagers' interpersonal psychology

The evaluation and selection function of values has an extremely important impact on individual psychology and behavior, and adolescence is the key period when individual values begin to form and gradually stabilize [8]. Family is the starting point for the growth of teenagers, and parents are the most important part of the growth of teenagers. Especially in the period of rapid psychological development, difficulties and confusion, parent-child relationship and family atmosphere have a more powerful impact on their personality development and mental health. A large number of reports on juvenile delinquency in the media suggest that parent-child relationship is closely related to juvenile problem behaviors [9]. Therefore, we must pay attention to the influence of family education on young people.

First of all, help children to establish a secure attachment, only children who have established a secure attachment can be more courageous to explore the world and manage interpersonal relationships. Parent-child attachment is an important factor in the family system. For adolescents, parent-child attachment is also the basis for peer attachment, individual friendship relationship establishment, school and social adaptation, and parent-child attachment level is closely related to adolescent problem behaviors in interpersonal communication [10]. Different parenting styles will breed teenagers with different attachment types. If parents are strict, children will easily contradict their parents psychologically, which will increase parent-child conflict and thus easily form insecure attachment. If parents' parenting style is warm and sensitive, children will psychologically trust their parents more and feel their support, then they will be more inclined to form a secure attachment.

Secondly, parents should have certain family education concepts and methods. Most parents will adopt psychological control as their educational method, which means that parents invade children's inner world through a series of means, such as triggering guilt, withdrawing care and asserting authority, so as to make children think, feel and act in a way approved by parents [11]. Such a practice will undoubtedly more easily stimulate the rejection of young people, not conducive to creating an open and democratic family atmosphere, hinder parent-child communication, but also let young people unconsciously use this way to treat friends in interpersonal communication. Therefore, parents also need to take the initiative to learn some correct parenting methods and teach their children according to their aptitude. Home-school cooperation can also be a good way to learn, because the teachers in the school have some professional knowledge of education and have a certain understanding of the child's situation. Therefore, the school education has a special mental health counseling center and special psychology teachers, which can carry out mental health education more scientifically. The unity and cooperation of family education and school education can unite the educational forces of parents and schools to comprehensively and fully carry out the mental health education of adolescents and comprehensively promote the mental health growth of adolescents [12]. The interpersonal patterns of adolescents are complex and diverse, and the differentiation of parent-child attachment types and the difference of parenting patterns have complicated effects on adolescents according to their different family backgrounds.

6. Conclusion

By combing and analyzing a large number of relevant literature, this paper believes that family education has a large proportion of influence on the formation of teenagers' three views. The youth period is the key period for the formation of values in a person's life. The success of the youth values education is not only related to the growth and development of the youth themselves, but also related to the harmony and stability of the society. As the earliest place for teenagers to receive values education, family plays a fundamental guiding role in the formation and establishment of teenagers' values.

This study finds that family education has a great impact on the psychological aspects of adolescents' interpersonal relationships. On the one hand, it is from the aspects of parent-child attachment, and on the other hand, it is from the aspects of family structure and upbringing. Different attachment relationships have a profound impact on the value of adolescents' interpersonal relationships. More attention should be paid to the joint efforts of school, society and family, which will have a positive impact on the psychological aspects of teenagers' interpersonal communication.

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