

## REVIEW

# A Study on the Influence of Family Upbringing Style on Teenagers' Mental Health

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### ABSTRACT

With the frequent occurrence of adolescents' psychological problems, it is of great practical significance to study the mental health of adolescents. Because the family environment of different teenagers is different, the education method and educational environment of each family may have a huge impact on the mental health of teenagers. The article will study the impact of family parenting on the mental health of adolescents based on the comparative method and the literature research method.

## 1. Introduction

Teenagers are in adolescence. At this stage, their emotions and psychology are extremely unstable. Under the influence of many factors, many psychological problems have emerged. As one of the main influence objects on children's psychological formation, family's parenting style has a vital influence. To have a positive and good psychological state is the basic requirement of modern society for teenagers. Only with a healthy psychology can we study and live better.

## 2. Family Upbringing

### 2.1 Meaning of Parenting Style

The way of family parenting mainly refers to the comprehensive influence of family members' parenting attitude, behavior collection and family environment.

D. Baumrind, a famous American psychologist, divides family parenting methods into four categories according to different family parenting methods: authoritarian, authoritative, doting and neglecting<sup>[1]</sup>. As the psychological problems of adolescents in our country have become a hot topic in society, more and more scholars have conducted in-depth studies on family parenting methods and reclassified them according to their principles and characteristics. The article will study the mental health of adolescents based on Baumrind's classification of family parenting methods.

### 2.2 Influence of Parenting Style on Teenagers' Mental Health

Family upbringing has a very important impact on the physical and mental health of teenagers. Positive or negative parenting styles will make children grow up into teenagers with different characteristics.

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Authoritative parenting puts forward reasonable requirements for children. They give them full respect and love. Children who grow up in this way generally have a positive attitude and are not easy to have psychological problems. Authoritarian parenting has generally higher requirements for their children, usually "because I said, so you have to do it." Teenagers who grow up with autocratic upbringing are more anxious and withdrawn in the face of adversity. Doting parenting has no restriction and control over children. The teenagers who grow up with doting parenting style have no ability to resist pressure, and their mentality is easy to be out of balance, and they are prone to psychological problems. The neglect type of parenting has a direct impact on children's psychology, so that children grow up from an environment where they can't feel love<sup>[2]</sup>.

### **3. Influence of Different Parenting Styles on Children**

#### **3.1 Autocratic Upbringing Has High Expectations and High Psychological Pressure on Teenagers**

With the development of economy and the emergence of mobile communication tools, more and more parents want to show off their own capital with their children, so they have unreasonable demands on their children. Authoritarian parents generally believe that they have invested a lot of money and energy in their children, so the number of children's certificates and test scores are rewards for themselves. If the children's achievements do not meet the requirements of their parents, they will be severely treated by their parents, or even corporal punishment.<sup>[3]</sup> They think that all children must meet their own requirements, let them have to take the first place in school, but ignore the objectivity of competition and the differences of teenagers' intelligence. Results the weekend of the child is not used to adjust his or her state, but to learn in a different place, which leads to the child always living in a high pressure state, which leads to psychological problems.

#### **3.2 Doting Upbringing Weakens Teenagers' Ability to Suffer Setbacks**

The doting type of parenting method is "stretching hands with clothes, opening mouths with food." Nowadays, due to the high cost of raising children, although my country has opened the second-child policy, due to the impact of the one-child policy, some families treat their children as if they are. Treasure, responsive. In addition, most of the time, parents of children lack the company for their

children to grow up. They hope to meet material needs to make up for the lack of love for their children. Even if the child makes a mistake, someone will defend him on the grounds that he is still young. Long-term spoiling makes children lack the ability to withstand frustrations, especially in adolescence. Adolescents are in the early age of love. Once the relationship between the opposite sex breaks, it is extremely prone to psychological abnormalities such as revenge or self-harm.

#### **3.3 Neglect Education Makes Teenagers Lack Love**

"Love" is an important emotional factor for the healthy growth of teenagers. In this process, many parents ignore the emotional response to their children and only pursue the basic material needs of their children. Children who grow up in this way are prone to psychological problems.<sup>[4]</sup> As a response to the way of family education, children will show indifference, ignore the feelings of others, and children can't control their own emotions well, so they are easily moody. The serious consequence of neglecting education is that children can't feel the existence of "love" in the whole process of growing up. They are indifferent to life and life. Psychological distortions will have a strong offensive and antisocial tendency, which will have a serious impact on society and other families.

#### **3.4 Authoritative Upbringing Makes Teenagers Grow up Healthily**

Children in authoritative education have the good character of independence and positive development. In their youth, they will talk to their parents or friends when they encounter problems, so as to meet their inner language and emotional needs. They have their own independent opinions and opinions on different issues.<sup>[5]</sup> Because family upbringing encourages independence, they can balance their life and study, and ensure that their body and mind are not negatively affected by external pressure. When dealing with others, they will also adopt the principle of respect and understanding. Authoritarian parenting is different from authoritative parenting. Authoritarian parenting is to set a good and firm goal for children, and take the excellent face of parents as an example for children. In this way, children can be guided positively by their own requirements.

### **4. Research State in China**

In Xu Li's "Study on the Impact of Family Parenting on Adolescents' Mental Health", the study took junior high school students as the research object and used the

"Mental Health Diagnostic Test" (MHT) survey method to investigate nearly 400 adolescents. Through the analysis of the survey data, it is found that most of the problems in family education are doting, blind obedience, inconsistency and other negative factor indexes, which have an extremely important impact on the mental health of adolescents.

**Table 1.** Detection rate of each factor of poor parenting style of parents (%)<sup>[3]</sup>

factor	father (388)		mother (388)		total	
	Number of people	percentage	Number of people	percentage	Number of people	percentage
Negative rejection 1	92	23.71	100	25.77	192	49.48
Positive rejection 2	84	21.65	100	25.77	184	47.42
strict 3	84	21.65	78	20.1	162	41.75
expect 4	118	30.41	138	35.57	256	65.98
interference 5	86	22.16	120	30.93	206	53.09
disturbed 6	122	31.44	156	40.2	278	71.64
spoil 7	146	37.63	136	35.05	282	72.68
Follow blindly 8	136	35.05	142	36.6	288	71.65
contradiction 9	84	21.65	90	23.2	184	44.85
atypism 10	136	35.05	130	33.5	276	68.55

It can be seen from the distribution table of the level of adolescents' mental health and the level of each factor of MHT that the level of difference is used to measure adolescents' psychological problems. Most adolescents have extremely obvious psychological anxiety in their studies, followed by a certain degree of anxiety about others, accounting for about 5.70%, followed by self-blame tendencies and physical symptoms with certain mental health problems.

**Table 2.** Adolescents' mental health level and MHT factor level distribution (%)<sup>[3]</sup>

	excellent (%)	good (%)	difference (%)
Study worries	35.53	64.03	6.58
Worry about people	29.39	58.77	5.7
Loneliness	66.67	32.46	0.88
Self-blame	37.22	57.89	4.39
Allergic tendency	29.82	69.3	0.88
Physical symptoms	41.67	59.51	4.82
Terror tendency	52.63	45.61	1.75
Impulsive tendency	32.89	64.47	2.63

Xu Li pointed out that in the modern family education and school education environment, with the continuous improvement of living standards, parents generally have an urgent need for their children, ignoring the differences in intelligence and abilities of teenagers themselves. In addition, according to relevant foreign studies, most young people with psychological problems are caused by improper family parenting. Such families usually treat young people with violence or coldness, which ultimately leads to an unhealthy mental state for young people.

## 5. On the Cultivation of Teenagers' Mental Health

The growth of young people can't be separated from the family, so if there is a problem in the way of family upbringing, it needs to be made up in the later stage to ensure that young people maintain mental health in the

process of growth.

### 5.1 Full Respect

For teenagers, no matter what kind of education mode they grow up from, they all have their own inner instinctive respect needs. Family members must respect their children's decisions. Respect does not mean complete satisfaction, but logical judgment through three links: listening, judgment and decision. If it's a correct and reasonable decision, let the child say the reasons for making the decision, what aspects to complete the decision, and how the family can help. For unreasonable demands and behaviors, we should negotiate with children in the way of communication. It is not suitable to respond to their decisions in the form of direct veto, questioning, beating and scolding, and indifference. Adolescence is the key point for children from immature to mature. They have extremely sensitive emotional characteristics and are easy to form extreme thoughts. To give them full respect is to help them develop rational and calm thinking.

### 5.2 Effective Communication

For young people, they have a need for communication. Equal, calm and effective communication with family members is extremely important for their growth. At the adolescent stage, they gradually began to pay more attention to the material and the opinions of others. For example, it is possible that in order to have a better-looking pair of shoes, but the parents do not understand their own ideas, the child becomes irritable and irritable<sup>[6]</sup>. At this time, parents need to calmly wait for their children to gradually stabilize their emotions, and have an equal dialogue with their children. They should ask as friends instead of questioning, and explain the problems that arise, and then propose specific measures. In the communication process, pay attention to the tone and wording to ensure the effectiveness of communication.<sup>[7]</sup>

### 5.3 Establishing Principles

Under neglect-oriented education, the most easily overlooked by young people are principles. Due to the rapid development of Internet equipment, young people have a strong ability to receive information, and the indulgence of parents exposes children to too much negative information during their growth. Such as the extreme practice of threatening teachers and family members by suicide, and satisfying one's needs for mobile phones and other devices in the form of theft, the above-mentioned things must be completely stopped. Cherishing life and reverence for the law are important principles for the mental health of

young people. The frequent occurrence of criminal cases among young people in recent years is the lack of principles of family education.

## 6. Conclusions

Teenagers' mental health is the requirement of the society for the family. Only a teenager with mental health can grow up to be a pillar of the society. In the age of materialistic desires and Internet information, we should pay more attention to the psychological problems of teenagers, and timely guide and sort out the problems to ensure that teenagers have a positive and healthy psychological state.

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