

REVIEW

The Influence of Family Factors on the Mental Health of College Students was Analyzed Combined with Literature and Cases

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ABSTRACT

Through the combing of relevant literature and the analysis of relevant psychological students' cases, the composition of family factors affecting college students' mental health is analyzed, the specific manifestations of college students' psychological problems are summarized, and the influence of family factors on college students' mental health status is analyzed in detail. The article finally puts forward suggestions and recommendations for strengthening college students' family education and tries to explore how to promote college students' mental health through improving family education.

Keywords: Mental health; Family factors; Case analysis; College students

1. Introduction

With economic globalization and the progress and development of human society, people's value pursuit and living environment are constantly changing. Influenced by the unknown factors such as intensified social competition, increasing employment

pressure and complex interpersonal relationship, although contemporary college students have not entered society, they are also facing pressure from all aspects, and the incidence of psychological problems has an increasing trend year by year^[1]. In a national survey of colleges in the US, 17.8% of students

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were diagnosed or treated for depression and 39.1% reported “feeling very depressed” in the past year ^[2]. Yang Pu ^[3] et al. conducted a questionnaire survey of 200 college students, and the results suggested that college students with high ratings of ambivalence in their family environment may have a tendency towards obsessive-compulsive and interpersonal sensitivity, and those with low ratings of closeness may have a tendency towards depressive and phobic symptoms. Findings by scholars such as Caitlyn O. Hood ^[4] suggest that family factors are associated with depression and lower self-compassion, while self-compassion was negatively associated with depression. A study by Huang Guomei ^[5] and others suggested that parental education, economic status, parent-child relationship, and parental marital satisfaction were the main factors affecting the psychological well-being of higher education students. Yang Yilong et al. ^[6] believed that the psychological crisis events of college students triggered by family factors are characterized by suddenness and persistence, universality and specificity, and psychological problems towards instability, which require a variety of preventive measures to cope with them. In the era of material desires and network information, we should pay more attention to the psychological problems of adolescents, sort out and find out the problems in time, and do a good job of mental health guidance for adolescents ^[7]. It is very important to analyze the factors affecting the mental health of college students, find the reasons and explore ways to improve the status quo. This study, combined with the literature and practical cases, found that family factors have an important impact on the mental health of college students, and tried to find the relationship, to explore how to promote the mental health of college students by improving the family environment.

2. Family factors

Family factors refer to the family environment in which people grow up and live. The family environment is the first environment for a person after birth, mainly including family economic situation, parents’

education level, parents’ occupation, relationship between family members, family social background, parenting style, family life events, etc. ^[8].

The family’s economic situation is generally divided into poor, general, good and superior. The main source of family income refers to how the family wage income is obtained and mainly refers to what kind of occupation the parents engage in, mainly including farming, business, salary (part-time job), etc. The good and poor family economic situation has a great impact on the children’s education expenditure, consumer psychology and values ^[9].

The educational level of the parents refers to the educational background and graduation degree; the parents refer to the major, the nature and type of work, the place of work, etc.

The relationship between family members refers to the inherent specific relationship between family members, including the relationship between parents, parents and children; whether the relationship between family members is harmonious, directly affects the growth of children, and often plays a great role in the mental health of college students.

The social background of the family mainly refers to the social status of the parents, the contacts in society, and the relationship with the surrounding neighbors.

Family life events refer to the more important events occurring in family life, such as parents’ divorce, remarriage, family relocation, etc.

Educational style refers to a combination of parents’ parenting concepts, parenting behavior and their emotional performance to their children ^[10]. This combination is relatively stable and does not change with the situation, which reflects the essence of in-person communication. In psychology, parenting methods are summarized into two dimensions: The acceptance-rejection dimension and the control-tolerance dimension. According to the different combinations of these two dimensions, four kinds of parenting methods can be formed: one is autocratic parenting, two is authoritative parenting, three is laissez-faire parenting, and four is non-feasance parenting.

3. Specific performance of college students' psychological problems

3.1 Unclear learning goals

Lack of learning motivation, fear of difficulties, lack of countermeasures. Some students with poor self-control ability tend to indulge in online chatting or playing games, online watching TV drama, academic performance is not good, and then produce weariness, test anxiety and other situations.

3.2 The suffering of interpersonal adaptation

Some college students are afraid of dealing with others, self-closed, and unwilling to communicate with others face to face. Over time, it will affect the cognitive, emotional and psychological positioning of college students.

3.3 The influence of emotional factors

Emotional and emotional instability, emotional ups and downs, emotional change, love failure often lead to psychological variation in college students. Staying in a room for a long time without communicating with the outside world, the above situation may also occur.

3.4 Excessive pressure to learn

Most occur in economic difficulties, learning difficulties, poor self-cognition, and poor living habits of college students. Often staying up late, irregular work and rest, and easy to endocrine disorders cause depression. There are also college students facing employment problems, they usually need to relax, but it also leads to distractions and diversions.

3.5 Confusing employment issues

In the process of choosing a career, the psychological preparation is insufficient and eager for quick success and instant benefits. Some students have a serious herd mentality. Employment failure or frustration may lead to excessive psychological pressure,

so they can become depressed ^[11].

4. Influence of family factors on the mental health status of college students

When college students have problems in school, in many cases, the seeds of mental health problems are sown during childhood, and the solution to problems also needs the cooperation and participation of families. Family factors are an important factor affecting the mental health of young students. Many studies have shown that some of the psychological problems for college students come from the parenting style, family structure, family atmosphere and family economic situation of their family of origin.

4.1 Effects of different parental education styles

Parents' way of education plays an important role in their children's mental and behavioral development and health. Li Ying ^[12] conducted a questionnaire survey and statistical analysis on 114 students from Jilin Agricultural University, which showed that their parents' education style was significantly related to their mental health and academic achievement. Parents' warmth, care and consideration make their children form enthusiasm, self-confidence, self-esteem and independence, persistence, there are more positive emotional personality characteristics, so as to promote the development of mental health. Refuse, denial of the way of education so that children form humiliation, inferiority, self-accusation, helpless, cautious, indecisive, afraid of being rejected by others, do not understand what is love, More importantly, they have not experienced the psychological process of being loved. Parents' excessive interference in parenting methods makes their children form a lack of self-confidence, excessive self-restraint and dependence and other negative personality characteristics. Parents' severe parenting makes children have a sense of inferiority, helplessness and insecurity. In particular, punishment and strict parenting methods can easily cause children to lose self-esteem, and create anxiety and compulsive symptoms.

4.2 Effects of different family structure

Huang Haibin^[13] used the mental health questionnaire measurement method to conduct a random sample survey of higher vocational college students in Nanning, which showed that there is an inevitable relationship between different family structures and college students' mental health. Students who were raised as left-behind children were more sensitive to contact with people than in other families, and students in single-parent families had higher levels of depression and worse overall levels of mental health. Single-parent family college students' psychological disorder is serious, depression, withdrawn, inferiority complex, and rebellious psychological serious, due to the family structure is not sound, children tend to lose the possibility of communication with their parents, relatively can only get some care, compared with the normal family children, its mind will be a shadow, it is easy to produce sensitive, inferiority complex.

4.3 The Influence of different family atmosphere

A harmonious family atmosphere can make children physical and mental pleasure, and psychological pressure reduction. It is conducive to the benign development of physical and mental health. In disharmonious families, quarrel, doting, indifference and domestic violence will cause different degrees of harm to people's physical and mental health, with doting and violence being particularly prominent.

4.4 Effects of different family economic conditions

According to the studies^[14,15], students with financial difficulties, their mental health level was significantly lower than students without financial difficulties. The lower the family's economic income, the lower the mental health level of the students. Most of the students with poor family conditions from rural areas have to bear more economic and psychological pressure, and most of the poor students due to economic constraints, limited vision and lack

of communication skills, and unable to change the situation, are easy to produce sensitivity, inferiority, depression, anxiety, interpersonal tension and other characteristics. Although college students living in rich families do not have economic psychological pressure, they will also lack frustration education because they have not faced the financial constraints, and may have more mental health problems than poor students.

5. Case analysis

5.1 Information introduction

Xiaojiang, female, 18 years old, a college freshman preschool education professional student, In the first two months of her enrollment, she had a lot of conflicts with her dormitory and classmates, home economic conditions are superior, to the economic requirements for Xiaojiang, parents' education level is not high and too busy in doing business to take care of Xiaojiang, she is brought by her grandmother, her personality is more egotistical. During the final review period of her freshman year, Xiao Jiang's academic problems became more and more prominent. She changed from being late and leaving early to being often absent. In the final exam, she was punished by demerit recording. In view of this situation, the counselor found that Xiao Jiang was depressed, with blind eyes, tired spirit, was not willing to take the initiative to communicate, and had no interest in learning. In the face of cheating punishment, she was indifferent. She seems to have lost the goal of study and life. During the final review period, Xiao Jiang often played video games very late, which affected the rest of her roommates. After her roommate communicated with her, she continued to be a loose cannon. Xiao Li report that Xiao Jiang recently is also crazy about shopping on Taobao, buying a lot of cosmetics and snacks, and feels that something has happened to Xiao Jiang's home led to her recent big changes and abnormal behavior. The counselor contacted Xiaojiang's mother and learned that she and Xiaojiang's dad divorced last month, and Xiaojiang was ruled by the court to be raised by

her father. Because cannot bear her parents' divorce, Xiao Jiang did not call her mother after an argument with with her, believing that she had abandoned her. Xiaojiang's dad usually how not ask about her learning life, only responsible for her living expenses, he felt the best compensation way to give his daughter is to give her more living expenses. Counselors and Xiaojiang communicate many times, after Xiao Jiang has trusted her teacher, she reveals her thoughts. She envied other children whose parents often took them out to play, while she herself had only her grandmother to take care of her life. Xiaojiang also wanted to get along with everyone after entering college, but her inability to adapt to college life caused interpersonal tensions that affected her mood and, in turn, her academic performance declined.

5.2 Cause analysis

The interview with Xiaojiang was face-to-face and lasted about 60 minutes. The interview covered the following issues: Personal information, views on parents' marriage, relationship with parents, time and way of spending time with parents, understanding of family, relationship with teachers, relationship with classmates, attitude towards study, after-school recreational activities, usual pastimes, attitude towards examinations. The results of the interview suggest that Xiao Jiang is dissatisfied with her current family environment and that the breakdown of her parent's marriage is likely to be an important cause of her behavioural habits and psychological changes.

In this case, Xiaojiang's parenting style is typical inaction parenting. Xiaojiang's parents are not highly educated and are too busy with business to take care of her. Her parents' neglected education method makes Xiaojiang insecure. As a result, she will not ask for help from her elders at first but will try to solve the problem by herself. However, the child's consideration is certainly not comprehensive. XiaoJiang is eager for the care of the family, will not maintain a good interpersonal relationship, has no awareness of abiding by rules and discipline, and can not use reasonable means to solve bad emotions.

Looking from the family structure, Xiaojiang's

parents are too busy doing business to take care of the children. She is brought up by her grandmother, because she could not see her parents on a regular basis and it was difficult for them to communicate with each other, and they could not respond to the child's psychological demands and help the child solve her problems. Children brought up by their grandmother tend to be spoiled, causing Xiaojiang to think only from her own perspective in interpersonal interactions, and her behavior is rather selfish, which makes her easily to have conflicts with other students in collective life. The lack of experience leads to intensification of conflicts, indifferent parent-child relationship, tension between husband and wife, and long-term lack of company easy to give children insecurity, leading to Xiaojiang sensitive and suspicious, do not know who to ask for help in special conditions, not good at expressing and venting bad emotions, parents and teachers unable to intervene in time.

The economic situation of Xiaojiang's original family is relatively superior, and parents could meet the financial requirements, resulting in Xiaojiang's relatively selfish personality and unable to accept the refusal in communication. Xiao Jiang's parents only satisfy their children materially, but they are busy making money and ignore their children's psychological need to accompany and communicate, resulting in their psychological passivity and insecurity.

In addition, Xiaojiang's psychological problem also has an important inducement, which is a recent major family life event—parent's divorce. After the divorce, Xiaojiang's psychology is hit seriously, thinking her mother abandoned her, and her dad regardless of her study and life, just providing more cost of living expenses. Children psychologically feel that they did not have a complete home, causing fear of melancholy and abnormal behavior, affecting their study and life.

To sum up, in the case, Xiao Jiang lacked her parents for a long time, and the family structure was unsound. The disharmonious family atmosphere led to her having a strong sense of insecurity. Her parents' simple material education method made Xiaojiang

unable to deal with interpersonal relationship problems well, and she did not develop a strong sense of rules, leading to cheating in exams.

6. Opinions and suggestions on strengthening the family education of college students

6.1 Parents should consciously undertake their educational obligations

Family education's contribution to personal quality in individual growth is more special, which is more subtle and immersed in the mutual communication between families. This deep inner quality has a profound impact on human growth. Once family education is erroneous, it often leads to psychological problems of college students. Therefore, parents must fully realize the status and role of family education, and consciously assume the obligation of mental health education for their children.

6.2 Create a harmonious family atmosphere

Home is always a harbor for us. Parents need to strive to create a harmonious and warm family atmosphere, with a democratic and equal attitude to communicate with their children, patiently listen to their children, let the children can truly show their inner world, nourish children's hearts with love, make the family really become college students' shelter harbor, become a strong backing and spiritual pillar for the healthy growth of college students.

6.3 Scientific family education

Parents should improve their understanding of university education and update their educational concepts, rather than stay in the exam-oriented education stage. Actively support their children outside of the classroom, participate in various school activities, and in practice exercise themselves. Parents should encourage students to make good friends extensively, enhance their charm and improve themselves through learning, and follow the interpersonal

principles of sincerity, equality, respect, understanding and mutual benefit. Parents should first set an example to create a harmonious family and do a good model for their children. Parents should carry out employment education when students choose their majors, and remind their children to choose their professional direction according to their own hobbies and opportunities.

6.4 Parents and schools should construct a good interaction mechanism

Parents should take the initiative to often browse the children's school website or the school sent the relevant notice, timely understand the children's university dynamics, communicate with the children's counselors, and understand the children's daily life in school. Parents can also visit their children in school, and learn about their child's growth track through student-teacher interaction. Schools should also keep in touch and communicate with families, strengthen guidance to students' parents, and provide conditions for family education to play a role.

7. Conclusions

Family education plays a very important role in the formation of college students' personality. Good family education is conducive to the psychological maturity of university students. Parents should strive to provide a good family environment for university students, take the initiative to communicate with their children regularly, understand the confusion and problems of their children in the process of growth, establish a good family culture and build a harmonious family. The role of the family is irreplaceable in guiding university students to have healthy psychology.

Author Contributions

Xu Hongtao's contribution is the literature collection, collation, drafting and revision of the paper. Shen Xuan's contribution is to organize the cases and analyse the cases. Wang Ting was responsible

for the qualitative analysis of the paper.

Conflict of Interest

There is no conflict of interest.

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