A study on the influence of family upbringing style on Teenagers' mental health

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Abstract: with the development of society, modern teenagers are in a high-pressure environment for a long time, which leads to some psychological problems, even suicide and other psychological problems. Each family's educational concept and educational environment are different. How to make teenagers have positive and healthy psychology has become a hot topic in the society. This article will discuss the influence of family upbringing on Teenagers' mental health.

Key words: family upbringing style; teenagers; mental health;

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.

**1. Family upbringing**

**1.1 The meaning of parenting style**

Family parenting style mainly refers to the comprehensive influence of family members' parenting attitude, behavior set and family environment. According to different parenting styles, D. Baumrind, a famous American psychologist, divides parenting styles into four types: authoritarian, authoritative, doting and neglecting.[1]With the youth's psychological problems becoming a hot topic in our society, more and more scholars have conducted in-depth research on family upbringing styles, and reclassified them according to their principles and characteristics. This paper will use Baumrind's classification of parenting style to study the mental health of teenagers.

**1.2 The 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.

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 [2]。

**2. The influence of different parenting styles on children**

**2.1 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. [3] 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.

**2.2 Doting upbringing weakens teenagers' ability to suffer setbacks**

Doting parenting style is "clothes to hand, food to mouth." Nowadays, due to the high cost of raising children, although our country has opened the two-child policy, but due to the influence of the one-child policy, some families treat their children as if they are precious and respond to any demand. In addition, most of the time children's parents lack the company for their children's growth. They hope to meet their material needs to make up for the lack of love for their children. They think that giving more is good for their children. Even if a child makes a mistake, someone will defend him on the ground that he is still young. Long term doting makes children lack the ability to bear setbacks. Especially in adolescence, children are easy to develop self-centered and form the incorrect idea that everyone around them should obey themselves. Especially in adolescence, teenagers are in the age of love. Once the relationship between the opposite sex breaks down, they are extremely prone to revenge or self mutilation and other abnormal psychological behaviors.

**2.3 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. [4] 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 neglect 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.

**2.4 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 problems .[5] 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 authoritarian 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.

**3 On the cultivation of teenagers' mental health**

The growth of young people can not 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.

**3.1 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.

**3.2 Effective communication**

For teenagers, they need to communicate. Equal, calm and effective communication with family members plays an extremely important role in their growth. As teenagers, they begin to pay more attention to material and other people's opinions. For example, in order to have a better looking pair of shoes, but the parents do not understand their own ideas, the child will become irritable and irritable .[6] At this time, parents need to calmly wait for their children's emotions to gradually stabilize, and have an equal dialogue with their children. They should ask their children as friends instead of questioning them, and explain the existing problems, and then put forward specific measures. In the process of communication, we should pay attention to the tone and wording to ensure the effectiveness of communication. [7]

**3.3 Establishing principles**

Under the neglect education, the principle is the most easily neglected by teenagers. Due to the rapid development of Internet equipment, teenagers have a strong ability to receive information. Parents' indulgence makes children exposed to too much negative information in the process of growth. Such extreme practices as threatening teachers and family members with suicide and satisfying their needs for mobile phones and other devices in the form of theft should be completely stopped. Cherishing life and reverence for law are the important principles of teenagers' mental health. In recent years, the frequent occurrence of juvenile criminal cases is the lack of family education principles .[8]

**4.** **Conclusion**

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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