

# The Study on the Influence of Unhealthy Family Environment on Children's Education

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**Abstract:** Education has always been a widely discussed topic, which is of great importance. The development of education has been further promoted by China's strategy of "developing the country through science and education" and "strengthening the country through talents". As a matter of fact, major achievements were made in nine-year compulsory education. Education has shifted from online to offline, which strengthened the stress of whole education industry. In this environment, family education has a particularly strong influence on students, among which parents play a crucial role in family education. This paper analyzes the influence of family environment on education, figures out the problems in family education, and aims to find out the corresponding solutions so that parents can cultivate a more inclusive environment for children.

**Keywords:** Family environment; Family education; Education style; Learning

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## 1. The parent's upbringing

### 1.1 Parents' awareness and education level are insufficient

In the "Intelligent Research Yearbook: Top 31 Higher Education Ranking in Various Regions of China in 2020" launched in 2020, it is shown that the proportion of China's higher education population to the total population is 15.5% in 2020 to date, which can fully reflect that China still has a long way to go in terms of higher education popularization, and there are still most of the people fail to receive higher education with varying literacy levels. The data shows that only 7% of the population in rural areas can enter full-time universities, while the proportion in urban areas has reached 48%, which is sufficient to show that the overall quality of the rural population lags behind that of urban areas, and there is a certain disparity in educational resources. In addition, since the educated population is still a minority, most parents are unable to provide a good family education and learning environment for the next generation. It is also because parents are not well educated that they tend to ignore the importance of education and do not pay enough attention to education, which leads to the inability of the next generation to establish a correct concept of education.

### 1.2 Parents' educational concepts are outdated

In the general education environment, many parents have been raised with the relatively feudal educational concepts of the previous generation, and under the subtle influence, they are prone to apply this old and pedantic educational approach to their children, often ignoring the fact that this educational approach is no longer applicable. In fact, incorrect education methods can cause irreversible psychological damage to children. The newly released State of the World's Children 2021 shows that every year, nearly 46,000 adolescents worldwide die from suicide, and more than 13% of adolescents aged 10-19 worldwide suffer from mental illness. Meanwhile, the report notes that early life circumstances, exposure to violence and abuse, and other personal experiences will combine to affect children's mental health.<sup>[1]</sup>

## 2. Problems prevailing in family education

### 2.1 Inappropriate parenting style

Some parents always educate their children in a violent way, they tend to punch and kick their children. They follow the "filial son under the stick" way of education, which would haunt children. Families are supposed to bring warmth to children, and parents, as their children's guides, should bring love and care to their children, so that they can grow up healthily and happily. On the contrary,

if a child is treated in a violent way because he or she makes a mistake, it will not only bring physical harm to the child, but also cause a psychological damage on them, which will bring indelible trauma to the child's life. To make things worse, child are easy to have a rebellious mentality or even anti-social tendency because of the misery childhood, which may lead children to the wrong path of crime<sup>[2]</sup>.

## **2.2 Parents have inflated expectations of their children**

Parental expectations refer to setting standards for children by which to measure their behavior. Different expectations will also have a corresponding impact on homeschooling styles and children's performance. If parents have low expectations for their children, they may use an indifferent approach to education, while if expectations are too high, they may use an authoritarian approach to education because their children do not meet expectations. There is a close relationship between students' academic performance and parents' expectations. Because students are in the formative stage of their values and do not have a clear concept of achievement, parental expectations are one of the main motivators for children study hard at this stage. If parental expectations are appropriate at this time, they can greatly enhance the child's learning ability. However, inflated expectations would not only kill the child's interest in learning but also put obstacles in children's way of study. It is difficult for children to meet their parents' expectations, and the psychological gap between parents' expectations and reality may affect their homeschooling style, and the disappointment may interfere with children's future learning, destroy their self-confidence, and cause them to suffer from psychological damage, self-doubt, and even self-destruction. Therefore, it is important for parents to set their homeschooling expectations for their children in a proper way<sup>[3]</sup>.

## **3. The psychological impact of family education**

### **3.1 The influence of family on the development of a child's character**

There is no denying that many defects in character are not genetic, they are formed in the process of growing up. For example, introvert children always have introvert parents. During people's childhood, they have the ability to imitate and are willing to do so, if their parents are reluctant to communicate with others, they would apt to social anxiety as their parents.

### **3.2 Problems with the child's self-confidence**

In Chinese society, plenty of parents use pressure type education to teach their children while ignoring it would be a detriment to their self-esteem. Moreover, parents are used to criticize their children whether they make mistakes or not. Consequently, children would lack of confidence when making a decision or encountering difficulties in their life.

## **4. Recommendations for improving the home environment**

### **4.1 Establish a correct concept of family education**

In fact, family education largely depends on the concept of family education. Hence establishing a correct concept of family education is of great significance.

Parents should change the wrong education concept of ignoring their children's needs, instead, they should pay attention to their children's interests and personality, actively create a family cultural atmosphere, consciously buy some books, newspapers and school supplies for their children, and create a good learning environment for them as much as possible. Moreover, they ought to give their children company so as to strengthen the bond between each other<sup>[4]</sup>.

School education also plays its role in providing guidance for parents in terms of education style, critical thinking and educational philosophy, and helping them to establish a correct view of education.

### **4.2 Set an example to regulate their own behavior**

Parents are their children's first and lifelong teachers. The right approach of educating their own children is that parents must correct their position in the family and establish and consolidate their prestige with their noble actions. Parents' infinite loyalty to the party and the people, their dedication to their career, their genuine concern for their children's progress, and their simple and honest style will not only gain their children's admiration, but also enable them to be inculcated in a subtle way, leaving them with valuable spiritual wealth.

### **4.3 Strive to create a good family atmosphere**

The need to create a relaxed, harmonious, equal and democratic family environment is a need that children crave for, a responsibility that we cannot ignore. Maintaining family harmony is a major way of forming child's great personality. If children live and learn in a relaxed and happy environment, they would be more extrovert compared to those who grow up in deep water. To form a good family atmosphere, parents should bear in mind that on no account could they lose temper in their family. In addition, parents ought to treat

their children in a friendly way, for example, making every endeavor to make friends with their children. Equally important, they could buy some books related to study for their children so that they could read books whenever they want.

#### **4.4 Focus on parent-child communication**

Good parent-child communication is not only the foundation for a good parent-child relationship, but also the foundation for the implementation of family education. An important part of parent-child communication is to communicate equally and fairly in a way that is acceptable to the child, and to think from the child's point of view. Therefore, parents should consider their child as an independent-minded and self-contained person. In addition, parents need to actively participate in the parent-child activities organized by the school to enhance the relationship in the game, rather than using work as an excuse, which can easily create a gap between parents and children<sup>[5]</sup>.

#### **Conclusion**

Family, as an important place for children to receive education, will not only inevitably have an important impact on children, but also have an impact on children's physical and mental health in the long-term, from both positive and negative sides. We should promptly find out the problems in family education, and then, admit the mistakes and correct them in time; consider the problems from the child's point of view and communicate equally; cultivate a good family education environment and establish a correct concept of family education. Thus, we can let our children grow up in a healthy and sunny environment.

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