

# The Importance of Family Education to the Development of Students' Mental Health

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**Abstract:** *With the development and progress of society, people pay more and more attention to the education of students, especially family education. A good family education can help students maintain a healthy psychological state, which has a great impact on the growth and development of students. Nowadays, many families have neglected to pay attention to family education, causing some students to have psychological problems. This impact will even have a great impact on students' future life, study, and even life. The importance of family education to students It is obvious that this paper studies this issue in order to be enlightened.*

**Keywords:** *Family Education, Students, Mental Health, Importance*

## 1. Introduction

In addition to school education, family education also plays an important role in the healthy growth of students. It can guide students to form a healthy psychology, good upbringing and good moral character. Parents' words and deeds will subtly affect their children. Parents should lead by example and set an example for their children. When communicating with children, they should try to think from the child's point of view, be the most loyal listener of the child, and listen to the child. Inner voice, use reasonable educational means when carrying out family education, and promote the healthy development of students' mental health.

## 2. Analysis of the Importance of Family Education on the Formation of Students' Healthy Psychology

The impact of family education on students is irreplaceable, and even affects their whole life. A good family atmosphere will help students to form positive three views and noble moral qualities. If a family is full of indifference and disharmony, the students' psychology will be greatly affected by this oppressive atmosphere. [1]Influence, which gradually affects their own character, behavior and other aspects. Compared with school education, family education mainly educates and guides students from aspects other than their learning, which is helpful for students to develop their own personality. If the students are in an unhealthy family environment for a long time, it will easily have a negative impact on the students' psychology, promote the students' psychological distortions or misconceptions, etc., and even lead them to go astray. Therefore, to sum up, good family education is very important for the formation of students' healthy psychology.

## 3. Analysis of the negative impact of defective family education on students' mental health

### 3.1. Lack of parental education leads to student personality problems

Compared with traditional parents, modern parents tend to be younger, and more and more young parents have no energy to take care of their children because they are busy with work, so many choose to foster their children with the elderly. Problems follow. There are many problems in intergenerational education. First, the elderly may spoil their children too much and condone their discipline habits, which can easily make children lazy and even lose their temper. It is not good for the good character development of the child. Second, as the level of social development continues to increase, the elderly are easily disconnected from society due to physical, mental and other reasons. In the process of educating children, the elderly will be accustomed to using traditional education methods and cannot listen to the voices and demands of children in the context of the new era. Accustomed to the doting of

the elderly, they may become introverted and squeamish over time, which is not good for the mental health of students.

### ***3.2. Unreasonable family education methods affect students' mental health***

According to relevant reports, students with a harmonious family environment and a harmonious and warm family atmosphere tend to be self-confident and have the correct three views, and in dealing with others, they tend to be mild-mannered, have self-determination, and handle things in an orderly manner. When some students' families are dealing with problems, their parents often act as parents in order to show authority, thinking that they are older and know more truths, and they are always used to adding their own thoughts to the students. Students who grow up in such a family environment often lack the ability to deal with problems by themselves, are easily impatient when encountering problems, have a strong psychological dependence, and have weak autonomy, and are easily influenced by the thoughts of others. Incorrect family education methods can easily have a bad impact on students' character development. When students deal with problems, they always think that what their parents said is correct and lack the ability to think independently. adverse effects on mental health.

### ***3.3. Parents' educational philosophy is inconsistent, and students' willpower is affected***

Students' willpower is easily affected by family education, and their healthy growth is inseparable from the joint education of both parents. However, some parents are prone to disagreement on their children's educational concepts without reasonable communication. Secondly, due to work or their own family reasons, the education that many students receive is commonly known as widowed education, which is to teach children In terms of education, only the father or only the mother participates in education, and the other takes a stance of neglect or laissez-faire. If students receive this kind of incomplete education for a long time, it is easy to have a bad influence on the psychology of students. For example, compared with students who are jointly educated by their parents, those students who lack father's participation in education tend to lack self-confidence and willpower in character. Choose to retreat when faced with difficulties, etc.

## **4. Strategies to improve family education outcomes**

### ***4.1. Parents should lead by example and set a moral example for their students***

Parents are their children's enlightenment teachers. From the moment the child falls to the ground, from talking to learning to chewing to learning to walk, they all learn by observing their parents' behavior and imitating their parents. In a child's life, parents may be the person who spends the longest time with the child, and the person who has the most critical influence on the child's character development and personality shaping. Family education plays a vital role in the healthy growth of students' mental health. As the enlightenment teacher of children, when parents educate their children, they must first do it themselves, and set a good example for their children, such as requiring children not to grow up. Time to play with mobile phones, you must combine work and rest, and you must first not be addicted to mobile phones before educating your children. Parents should be well-founded in the process of educating their children. They should not always preach to their children from the perspective of adults, but should communicate with their children from an equal perspective and lead by example, so that education can truly enter the hearts of children.

### ***4.2. Respect the child and listen to the voice of the child***

The middle school stage is a critical period for the formation of students' personality, self-awareness and thoughts. At this time, students' psychology is very sensitive and fragile. Parents should actively communicate with their children on an equal footing, respect their children's thoughts, and understand their children's various aspects. kind of behavior. Parents can contact their children in the way of "friends", so that adolescent children can take off their guards in front of their parents without any scruples, and express their distress in adolescence to parents, so that parents can have the opportunity to help children resolve through appropriate methods. [2]Depressed, solve the child's psychological problems. After students enter middle school, their rebelliousness and self-awareness in their youth are gradually amplified. Parents should be good at listening to their children's ideas in the process of communicating with their children. No matter how big or small the children are, they must be their most faithful. The

audience, and promise that the children will keep secrets for them, so as to truly win the trust of the children, and to discover the children's psychological problems in time in the process of communication, so as to effectively help the children resolve their inner troubles. Secondly, parents should guide their children to vent their emotions in the correct way, help children resolve negative emotions, and promote their children's psychological healthy growth.

#### ***4.3. Use reasonable family education methods to promote the development of students' healthy personality***

In a school, a teacher's education object is the students of the whole class. In order to teach students as much useful knowledge as possible and improve the efficiency of classroom teaching, when teaching, teachers will pay more attention to the common problems of the students, and focus on the common problems of the students.[3] The problem is to carry out quality teaching for students, and it is difficult for teachers to give full consideration to the personality problems of students. Therefore, the importance of family education is that it can carry out more targeted education on students' personality problems. Every child is the jewel in the family's palm. Compared with the impact of compulsory education on children, family education pays more attention to the shaping of children's personal characters. To sum up, when parents carry out family education for their children, they should use reasonable educational methods to encourage and support their children to form their own unique personality. When children encounter problems, use a positive, gentle and firm attitude to guide children to overcome difficulties independently, let children have the courage to forge ahead in the face of difficulties, and promote the development of children's healthy personality[4].

### **5. The role of good family education on students' mental health and development**

#### ***5.1. Reduce students' psychological pressure, and help students to develop a good team consciousness***

Family is an environmental carrier that can not be separated from in the process of students' growth and development. As the most important source of social support for students, having a harmonious and relaxed family education atmosphere helps to relieve the psychological pressure generated by students in the process of learning and growth, and has a very important impact on students' mental health. A good family education environment helps students to develop a good sense of teamwork, promote mutual help between students and team partners, and know how to respect peers and respect others. A healthy family education will enable students to have more sound will and more stable emotions. On the contrary, if a student's family lacks a warm and relaxed educational environment, it is easy to produce domestic violence, unprovoked quarrels and other phenomena within the family, such education has a negative impact on the development of students' physical and mental health and development. Therefore, in order to avoid bad family education of negative impact on students' mental health, parents should be disciplined, by their own example, do respect mutual comity, through example, through the life through their good moral cultivation subtly influence students, help students to form tolerance, optimism, positive good quality.

#### ***5.2. Strengthen the communication between parents and the school, and help students to grow up healthily***

In the process of students' family education now, students' parents and teachers communication and communication is gradually decreasing, which causes parents of students in the condition of school, the teacher to students at home status is not clear, which affect the growth of the students education process if the lack of basic communication, lack of student education communication and communication, will let students in the process of learning life appear great confusion and do not adapt. For students' parents, to strengthen the understanding of students school learning life and attention, independently strengthen communication and communication between school counselors or other teachers, by strengthening the communication between them, help parents a more comprehensive understanding of students in the school life and learning, and can timely for some problems existing in the process of learning and growth Suggestions and help, it helps students to grow up more healthily.

#### ***5.3. Promote the cultivation of students' good personality and ideological and moral cultivation***

As we all know, personality is the psychological basis of the three views, the correct three views can

ensure the healthy growth of students, students should have a stable and unified personality form, for the students themselves, can be more conducive to personal smooth and healthy self-growth and development. If we only rely on the guidance of ideas, but also without a healthy and sound personality, the formation and development of the three views cannot play an effective role. Only in the students have a certain personality, it has some internal quality, will match and its corresponding moral tendency, and healthy personality is more conducive to students to form a healthy, good ideological and moral quality, parents' own personal accomplishment, life style, value concept will also have a certain influence on students' personality shaping, etc. Therefore, both parents and teachers, in the education of contemporary students must be used with more rational and more effective methods, to organize family education activities, cultivate students to develop good behavior habits and noble moral sentiment, help students become optimistic and positive, sense of responsibility, independent social talents. Parents must not spoil students too much, and also can not ignore the shaping of students' personality. Therefore, in the face of the rising number of only child now, only child gradually become the focus of the family under the background of parents in family education to avoid only focus on student performance, blind "hope", and should use a good family education, help students to cultivate their own independent personality, grow up to become more beneficial to the country, the social development. Parents must pay attention to the cultivation of children's independent personality in the family education, to promote the cultivation of students' good personality quality and healthy ideological and moral cultivation.

## 6. Conclusion

All in all, family education is very important to a student's personality shaping and the development of good ideological and moral qualities. Nowadays, with the continuous development of the social economy, the phenomenon of students' mental health problems caused by family reasons often occurs. The negative impact of poor family education on students may even last a lifetime. Parents, teachers, etc. Pay attention to. There are still many problem students in our country, and the root cause is the defective family education. It is hoped that through continuous research, publicity and emphasis, more people will pay attention to and understand the impact of defective family education on children, thereby helping to improve family education in problems. I also hope that all primary and secondary school students in our country can live in healthy and happy families. Thrive in the atmosphere.

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