

The Effect of Parent-Child Relationship on Child Development

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Abstract: This study focuses on the effects of different parent-child relationships on children's mental health status. Research method: We selected 334 subjects from grades 3,4 and 5 of several primary schools in Beijing and let them fill in relevant questionnaires, and statistically analyzed the obtained data with spss. Results: Cooperation, leadership and psychological resilience models between parent-child relationship and children's development are significant, and parent-child conflict contributes more, which can significantly negatively predict children's cooperation, leadership and psychological resilience. Conclusion: Parent-child relationship plays an important role in the child development, and the parent-child conflict is more important in some qualities, so the parents need to avoid the conflict in the child development process.

Keywords: Parent-child intimate, Parent-child conflict, Child development

1. Introduction

Family is the crucial environment and condition for the growth of teenager and children. The common saying that “Parents are the best teachers for kids” and “Parents are the first teachers of children” clearly demonstrating the key bonding between parents and children, and also the unreplaceable influence caused by parenting means. At the same time, as the tremendously increasing and developing of society, the attention of people on mental health and psychological illness have been gigantically increasing, especially after the indication of the fact that the trauma suffered in childhood still obtain significant prediction and influence after adulthood [5] turned people’s attention to children mental health and psychological illness. The discussion about parenting relationship thus been highly discussed. People gradually realize the substantial influence and meaning from family atmosphere and relationship to growth and mental health of children. However, in this kind of background, the subsistence that parents ignore the children’s mental problems and stressful relationship are still the issue waiting to solve. In the beginning of 2020, the positively resistance of incoming illness, the time children sharing with parents significantly lengthened, therefore the solved methods of intensely stressful relationship are greatly in need.

A wide range of research taking action to the investigation pf relationship of parents and children. The family of origin is closely related to people's character formation and even future development. A person's behavior style, psychological characteristics, personality characteristics, self-efficacy, interpersonal communication and so on are inseparable from the family of origin [3]. And not only to the individual, family parent-child relationship has a very important impact on the individual, the family and even the society [1]. Healthy parent-child relationship has a good effect on children's future development and character formation. Research indicates that a good parent-child relationship can not only help students to form a healthy character, but also improve the learning effect [2]. The strained parent-child relationship will also have a serious impact on students, and even cause anxiety, depression and other serious mental diseases. Conflict with parents, low parent-child closeness and low parental warmth and care are risk factors for depressive symptoms in adolescents [4]. All in all, stable parent-child relationship could offer help in every respect of the development of children, enable them with better ability. In reverse, stressful relationship may cause issues for the depression and anxiety of future.

In conclusion, we will analysis and research the intimacy and against of the influence on the

development of children on the respect of depression, anxiety, leadership, optimism, cooperation.

This study can further clarify the influence of family relationship on children's quality development. Which enables people with more clearly awareness of the conducive of a good family environment for children's development and the negative effects of a tense family environment for children's growth. To reflect on unhealthy and unhealthy families for children, therefore to provide suggestions on how to build a good family environment and parent-child relationship.

2. Research technique

2.1 Study subjects

The subjects were selected from grades 3,4 and 5 in several primary schools in Beijing, with 334 subjects and 304 subjects with valid data. In the valid data, 157 were boys and 142 were girls (5 data were missing). The mean age of the subjects was 12.21 years old (SD=1.426).

2.2 Research tools

2.2.1 Parentage-child relationship

Using the intimacy (9 items) and conflict (12 items) in Child-Parent Relationship Scale (CPRS) translated by Pianta (1992), the higher the score, the better the parent-child relationship is.

2.2.2 Anxiety

Children's social anxiety scale compiled by the La Greca included fear of negative evaluation (five items), social avoidance and distress (five items), and higher scores indicated greater anxiety.

2.2.3 Depression

The degree of child depression was measured using the brief self-evaluation scale of the Child Depression Scale (CDI), with 1 dimension (10 items). The higher the score, the higher the degree of depression is.

2.2.4 General Self-Perception

Using Harter (1982) (Perceived Competence Scale for Children, PCSC), with one dimension (6 items), the higher the total score, the stronger the self-perception is.

2.2.5 Optimism, cooperation and leadership

The scale was adapted from the character questionnaire. Optimism, cooperation and leadership are all single dimensions (9 items). Calculating the total score, the higher the score is, the stronger the quality is.

2.2.6 Psychological resilience

Using the adolescent psychological resilience table revised by Hu Yueqin and Gan Yiqun (2008), which includes three dimensions: objective focus (5 items), emotional control (6 items) and positive cognition (4 items), we calculate the total score and dimension score. The higher the score is, the stronger the psychological elasticity is.

2.3 Test procedures and data processing

The paper questionnaire is filled out offline in the same form by class, and the main test will read the instruction language uniformly, and the students will fill in the questionnaire uniformly and withdraw all the questionnaires on site. Invalid data and duplicate samples were removed, and the data were collated, counted, and analyzed by spss.

3. Data processing

3.1 Development status of adolescents

Table 1 shows the leadership, optimism, resilience, general self-perception, cooperation, depression

and anxiety status in the questionnaire as well as the status of the parent-child relationship among the children participating in the questionnaire.

Table 1: Description statistics of adolescent development status.

	number of people (N)	average (M)	standard deviation (SD)
Psychological elasticity	303	49.75	7.554
perception	303	20.81	4.174
leadership	303	8.99	2.772
cooperate	303	11.18	1.400
positive	303	9.15	1.843
anxious	303	15.31	4.462
depressed	303	14.73	1.013
Parent-child intimacy	303	29.34	3.440
Parent-child conflict	303	23.64	6.611

3.2 Impact of parent-child relationship on child development

3.2.1 Relationship between parent-child relationship and child development

The Pearson correlation was used to examine the relationship between paternity and child development, and the correlation results are shown in Table 2. The correlation analysis showed a significant negative relationship between parent-child intimacy and child conflict, and the closer the parent-child relationship was, the less conflict between them was. Both leadership, psychological resilience, cooperation, positive, and self-perception were significantly and positively correlated, indicating that the positive qualities that children have are closely related and interrelated. In addition to positivity, leadership, psychological resilience, cooperation, and self-perception are all negatively associated with anxiety and depression, which indicates that the stronger the children with leadership, psychological resilience, cooperation ability, and self-perception, the lower the anxiety and depression index. The relationship between parent-child conflict and psychological resilience, leadership, and cooperation is significantly negative, indicating that children who often conflict with their parents', their ability to maintain skills after stress and setbacks, the ability to lead the team, and cooperate with others will decrease significantly. A significant positive relationship occurred between parent-child intimacy and positive psychology, and the closer the parent-child relationship is, the more positive the child will be.

Table 2: Correlations between parent-child relationship and child development

	1	2	3	4	5	6	7	8	9
1) Parent-child intimacy	/								
2) Parent-child conflict	-0.222**	/							
3) Psychological elasticity	0.108	-0.167**	/						
4) Self-perception	0.074	-0.097	0.672**	/					
5) Leadership	0.073	-0.196**	0.523**	0.549**	/				
6) Cooperation	0.078	-0.147*	0.614**	0.536**	0.472**	/			
7) Positive	0.121*	-0.094	0.301**	0.437**	0.334**	0.478**	/		
8) Anxiety	-0.096	0.033	-0.359**	-0.280**	-0.286**	-0.119*	-0.024	/	
9) Depression	-0.004	0.02	-0.393**	-0.315**	-0.297**	-0.187*	0.035	0.233**	/

Note: ** Level 0.01 (double tail) with significant correlation. * At 0.05 (double tail) with significant correlation.

3.2.2 Regression analysis of parent-child relationship on child development

Regression analysis was used to examine the predictive effect of parents on child development, and after controlling for the gender and grade of children, Model1 examined the predictive effect of parent-child intimacy and child conflict on cooperation. Model2 examines the predictive effect of parent-child intimacy and paternity conflict on leadership. Results of the regression analysis are shown in Table 3. The results of the Model1 showed that the parent-child conflict was a negative predictor of their cooperation ability after controlling for sex and age, and the less conflict between the parents increased. The results of the Model2 showed that parent-child conflict was a negative predictor of child

leadership after controlling for gender and age factors, with less conflict between parents and children, and stronger child leadership. The results of Model3 showed that parent-child conflict is a negative prediction of child resilience after controlling for gender and age factors, and the less conflict between parents and children, the better the child resilience is.

Table 3: Regression analysis of paternity on child development

	Model1-Cooperation			Model2-Leadership			Model3-Mental resilience		
	β	t	p	β	t	p	β	t	p
sex	0.101	1.761	0.079	0.071	1.236	0.217	0.116	2.031	0.043
grade	0.013	0.228	0.820	-0.020	-0.346	0.729	0.111	1.950	0.052
Parent-child intimacy	0.038	0.644	0.520	0.017	0.283	0.778	0.071	1.216	0.225
Parent-child conflict	-0.143	-2.407	0.017	-0.194	-3.293	0.001	-0.149	-2.542	0.012

4. Discussion

Gender and age were used as the control variables, parent-child conflict and parent-child intimacy were used as independent variables, and mental elasticity was used as the dependent variable to conduct multivariate regression analysis. The results of regression analysis are shown in the table. Parent-child conflict served as the significantly negative prediction to mental elasticity ($\beta = -0.149$, $p < 0.05$). Parent-child intimacy served as the insignificantly positive prediction. ($\beta = -0.071$, $p = 0.225$)

Parent-child conflict refers to psychological estrangements, verbal disputes and behavioral attacks due to certain causes between parents and children[6]. The characteristics of parent-child conflict involve the frequency, intensity, patterns of manifestation, content, initiative and coping strategies of parent-child conflict[7]. Parent-child intimacy refers to the warm and close emotional bond between parents and children. It is not only reflected in the active interactions between parents and children, but also in the close feelings psychologically felt by both sides[8]. The degree of intimacy between adolescents and parents is relatively stable when it comes to the variations in adolescence and parent-child conflict. In this study, the parent-child relationship refers to the interpersonal relationship of parent-child conflict and intimacy concerning the emotions and behaviors between parents and children. Parent-child conflict and parent-child intimacy can coexist at the same without being contrary[9]. according to the results of regression analysis, parent-child conflict can negatively predict students' mental elasticity. Students who have more conflict with parents tend to demonstrate worse mental elasticity. Parent-child intimacy does not serve as the significantly positive prediction of mental elasticity, which is not in accordance with previous research[10]. One possible reason was that certain issues occurred in the process of translating, revising and localizing the entries of measuring parent-child intimacy. Therefore, it can not effectively adapt to the measurement of the parent-child relationship in Chinese culture. Another possible reason is that mental elasticity is affected by multiple factors, including individual factors, family factors and factors in addition to the family[11]. Moreover, there are various influence factors within the family---parent-child attachment, parent-child relationship and parent-child communication have an unconscious influence on the development of mental elasticity. Mental elasticity is the ability to help individuals fight against adverse environments[12]. Ju-Zhe Xi contended that for individuals with more mental resilience, they showed better performance in terms of self-efficacy, sociability, universal values and perceptions of external environment than those whose mental resilience is yet to be developed[13]. Mental resilience has a huge impact on the life and study of students. It is an indispensable prerequisite to the healthy development of adolescent psychology and physiology. Meanwhile, healthy and sound mental resilience can help individuals effectively relieve negative emotions like depression and pessimism, and keep a positive attitude towards life.[14] Bronfenbrenner proposed the ecological system theory. This theory focuses on the impact of natural environment on individual development. Besides, the environmental system that influences individual development is divided into a whole set of nested structures. Meanwhile, this theory concludes four primary environmental systems, i.e: microcosmic, medium, exterior and macroscopic systems [15]. With the growth and development of individuals, the scope of their activities keeps expanding, and the environmental systems increase as well. The microcosmic system connects individuals with the environment and directly influences the individual development. Family is the first microcosmic system that has an influence on individual development. Therefore, undeniably, among the factors of the external environment, family is the environment mostly linked with individuals. It has a significant

impact on the mental elasticity of individuals. Furthermore, in the family environment, the quality of the fundamental and important parent-child relationship plays a critical role in the formation of mental elasticity.

5. Conclusion

The assertion that parenting is a crucial part of children's growth has long been held and proverbially accepted. The harmonious families atmosphere play an essential part in the development of children. It is held by much previous research that healthy parent-child relationships have positive effects on children's future development and character formation. The intimacy and harmony in parents-children relationships, tremendously influence many valuable qualities of children, including positivity, resilience, elasticity, and so on, and thus affect depression and anxiety levels. Therefore, in rising children, parents should focus on building harmonious relationships and families atmosphere, encouraging the cultivation of precious quality and thus fostering mentally healthy children.

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