

An Exploration on the Path of Contemporary College Students' Psychological Health Education from the Perspective of the Influence of Family of Origin

Tianzi Dong

Xi'an University of Architecture and Technology, Xi'an, Shaanxi, China

Abstract: Psychological health education is an important task in the daily work of counselors. In author's daily interactions with students, it can be found that students' psychological problems can often be traced back to some triggers in their original families. The environment of one's own original family plays a decisive role in a his character development and personality cultivation. For college students, family education, family structure, family atmosphere, and family economic status can all affect their psychological health development and even personality formation. This article analyzes the impact of family of origin on contemporary college students through case studies, and proposes coping strategies for psychological problems in the original families.

Keywords: family of origin, college students, psychological health education

Introduction

Psychological health is one of the most socially concerned issues for college students during their school years, and it is the most important foundation for their comprehensive development. It is also one of the nine major responsibilities of a counselor, which shows how important psychological health education for college students is. In the author's years of student education work as a counselor, she has encountered many psychological and personality problems that can be traced back to their upbringing in their original families. Most students with psychological problems do not develop suddenly, and the fundamental causes are rooted in their original families.

Each of us starts our growth from our own family of origin, which is the most sustainable and subtle influencing factor for us, and also an important factor that we should pay close attention to at all stages of education. When the family of origin brings warm and loving education to children, the home becomes a safe haven for them. But when problems or changes occur in the original families, the psychological and living conditions of children will also change accordingly. Therefore, in the management of higher education, we must clarify the impact of family factors on the psychological health education of college students, and find specific and targeted measures for psychological health education and management to improve the psychological health education problems caused by the influence of family factors on college students. So, guiding students to cope with and handle negative family influences correctly through appropriate psychological health education, and promoting their healthy growth, is also one of the important goals of higher education management^[1].

1. Why study the influence of family of origin on the psychological health of college students

1.1 Most psychological problems and personality traits come from the family of origin

A survey conducted by the Social Survey Center of China Youth Daily on 2000 respondents showed that 79.6% of them mainly form their living habits from their original families, 56.2% inherit the values from their original families, and 53.1% deal with their interpersonal relationships like their parents. It can be found that the majority of their psychological problems stem from their families of origin through psychological documentation, interviews, and daily psychological health education for students. Therefore, researching and understanding the family of origin is beneficial for us to quickly identify the deepest root causes of psychological problems in students' daily work, and better solve students' psychological problems.

1.2 It's helpful to strengthen home-school cooperation in education

The education management of college students is actually closely related to their original families. Home-school cooperation can help better cultivate students' growth and all-round development. However, in practical situations, the author often finds various of problems. Many students' psychological problems or personality traits are influenced and inherited by family members. The problems that exist in children can often be seen in parents, so parents cannot realize the problems in their children, or in other words, the attitude of parents towards their children's existing problems is relatively contemptuous and evasive. This phenomenon impacts significantly on students' ideological and political theories formation and psychological health education. On the contrary, if students' family is willing to actively cooperate with the school, the student's psychological problems can be quickly and efficiently solved^[2].

1.3 Characteristics of contemporary college students

The students the author took with her were "post-00s" college students, and the generation "post-00s" grew up in the environment of Internet and technological development, with developed and numerous information media. They are currently receiving higher education and are full of vitality and vigorous growth, possessing a new era thinking mode. They also have certain advantages in learning ability, thinking ability, practical ability, and other aspects. Compared with the previous group of college students, the individuality of "post-00s" college students is more significant. There are more convenient ways for them to obtain rich information to help them understand the world. The diversity of information and the development of modern communication media also give them more space for thinking and expression. A series of changes are subtly influencing the lifestyle and personality development of this generation of "post-00s" college students^[3].

2. What factors of the family of origin impact the psychological health education of college students

2.1 Family economic status

In everyone's upbringing environment, the first influencing factor brought to us by the family of origin is the family economic status. Previous research has shown that students from poor families are often more prone to psychological problems such as inferiority and anxiety than students from wealthy families.

For example, there is a student named H among the undergraduate students registered in 2019. He comes from a remote small village in Ningxia, with difficult family conditions. The family relies on meager income from farming and government subsistence allowances to barely make ends meet. Before the start of his freshman year, his grandmother passed away. After his grandmother's funeral, he only brought 400 yuan and a few old clothes to school. After entering university, he came into contact with various classmates, and H, who was already insecure and shy, became even more insecure and rarely communicated with his classmates. The tuition and living expenses during school also made him deeply feel guilty towards his parents. In order to save money, he seldom has dinner with his classmates, and barely ate 2.5 yuan of instant noodles and 0.5 yuan of Mantou for each meal^[4].

The author deeply feels the enormous impact of family economic conditions on students who are just starting to live independently in terms of their views on money, consumption, personality, psychological problems, and other aspects. Such impact may change students' personalities, and even alter the choices they make at every fork in the road in the future.

Therefore, it is particularly important to provide correct encouragement and guidance to such students when they enter university.

2.2 Family structure

In short, family structure refers to the composition of members in a family, which is also a major influencing factor on a person's personality during their growth process. For example, children who grow up in single parent families may develop negative emotions or even develop bad personality habits due to a long-term lack of fatherly or maternal love.

For example, there is a student called W. She grew up in a single parent family and has been living with his mother since his parents divorced. Her mother has been busy with work to bear the financial pressure of the family. Just like Nana in the movie 'Crossing the Furious Sea', W has never received enough love and companionship since childhood, resulting in her extreme personality. After entering university, W placed this emotional deficiency on her boyfriend and has been searching for someone who loves and accompanies her to the extreme. Once the novelty between them two fades away and their relationship returns to plain, she would think that the love she has received will disappear and will take some extreme actions. It can be seen from this that changes in family structure caused by the absence of certain members in a family may affect a child's personality formation and even lead to psychological problems^[5].

2.3 Family atmosphere

Unlike the previous situations, some families have sound family members and complete family structures, but the family atmosphere is not good. Parents often argue or even beat and curse, and living in fear of arguments for a long time can create many psychological shadows for growing children. These shadows can also affect the formation of children's personalities and even trigger psychological problems.

There is such a student, referred to as Z in this article. The student's family is a standard family. She should have had a happy childhood and received all the love from her parents. However, her parents had a strained relationship since childhood, they chose not to divorce in order to provide her with a sound family. Although this ensured the soundness of the family, she grew up in an environment filled with arguments and responsibilities. The student said she felt that her childhood was all shadows, like forever shrouded in dark clouds. Therefore, she chose Xi'an City when filling out college application forms, which is far away from her hometown, hoping to get rid of that home full of arguments and negative energy. In daily study and life, when there is no family involved, Z is a lively and lovely little girl who loves to laugh. As long as she communicates with her parents, she will become depressed, like a different person. This also shows that the relationship between parents or the family atmosphere directly affects a child's personality and psychological health education^[5].

2.4 Family education

Every family has different ways of educating their children, which is due to various factors such as geography, customs, cultural level, and even the education methods inherited by parents from the previous generation, all of which result in different ways of moral education for each child. Psychologists have roughly classified family education methods into laissez faire, indulgent, strict, and authoritative, and the personality and psychological state formed by each child during their growth process are closely related to the education method they receive. Therefore, regardless of the type of education method, it will have varying degrees of impact on their physical and mental development.

For example, there is a student named G. The student grew up in Xi'an city from a young age and came from a relatively privileged family among classmates. She is an only child and has been showered with countless favors since childhood, being treated like a little princess. But after entering university, for the first time, she lived independently and solved all the problems she encountered in life on her own. Even though she had never washed clothes since childhood, she piled up dirty clothes for a week and only took them home to wash them once on weekends. These made her extremely uncomfortable. In addition, she also showed many problems in interpersonal relationships. She became accustomed to being the focus at home and being self-centered and able to achieve whatever she wanted. In college life, she unconsciously incorporated these habits into her interactions with classmates and roommates, and her parents were not

around to help her solve problems. Students are prone to adaptation problems psychologically. Resulting in the emergence of many contradictions. This series of discomforts has made her negative and depressed, even leading to feelings of depression.

The situation of G reflects the influence of the education methods of the family of origin on students' values and interpersonal relationships. However, humans are social animals and can never stay under the wings and protection of their parents forever. These influences will eventually have varying degrees of impact on students' psychological conditions^[6].

3. How to better carry out psychological health education for college students from the perspective of family of origin

3.1 Establishing a comprehensive system of home-school cooperation and communication

Before entering university, most students live in their familiar hometowns, surrounded by close family members. Many students have never left their families since childhood, and the moment they enter university means the beginning of independent living. These students move away from their hometowns and parents for the first time and live in collective dormitories. Communication and contact with their parents have also shifted to online methods such as phone and WeChat. This inevitably leads to parents having less and less understanding of their children's current situation, making it difficult for parents to timely understand their children's psychological status at a deeper level.

Therefore, as ideological and political teachers on the front line of student work, we should pay more attention to strengthening communication and contact with parents in future educational management work, rather than only contacting parents when things happen. For example, establishing various convenient ways such as parents WeChat groups and parents message boards to timely convey students' school situation.

In addition, as counselors, we should first have a better understanding of the students' family background when interacting with them, and timely grasp whether the family background poses any hidden dangers to their psychological health education. We can identify and grasp the psychological problems of students in advance, effectively prevent the occurrence of psychological problems, help students overcome psychological crises, better adapt to university life, and complete their studies^[7].

3.2 Improving students' personal and family files

In the gradual exploration of counselor work, it was found that mastering and analyzing specific information about students' original families is very important for solving students' psychological problems. Therefore, in student information statistics, detailed investigations and statistics were conducted on students' personal, family structure, parents' basic information, personality traits, interests and hobbies, personal values, medical history, family economic income status, major changes in the family, etc. The collected data results were carefully summarized, evaluated and analyzed to gain a detailed understanding of students' family situation and psychological health education level, laying a solid foundation for better psychological health education in the future.

For some students whose families of origin already have hidden psychological problems, separate records and organization should be made for their files, and a joint concern and regular follow-up should be formulated with dormitory leaders, class monitors, psychological committee members, and counselors to timely grasp student dynamics, solve problems in a timely manner, and prevent students from experiencing psychological crises.

3.3 Relying on social forces to promote national awareness of psychological health education

From childhood to adulthood, family is an essential component of everyone's growth process, and it is also the first school we face in the world. The psychological health education status of parents, as well as their awareness and emphasis on psychological health education, all affect the physical and psychological health education development of children to varying degrees. In the four cases analyzed in the previous text, it is not difficult to see that to a large extent, the cognitive and educational deficiencies of parents in the development of psychological or personality problems in each student are the dominant factors.

Looking at the education model of China, Chinese citizens generally do not attach enough importance to

psychological health education. Especially for some students from remote areas or neighboring villages and counties, their overall awareness of psychological health education is weaker. Most of them define health based on external factors such as physical organs, unaware that psychological health education is equally important as physical health, and even psychological problems will accompany people throughout their lives. There is a saying that the childhood of some people can heal their entire lives, while the entire lives of others are needed to heal their childhood. The author thinks the childhood in this sentence is largely related to the family of origin. According to a survey by the World Health Organization, one in every three people worldwide has mental disorders, and mental illness has become the second largest problem affecting people's quality of life after cardiovascular disease^[8].

Therefore, the author believes that in addition to schools and families, there is also a need to rely on various social forces such as communities, governments, and psychology experts to promote and popularize psychological health education knowledge through various channels such as the internet and media, enhance the importance of psychological health education in the whole society, enable college students to grow up healthily in a good family environment, campus environment, and social environment, and also play a good role in promoting psychological health education in colleges and universities.

4. Conclusion

The changes in modern family environment have had a significant impact on the development of psychological health education in colleges and universities. As a counselor, one should fully understand the situation of students and respect their individuality and differentiation. In psychological health education, personalized education programs should be tailored to different students' growth environments and personality traits. The influence of family factors on "post-00s" college students is increasing day by day. As a long-term influencing factor, family factors will directly affect students' personality and behavioral habits, leading to their academic life, interpersonal communication, and other aspects being affected during their school years. In carrying out psychological health education work, counselors should respect the individuality and differences gradually formed in students' growth process, and carry out psychological health education work according to individual needs and differentiation.

Conflicts of interest

The author declares no conflicts of interest regarding the publication of this paper.

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