



An Analysis of the Influence of Family Cumulative Risks on Adolescents' Mental Health

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DOI: 10.32629/aj.n.v2i3.607

Abstract: Family education is the foundation of a person's growth and development. When the risk factors in the family accumulate to a certain level, it is easy to have an adverse effect on the mental growth and personality formation of adolescents, and affect the mental health of adolescents. This article analyzes the influence of family cumulative risks on the growth and development of adolescents from various angles, and based on the analysis, we propose corresponding family education methods, aiming to put forward certain guidelines for the advancement of current family education. That includes, attaching importance to children's mental health education, providing necessary dredging and counseling for children, promptly preventing and solving psychological problems, paying attention to children's learning and life problems, paying attention to teenagers' personality problems, and correctly handling family members' relationship.

Keywords: adolescent mental health, family cumulative risk, psychological problems

An important fundamental for the mental health of adolescents is that parents shall have a healthy and sound personality and a correct view of childcare, which creates a harmonious family atmosphere for the growth of their children. However, in the process of many family operations, there will be some risks of family fragmentation and incorrect family education concepts, which will accumulate to a certain extent and lead to psychological problems in the growth of young people, which will adversely affect the healthy growth of those children. For this reason, family education should fully pay attention to this, find out the signs of mental illness in the children's growth process in time, and solve them as soon as possible.

1. The influence of family cumulative risks on the growth of adolescents

1.1 Family education constitutes the foundation of the mental development of adolescents

In addition to social external factors and school factors, family education plays the most critical role and is also the most critical element in the development and growth of adolescents. It constitutes the important base of the psychological development and growth of adolescents.

The family is the first and most lasting environment that a person comes into contact with after birth. Under the long-term infiltration of the family, the physical and mental development and moral quality of students may be affected to a certain extent. Most of the child's growth is carried out in the family, and the parents' way of thinking, moral concepts, and behaviors have a certain influence on the students in a subtle way. If there are elevated levels of risks in the family education environment, and after a long time of accumulation of the risks, it will have a relatively negative influence on the child's mental health growth. For example, parents' overdoing and indifference to the child will affect the child's psychological development and growth. It is more unfavorable. After the risk factors accumulate to a certain level, it will affect the child's personality development and growth.

1.2 Family structure affects children's mental health development

The growth of a child is carried out under a certain family background. If a family structure has problems, it will easily have an adverse effect on the growth of the child. Family structure refers to the composition and order of family members in a family.

Under the background of the diversified development of the current society, the family structure has also undergone major changes in the social development of our country, gradually changing from a traditional big family to a small family development model. Under the combined effect of economic and social factors, the stability of the current family has gradually declined as well. Specifically, there have been increasing numbers of intergenerational families, migrant families, nuclear families, and backbone families. Significant changes in family members are easy to bring adverse effects

on children's normal growth and psychological development.

A family is composed of several family members, and a relatively stable and intimate relationship has been formed through long-term relationships. Once this development model is broken due to external factors and internal factors, it will have an adverse effect on the normal growth and development of adolescents, leading to certain problems in the psychological development of adolescents. The common manifestations include premature death of parents, divorced parents, separation of parents, not living with parents, etc. This type of composition mode of family members can easily make adolescents lose their spiritual support during their development and cause greater mental trauma to the growth of adolescents. Young people feel at a loss when facing the world alone. In the process of life and learning, they appear confused, emotionally unstable, behave abnormally, having difficulty integrating into the group, often feel lonely and helpless, and have nowhere to go. Especially in the context of the current high divorce rate, children from divorced families are more likely to have certain psychological problems than the children raised in normal family relations. The common manifestations are reluctance, low self-esteem, school-weariness, and rebelliousness. Strong psychology is not conducive to the growth of children. It can be seen that the incomplete family structure impairs children's normal growth, personality development, and character development, and leads to children prone to certain psychological problems. After such risk factors accumulate to a certain extent, they are easy to break out and have adverse effects.

2. Family education provides necessary interventional mechanisms for children

The family is the first firewall to protect children and the golden key in solving problems. For this reason, in family education, parents should pay full attention to certain psychological problems in their children's growth, including children's learning, life, and interpersonal communication, and guide children to develop a good life through necessary interventions to avoid serious consequences caused by the accumulation of problems, and promote the healthy development of the child.

2.1 Attach importance to children's mental health education

Based on the important role and influence of the family on the mental health and growth of adolescents, it is required to give full attention to the children's mental health education in family education, and to incorporate mental health education and guidance into one of the important contents of family education. Human mental activity is a product under a certain environment, and is a special result of brain activity over a period of time. Brain activity reflects various types of mental activities of the human body. The objective environment faced by adolescents in the process of growing up can be processed and processed by the human brain, and finally reflected in the human brain. Therefore, mental activity is the human brain's response to the objective external world. A cognitive reflection.

Especially during the outbreak of the new COVID-19 pandemic in the past two years, the learning and life of young people have been greatly affected. The development and changes of the surrounding social environment have had a certain influence on the young people's psychology, which will be projected to the young people's mental activities and physical mechanisms. During this period, certain emotional and psychological changes occur. In order to promote the resolution of such problems, parents are required to pay attention to the children's psychological state and behavior in the process of family education, and prevent and solve psychological problems in a timely manner through necessary dredging and counseling.

2.2 Pay attention to children's learning and life problems

Learning is the main line of life for adolescents. In family education, parents are required to focus on their children's learning problems and life problems. Through daily life and observation, they can promptly discover the problems faced by their children in life and learning, and pay attention to and solve it from the family education level.

The emergence of the new COVID-19 pandemic in 2020 and the sporadic and recurrence in the subsequent stages have had a greater influence on the learning and life of young people. Many students are forced to adopt to online learning, and schools have also turned the main battlefield of teaching activities into online teaching, which puts forward higher requirements for students' perseverance and self-control. In family education, it can be seen that some students lack self-control, lack of enthusiasm for learning activities, lack of good study habits, insufficient concentration in online learning, and even aversion to learning, which is different from traditional school classroom teaching and learning. Compared with the way, there is a big difference.

For example, in recent years, the suicide incidents of primary and secondary school students have shown a trend toward a younger age. It should be a stage when children live and study happily, but they are connected with suicide. Xu Haoyu, a 17-year-old boy from Zhengzhou, committed suicide by jumping off a building on May 12, 2020. On April 11,

2021, Yang Yang, a primary school student in Jiangxi, fell to his death on the first day of school. He repeatedly stated that he had too much homework and was under great pressure. In the immature written suicide note, there appeared the words "I can't take it any longer", and he said that he was a child with "incurable". These tearful facts illustrate the importance and necessity of paying attention to children's psychological problems, and communication with children should be strengthened to avoid serious consequences.

Some teenagers also show certain problems in their daily lives, such as not paying attention to hygiene habits and relying too much on their parents in their lives. This is detrimental to the healthy growth of young people. Therefore, this should be paid full attention to in family education activities. Parents should observe and judge the children's problems in study and life in time, and correct them in time in the family education, and provide necessary guidance to the children. Especially in the context of the outbreak of the COVID-19 pandemic, parents should provide necessary comfort to their children, guide them to develop good learning habits and living habits, and promote healthy lives and happy learning for children. This helps to stifle the psychological problems in the cradle, so as to promote the good growth of young people.

2.3 Pay attention to youth personality issues

One of the important manifestations and embryonic forms of adolescents' psychological problems is personality problems. Therefore, it is required to pay full attention to the personality problems of adolescents in the education process, and take it as one of the important directions for the attention of adolescents' psychological problems. Under the influence of various factors such as the current external development environment and the young people's own growth environment, young people are prone to a variety of personality problems during their growth. For example, the only child who receives excessive attention from parents and grandparents in the growth process is prone to problems such as self-centeredness, lack of empathy, and insufficient sense of unity and cooperation.

Due to insufficient parental attention in the growing environment, some teenagers are prone to be sensitive, suspicious, shy, difficult to express themselves, and difficult to integrate into the group in life and study, which has a negative influence on the normal learning and life of teenagers. Under the background of the combined appearance of multiple elements, some personality problems are prone to appear in the growth of adolescents, which are disadvantageous to their normal growth and development. Therefore, we should pay full attention to this in family education. Through careful observation, we can find out the signs of personality problems in the child's growth process in time, and provide necessary guidance to the child, so as to promote the development of a good personality in the child. Parents should intervene in time when there is a problem, to promote the children to form a correct understanding of the events at the time under the specific situation, and cultivate a good soil for the formation of the child's character.

2.4 Properly handle the relationship between family members

The intimate relationship in the family environment has a greater influence on the development of children's character, and to a certain extent affects the child's mental health. Therefore, in the process of family education, the relationship between family and relatives should be handled correctly for the child's normal health. Grow and create a good family atmosphere.

For example, in the mother-killing incident of Wu Xieyu, a son of Peking University who shocked China and foreign countries, the lack of paternal love, the death of his father, and the harshness of his mother led to the formation of a deformed dependency relationship between him and his mother. In the case of long-term accumulation of family problems, although Wu Xieyu has good academic performance, some problems with personality performance and psychology eventually led to the serious consequences of mother-killing and negative social influence.

Especially children who grow up in reorganized families, broken families, single-parent families and other environments are prone to some psychological and character problems. Children's defense mechanisms are more obvious. They may not be able to integrate into group activities, and their personalities may not be well-developed. Therefore, in family education, parents should pay full attention to such problems and give their children a good growth environment and room for growth. Parents should pay attention to guiding the child's close relationship with other family members, creating a healthy and good growth atmosphere and environment for the child, so as to promote the further development of the child. It is necessary to avoid the appearance of bad elements in the children's personality, promote the children to develop a good and healthy mental state and emotional state, and build energy for the children's learning and growth.

3. Concluding remarks

Good family education is conducive to promoting the healthy and happy growth of young people and promoting their mental health. On the contrary, if the risks in family education accumulate to a certain level, it will easily cause some

psychological problems in the growth of adolescents, which will affect the normal growth and development of adolescents. Therefore, parents should pay full attention to family education. At the level of family education, it is necessary to pay attention to and solve the personality problems of adolescents, create a good family atmosphere for the normal and healthy growth of children, and promote the healthy growth and development of children.

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