

The influence of family education on Pupils' mental health

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Abstract: the psychology of primary school students in society, schools, communities and families will be affected by many factors, and the family environment is the most direct, profound and lasting influencing factor. This paper will specifically explore the impact of family education on Pupils' mental health, and put forward corresponding strategies to improve the quality of family education, so as to create a family environment more conducive to pupils' learning and growth, so as to improve pupils' mental health level.

Key words: family education; Primary school students; mental health

At present, primary school students in China are facing more and more learning pressure and psychological pressure, and more and more students are facing different degrees of developmental psychological problems. The psychology of primary school students in society, schools, communities and families will be affected by many factors. The family environment is a more direct, more profound and lasting influencing factor than the school environment. The quality of the family environment plays a very important role in the mental health of primary school students. How to do a good job of primary school students' mental health education service and build a feasible mental health education system has become a common concern of primary schools, teachers, parents and even the society.

1. The influence of family education on Pupils' mental health

The influence of family environment on Pupils' mental health is multi-level, multi-faceted and irreversible. Parents are the children's first teachers. Children acquire relevant knowledge and experience through observation and imitation. Parents' words and deeds may seem casual, but they will have a subtle impact on children. Negative emotions will have a more direct impact on the children's mental health. If parents often vent their emotions, quarrel, fall things, etc. in the family environment, It will frighten the child and make the child have a psychological state of self-confidence. More serious, it will form a psychological disease. The relevant results of the survey and research show that most primary school students who live in a bad family atmosphere from childhood are more withdrawn, grumpy, and lack confidence. They can not deal with interpersonal relationships well in the process of communicating with others, which will lead to serious emotional consequences such as depression and anxiety. Most children who grow up in a good family atmosphere are full of vitality, fun, self-confidence, strong self-control ability, and good at dealing with various interpersonal relationships, which shows that the family environment plays an important role in children's mental health. In the family, the intimate relationship between parents and children, emotional expression, knowledge and entertainment in family education will have a significant impact on the family atmosphere.

Foreign scholars have found that families with poor entertainment will cause their children to be introverted and sensitive; Families with frequent conflicts will cause their children to be sensitive and emotionally unstable; The more parents control their children, the more likely their children are to have depression, anxiety and other emotions, and the worse their ability to accept the society; Families full of contradictions and domestic violence will directly lead to children's psychological problems such as depression, anxiety and bipolar disorder, which will seriously affect the children's mental health level.

The research results of domestic scholars show that the educational level of parents will affect the mental health level of their children. The higher the educational level of parents, the lower the possibility of their children showing tension and anxiety; The degree of parents' interference and severity to their children are significantly correlated with their children's emotions, anxiety, learning pressure, etc. The more parents interfere with their children's study and life, the more severe their attitudes are, the more negative emotions they have.

2. Problems in family education

The future of children is created by the parents of "sculptors". With the development of economy, more and more parents begin to pay more attention to their children's education, but most parents often lack the methods of educating their children, and even have some wrong perceptions. The main wrong perceptions can be roughly divided into two kinds: the misunderstanding of educational concepts and educational methods.

2.1 Misunderstandings of educational concepts

1.Excessive reliance on school education. The importance of school education is self-evident in the minds of most parents. What's more, they believe that school teachers are enough for children's education. Learning and education are all teachers' affairs, and teachers are the first responsible person for children's education. Family education and school education cannot be compared or separated from each other. School education pays more attention to students' knowledge education, while face-to-face education needs more family education to undertake. Only when the two cooperate with each other can we cultivate students with both ability and political integrity.

2.Neglect mental health. According to a survey, 80% of children now feel unhappy. This result is shocking. With the rapid development of the economy, many parents think it is OK to take good care of their children's daily life and their physical health, but ignore the most important point, that is, the mental health of children is also important. Primary school is a critical period for children's growth, especially for the development of mental health. Parents need to pay attention to their children's psychological problems, discover negative emotions in time and give correct guidance, so as to help cultivate their good personality and character.

3. Ignore self improvement. Children's role models are parents. Some behaviors of parents will be imitated by children. Children's behavior is the epitome of a family. Many parents are not well aware of their importance and think that children must listen to their parents. Some parents even impose their ambitions or unrealized ideals on their children, which virtually increases the pressure and anxiety of their children. The role of parents in family education is very important. Parents need to set up a good image for their children, do what they don't want to do to others, treat their children as an independent person, learn and progress together.

4. Premature knowledge education

Parents hope for their children too early, ignore the basis of their children's brain development, put the burden of learning pressure on their children too early, and turn the family into learning. At the beginning of primary school, children are curious and lively. Parents tend to ignore their children's characteristics, force their children to be quiet and sit at the table for a long time, and force their children to accept the knowledge of higher grades, which is easy to cause their depressed psychology. In fact, violating the laws of education, forcing children and complaining that they are not smart will strike children's interest in learning and make them fear and fear difficulties in learning.

2.2 Misunderstanding of educational methods

1. Rough education. Some parents use the simplest way to educate their children and punish them blindly, because they believe that when punishment appears, their children will stop acting, and even believe in "filial piety under the stick". When a child shows the right behavior, but shows indifference and praise is not timely, he always sees his shortcomings and ignores his advantages, and the final result will make the child feel insecure.

2. Comparative education. In daily life, it is not difficult to see many children running between various training classes. Weekends are full. Parents are also busy picking up and returning. They are tired and think that their children cannot lose at the starting line. Some parents compare their children with others in the daily process of educating their children. The "children of others" are always perfect, clever and sensible, and even use derogatory words to educate their children in the process of trying to inspire self-respect. However, children's development has its own characteristics, and its development speed, mode of thinking and interests are different. Parents should treat children correctly.

3. Blindly pursue results. A very important evaluation method in school education is test scores. Many parents like to pursue high scores. In this process, they may ignore their starting point and hope to see their children's progress. We should not ignore the efforts and hard work of children in this process. We should respect individual differences. In many cases, this process is more important than the result, because only seeing the effect will lead to blind judgment. Only by understanding this process can we improve the adequacy and effectiveness of teaching.

3. Strategies and suggestions

1. Establish a correct concept of family education

Correctly recognize the irreplaceable role of parents in children's mental health education, actively shape a good family environment, and pay attention to children's mental health education. Correct the misunderstanding of education concept, actively participate in children's life, often interact and pay attention to children's emotional reaction, and assume the responsibility of family education. Find out the child's psychological changes in time, and be patient. When the child is found to have mental illness, don't avoid seeing a doctor, and treat the psychological problems correctly. Learn to praise in daily life, see the highlights and advantages of children, avoid critical education, learn to applaud children, and use positive language to strengthen the correct behavior of children. Encourage children to try bravely and reduce decision-making interference. Curiosity in childhood is at the stage of development. Curiosity is a necessary condition for creativity. Children can be encouraged to try more under the premise of safety, avoid prohibiting education, and guide children to face failure correctly and keep trying. On the premise of respecting the child's physical development, discuss goals and methods together to reduce the behavior of comparison. Treat children's academic performance correctly. Academic performance is not the only standard for evaluation. Academic performance is only one of the means to check the learning effect. Strengthen the combination with school education, cultivate more interests outside school, enrich after-school life, and develop positive psychological quality. Teach children to be independent, avoid excessive dependence, correct wrong education concepts and wrong education methods in time, and provide a safe and warm family environment for children's mental health.

2. Promoting home school cooperation in Education

With the increasing attention of parents to their children's education and their continuous participation, home school collaborative education has become the focus of education. However, in the family environment, the most noteworthy are intimacy and contradiction. Contradiction refers to that in a family, there is a clear correlation between the degree of mutual complaints, accusations and attacks among family members and emotional pain and negative coping. The opposite is family intimacy. In such a family, the relationship between family members will be closer and help and support each other; Families with high family intimacy will have a more orderly and planned life; The communication between family members will also be much smoother. In a safe family environment, they will be more willing to express their feelings and listen to each other; Families with high family cohesion can effectively improve students' mental health. According to Adler's individual psychology theory, all human troubles come from interpersonal relationships. On the basis of family members' consensus, parents can play an active role by setting good examples and encouraging each other. Otherwise, one-way communication will have a negative impact on the development of family members' coping styles. Teachers can combine the actual situation of students, strengthen the connection between school and family, provide scientific guidance for family education, and cooperate to promote the growth of students.

3. Offering parents' mental health classes and lectures

Senior pupils are in their early youth. For this reason, some students' psychological problems have changed. Some students are gradually rebellious and angry with others. Some children like playing games and Internet addiction. Because parents usually have high expectations for their children and expect their children and daughters to become adults, they will be strict with them, which will bring pressure to students. Therefore, the way of parental education is very important. A series of lectures on mental health education can be held in the community, and parents and the public in the community can be invited to participate in, and special lectures on preventing children's psychological problems and creating a family atmosphere can be held.

Schools can set up relevant mental health education courses, invite students' family members to participate together, set the theme of each course, and guide parents to discuss. You can also make relevant investigations in advance, and invite parents to prepare according to the known results and carry out debate competition. Parents can participate in a variety of forms, such as competitions, and finally show the summary to parents in the form of programs and publications to attract more parents to participate.

4. Organize the preparation of family education Psychodrama

Students are invited to arrange their family stories into psychological sitcoms, which can be created according to different themes. Students and parents can act together to feel the growth or trouble of students in the play. As viewers, they can also observe their own education methods more intuitively and reflect. The way of watching psychological sitcom can also make it easier for students to understand and correct bad behavior and wrong cognition in time. Parents can also easily observe their words and deeds through the mirror and make positive efforts to improve the family environment.

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