

Parent-Child Relationship Among College Students

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Abstract: The parent-child relationship is the earliest relationship that an individual comes into contact with in his or her life, including the love, affection and support between parents and children. Good parent-child relationship enables the growing children to acquire basic knowledge, skills, and values, and promotes their successful development of various social relationships, while bad parent-child relationship will affect children's mental health and lead to the emergence of problem. The purpose of this study is to explore the current status of parent-child relationship among college students, understand the current situation of college students' affection and support for their parents and the development level of their spiritual independence, so as to provide support for the promotion of good parent-child relationship, and provide reference for the improvement of college students' mental health level and the development of kinship education.

1. Introduction

In the analysis of the influence of talent view on mental health, there is a significant correlation between talent view and the general state of mental health, anxiety, depression, interpersonal tension and sensitivity. Children already went to college, but attention is mainly on the study of their children, parents ignored the attention to its life, especially the ideological and moral and education, the university is the students enter the society before the final stage, the students a lot of aspects need to grow up in the university, if parents only pay attention to their children's grades too much, will lead to children's anxiety and depression, not between the students and get along with, can cause interpersonal tension and sensitive; In the influence of the view of accomplishment and mental health, there is a significant correlation between the view of accomplishment and anxiety, compulsion, psychological imbalance and other factors. Parents expect their children to upgrade their academic degree by upgrading their education, but against their will, they may discourage their children from entering social work, which may lead to psychological problems such as anxiety, compulsion and psychological imbalance. In the relationship between youth outlook and mental health, there is a significant correlation between the three factors of hostility, paranoia and emotional imbalance in youth outlook and mental health. As most of the students are the only child now, the parents think that the child has basically grown up, but the children still rely on the parents, used to let the parents make decisions, once the parents let go, the children do not know what to do, resulting in a series of psychological problems.

Bad parent-child relationship is easy to cause a series of psychological problems among college students in private colleges. College students with interventionist parent-child relationship may cause their children's psychological problems such as hostility and paranoia due to their parents' excessive intervention in their study and life, including making friends and making choices after graduation. In college students with the rejection parent-child relationship, parents usually deny all the achievements and choices of their children, so that their children lack a sense of accomplishment, which leads to their lack of self-confidence, low academic achievement and even neurotic tendency. Or cause another extreme personality, hostility, paranoia, emotional imbalance, bad interpersonal relations and other psychological problems.

2. Difficulties and Challenges -- Parent-Child Conflicts in Poor College Students' Families

Some people think poverty is the wealth of life. "The children of the poor are early masters" is one of the arguments. They believe that the children of the poor are born with defects in economic and social relations, so they will work harder. But this argument focuses narrowly on groups that can turn stress into momentum, and ignores those that are crushed by it. In life practice, it is true that some children turn the pressure of poverty into the power of growth, but there are still many poor families because of poverty caused by many family conflicts and lead to endless problems. In fact, poverty itself is an economic income problem, but it will resonate with the combination of education level, family environment, social impact and other factors, and then cause a lot of psychological and cultural problems.

2.1 Financial Pressure and Parent-Child Conflict

The age of the parents of college students is generally between 42 and 52 years old, which is the age of menopause itself. They are aged and have children. Coupled with the factors of economic pressure, it can be said that the parents of poor college students are almost at the peak of pressure, which leads to the strong emotional fluctuation of the parents. However, college students are in adolescence, which is also a period of emotional fluctuation. When the pressure of two generations reaches a certain level, they should find an outlet. These two aspects are intertwined, which seriously affect the development of parent-child relationship of poor families.

2.2 Low Education and Poverty Add Up

Research shows that parents' career orientation and education level have direct influence on the development of parent-child relationship. Generally speaking, the average educational level of the parents of poor college students is low, they lack conscious awareness of parent-child communication, and they are generally not good at expressing their feelings, especially their care and love for their children. It is common for children's spiritual and emotional needs to be neglected, especially among poor rural college students. Under the influence of traditional Chinese parents' authority, rural family education often adopts simple and crude direct command method, which leads to the tension between parents and children, and the cold mode of getting along with parents at home is widespread.

2.3 Social Influence and Poverty Overlap

The emotional and material support and consolation of both parents and children can be obtained through sufficient and effective social resources, while the social resources possessed by poor families are relatively poor and cannot meet the needs of both parents and children. Many parents set out from their own life experience of "poor and mean couples mourning in everything", and combined with the current trend of "looking at money" in society, they show an urgent expectation for money and power. They send their children to school for the purpose of making their children successful or changing their fate through marriage. They have a strong sense of purpose and utility for their children's college education and love affairs. However, because college students have received modern education, their cognition of reading, marriage and love is totally different from that of their parents, which is the inevitable conflict between the two generations.

2.4 Comparison Psychology and Poverty Superposition

Since the reform and development, some bad social atmosphere invaded the campus, such as blind comparison and money worship. The comparison of college students has been upgraded from the comparison of food, clothing, school supplies and daily necessities in middle school to the comparison of makeup, mobile phones, computers and luxuries. At present, the standard of living consumption of many college students is rising, and some unrealistic consumption comparison pathological psychology began to show. The emergence of this mentality "not only causes a huge economic burden to parents and families, but also brings a certain degree of waste to social resources". In Henan province, more than 60% of the students come from the countryside, most of

this is not rich, for poor families, parents can't afford to compare type overhead, some students prone to distortion, such as inability to blame parents, complaining about his family background, some may produce self-abased psychology or envy, but sometimes in order to earn money even choose to sell the kidney, prostitution, naked.

2.5 Conflict of Old and New Ideas

Margaret miller said: "the world is in an unprecedented situation where young people and old people -- teenagers and everyone older than them -- are looking at each other across a ditch." since the reform and opening up, the society has developed rapidly, and western culture has spread widely in China. The two cultures have infiltrated each other, showing a trend of mutual integration and diversification. In addition, due to the differences in the growth environment, life experience and family environment of the two generations, there are great differences in values between the two sides. College students advocate individuality, emphasize self, pursue independence, and have certain spirit of doubt and criticism. While their parents' generation emphasized conformity, hard work, perseverance, loss is a blessing, tolerance and tolerance, and they pay more attention to the group.

3. Some Thoughts on the Parent-Child Relationship and Family Education of College Students

3.1 Raise Awareness of the Importance and Necessity of Family Education for College Students

In the social transition period and the development stage of higher education towards popularization under the condition of market economy, there is a special "social anomie" in the reform era, that is, the abolishment of the old standards, and the new standards have not been established or recognized by the public. This "anomia" has spread to college students in a comprehensive way, resulting in the weakening of their sense of responsibility and citizenship, the deviation of their "three views", the spread of their thoughts of having fun and enjoying themselves, the confusion of their goal of success, the increase of psychological pressure and the increase of psychological problems. In the face of this situation, colleges and universities have strengthened the construction of the counsellors' team, strengthened the ideological and political work and psychological, but they cannot meet the needs of many college students personalized, ideological and political work is not targeted, the effectiveness is worrying. In this respect, colleges and universities in particular need of a capable helper, this helper is family education. Family education can give play to the advantage of family affection that school education is difficult to replace, and it can make up for the lack of targeted shortcomings in school ideological and political work. Although college students' self-consciousness is yet to mature, no longer superstitious parental authority, hope that through the way of democracy and equality to communicate with their parents and communication, solve their career choice facing, social interaction, love, marriage, personal development and other major problems, but because they are in adolescence, lack of social life experience, a lot to the family and financially and emotionally, the dependence of family support and help is still indispensable to their healthy growth factor. At present, there are several kinds of vague understandings. One is that college students have the civil right to be responsible for their own ability from the perspective of law. Second, from the objective reality, college students live on campus for a long time, it is not necessary and impossible for them to obtain the necessary educational information and resources from their families. Third, some families believe that after their children enter university, education and management of their children is the business of the school, and the family only needs to meet the material needs of the children. Home schooling is not just for children under 18, it should be a lifelong education. On family education for university students is not allow to ignore, the survey also found that low education, low income, remote areas, incomplete family background of the college students, even though their parent-child relationship than someone who has a good economic condition, high education, high income of the parent-child

relationship, but they desire for family education, from another aspect can be understood as they care of from parents expect) than the other students. In view of these situations, the school should start from the fundamental task of education, which is to build a harmonious campus and a harmonious society.

3.2 Schools Should Play a Leading Role in Strengthening the Parent-child Relationship

To give full play to the educational advantages of parents, schools must first establish a barrier-free parent-child relationship. This is not a problem that can be solved through simple phone calls and text messages between parents and children. Nowadays, the one-child family occupies a large proportion, and more and more college students have a strong sense of self-centeredness, do not know how to be grateful, do not want to contribute, and are afraid of hardship and fatigue. In this regard, schools should strengthen the education of gratitude, guide students to express gratitude to their parents, often report their own study and life to their parents, and strengthen parent-child communication, for the development of family education to create a good atmosphere. On the other hand, schools should establish a home-school cooperation mechanism, regularly inform students' parents about their school life, study and ideological performance, and guide parents to participate in student management work. In particular, parents' intervention should not be sought only after students' problems accumulate to the point of difficulty. Survey found that school students with province more than 70% (home school in the same city (12.6%), home school with different accounts for 59.6% of the city of province), colleges can be timely arranged, new graduates parents meeting, or through the network, correspondence and other forms, carry out the basic knowledge of some aspects of parent-child communication, career planning lectures, to improve the quality of the parents, so they can correct understanding of college students thought tendency and growing demand, improve their education children, the ability to communicate with their children, to improve the parent-child relationship, build a harmonious family atmosphere. To parents, especially the parents of new students to do a good job of family education propaganda guide work, help their children to arrange a good university life, set up the ideal of life, as soon as possible into the state of college students; When college students face the difficult choice of employment or further education, guide their parents to cooperate with the school to carry out pre-employment education and make career planning. The care and timely communication from parents is an indispensable part of the psychological crisis intervention mechanism of college students.

3.3 The Government Should Actively Promote Family Education into a Virtuous Circle

The close correlation between the parent-child relationship of college students and family conditions and family environment indicates that the family education level is greatly influenced by the family economic status under the realistic conditions. College students are the representatives of high-quality parents of Chinese families in the future. Their educational level, career development and related economic and income status determine their future family environment and parent-child relationship. Higher education can provide high-quality parents for the society, and high-quality parents can continue to promote the better development of family education, so as to provide better students for the school. Such reciprocation can lay a good foundation for improving the national quality as a whole. This is the positive impact of family education on social development once it enters a virtuous circle. Of course, this possible virtuous circle is based on the premise of the overall development of the economy and society and the government and relevant departments spare no effort to solve the problem of educational equity and promote the balanced development of education. In this sense, "people's satisfactory education" means that all families can share in the fruits of economic and social reform and development, and all children can receive high-quality and fair education, so as to become better adults. This is the need of the family, the need of the society and the need of the country.

Summary

The parent-child relationship and mental health of college students are in a good state. The

parent-child relationship of college students can predict the mental health level of college students to some extent. Therefore, it is necessary to pay attention to the construction of parent-child relationship among college students.

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