

Original Paper

Research on the Influence of Family of Origin on College Students' Mental Health

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Abstract

Family of origin is the first environment for children to grow up and study. With the development of society, people pay more and more attention to the mental health of college students. Based on the concept of family of origin and combined with the analysis of the influence of counselor's work on harmonious family of origin on college students' mental health, this paper puts forward some thoughts on mental health education from three angles: family, children and school, which is of great significance to the development of college students' physical and mental health.

Keywords

Family of origin, Counselor, College students, mental health

Family of origin is a sociological concept, which is a family composed of oneself and parents. Some people think that family of origin determines the “factory parameters” of a person. It's the foundation of follow-up campus education and social education, and the first stop to shape a person's character, quality and values. (Note 1) Parents' behavior and words of family of origin have a subtle influence on their children. A family of origin with a good family atmosphere, close personal interaction and open-minded and tolerant family thoughts is more likely to cultivate the next generation with confidence and optimism. On the contrary, the deformed family of origin easily leads to children's inner vulnerability and sensitivity, resulting in inferiority complex, which hinders the healthy psychological development of the next generation. We should start from the family root in the face of family of origin's influence on college students' mental health. Also the children's own growth efforts and the support from all aspects of the school society maximize the positive influence of family of origin to promote college students' growth.

1. Analysis on the Influence of Harmonious Family of Origin on Children's Mental Health

1.1 Harmonious Parental Relationship Is the Source of Children's Sense of Security

The relationship between parents and the way they get along play an important role in the growth of children. Parents' harmonious coexistence will set an example for children, and children will think that the family structure is stable and strong, which will increase their sense of security. First of all, it is inevitable that people will occur friction when getting along with each other. As the saying goes, "The spoon always touches the edge of the pot", but the important thing is how to deal with the problem and friction. A harmonious way of dealing with friction will better deal with the problem, and it is by no means a loud noise or a cold war or a more extreme way. The reason why friction conflict can be dealt with well is that parents work hard with each other and deal with problems with clever methods, which makes it easier to create a harmonious and happy atmosphere in the family. Moreover, it will promote the growth of two people and reduce the number of friction and the degree of damage every time the problem is solved. Children will feel the way their parents deal with problems and the warmth of their families in this process so that they can grow up happily and increase their sense of security. Secondly, as parents show their children how to communicate and deal with problems every time they deal with problems, children will learn imperceptibly, understand how to deal with conflicts with family or friends, and increase their ability to deal with problems and contradictions.

1.2 Parents' Open and Tolerant Thoughts Can Guarantee the Happy Growth of Children

Only when parents have the open and tolerant mind can children grow up happily. Parents' open and tolerant thoughts often means that both parents' thoughts are not constrained by reality and tradition, and they are not confused by reality or shackled by traditional thinking. They are more concerned about whether their children are genuinely healthy and happy for the changes of the outside world. Also they care about the expression of children true feelings, and then open their hearts with their children with tolerant thoughts.

1.3 Close Parent-Child Interaction Is the Main Way for Good Communication in the Future

The important factor of children's healthy growth is the close interaction between parents and children. Parents must interact closely and efficiently in the early stage of children's growth if they want to have good communication and establish a good interactive relationship with children in the process of children's growth, especially from puberty. Firstly, close parent-child interaction will increase children's trust, convey friendly emotions through mutual sharing and interaction, and help to improve children's self-confidence. At the same time, parents can promptly correct children's problems in emotional expression through normal communication, give them correct advice and guidance in time, and teach them correct ways and means. Secondly, close parent-child interaction will invisibly inject infinite sense of security into children's hearts, which truly shows that the family is a warm harbor. Children will put more energy into their studies or research that they are interested in to enhance their happiness much. Meanwhile, the good interaction methods between parents and children will be passed on to children virtually, thus improving their social communication ability. Also they can handle

interpersonal relationships well in both school and society.

1.4 Parents' Scientific Parenting Model Is the Premise to form Children's Correct Thinking

Parenting model is an educational term published in 2013. It's from the first edition of Pedagogical Terms, which states that parenting model refers to the views, attitudes and ways of parents or other elders in the family that have certain internal consistency and stability in the parenting of young children. Family parenting patterns are of great significance to children's growth and success, and directly affect the development of children's correct thinking. It can be said that only scientific and appropriate parenting patterns of parents can form children's correct values and help them grow into talent. Children have a special dependence on their parents in real life, and parents' way of thinking will have an intuitive impact on children. Scientific and appropriate parenting methods will often give children more encouragement and respect. Also children will also have more trust and respect for their parents. Over time, a benign interaction will be formed, and children's way of thinking will also have a positive impact in this virtuous circle.

2. Thoughts on the Influence of Family of Origin on Children's Mental Health

2.1 Create a Harmonious Family Atmosphere and Give Full Play to the Positive Role of Family of Origin

Parents should communicate actively and effectively. Parents should deal with them with a tolerant attitude and a gentle atmosphere when encountering any problems so as to pass on the correct methods and confidence to children. Similarly, parents should communicate with them in a timely and effective manner to understand the situation when children encounter difficulties, and let their children think independently and solve problems independently on the basis of proper guidance so that children can build up their confidence and ability to overcome difficulties while facing difficulties squarely. In this process, parents should encourage their children and convey their love on the basis of creating a harmonious family atmosphere so that children can correctly understand their own difficulties and shortcomings and give full play to the positive role of family of origin.

2.2 Improve Children's Own Quality and Effectively Overcome Adverse External Influences

Family of origin's environment is an objective factor for children's growth, which is often unchangeable. However, family of origin's influence on children can be overcome through their own subjective efforts to make them better. People will form corresponding expectations or predictions based on certain perceptions according to the Pygmalion effect of psychology so that the situation will have an effect of adapting to this expectation. In short, what you wish for, you will get it, and if you think you can be better, you can really be better.

2.3 Enhance the Spirit of Work Judgment and Actively Adopt Psychological Intervention Means

College students' mental health education is an important part of their daily work for counselors. Nowadays, college students' mental health problems are paid more and more attention by the society. Counselors should first improve their professional quality, learn all aspects of knowledge, and deal with

all kinds of problems rationally. They should combine their own work experience and students' characteristics, establish a trust relationship with students, and let students open their hearts. At the same time, counselors should also pay attention to the contact with students' parents to promote the linkage between home and school, and play a positive role in all aspects to realize all-round education. Firstly, counselors should study mental health knowledge seriously. Counselors play an important role in the growth of college students, especially for some students with psychological problems. Counselors should strengthen their theoretical knowledge study, actively participate in various psychological knowledge skills training, master basic methods such as heart-to-heart talk and psychological counseling, and pay attention to integrating theory with practice, and apply what they have learned to practical work. Secondly, talk is an important job of counselors if they.

Want to establish a trust relationship with students. Also the premise of talk and in-depth counseling of students is to establish a trust relationship with students. The premise of establishing trust relationship is not only the use of conversation skills, such as giving students full affirmation and creating a relaxed and pleasant conversation atmosphere. More importantly, they should pay attention to getting along with students in daily life, care more about students at ordinary times, let students feel the warmth and love of teachers, think about problems from the perspective of students, and finally gain students' trust and establish a good trust relationship. What's more, counselors should train students to grow into talents through multi-party linkage from the perspective of "all-round education". At the National Conference on Ideological and Political Work in Colleges and Universities, the General Secretary Xi Jinping once emphasized: "We should persist in taking moral education as the central link, carry out ideological and political work throughout the whole process of education and teaching, realize the whole process and all-round education, and strive to create a new situation for the development of China's higher education." To realize the physical and mental health and all-round development of college students, it is not enough to rely solely on the unilateral strength of the school. Counselors should establish relevant files, adhere to "one person and one policy", and at the same time pay attention to strengthening the linkage with parents to realize all-round education.

In 2018, the Guiding Outline of Mental Health Education for College Students issued by the Ministry of Education pointed out that it is necessary to cultivate students' positive and healthy mentality, strengthen the unity of moral and mental education, and mental health education has developed vigorously. As a counselor, they should pay full attention to students' main role, put every job into practice, put the job into students' hearts, and persist in solving students' ideological problems and combining them with practical problems so that students can really gain something from their studies. the psychological education mode of all-staff education, whole-process education and all-round education should be constructed so that students can really gain something.

Note

Note 1. Correctly understand the influence of family of origin on people [J]. *Invention and Innovation (middle school students)*, 2019(6), 60.