

Study on the Influence of Family Relationship on Depression Tendency of College Students and its Educational Guidance

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Abstract: College students are the hope of the motherland and the future of the nation. Higher education has always been committed to cultivating high-quality talents and promoting the all-round development of students. In recent years, with the increasing attention of the society to teenagers, the mental health problems of college students have become increasingly prominent, so all colleges and universities are actively exploring effective countermeasures. Family relations and family education, as the basic factors affecting the mental health status of college students, have attracted great attention. Based on this, this paper mainly analyzes the influence of family education and the mental health of college students, and puts forward several solutions from the perspective of changing the family education status and maintaining stability in colleges and universities.

1. Introduction

In today's society, the depression tendency of college students has become a common problem. Studies have shown that one of the main causes of depression among college students is problems with family relationships, such as family apathy and family disputes. Therefore, how to study the influence of family relations on college students has become a very important topic. Family is the most basic form of organization in human society, and family relationship plays a vital role in a person's growth, development and mental health. However, in modern society, there are some problems in many family relations, such as parents busy with work for a long time to pay attention to the growth of their children, the lack of family affection, the contradiction between husband and wife and so on. These problems may have adverse effects on the mental health of college students, and even lead to depression tendency.

College students are a special group, which is in a transition period, transforming from teenagers to adults. During this period, college students need to face various difficulties and challenges, such as academic pressure, social pressure and employment pressure. If both in and under the pressure of family relationship problems, these difficulties and challenges will become more difficult. Therefore, it is very necessary to understand the influence of family relations on the depression tendency and formulate effective educational measures to protect the mental health of college students.

2. Analysis of the influence of a harmonious family of origin on children's mental health

2.1 Harmonious parental relationship is the source of children's security

The relationship between parents and the relationship mode between two people play an important role in the growth of children. Parents get along with each other will subtly set an example to their children, children will subtly think that my family structure is stable and strong, will increase the children's sense of security. First of all, the relationship between parents and children will inevitably avoid friction. What is important is to deal with problems and the form of friction. A harmonious way will better deal with problems, not with loud noise or cold war or more extreme ways. The reason why we can deal with friction and conflict well is due to the efforts of their parents, using clever methods to deal with the problem, so that it is easier to create a harmonious and happy family atmosphere, and each time the problem will promote the growth of two people, reduce the number of friction and the degree of damage. In this process, the child will feel the way the parents deal with the problem, feel the warmth of the family, make the child grow up happily and increase their own sense of security; Secondly, as the parents deal with the problem friction, the children will learn, understand how to deal with conflicts with family or friends, increase their ability to deal with problems and contradictions.[1]

2.2 Parents 'open and inclusive thoughts are the guarantee of children's happy growth

When their parents have enlightened and inclusive thoughts, their children will grow up happily. This kind of thought is not bound by reality and tradition, but with a tolerant attitude to view the changes of the outside world, pay attention to the child's real feelings, and whether it is really healthy and happy, so that the child can get real care and full development.

2.3 Close parent-child interaction is the main way of good communication in the future

Parent-child interaction is crucial to the healthy growth of children. Especially in adolescence, if good communication and interaction relationships are to be established, it is necessary to maintain close communication and efficient interaction in the early stages of development. First of all, parent-child interaction closely will increase the child's trust, by sharing each other interactive behavior convey friendly emotions, is beneficial to improve the child's confidence, at the same time through normal communication parents can timely correct children in emotional expression problems, timely give children correct advice and guidance, teach children the right way. Secondly, the close parent-child interaction will inject infinite security into the hearts of children, which truly reflects that the home is a warm harbor. Children will put more energy into learning or research that they are interested in, so as to improve their own happiness. At the same time, the good interaction method between parents and children will be passed to children, so as to improve their social communication ability, whether in school or in the society, can deal with good interpersonal relationship.

2.4 Parents' scientific parenting style is the premise for children to develop correct thinking

Family parenting style is of great significance to the growth of children, and directly affects the cultivation of children's correct thinking. It can be said that only parents' scientific and appropriate parenting style can form correct values and help children grow up. In real life, children for parents have special dependence, parents 'way of thinking for children will have intuitive influence, scientific and appropriate parenting methods tend to give children more encouragement and respect,

children will be more believe and respect their parents, over time to form a benign interaction, the child's way of thinking will also have a positive impact in this virtuous cycle.[2]

3. Thinking on the influence of family of origin on children's mental health

3.1 Create a harmonious family atmosphere and play a positive role of the family of origin

Parents should communicate actively and effectively. In any problem, we should deal with the problem with a tolerant attitude and a gentle atmosphere, and convey the correct methods and confidence to deal with the problem. Similarly, when children encounter difficulties, parents should also communicate timely and effectively with them to understand the situation. On the basis of appropriate guidance, let children think independently and solve problems independently, so that children can face up to the difficulties and establish the confidence and ability to overcome the difficulties. In this process, parents need to create a harmonious family atmosphere on the basis of more encourage children, more love, so that children can correctly understand their own difficulties and deficiencies, give full play to the positive role of the family of origin.

3.2 Improve children's own quality and effectively overcome adverse external influences

The environment of the family of origin has an important impact on the growth of children. It is an objective factor that cannot be changed. But it can be overcome through subjective efforts to make yourself better. The Pygmalion effect in psychology shows that people will form an adaptive effect based on their own perceptions and expectations, that is, if there is a better idea, then there are more opportunities to achieve it. It could really be even better.[3]

3.3 Enhance the spirit of work research and actively adopt psychological intervention means

As a counselor, college students' mental health education is an important part of their daily work, and the mental health problems of college students are getting more and more attention from the society. Counselors should first to improve their professional quality, learning all aspects of knowledge, rational cope with various problems, to combine the work experience and students, establish trust relationship with students, let students open the heart, but also pay attention to the contact with parents, promote parent-school linkage, play a positive role in all aspects, realize the complete education.

First of all, the counselors should study the mental health knowledge seriously. Counselor have important influence in the growth of college students, especially for students with psychological problems, they should strengthen their own theoretical knowledge learning, actively participate in various psychological knowledge and skills training, master the basic methods such as heart-to-heart talk and psychological counseling, and pay attention to apply the knowledge to practical work; secondly, to establish a trust relationship with students. One of the tasks of the counselor is to communicate and communicate with students, which requires a good trust relationship. The premise of building a trust relationship is not only the use of conversation skills, such as giving students full recognition and creating a relaxed and pleasant conversation atmosphere. More importantly, we should pay attention to the daily get along with students, usually pay more attention to students, let students feel the warmth and love of the teacher, more standing in the perspective of students to think, more can obtain the trust of students, establish a good trust relationship.

4. Impact of family education on the mental health status of college students

4.1 The influence of family structure and environment on the mental health of college students

Family structure is a complex system composed of many different members, and these members are closely connected. The main family structure environment is divided into one-child family, single-parent family, reorganized family, left-behind children family, etc. Before the family planning policy has been implemented, the number of the only child occupies the majority, which has brought a great adverse impact to the development. Parents put a child in the top position, excessive love and care, make it impossible to obtain enough self-care ability, let alone interpersonal interaction opportunities. After entering the university, these people have more negative effects in being alone with many college students. In the structural environment of single-parent families, due to the absence of father or mother, children are difficult to feel the safety of the family, and are prone to extreme personality characteristics, which affect mental health. In the environment of reorganized families, children not only face the pain of divorce, father or mother, but also face the adjustment of a new family, which will produce resistance and depression. After entering the university, because everyone is unfamiliar to their classmates, the reorganized family students will avoid talking about their own family, which will have difficulties in dealing with interpersonal relations. Finally, due to the long-term lack of attention and care from their parents in the families of left-behind children, the long-term loneliness will make them feel lonely, depressed, and even feel abandoned. After entering the university, after seeing different students, it is easy to have an inferiority complex, and even appear beyond the morality and law.[4]

4.2 The influence of parents' parenting style on the mental health of college students

The parenting style may have profound effects on the mental health of college students. This influence may come from different models of education, including autocracy, laissez-faire, and democracy. In the autocratic mode, parents will take their children's growth and employment as the only goal, and will use command and punishment, even the violent education of "filial son under the stick". In the long run, students are easy to have inferiority and timid psychological state; and free range education is completely opposite to the autocratic way, free range parents completely let students, no matter study, also do not give help and care in life, send students to the school feel easy, regardless of ask. This kind of students laissez-faire, easy to produce loose and indulgent psychology, in interpersonal communication is often self-centered, no sense of team. Under the democratic education model, parents should respect their children's opinions, listen to their children's ideas, and actively communicate with their children, and take scientific and reasonable reward and punishment measures. This way of education can make children more confident, and can better handle interpersonal communication, and also has a positive impact on the development of children's mental health.

4.3 The influence of family economic status on the mental health of college students

Everyone has no choice of life experience, but in real life, the role of family economic foundation on the growth of students' mental health cannot be underestimated. Family economic difficulties because of its economic backwardness, resulting in limited vision, lack of interpersonal skills, can make students appear inferiority, cowardice, depression, anxiety, social fear and a series of psychological problems. Students with relatively superior family economy show a state of confidence and openness.

4.4 Impact of parents' expectations on the mental health of college students

In today's society, the competition is fierce, and the social rules of survival of the fittest make many parents fall into great anxiety and panic, and they do not want their children to lose at the starting line. This also directly leads to the high expectations of parents for their children. Parents will according to their own expectations to help children learning plan and solutions, and supervision or interference, next to children into the habit of relying on parents, lose independent self-consciousness, but also let the child have inferiority and self-doubt, enter the university need independent life and interpersonal communication, such problems outstanding, it makes students more confused, need a long time to adjust and run in.[5]

5. Countermeasures to promote family education for the development of college students' mental health status

5.1 Create a good family atmosphere and seek a family education model suitable for children's growth

Parents should learn to control their emotions, and keep an optimistic attitude, so as to help their children to maintain a positive and healthy attitude. In daily life, parents also need to pay attention to their own behavior norms, give their children positive guidance, and develop good behavior habits. At the same time, try to provide a complete family environment for children, so that children have a sense of family responsibility and belonging. Parents also need to learn to look at problems from their children's point of view, improve their empathy ability, communicate, communicate and discuss with their children on an equal footing, and teach their children to listen to and express themselves. And in life to guide children to do the things they can do, let them feel identified and needed, promote children to achieve happiness, to achieve physical and mental health development.

5.2 Carry out rich family cultural activities to promote children to form good interpersonal skills

American psychologist Carnegie said: "A person's success takes 15 percent of talent, 85 percent of interpersonal relationships. Therefore, attention should be paid to the cultivation of children's interpersonal skills, which is an important ability to control life and improve themselves. Parents in family education should teach and carry out rich cultural activities. Know how to abide by the rules in the activities, exercise the communication ability. At the same time, through the activities to let the children know how to be polite, learn to share and cooperate, gradually establish the children's independence and autonomy, cultivate good mental health quality.

5.3 Based on the perspective of maintaining stability in colleges and universities, the three-in-one psychological education mode of "family + parents + school" is established

At present, there is a widespread blockage of home-school contact in colleges and universities, and some parents are unwilling to inform the school of the psychological state of students, which leads to the "vacuum" understanding of the psychological state of students, which brings great hidden dangers to the school of student management. From the point of view of maintaining stability in colleges and universities, schools need to do a good job of "early prevention", establish the investigation of psychological problems of college students, timely communication with parents, and establish psychological files of college students; At the beginning of the school to do a good job "Publicity", through the "Easy Labao", thematic website, three micro-one-end, vlog

display and other publicity of psychological education knowledge; We should establish the communication channel of "Family + parents + school", eliminate the worry of parents and students about psychological consultation, and improve the pertinence and effectiveness of psychological health education; At the same time, we should do a good job in "strong management ", give full play to the three-in-one joint efforts, do a good job in psychological early warning, smooth the information communication network, grasp the psychological trend of students, and provide psychological help in time; Finally, do a good job of "Deep inspiration", the use of peer help, guide students' self-education, learn to accept themselves, love themselves, overcome themselves, develop a good way of life and a healthy psychological state.

6. Conclusion

They not only have extraordinary wisdom, but also have a firm willpower. Family is not only an indispensable environment for children to grow up, but also the cornerstone of their future development. Shaping healthy upward, self-improvement psychological quality is the cornerstone of success. Parents should use the correct methodology, strengthen their own sense of responsibility and education concept, for the children's hearts shelter from wind and rain, careful care, make them thrive. Through the joint efforts of the society, the family and the school, the college students with good physical and mental quality and all-round development can be cultivated.

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