

# The Impact of Family Education on the Establishment of Values in Adolescents

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## Abstract

Young adolescents are the hope for the future of the motherland and shoulder the great responsibility of national rejuvenation in the new era, so the cultivation of their values is particularly important. The family is the cradle of children's growth, and parents are the first teachers of their children. Family education has a far-reaching influence on the formation of young people's values and on the future development of individuals, so the importance of family education is self-evident. However, the way of family education has been gradually upgraded and changed with the progress of science and technology and the improvement of living standards. Therefore, it is of great significance to promote the formation and development of healthy values among adolescents and the development of family education, and to put forward proposals to optimize the mode of family education in the light of the current stage of education and the economic situation.

## Keywords

Family Education; Adolescent Values; Influence Mechanism; Challenges and Countermeasures.

## 1. Introduction

Adolescence is a critical period for the formation of one's values, and the family is the first place of personal socialization, the content of parental education, family atmosphere, family interaction, etc. have a very lasting impact on adolescent values.

Family education is a complex system that includes both parental teaching of children and multiple aspects of emotional communication, behavioral modeling, lifestyle, and transmission of values. Adolescents' cognitive, emotional, and behavioral choices, as well as the shaping of their values, are subconsciously influenced by these factors. For example, parents can convey the importance of core values such as honesty, respect, and responsibility, but the family atmosphere and parent-child relationship can influence adolescents to resonate with and internalize the meaning of these values to some extent.

An in-depth analysis of the impact of the formation of adolescent values needs to be explored from a number of perspectives, ranging from the influence of factors such as the specific content approach, frequency, and repetitiveness of education, to a number of negative factors, including the family environment. Among the positive factors, encouraging self-education and emphasizing moral education can help adolescents form positive values, while under the influence of negative factors in the family environment, excessive discipline and severe punishment can cause adolescents' values to deviate. Therefore, the study of the influence of family education on adolescents' values is crucial to the formation and development of stable values among adolescents, and is of great significance to the improvement of the effectiveness of family education, and even to the promotion of the innovation of educational reform and practice.

## 2. Characteristics of Family Education

Family education generally refers to the educational process experienced by parents and elders in a family in educating their minor children. Family education includes both the direct teaching of parents to their children and the subtle influence of the family atmosphere, such as the interaction among family members, as well as the influence of family traditions and customs on children. The above activities help children to establish their initial cognitive framework and behavioral patterns, which play a crucial role in their development.

1) Family education is early. [1] In the early years of childhood, parents' behaviors, attitudes and values have a profound influence on children. The family is the first social environment to which the child is exposed, and the parents' words and behaviors subtly influence the formation of the child's outlook on life and values. For example, the way parents treat other people and the way they deal with problems will become the object of children's imitation and learning.

2) Family education is continuous. [1] Family education runs through the whole process of children's growth, from infancy to adulthood. Although there are different educational priorities at different stages, the influence of the family always exists. Parents continuously reinforce and adjust their children's values and behavioral norms through teaching by word and example. For example, the education of qualities such as honesty, responsibility and respect for others is a long-term process that needs to be constantly emphasized and practiced in different contexts.

3) Family education is intimidating. [1] This refers to the power and authority that parents and elders embody in their children. Since the child's birth, the blood relationship between parents and children, the relationship of upbringing, emotional relationship, in terms of ethical and moral and material needs of life have a great dependence on the parents and elders, family members of the fundamental interests of the consistency of the parents have decided to have a greater constraint on the children.

4) Family education is timely. [1] In the process of children's growth, if parents can find children's interests and specialties, and provide appropriate resources and opportunities for careful cultivation, to promote the children to get all-round development. Especially in the early stage when the child shows a strong interest in a certain field, parents should give timely support and help, such as participating in interest classes or activities related to the child, and cultivate personal ability in concrete practice.

To summarize, family education plays a pivotal role in the growth process of children. It provides education and guidance for adolescents to establish values at an early stage, and on this basis, it gives them sufficient emotional support and a sense of security, thus pointing out a smooth road for the formation of adolescent values. Therefore, we should attach great importance to the role of family education and actively utilize its positive effects in the formation of young people's values, so that family education can truly become a booster for children's healthy growth.

## 3. Formation Process of Adolescent Values

The formation and development of personal values is a very critical stage in adolescence. At this stage, adolescents' values are in a stage of continuous development and change, and they are showing diversity and plasticity and exploring and experimenting with different value concepts. Plasticity means that adolescents' values are not yet solidified, and they keep an open mind to face the education and influence of the outside world, which makes family education play an important role in shaping adolescents' values. Pluralism is reflected in the fact that adolescents begin to think independently, compare and choose different values, and form their own unique value system. At the same time, adolescents often show a certain egocentric tendency in the

process of forming their self-identity, but they also gradually recognize the importance of the collective and society, and begin to develop a collective consciousness and a sense of social responsibility.

The process of adolescents' value formation is a complex and dynamic process, which is influenced by various factors such as family, school, peers, social culture, personal experience and stage of psychological development. Among them, family education is one of the most direct and far-reaching influencing factors. Family is the first classroom for adolescents to grow up, and parents are the first teachers of their children. Parents' words and teachings, family atmosphere, and family education methods all have far-reaching effects on the values of adolescents. For example, through the little things in their daily lives, parents convey to their children their attitudes towards life, their views on society, and their understanding of moral norms, etc., which will leave a deep imprint on their children's minds and become an important part of their values.

Correct values play a guiding role for young people in dealing with others, helping them to make correct judgments in the face of various choices, to follow their hearts and moral guidance, and to avoid falling into confusion or even going astray as a result of the influence of others or the environment. Positive values give adolescents a healthy psychological condition, which not only enhances their self-confidence and self-esteem, but also enables them to better cope with setbacks and challenges, and reduces external pressure and internal anxiety. Teenagers are the hope of the motherland, the establishment and cultivation of their values should not be neglected. This is not only related to the growth and happiness of the children themselves, but also has a far-reaching impact on the harmony of the family as well as the society, and the stability and development of the country.

Therefore, we should attach great importance to the profound role played by family education in the process of establishing the values of adolescents, and at the same time, parents should set up correct education concepts to create a good family environment for the healthy growth of their children. Schools should strengthen values education for young people in the classroom and publicize the role of excellent talents in society as a whole, so that families, schools and society can work together and create a good atmosphere for the establishment and development of healthy values among young people.

## **4. Mechanisms of Family Education's Influence on Adolescents' Values**

### **4.1. The Influence of Family Environment on Adolescent Values**

Family atmosphere has a great influence on the formation of adolescent values. Especially when the family is full of love and support, children are more likely to form positive values, such as self-confidence, optimism, respect for others, etc. On the contrary, in an environment full of conflicts and tensions, it is easier for children to develop negative values such as anxiety, anxiety, hostility, etc., which even affects children's mental health and the development of their social interaction ability, this is because frequent family conflicts will cause children to lack of a sense of security and trust. This is because frequent family conflicts can cause children to lack a sense of security and trust. Therefore, in order to help children form good values and develop good mental health and social skills, parents should emphasize the creation of a family atmosphere.

The economic status of the family will have a certain impact on the growth of the child, which in turn will have a certain effect on the formation of his or her values.[3] Children from affluent families may have relatively high self-esteem and self-confidence, but may also lack independence due to over-protection. For those children from economically disadvantaged families, it will lead to an earlier realization of the importance of responsibility and hard work, but it may also affect the development of their sense of self-worth due to lack of resources. Both

children from affluent families and those from economically disadvantaged families are subject to certain shocks and influences on the formation of their values as they grow up.

The degree of importance and expectations that families place on education also affects children's values. When parents attach importance to education and emphasize the importance of knowledge, children tend to have positive attitudes towards learning and desire for knowledge; when parents have high expectations and attach importance to academic achievements, and help children develop in many ways while respecting their personal interests and potentials, children will be prompted to form diversified values, which are all derived from the family's degree of importance and expectations. Therefore, it is important for parents to develop their children's interests and potential while respecting their learning outcomes.

Family culture is also one of the important factors influencing their values. Through activities such as family ceremonies, traditional festivals and family stories, children can be exposed to the history and culture of the family and develop a sense of identity and respect for traditional values, while at the same time learning about the historical legacy of the family as well as the character of the family members

#### **4.2. Influence of Family Education on Adolescents' Values**

The way of family education has a direct impact on the values of adolescents and plays a pivotal role in their growth process. Family education is not only the transmission of knowledge, but also the shaping and transmission of values. Differences in family education styles, such as democratic, authoritarian and permissive families, will have different impacts on the formation of adolescents' values. Therefore, it is important to promote democracy and science in family education styles and to respect the individuality and differences of adolescents.

A democratic family education approach takes respect as a prerequisite, emphasizes equality and communication, encourages children to express their views and ideas, and respects their individuality and choices.[2]With the aim of fostering independent thinking and autonomy in adolescents and making them both self-confident, open-minded and tolerant, apart from giving adolescents room for self-growth, it also helps them to form an understanding of the world around them, so that their public awareness will be enhanced and they will be able to play a role in the public affairs of the family and society.

In contrast, the authoritarian model of family education focuses on children's compliance and the manifestation of authority.[2]Parents tend to impose strict discipline and behavioral restrictions on their children, requiring them to obey their parents' decisions and will or to follow their own way of thinking. This kind of education mode will form a negative effect on children to a large extent, on the one hand, it will inhibit the development of children's independent thinking ability and creativity, and ultimately lead to the children do not have the ability of self-judgment. As parents ask their children to do exactly what they want, it intensifies the child's rebelliousness and resistance, and eventually affects the relationship between parents and children and makes them hostile to society.

In permissive family education, parents seldom give constraints and guidance to their children's behavior, and usually lack clear rules and discipline. [2]To a certain extent, this can give their children freer space, and cultivate their ability to think independently and self-control. To a certain extent, it can encourage children to develop the characteristics of strong autonomy. However, since parents seldom guide and discipline their children's behavior, there will be relatively fewer conflicts and disputes between parents and children, and the family relationship will be more harmonious. On the other hand, it may cause the adolescents to lack certain self-discipline and sense of responsibility, and may also lead to a heavier sense of loneliness, which may easily lead to some emotional and psychological problems. Therefore,

parents should take into account their children's own developmental characteristics to provide appropriate discipline and guidance when conducting family education.

#### **4.3. Influence of Parents' Values on Adolescents' Values**

Parents' values have a profound influence on the establishment of adolescents' values, not only through direct verbal teaching, but more in the words of teaching and family interaction to be transmitted by osmosis, so that the adolescent's mind to produce a deep imprint on the adolescent's mind, the formation of adolescents' own values play an important role in the reference and guidance.

Parents' behavior is the most direct influence on the object of learning. Children will memorize their parents' attitudes towards others and the way they handle problems, and these seemingly minor details actually reflect their parents' deeper values. If the parents are moderate and well mannered, the child is more likely to form a positive and compassionate character; on the contrary, if the parents are negative and pessimistic, and love to be calculating, then the child may become introverted, closed, narrow-minded and selfish. As the saying goes, parents are the mirror of their children, and for better or worse, children inherit some of their personality traits from their parents.

Family interaction is also an important way of transmitting values. There are many forms of family interaction, such as sharing their life experiences over dinner, in which adolescents learn attitudes and values from the sharing of family elders, so as to enhance mutual understanding and communication among family members; parents participate in household chores or community volunteer activities with their children, so as to transmit some important life values, such as the values of hard work and helping others, to their children in practice.

### **5. Challenges and Countermeasures of Family Education in the Establishment of Young People's Values**

#### **5.1. Challenges Facing Family Education**

While reflecting on the influence of family education on the formation of values among adolescents, we have to face a series of problems brought about by changes in society and family structure. This is because it is not only related to the unity and development of the family, but also inextricably linked to the formation of healthy and positive values among adolescents, which in turn affects the future direction of society as a whole. Therefore, in family education, we should pay attention to grasp the various psychological needs of children, and cultivate their good character in a fun way. In this way, our efforts can not only bring positive effects to the family, but also play a positive role in promoting the growth of young people.

With the rapid development of science and technology and the deepening of globalization, the social environment is becoming more and more complex and diverse, and the impact of social change is increasingly visible. These changes have put forward higher requirements for family education. Parents should not only pay attention to their children's academic performance, but also focus on cultivating their children's comprehensive qualities, such as critical thinking, creativity and team spirit. However, outdated concepts of education and the intensification of social competition have undoubtedly increased the difficulty of family education, making many parents unable to cope with this challenge.

Changes in family structure have also posed new challenges to family education. The increase in the divorce rate in recent years has invariably led to an increase in the number of single-parent families, meaning that many children do not receive a complete parental care in their growing up process. These changes in family structure have caused emotional and psychological problems for children, and have had an impact on the formation of values. The

fast-paced life also challenges the effectiveness of family education. Many parents are overworked and have little time left for child rearing.

In order to overcome these challenges, it is necessary to approach the issue from a multifaceted perspective. First, our government and all sectors of society should give more support to family education and formulate relevant laws and regulations; second, parents should constantly update their education concepts and methods in line with the development of the times; third, we should strengthen the effective connection between school education and family education, and build bridges between the two sides through parent-teacher conferences or parent-child activities; fourth, we should publicize and advocate the harmonious culture of the family in the whole society, and organize family activities in the community to enhance parent-child relationship; and fourth, we should publicize and advocate the harmonious culture of the family throughout society. Fourthly, to promote a harmonious family culture in the whole society and organize family activities in the community to enhance parent-child relationship; fifthly, to create more opportunities for young people to practice and exercise and a good social network platform, so as to enable them to form the correct values of life in practice.

In conclusion, we need the joint efforts of the whole society to meet the existing challenges. It is only through the cooperation of the Government, parents, schools and social organizations that we can create a healthy and harmonious environment for young people to grow up in, guide them to form positive values and contribute to the stability and progress of society.

## 5.2. Suggestions for Countermeasures to Optimize Family Education

Optimization of family education is one of the most important issues in modern society, and it has an important influence on the formation of young people's values. As the first lesson of children's growth, the quality of family education is directly related to the quality of family education, which in turn is determined by the educational level of parents, the family environment, and cooperation between home and school. Therefore, it is necessary to put forward effective measures and suggestions to optimize family education and promote the healthy development of adolescent values from these aspects.

First of all, improving the educational level of parents is crucial to improving parent-child relationship in the family. Parents are the first educators of their children, and their words and teachings have a subtle influence on their children's growth. Therefore, parents should constantly improve their educational concepts and methods, understand the growth pattern and psychological characteristics of their children, and better guide their children's growth. At the same time, parents should also pay attention to their own development and quality improvement, and become a role model and leader for their children.

Secondly, the family environment plays an indispensable role in children's growth, and is one of the key elements in family education, which is one of the key elements in cultivating children to form positive thoughts and healthy personalities. In family education, parents should pay attention to creating a good family atmosphere and communicate and interact more with their children. In the education method, there should be different education methods according to the individual character and psychological characteristics, and should avoid the use of pampering or too strict family education methods to the child's growth and adverse consequences.

Finally, strengthening the link between school and family is one of the important ways to optimize the relationship. They are two key places for children's growth. School and home education should have close cooperation and emphasize the development and growth of children. Therefore, schools and families can cooperate and communicate through home visits and other forms of cooperation to jointly pay attention to the problems in children's growth. While promoting the overall development of children, parents should take the initiative to participate in the educational and teaching activities of the school, and collaborate with the

school education to jointly promote the comprehensive development of children. Only when the two cooperate and coordinate with each other can the child develop in all aspects, including morality, intelligence, physicality, aesthetics and labor.

Therefore, based on the above discussion, optimizing family education should first start with improving the quality of parents, improving the family environment and strengthening cooperation between home and school. The implementation of these measures will help to improve the quality of family education and thus promote the healthy development of young people's own values. At the same time, it should be recognized that family education is a complex and lengthy process, and that it is only with the full cooperation and support of society as a whole that children can have a better environment in which to grow up.

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