

## Study on the Influence of Parental Rearing Patterns on College Freshmen's Adaptability and Life Satisfaction

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**Abstract:** In order to investigate the influence of College entrants on adaptability, life satisfaction and education style, a questionnaire survey was conducted among freshmen in the Department of Psychology, Economics and Economics of Nanjing University. Parenting style is the combination of parenting concept, parenting action and children's feelings. Reflect the nature of parental communication, will not change with the change of the situation. In order to get the right results, different educational methods need to use data to prove the impact of freshmen's adaptability and life satisfaction.

### 1. Introduction

Parents' training styles are significantly correlated with young people's academic achievement, partnership [1], action adaptability and emotional adaptability. Bad parenting style has a negative impact on children's aggressive behavior and resistance behavior. If parents' education is reasonable, democratic and tolerant, children will gradually develop independence and their psychological durability will face a slow adaptation process of testing. Therefore, it is of great theoretical and practical significance for the study of college students' adaptability.

### 2. Definition of FACA

Face fear (Faca) is a new concept put forward by Chinese psychologists after communicating between fear, social fear and social phobia [2]. FACA refers to the personal deficiencies of practical experience, ability, knowledge and skills in the face of two or more audiences. Please refer to the declarative communication, thinking, answering questions, trials, lectures, interviews, and work. The state of emotional reaction formed by the characteristics of terror, tension, worry and terror [3].

#### 2.1. The impact of FACA

Self-confidence is a very important psychological quality for freshmen. The results of this study show that freshmen's confidence is significantly related to participation fear, interview fear, collective fear, collective fear [4], off-campus communication and other factors. More optimistic than freshmen. At the same time, the confidence of new students can be predicted from the negative point of view in all aspects of FACA, college freshmen who have confidence in themselves, FACA, college students with lower self-confidence and more serious expression of FACA. Self-confident people show themselves from the side, believe in themselves, satisfy themselves that they are showing themselves in front of positive others. In order to challenge all kinds of tasks, please try to believe with a variety of task capabilities. Doing a good job, expressing opinions in the classroom, participating in various competitive recruiting activities, and speaking actively in groups show that more confident freshmen will have less FACA.

The purpose of this study is to understand the adaptability of College students, and try to introduce the parenting style of College students, so as to improve the parenting style, so as to improve the adaptability of College students.

### **3. Objects and Methods**

#### **3.1. Research object**

A total of 300 questionnaires were sent out to college freshmen, and 20 invalid questionnaires were deleted. 280 valid questionnaires were obtained. The validity rate of the questionnaires was 93% [5].

#### **3.2. Research methods**

The main research tools are the Parental Rearing Style Scale. Questions include 6 subscales (58 items) of father's rearing style and 5 subscales (57 items) of mother's rearing style, totaling 11 subscale values. The CSAI standard consists of 60 questions, including 7 percentages, including interpersonal adaptation, learning adaptation, campus adaptation, emotional adaptation, self-adaptation and satisfaction. The split-half reliability and internal consistency were good, and the validity was good.

#### **3.3. Statistical processing**

The statistical analysis software SPSS 22.0 uses the Chinese version to carry on the statistical analysis of the data. Through t test, dispersion analysis and correlation analysis, I think  $P < 0.05$  is of statistical significance [6].

### **4. Results**

#### **4.1. Basic situation of child-rearing types**

Statistical results showed that: father's emotional warmth, understanding ( $56.2 \pm 11.4$ ), father's strict punishment ( $19.2 \pm 3.7$ ), father's excessive interference ( $19.8 \pm 3.0$ ), father's personal preferences (22). The results also showed that the parents' educational gap of parenting type was as follows: father's refusal ( $8.8 \pm 2.6$ ), father's over-protection ( $9.6 \pm 2.4$ ), mother's understanding of emotional warmth ( $53.2 \pm 8.4$ ), mother's over-interference protection ( $34.5 \pm 6.0$ ), mother's refusal to deny CT ( $23.0 \pm 5.5$ ). There is no statistical significance in the latitude of parenting styles between different fathers. In the latitude of father's transition interference ( $t = 2.14$ ,  $P = 0.04$ ), the degree of maternal education is statistically significant.

The results show that the educational level of fathers is different, and the parenting styles of families may be no different. Mother's education level affects the way of upbringing. Because mothers with junior high school education and below father's intervention level is low. One-way analysis of data distribution showed that there were no significant statistical differences in parenting types among different fathers. Different parental rearing styles are father's negation and mother's warmth of feelings. ( $F = 3.12$ ,  $P = 0.05$ ;  $F = 4.00$ ,  $P = 0.03$ ). Among them, the father refused to deny that the average score of latitude mothers as peasants was greater than that of workers, and the average score of mothers as workers was greater than that of intellectuals, cadres and businessmen. In the latitude of mothers' emotional warmth and understanding, the average score of mothers' occupation as intellectuals, cadres and businessmen is higher than that of workers' occupation, and that of workers' occupation as mothers' occupation is higher than that of farmers' occupation.

#### **4.2. Basic conditions for freshmen's adaptation**

The statistical results show that they are adapting to interpersonal relationships ( $33 \pm 4$ ), adaptive learning ( $37 \pm 4$ ), campus adaptation ( $29 \pm 5$ ), adaptive environment ( $31 \pm 6$ ), adaptive adjustment ( $32 \pm 4$ ), self-adaptation ( $28 \pm 4$ ), satisfaction ( $17 \pm 3$ ), and comprehensive fitness performance ( $207 \pm 24$ ) [7].

#### **4.3. Relevant analysis of parental rearing style and college students' adaptation**

The correlation analysis between parental education types and college students' adaptive perforation products shows that, as shown in Table 1, there is a correlation between parenting types

and college students' adaptability. Table 1 shows that people's emotional warmth ( $R = 0.29$ ) and interpersonal relationships are positive. There was a positive correlation among school adaptation, severe punishment of fathers and excessive interference ( $r = 0.29$ ,  $r = 0.43$ ). Satisfaction was directly proportional to the degree of father's excessive interference ( $r = 0.30$ ).

Table 1 Correlation matrix between parental rearing patterns and college students' adaptability

Project	Self-adaptation	Emotional adaptation	Job selection adaptation	Campus adaptation	Learning adaptation	Interpersonal relationship adaptation	Degree of satisfaction	Adaptation total score
The mother preferred the subjects	-0.06	-0.11	-0.14	0	-0.07	-0.15	-0.15	-0.13
Mother's punishment is severe	-0.09	0.09	0.26	0.27	0.24	0.40	0.13	0.27
The mother refused to deny	-0.23	-0.12	0.04	0.10	0.02	-0.04	-0.08	-0.04
Mother's excessive interference in protection	0.01	0.04	0.02	0.20	0.18	0.06	0.19	0.14
Mother's emotional and warm understanding	0.21	0.23	-0.10	0.06	-0.09	0.29	0.15	0.06
Father's over-protection	-0.02	0.15	-0.04	-0.01	0.11	0.12	-0.02	0.06
The father refused to deny	-0.20	-0.09	0.13	0.19	0.23	-0.01	0.10	0.10
Father's Preference	-0.07	-0.12	-0.10	0.01	-0.06	-0.14	-0.13	-0.13
Father's excessive interference	-0.13	-0.09	0.26	0.43	0.20	0.06	0.30	0.22
Father's punishment is severe	0.10	0.04	0.26	0.19	0.30	0.15	-0.03	0.25
The father's emotional and warm understanding	0.08	0.16	0.11	0.11	0.10	0.15	0.12	0.16

## 5. Discussion

### 5.1. The characteristics of the educational style of freshmen in universities

In this study, in the latitude of parenting style of parents [8], there is no statistical difference in the views of parental education. The difference of parental education level between father's excessive interference latitude is similar in statistics. The average test below junior middle school is lower than that above junior middle school. In previous studies, Robin Li believed that parental education had an impact on parenting styles. This is the mother's high level of education, the children need higher, so, perhaps, this is more severe, and then, the interpersonal skills of women are very strong, so the children are too harsh children's heart of her image. There is no statistical difference between different fathers in terms of parental occupation. Fathers with different mothers' parenting styles refuse to deny it, and mothers' emotional warmth is important for statistics. Among them, the father refused to be a farmer's latitude mother's occupation. The average score was higher than that of workers, and the average occupation of mothers was higher than that of intellectuals, business people and entrepreneurs. The reason why mothers are so hot is that they know latitude, and the occupation of mothers is equal to the average score of knowledge. Therefore, the mother's occupation is a farmer or laborer, while the spouse's occupation is the same. The salaries and knowledge of these two professions are different from those of intellectuals, cadres and

entrepreneurs. In order to meet the needs of children, lack of funds, lack of mental strength, and even more rejection than denial. As mothers of intellectuals, cadres and businessmen, they can better understand what their children are doing.

## **5.2. The relationship between freshmen's education style and adaptability**

In this study, there is no significant correlation between the latitude of College Students' adaptability and the way of education [9]. There is a positive correlation between College Students' ability to adapt to people and their mothers' understanding of emotional warmth and punishment of parenting styles. Wang Na's research results are negatively related to severe punishment of mothers. Through the warm understanding of mothers' feelings, children have optimistic and self-confident personality to promote interpersonal communication. Severe punishment also actively adapts to interpersonal relationships. This result needs further verification. There is a significant positive relationship between College Students' learning adaptability and father's punishment for parenting. The reason is that strict parenting can make children more self-control. In a relaxed learning atmosphere, self-discipline is particularly important. There is a significant correlation between college students' adaptation, severe punishment and excessive interference. There is a significant positive relationship between parents' excessive interference and college students' satisfaction with adaptation and their parenting styles. This may be because the way fathers educate differs greatly from the way school children feel.

## **6. Summary**

Firstly, the research on the way of freshmen's upbringing has no statistical significance in the latitude of the way of father's upbringing. The difference of maternal education between mothers and fathers is very obvious in statistics ( $t = 2.14$ ,  $P = 0.04$ ). The average score below middle school is lower than that above middle school. Secondly, there is no statistical difference in parenting styles between different fathers. Fathers with different mothers' parenting styles refused to deny their mothers' emotional warmth. The understanding of mothers' emotional warmth was statistically significant ( $t = 3.12$ ,  $P = 0.05$ ;  $t = 3.99$ ,  $P = 0.03$ ). Among them, fathers denied that mothers' careers were more equal than those of workers, and asserted that mothers' careers were larger than those of intellectuals, cadres and entrepreneurs. The reason why mothers are so hot is that they know latitude, and the occupation of mothers is equal to the average score of knowledge [10].

Secondly, the relationship between parenting style and college students' adaptability and sex is that there is a significant correlation between the latitude of College Students' adaptive parenting style, but there is no obvious correlation between the interpersonal adaptation of mothers and the parenting style of teams. There is a strong positive correlation between the emotional warmth understanding and punishment of ers. College students' learning adaptability is related to punishing parents who raise their children. College students' campus adaptability is related to the severity of punishing their fathers. College students' adaptive satisfaction is proportional to their parents' over-involvement.

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