

Research on Family Education under the Perspective of "the Opposition of Yin and Yang"

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Abstract. Through the literature review, it is found that the discussion of family education has become increasingly mature and fruitful, but most of them use the theoretical system of western industrial society to interpret the problems of family education in China, drawing a conclusion that many existing family educations are pathological. In this paper, the ancient Chinese theory of Yin-Yang philosophy is used to analyze family education, and it is got to know that because it does not follow the natural law of "one Yin and one Yang is constituted Tao".

1. Introduction

According to Liang Qichao, the theory of young China states that: the wisdom of the young is the wisdom of a country, the rich of the young is the rich of the country, the strength of the young is the strength of a country, the independence of the young is the independence of the country, the freedom of the young is the freedom of a country, the progress of the young is the progress of a country. It is thus evident that can be seen that the physical, mental health and harmonious development of teenagers are related to the shaping of their own personality and happiness of life, the harmony of their families and the stability of society, as well as the future and hope of the Chinese nation. However, since the modernization of China's construction, the education of teenagers, especially their family education, has not developed with economic growth, which has attracted the attention of all walks of life. At present, there are many drawbacks in family education in China, and unscientific education methods and contents still exist, which have a negative impact on the growth of minors. This paper will discuss the crux and Countermeasures of family education of teenagers by combining the problems and disadvantages of current family education and drawing on the theoretical resources of traditional culture, so as to improve people's attention to family education, update the concept of family education, improve the way of family education and provide the Countermeasures for improving the quality of family education. [1]

2. Review of Domestic and Foreign Research

"Yin and Yang" is the description of the fundamental factors behind the natural laws and promoting the development and change of the natural laws in ancient Chinese civilization. It is the driving force for various things to breed, develop, mature, decline and die out. It is also the core element to lay the logical thinking foundation of Chinese civilization. The theory of Yin-Yang and five elements are often used by ancient medical scholars to explain the physiological and pathological phenomena of the human body. It is a simple dialectical materialism philosophy created by ancient Chinese people. The theory of Yin and Yang reflects human physiological characteristics, attributes and functions by summarizing the laws of movement and change in nature, and then reflects the characteristics and laws of movement and change of all things in the universe at the MESO level of social state and macro level.

"Yin-Yang opposition" is an integral part of the philosophy system of Yin-yang theory, and also the primary condition for the establishment of Yin-yang theory. The opposites of Yin and yang are

all things in nature, and they have two attributes, namely, the opposites of Yin and Yang. The theory of Yin and Yang holds that the opposition between Yin and Yang is absolute, but the opposition is based on unity, and everything is the unity of the opposition between Yin and Yang.

Family education is divided into broad sense and narrow sense. In a broad sense, family education refers to "a kind of education carried out among family members. In the family, whether it is parents to children, children to parents, or the elderly to the young, the young to the elderly, all the oral and conscious influences are family education." [2] In a narrow sense, family education refers to "according to the tradition, family education refers to the education and influence of parents, the elders in the family, on their children and other young people in family life."

Foreign countries attach great importance to the family education of children. Locke, the British political thinker, in his book "education cartoon", discusses in detail the educational thought that gentlemen come out of the family from three aspects of morality, intelligence and body; Emile is the work of Rousseau, the French Enlightenment, which involves the important influence of parents' words and deeds on children, compared with the empty theory, Specific words and deeds are more persuasive, and it is also proposed that harmonious relationship between family members can establish a good family environment for the growth of minors is very important. [3]

At present, the main point of view adopted in the study of family education is basically western theory. Western theories have their own reasonable aspects. However, after all, western theories are based on Western culture and its unique historical and social background, which are different from Chinese society and reality. Therefore, only the current psychological or other disciplinary explanations are insufficient. This provides enough theoretical space for the opposition of Yin and yang to intervene in family education in the theory system of Yin and Yang.

3. The Phenomenon of Family Education

According to Hong Ming's research on the family education consultation hotline of China Youth Research Center, it is found that: [4] Children's personality, behavior and learning problems are the most concerned by their parents, and their main manifestations are school weariness, poor self-management and poor parent-child relationship; while the main cause of the problem is found in the attribution survey. First of all, 90% (90.8%) of parents think that children's learning problems are caused by their own children, second, by teachers (6.6%), and other unclear reasons account for less than 3%. In the above data, it is reflected that the reason why students are tired of learning and other learning problems is related to the direct factors such as parents' high learning expectations, inappropriate intervention methods (such as blind supplementary courses), and the indirect factors such as family environment and parent-child relationship. In the survey, we found that nearly half of the parents can realize that the generation of children's problems is related to bad family education. When discussing children's growth, more than 30% of parents (32.7%) can systematically reflect on the overall environment of children's education, and think that children's education is mainly caused by family education environment (8.8%), family growth environment (22.6%), family education mode (43.6%), alternative education (14.5%) and improper teacher education mode (11.5%). In order of all these inducements, spoiled parenting is considered to be the primary cause of children's education problems. Nearly half (47.1%) of parents admit that they are spoiled parenting.

From the above data, we can see the general phenomenon of family education in the context of family planning in China.

4. An Analysis of the Attribution of the Theory of Yin and Yang to Family Education

For a period of time, the concept of "Yin Yang and five elements" has been mysterious and regarded as feudal superstition. In fact, this is due to the lack of understanding of the traditional theory of Yin-Yang and five elements. In addition, many charlatans often use Yin-Yang and five elements to engage in superstitious and deceptive activities, which make the precious cultural heritage of the Chinese nation greatly devalued in people's minds, even regarded as dross. Hegel, a

German philosopher, also believes that the theory of Yin and Yang is the wisdom of Chinese people. "China has also noted abstract categories of thought and logic. The ancient book of changes (on principles) is the basis of such thoughts. The book of changes contains the wisdom of the Chinese people (it has absolute authority)." [5]

In fact, the five elements of Yin and yang are not mysterious. Their emergence is just the generalization and summary of the ancients' experience in real life and production. In view of this, it is necessary for us to name "Yin Yang five elements" and inherit the precious cultural heritage that has contributed to human progress. [6]

The fundamental problem of Chinese family education is that Yin and yang are not opposite, that is to say, "Yin" and "Yang" are not separated, so it is difficult to achieve the harmonious and healthy state of Yin-yang balance.

First of all, there is no clear distinction and boundary between Yin and Yang in the role-playing between parents. The traditional concept of "male dominating the outside and female dominating the inside" is always handed over to the wife. Generally speaking, as a male husband, it represents masculinity, enterprising and motivation. If the husband educates the child, it will make the child more assertive, calm, frustrated and strong. As a woman's wife, she has a softer, more patient, more bearing and softer heart. Women's education of children is more from the quality, morality and other aspects to provide children with the outlook on life, values and so on. Now the general family education in the society is replaced by the negative education of the wife, which will make the children lack the father's love and make the children get inadequate love.

Secondly, "Yin" and "Yang" in the contradictory unity of parents and children are inseparable. Freud mentioned in the introduction to psychoanalysis that "we pay too much attention to the experience of adults, but we neglect the importance of children's experience." Therefore, in the early stage, the contradictory nature and intensity of ID, ego and superego are determined by the living environment, parents' educational attitude and way to their children.[7]Children have their children's mental and psychological needs at all stages, and their physiological characteristics are also different. Their psychological and cognitive characteristics are also different from those of adults. In a word, such a way belongs to not keeping the Tao, not on it. If you don't obey the Tao, you will violate the law. If you disobey the law, you will be punished by the law. This is the origin of family education.

Also, the mistakes of parents' intervention and influence in family education. Children's healthy growth needs to constantly absorb comprehensive and balanced nutrition from the outside world, and this "nutrition" includes two parts: double-sided "Yin" and "Yang". Specifically, "Yang" represents the support that meets the psychological needs of children from the outside world, including social support, resource support and emotional support, while "Yin" represents the challenge and stimulation conditions that do not meet the psychological needs of children from the outside world, including bad or missing social support, resource support and emotional support, etc.

Apparently, the education methods represented by "Yin", for example, lack or reduce the material satisfaction as much as possible, lack the comfortable life style, increase the hard living conditions, reduce the excessive love, care, care and material support, and increase some labor exercise, physical exercise and the exercise of looking for social and material resources in the hard life, will come from The latent function aspect plays the more distant and the profound help to the child. They should let go of the prohibition and restriction that let children develop by themselves, so that children can't grow and develop normally and leniently. Therefore, the main problem in family education is that there is no opposition between Yin and Yang.

Pure Yang and pure Yin are not the normal forms of human beings. According to 'Hsi Tzu' in the Book of Changes, it is said that "one Yin and one Yang constitute Tao". It can be seen that Tao, the carrier of biological and biological things, promotes life and is healthy and upward. There are also "solitary Yin doesn't grow, only Yang doesn't grow.". There is also pure Yang as God, pure Yin as ghost, and there is Yang in Yin, and there is Yin in Yang is in line with the law of humanity. The wisdom of the ancients brought all things into the Yin-yang system, which could explain all things in the universe. Yin and yang are not separated, for "only one Yin and one Yang can be

constituted Tao". There is Yang in Yin, there is Yin in Yang is like there is me in you and you in me. "The law of contradiction of things, that is, the law of unity of opposites, is the most fundamental law of materialistic dialectics". The unity of opposites is the essence of all laws and categories of materialistic dialectics.[8]"solitary Yin doesn't grow, single Yang doesn't grow"[9]. Family education should be viewed in a dialectical way, not in a one-sided way. If the family education leaves the "Yang" attitude and method, it will lead to the extreme results of the children because of the extreme practices of the parents. On the contrary, if family education negates the "Yang" attitude and method and blindly uses the "Yin" method, it will also lead to a negative personality, negative personality and indifferent, selfish attitude towards life. Therefore, for the healthy growth of children, it is advisable to follow the way of combining Yin and Yang, combining Yin and Yang, combining hardness with softness to promote the growth of children.

5. Conclusion

Children's problems come from parents, and children's problems are also parents' problems. The problem of parents is that they don't understand the way of Yin and Yang and don't abide by the way. The problem of children's health needs the intervention of the Yin-Yang theory, which shows that the theory of traditional Chinese culture has certain predictability and universality.

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