

## **The Status, Influence and Optimization Path of Contemporary College Students' Family Education**

**Xiaochuan Wang**

School of Marxism, Sichuan University, Chengdu, Sichuan Province, 610207, China

770329511@qq.com

**Keywords:** Family education; Contemporary college students; Growth

**Abstract:** The growth of contemporary college students is also affected by many factors. Based on the perspective of educational environment, the paper believes that family education is indispensable in the growth of college students, which is the basic impetus of their physical and mental development. It is the basic driving force for the development of college students' physical and mental development. Family education is also the actual requirement of inheriting the splendid traditional culture, practicing the core socialist values and supporting education in colleges and universities. This paper thinks that family education has great influence on the growth of contemporary college students from the perspectives of the purpose, the content and methods. Finally, faced with shortcomings in the practice of family education, we should adjust the inherent mode of family education, pay attention to the law of growth of children and help them set up reasonable goals. Meanwhile, we should strengthen the institutional guidance and legal guarantees for family education, which generates an education joint force with families, colleges and society.

### **1. The Status of Family Education in the Growth of Contemporary College Students**

#### **1.1 Family Education is the Basic Driving Force for Promoting the Physical and Mental Development of Contemporary College Students.**

According to *Chinese Family Development Report 2015*, the majority of Chinese family is the core family accounting for 64.3%. The direct family accounts for 26.2%, single-person households accounting for 6.5%, joint households accounting for 1.4%, and other households accounting for 1.6%. According to the survey of households, population, sex ratio and household size in the 2018 China Statistical Yearbook, the average Chinese household is 3, and most of college students are only children. The characteristics of the only child are mainly featured with the absence of brothers and sisters, the living conditions which are generally superior to the previous generation and more concentrated and thoughtful love from their parents. Such characteristics will not only make the family pay special attention to the children, but also make children strongly depend on their families materially and mentally, which does not immediately vanish. Although college students are mature in physiology, their psychological development is relatively lagging. When they get into universities, they may not be able to adapt to independent life and lack self-management ability. Because college students have a strong sense of dependence on the family, it is easier to understand and accept the parents' meticulous education. Therefore, although most of the contemporary college students who are away from their families live in colleges and universities, the relationship between them and their families is still very close and family education is needed to promote their healthy growth.

#### **1.2 Family Education is an Effective Way to Inherit and Carry Forward the Excellent Traditional Parental Instruction Culture.**

The traditional Chinese parental instruction culture has a long history. As a continuation of the national blood and a valuable cultural heritage of the national spirit, it inspires college students to establish higher spiritual pursuits, enhance self-cultivation, cultivate a rational and peaceful mentality, and strengthen national centripetal force. Family is the most basic unit of society. The inheritance of excellent parental instruction culture is inseparable from the basic carrier of family.

Family education is an effective way to inherit and carry forward the excellent traditional parental instruction culture. Parental instruction culture cannot work on contemporary college students without family education, especially the communication and practice of the advanced parental instruction culture between the subject and the object of family education. If parents are led by example and become the norms, correctly absorbing and applying the excellent traditional parental instruction culture, giving positive demonstration and positive infusion to their children, they will create a huge cultural impact for their children and establish a strong role model to make parental instruction culture learned by heart and brain in their communications, which let the advance culture handed down from generation to generation.

### **1.3 Family Education is an Urgent Need to Practice the Core Values of Socialism.**

Along with the continuous deepening of reform and opening up, Chinese culture has gradually become more modern and opener. Values are the ideological premise of the college students being a man and doing things. The correct values are the basic guarantee for contemporary college students to realize their values. When educating college students to identify and practice education, education subjects should accurately grasp the spiritual essence of the socialist core value system, implement the fundamental tasks of setting highly moral values and cultivating persons. It should guide college students to construct and cultivate the socialist core value system under the socialist system with Chinese characteristics and practice the core values of socialism. College students are at the forefront of the ideological trend. They are the target groups influenced by various cultural trends and infiltration of ideas. The value education of contemporary college students is extremely urgent. Although colleges and universities are the main front for contemporary college students' ideological and political education, the family is also an important field to practice the core values of socialism. In the education of socialist core values, family education cannot be missed. It even should be an important position of core values education. Parents must take the initiative to consolidate this position.

### **1.4 Family Education is an Objective Requirement to Support and Cooperate with the Three-Round Education of Colleges and Universities.**

The "Implementation Outline for the Improvement of the Ideological and Political Work of colleges and universities." issued by the Ministry of Education puts forward the requirement of constructing the "three-round education", that is, cultivation should be worked in all strength, all courses and all dimensions. It requires the value of thoughts to be practiced through the whole course and each link. "Three-round education" is an overall improvement and further deepening of the understanding of the characteristics and laws of the people of setting highly moral values and cultivating persons. Because the factors affecting the growth of contemporary college students are mainly related to colleges, societies, and families, combined with the practical problems in the development of "three-round education" in colleges and universities, we must pay attention to the importance of cooperative education of colleges, society, and families. Although universities are specialized educational institutions and play the leading role in human's cultivation, it still cannot do without the cooperation and support of family education.

## **2. Analysis of the Influence of Family Education on the Growth of Contemporary College Students**

### **2.1 The Influence of Family Education Purpose on the Growth of Contemporary College Students.**

On the one hand, the right purpose of family education is conducive to establish firm ideals and beliefs, set reasonable goals for college students. Reflecting the purpose of family education correctly and comprehensively according to social requirements is basically cultivating children to be the needed talents for the development of society. Psychology theory points out that goal planning is closely related to individual achievement motivation. Clear and appropriate goals help

to form strong achievement motivation and have a significant guiding and stimulating effect on individual behaviors. The purpose of family education is the starting point and basis of family education activities, and it is also the destination of educational practice activities. Parents will reflect their children's expectations in all aspects, affecting the choice and development of their children, of which impact will be continuous. On the other hand, the purpose of inappropriate family education is not conducive to the development of college students' goals. Parents' high expectations act on children through explicit and implicit means. College students can easily put these expectations in their hearts and use these expectations to require themselves. Failure to achieve the expected expectations and goals is prone to generate some emotions like turndown and doubt. If you fail to achieve the goals you have set for a long time, you will become more and more inferior and tired. This is a negative cycle. Once these expectations exceed the level acceptable of the college students, they will hinder students' development goals.

## **2.2 The Influence of Family Education Content on the Growth of Contemporary College Students.**

On the one hand, proper family education content is conducive to the overall development of college students' mind and body and moral quality. Appropriate family education content refers to the parents' scientific understanding of the meaning of all aspects of family education. The focus of family education content is adjusted with the changes in the growth stage of college students. The content of family education comprehensively reflects the content of people's growth. Parents actively learn and understand the scientific meaning of family education content, which is conducive to acting better on college students and help their physical and mental development. Parents strengthen the study of educational content so that children can receive systematic, scientific and continuous education from birth to university study, which is not only conducive to the protection and enhancement of physical health, but also conducive to the cultivation and promotion of psychological quality. After many years of education, college students should have a lot of excellent characters, have a good learning thinking and play a demonstration and a leading role in the ideological and moral quality. But in real life, college students still have many problems in the improvement of self-cultivation. The importance of family moral education is particularly prominent. Although college students have experienced systematic and long-term systematic education, they have formed a relatively stable thinking system and have strong cognitive ability. However, college students have been in the environment of exam-oriented education before getting into university, their development of moral education is relatively lagging compare to developed intellectual education. The problems are shown as their inadaptability performance to the university environment, the confusing interpersonal communication, the obvious utilitarianism and diversified value orientations and so on. Parents should understand the growth rules of college children, their confusion of growth and adjust the focus of family education content.

On the other hand, inappropriate family education content is not conducive to the shaping of college students' personality. The content of improper family education means that parents do not accurately grasp the meaning of all aspects of family education. The focus of family education content has not been adjusted with the changes in the growth stage of college students. Improper family education content is not conducive to the overall growth and development of college students. Parents much focus on the intellectual education not moral education and attach family education content to school education. Therefore, the physical or psychological education content closely related to the growth of college students is marginalized or indifferent, which is not conducive to the shaping of college students' personality. Personality is the sum of relatively stable psychological characteristics. According to the survey, about 60% of college students think that their parents are too busy to work on their own. During college education, the contents exchanged most between children and parents are the completion of the academic program and the results obtained. The proportion of households who regularly contact the school is very low. This not only reflects the bias of family education content in intellectual education, but also reflects the dependence of family education on school education. College students do not feel the attention of

their parents in social life. In the process of shaping and perfecting the personality, the family's response is low, which is easy for them to produce ideas and emotions with obvious polarization such as self-abasement and self-conceit, half-assed and utilitarianism.

### **2.3 The Influence of Family Education Methods on the Growth of Contemporary College Students.**

On the one hand, the family education method of “teaching students according to their aptitude” is conducive to the improvement of college students' social ability. The family education method of “teaching students according to their aptitude” refers to parents' choice of children's characteristics according to their cognitive level, learning ability and self-quality, and targeted education, especially focusing on the growth characteristics of their children at the university stage. They will give full play to the strengths of our children, make up for the deficiencies of their children, and give our children the confidence to grow, thus promoting the all-round development of their children. The educational method of “teaching students according to their aptitude” is a scientific method of education, which not only benefits the development of college students' mind and body, but also helps college students to strengthen their self-cultivation and do their best to improve the social ability of themselves. The family education method of “teaching students according to their aptitude” is mainly to understand the developmental characteristics of their children. By guiding and analyzing their strengths and weaknesses, family education methods help their children to further develop their strengths and correct their deficiencies. They help children understand their confusions of learning, life and society through methods as preaching and establishing good examples. Family education methods help their children to get out of setbacks through positive encouragement and other methods. Parents understand the confusion of their children's study, life and social interactions; help their children solve their puzzles through preaching and the establishment of role models. Parents understand the frustrations their children encounter in their struggles, and help their children with positive encouragement and other methods.

On the other hand, the “empiricism” family education method is not conducive to the cultivation of college students' good personality. “Empiricism” is based on feelings. The family education methods of empiricism refers that parents repeat what books say and educate their children by following some successful education cases of other families on books. For example, A good person should be trained with tough rules. Second, according to the educational methods that parents get when they are educated, they keep performing these methods on their children their children. The “empiricism” family education method is not conducive to the physical and mental development of college students, is not conducive to the cultivation of college students' good personality, and is not conducive to the formation of a harmonious family view. It is difficult for parents to explore the personalities of their children, to scientifically grasp the staged needs of college students, which is not conducive to the cultivation of college students' good personality. Contemporary college students are independent and cheerful, and each college student has its own unique personality. The family education methods following scripts are mainly reflect as do what others do. At the same time, parents' repetitive education ignores the growth characteristics of college students, making college students feel the mechanics and dogma of family education methods, which is harmful to college students to form a harmonious family view.

## **3. Optimized Paths for Quality Family Education**

### **3.1 Adapt to the Changing Environment of the Times and Adjust the Inherent Mode of Family Education.**

In the past generation, parents highly praised the corporal punishment education. However, with their children being adults and the changes of social environment, society advocates that parents use democratic and equal exchanges to communicate with their children, and they should be careful of using violent methods to treat their children. At the same time, it is worthy of noting that the ways parents use to educate their children are not taken for granted but should consider the

comprehensive factors of their own conditions and children's situation. Although the methods are different, the purpose is to cultivate children's strong self-confidence and self-control ability, no matter which method is used.

Create a good family atmosphere. The family does not only refer to the warm atmosphere in the physical space, but also emphasizes the harmonious relationship of family members' health, intimacy and love. College students are in a school environment for a long time, which means they cannot be with their parents all times. Therefore, it is very important to build a good family atmosphere in the psychological space. In view of the fact that children and parents cannot communicate face to face during university, parents and children should actively use information technology as the Internet to communicate with each other. Children should also care about their parents from time to time, sharing campus life, talking about the confusion in emotional life learning, building a solid and gentle harmonious family atmosphere.

### **3.2 Pay Attention to the Law of Children's Growth and Assist in Formulating Reasonable Growth Goals.**

Parents help their children to define their own position. Their gifts, the fields they are good even their hobbies are different. College students are in the early stage of life growth and have a certain independent thinking ability. However, it is easily affected by external factors, having certain herd mentality, which is easy to be clouded and loses self-direction and self-coordinates. Parents' life experience is richer than their children, and their social experience is sufficient. In all kinds of interpersonal relationships, parents know their children best. Therefore, they are clear about their children' condition of development, family condition, which can help their children define themselves. At the same time, parents should maintain a calm and peaceful attitude. There are always ups and downs in life. There are always some gaps in reality and ideals. The personal goals of children may not be realized smoothly or may be hindered. If these situations occur, parents should understand their children and encourage their children with a fully understood attitude and wait for their children to grow up.

### **3.3 Improve Family Education Guidance and Strengthen Family Education Legal Protection.**

China in the 21st century has made great achievements in the fields of educational theory research and education legal system construction. The report of the 19th National Congress of the Communist Party of China puts forward the idea of a comprehensive era of ruling the country according to law and the basic strategy of ruling the country according to law. The legalization of education is also an important part of the modernization of education governance in China. After years of development, China has basically established an education legal system. The government has clearly proposed the revision of the Education Law, the Vocational Education Law, the Higher Education Law, the Degrees Regulations and the Teacher Law, and plans to formulate laws as the Education Examination Act and Family Education. The Family Education Law is under establishment and has not become a realistic part of guiding family education. However, in China, Jiangxi, Chongqing and other provinces have promulgated legal documents such as the Family Education Promotion Regulations, which aims to promote family education, provides legal protection for family education and fills the gaps in family education laws and regulations. This practice should be further promoted. The formulation of the family education legal system will incorporate family education into the rule of law, which will help clarify the responsibilities of the government, society, schools and families, improve the quality of family members, ensure the harmony of family and society, and promote the healthy growth of university students, which will be of great importance.

### **3.4 Promote Cooperative Education with Families, Universities and Society with a Center As Moral Cultivation.**

We should improve coordinated and orderly education management, continuously strengthen the relationship and carry out cooperative education of universities, society and families, promote the organic integration of family education, school education and social education. Otherwise, we

should promote to establish the normalization mechanism of student education with the three sides, improve the social participation, school management and education evaluation and supervision mechanism with the same goals and requirements, putting joint efforts in education. It is necessary to further improve the home-school contact mechanism, set up a clear management system for parents, innovate operation mode, help parents establish correct educational concepts, master scientific education knowledge and methods, continuously improve family education functions, and promote student growth under the establishment of communication channels and contact mechanisms.

#### **4. Summary**

Family is the primary environment for the growth of contemporary college students. Good family education is conducive to helping contemporary college students to form independent and perfect personalities and good psychological qualities, and to cultivate their personal abilities in dealing with difficulties and setbacks in the path of growth. However, the positive effects of family education have not been fully demonstrated and practiced. The real dilemmas faced with family education are still diverse. To play the educational function of the family and promote the healthy growth of contemporary college students can not be limited to the adjustment and innovation of the purpose, content and methods of family education. It is also necessary to adapt to changes in the environment of the times and adjust the inherent methods of family education.

#### **References**

- [1] Y.C. Zhang and Y.T. Zheng. Modern Ideological and Political Education [M]. Beijing: People's Publishing House, 2006.
- [2] Z.X. Zhao. Family Education - Education of Children's Science and Art [M]. Beijing: People's Education Press, 2017.
- [3] H. Chen. Family Education [M]. Shanghai: East China Normal University Press, 2018.
- [4] D.L. Wang. Moral Education Humanistic Practice Theory [M]. Hangzhou: Zhejiang University Press, 2015.
- [5] B.H. Lin and J.Q. Zhang. Research on the Growth Law of Contemporary College Students [J]. Ideological and Theoretical Education. 2017, 8: 43-48.
- [6] J. Zhang. Some Thoughts on Strengthening the Ideological and Political Work in Colleges and Universities in Accordance with the Law of Student Growth [J]. Ideological and Theoretical Education Guide. 2018, 5: 153-156.
- [7] H.X. Wang. Exploring the Five Key Points for College Students to Become Talents [J]. Ideological and Theoretical Education Guide. 2019, 3: 64-67.
- [8] National Bureau of Statistics of the People's Republic of China. 2018 China Statistical Yearbook [M]. Beijing: China Statistics Press, 2018.