

# Correlation Study of Family factors and Self-esteem Development of College Student

--Taking Guizhou University of Engineering Science as an example

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**Abstract.** The mental health of college students has been a hot issue of social concern, and self-esteem as individual judgment of self-value, has been affecting the individual mental health. In order to explore the factors affecting the development of family self-esteem of college students, and to provide evidence for mental health education of College students, The research by questionnaire survey to influence the parenting style, parental culture, occupation, number of children, family factors on College Students' self-esteem development to quantify. The results show that: the level of self-esteem had significant differences in gender variables and father cultural variables; a variety of family factors are affecting college student's self-esteem.

## 1. Introduction

College students are a group of teenagers receiving higher education, representing the most advanced trend of cultural knowledge, and the future and hope of a country. Their mental health has always been a topic of social concern. Self-esteem, as an important part of individual self-system, is a positive evaluation and experience of self-worth acquired by individuals in the process of social comparison [1]. Its development status is not only directly related to the individual's mental health, but also has an important impact on the individual's overall personality development. Then, in the process of the development of individual self-esteem, what role does the family environment as a growth base for college students play? In order to answer this question, the study uses regression analysis based on relevant analysis to try to explore the connection between the two from causality.

## 2. Research object and method

### 2.1 Research object

Using randomized whole-sampling methods, 450 students were selected from the Guizhou University of Engineering Science of Guizhou Province as a participant. A total of 450 questionnaires were sent out, and 432 valid questionnaires were obtained.

### 2.2 Measuring tool

In this study, EMBU and SES were used to compose the related scale.

### 2.3 Parental Rearing Style Scale(EMBU)

The EMBU (Egma Minnen AV Bardndosnaupp forstran) was developed by C. Perris, Department of Psychiatry, Umea University, Sweden in 1980. The scale includes 11 dimensions, including six dimensions of paternal upbringing style. They are: emotional warm understanding, severe punishment, excessive interference, preference for subjects, refusal to deny, and excessive protection; mothers have five dimensions of parenting: emotional warmth and understanding, excessive interference and overprotection, refusal to deny, and severe punishment. Preference for the participants. The scale is a 4-point scale, and 1, 2, 3, and 4 represent "never", "occasionally", "frequently", "always". The test-retest reliability of this scale is 0.50--0.91.

### 2.4 Self-esteem Scale (SES)

The study used the Self-esteem Scale (SES) developed by Rosenberg in 1965 to assess adolescents' overall feelings about self-worth and self-acceptance. The scale consists of 10 items with a total score ranging from 10 to 50. The higher the score, the higher the degree of self-esteem.

The internal consistency coefficient of this measurement is 0.780.

## 2.5 Implementation procedure

The students were asked to fill out questionnaires and take them back on the spot. Using SPSS15.0 statistical software to process and analyze all data

## 3. Result

### 3.1 Variance analysis of self-esteem

The gender, grade and major, parental culture, parental occupation, etc. were used as independent variables, and self-esteem was analyzed as variance. The results are shown in Table 1.

Table 1 Variance analysis of self-esteem

Source	Sum of squares SS	Degree of freedom f	Mean square MS	F value	P
Gender	138.872	1	138.872	6.575*	.011
grade	88.929	3	29.643	1.403	.241
Major	.002	1	.002	.000	.992
Only child	41.190	1	41.190	1.925	.166
Father occupation	98.355	4	24.589	1.163	.327
Maternal occupation	151.341	4	37.835	1.762	.136
Father culture	298.821	4	74.705	3.533**	.003
Mother culture	49.477	5	9.895	.468	.800

Note: \* P (bilateral) < 0.05, \*\* P < 0.01 (the same below)

The analysis of variance of self-esteem in Table 1 shows that there is a significant difference in the level of self-esteem between male students and female students in terms of gender factors, which shows that the level of self-esteem of male students is higher than that of female students, and the difference is significant at the level of 0.05. In the factor of father's culture, the difference of self-esteem level of college students is extremely significant. The higher the level of father's culture, the higher the level of self-esteem of college students, the difference is significant at 0.01 level; the score of male self-esteem is higher than that of girls in other factors. No statistical difference was reached.

### 3.2 Analysis of the correlation between parental rearing styles and self-esteem of College Students

The correlation between the factors of parental rearing style and college students' self-esteem was analyzed. The results are shown in Table 2:

Table 2 Analysis of the correlation between parental rearing style and self-esteem

	M1	M2	M3	M4	M5	F1	F2	F3	F4	F5	F6
Self - esteem	.316**	.192**	-.167**	-.130**	.065	.376**	-.139**	-.008	.015	-.117*	.017

Note: M1 = mother's emotional warmth and understanding, M2 = mother's excessive interference and protection, M3 = mother's refusal to deny, M4 = mother's severe punishment, M5 = mother's preference for subjects, F1 = father's emotional warmth and understanding, F2 = father's severe punishment, F3 = father excessive interference, F4 = father prefers the subject, F5 = father refuses to deny, F6 = father overprotection.

As shown in Table 2, college students' self-esteem is positively correlated with their parents' emotional warmth and understanding, while negatively correlated with their parents' refusal and denial. Excessive interference with mothers and overprotection is extremely significant positive correlation; it is extremely significantly negatively correlated with the severe punishment of the mother. The correlation is not significant in other dimensions.

### 3.3 Predictive Effect of Parental Rearing Style on College Students' Self-esteem

On the basis of the previous research, this paper examines the predictive effect of parenting styles on self-esteem of college students by means of multiple regression analysis (enter), taking the dimensions of parenting styles as independent variables and self-esteem as dependent variables.

The study found that parenting style has a significant impact on college students' self-esteem

( $F=1.283$ ,  $P=.000$ ), which can explain the 26.0% variation of college students' self-esteem. The results of Table 3 show that three aspects, father's warm understanding, father's refusal to deny and mother's interference, have significant predictive effects on college students' self-esteem.

Table 3 Regression Analysis of College Students' Family Factors on Self-esteem

Dependent variable	Prediction variable	Beta	t	R <sup>2</sup>	p
Self-esteem	Father Understanding (F1)	.199	3.601	0.046	.000
	Father Refusal (F5)	-.106	-2.116	0.008	.035
	Mother interference (M2)	.186	4.047	0.021	.000

From Table 3, we can clearly see which independent variables have significant predictive effect on dependent variables in statistical sense. In the variables of parenting style, father's warm understanding and mother's intervention can positively predict college students' self-esteem. The father's refuse Analysis and discussion

### 3.4 The Characteristics of College Students' Self-esteem Development

In the education of our country, the development and cultivation of adolescent self-esteem are paid more and more attention. Those with high self-esteem are easy to receive education, have a higher sense of self-efficacy, help to strive for achievements, and form a sense of collective honor and team spirit [2]. However, this does not mean that people have a full understanding of the role and significance of self-esteem. In real life, the fact that college students' self-esteem is not high is obvious. In this study, female students are significantly lower than male students in self-esteem. There has been much controversy over gender differences in self-esteem. The results of this study and Jiaohua (2006) [3]. The research is consistent: The level of male self-esteem development is higher than that of women as a whole. Despite the influence of the Western feminist movement, the gender equality in the country has become more and more popular in recent years, but these influences are hard to immediately shake the Chinese people who have been deeply influenced by China's thousands of years of traditional culture, especially in underdeveloped In urban and rural areas, influenced by the backward thinking of "man can pass on the ancestors", the value orientation of most families is biased towards "heavy patriarchal." University girls have long grown up under the traditional feudal ideology of "male women", and they are generally affected by the deformed values formed by their mother's long-suffering life.

The study also found that the father's education level was positively correlated with college students' self-esteem. This result is consistent with previous studies. Educational level is a reference element of individual cultural accomplishment. Parents' educational level not only affects their own self-evaluation, but also affects the whole family environment, including the education of their children. Some studies have suggested that parents of high education level give children a high emotional and warm understanding, parents with low education level are severely punished for their children, and high refusal to deny and excessive preference [4]. As a result, children grow up in a relaxed and equal family, and the higher their sense of self-worth.

### 3.5 The Effect of Parental Rearing Style on College Students' Self-esteem

Family members, especially parents' attitudes towards children directly affect the formation and development of college students' self-esteem. Relevant analysis shows that parental punishment, parental refusal and denial are negatively correlated with college students' self-esteem. The warm understanding of parents' emotions is significantly positively correlated with college students' self-esteem. Parents abuse their power and demand that their children be absolutely obedient. In order to let their children meet their own requirements, they often adopt a strategy of punishment and deprivation of love. At the same time, in the process of educating their children, they criticize more than praise and reject and negate their behavior. The children's personal wishes are not recognized and respected, resulting in lower self-acceptance and lower self-evaluation.

Through regression analysis, the main factors affecting college students' self-esteem are father's emotional understanding, mother's interference and father's refusal and denial. Fathers are at the centre of the family. Whether they provide a good way of education will directly or indirectly affect their children. The emotional understanding of children is based on respect for children. The degree of father's emotional understanding reflects the degree of father's concern, love and respect for

children's personality and will. The father who has a high emotional understanding of children allows children to express their thoughts and feelings freely. Listening to their children's voices and considering their needs, so in the family atmosphere of the father's highly emotional understanding, the children's growth will be more independent and confident. The father's long-term refusal to deny will constantly remind the child of his own shortcomings and failures. The child will either become timid and weak, or rebel and unconfident.

However, the study also found that excessive protection and intervention of mothers can enhance college students' self-esteem. It has been found in cross-cultural studies that China has a tradition of emphasizing parental authority. In this unique cultural context, parents educate their children more harshly than Western parents [5]. That is to say, parents' control and interference with their children are recognized by the world. Even the strict requirements of parents for their children are regarded as concerns for their children. Therefore, the mother's over-protection and over-interference make the children get higher self-acceptance and self-affirmation in the psychological development.

#### **4. Conclusion**

The research draws the following conclusions: (1) There are significant gender and father cultural differences in college students' self-esteem. It shows that the self-esteem development of female college students and their fathers with low educational level is not optimistic. (2) The self-esteem of college students is significantly positively correlated with the emotional warmth and understanding of the parents and the excessive interference of the mother; it is negatively correlated with the refusal of the parents and the severe punishment of the mother; (3) the father's warm understanding of the family factor, father Refusal to deny and mother intervention have a significant predictive effect on college students' self-esteem.

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