

The Research on Current Chinese Family Education and the Strategy Research

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Abstract:

In this era, the people are becoming more likely to focus on their mental health instead of the physical health, so that the Chinese people may notice that the Chinese families education may appear some issues that make them have a unhealthy mood and emotion. The families which is the first place to have socialization for the kids can have a great and significant influences to the children, not only the way to treat others and handle staffs of a person, but also the personality of the children, some of children may need to use their whole life to save their childhood, this pain will sustain for a long period and extremely difficult to erase and make the memories fade even though they grow up. This essay will demonstrate the historical background of Chinese families education, the reasons why this families education could form, such as lack of the love, sex and death education or historical inheritance and the strategy to improve or develop this situations by using the way of read sources and other related essays.

Keywords: Chinese families education; historical culture; mental health.

1. Introduction

As everyone knows that China has an extreme long history and various kinds of culture and traditional activities. However, the centuries-old history also affected in education negatively. In this case, lots of Chinese youths have mental issues, additionally the students in the school got the depression over 50% [1], not only due to the current Chinese education which is famous for its strict rules and system, but also the severe family education, as the result the unhealthy education was formed by the evolution of the education in the ancient China. In the ancient China, the only way that could change the class from poor people to the rich people and gained the power was

imperial competitive examination which was a way to elect the people from the national population and the people not only should be talented but also they should work really hard on reciting and understanding The Four Books and The Five Classics, writing poems, been good at the stereotyped [2] writing and calligraphy, otherwise been a volunteer to join the army and take part in the war and tried to get the high military rank, however, this way was risky and it was a high-level challenge compared to the previous one, but overall these methods were only provided to the male, if the female wanted to change their destiny that would be more challenging and difficult which means they needed to marry a good

husband or chosen by the king and became the imperial concubine due to the thought of looking up to men and down on women was rootedness in ancient China and the girls never could be prominent. Therefore, due to these factors, the parents in the families that really wanted the children to be powerful and successful. In Tang Dynasty, the empire chose the Confucian classics as the compulsory book if the students wanted to pass the examinations and get a great score [3]. Furthermore, they exert extreme heavy pressure on their children. Moreover, the Chinese really emphasized the filial piety that the children must obey the requirements and the order from parents [4]. After the development of the technology, the young people were more likely encouraged from parents instead of the beating and scolding education and repressive education which means a kind of education using the criticism, denying and blowing the self-confidence to the children [5], for instance, set the too high standards to expect the children can achieve that but as for children, it might be too stressful. In addition, lack of the emotional response to the children and never left the privacy and try control all over of the children involving the social media, studying, diary and interpersonal relationship, the parents may not change even though the kids growing up to the adult, they also wanted to control their marriage, and also compared with the other kids, and emphasized the victory instead of the personal development and focus on the disadvantages of kids rather than the highlights of kids. It has a negative effect on the mental health of children. As these kids growing up, they are really introverted and too much sensitive to the other people and hard to trust them. Plus, they will be uncontrolled to produce the inferiority complex which means they will be always compared themselves to the others and belittle ego. Additionally, they will think the achievements of their own values based on the approval of others so they wanted to try their best to get the others appreciation, even the small things, and if they do not complete that things they will be caught in the self-consumption deeply, that they may get the depression or anxiety disorder or other mental diseases. And the kids who lived under the long overwhelming from the parents may lack of the ability to express themselves, and this situation becomes more common, moreover, it developed to a stereotype from people in other countries to the Chinese people. They think that the Chinese are all reserved. It affects the speaking in the public also the formation of the personality of the kids. According to this essay, it will demonstrate the forming reason of the Chinese families' education, the lack of education of love, death and sex and the suggestions of improvement of the Chinese families education.

2. Main Forming Reasons of Chinese Families Education

2.1 The Main Features of Chinese Families Education

The traits also could be summarized as these following points. First of all, Chinese parents often set high academic expectations for their children and accompany with the punishment which means they think that could help children to stop making mistakes. To be more specific, the Chinese families also always tend to place an extremely high value on education [6], when the kids were still studying in the school, not matter the primary school or senior school, the parents would emphasize the academic achievement and intellectual development. Although they kids became the adults or after graduation, the parents would expect them to find a nice job which could be stable and highly remunerative, also, they wanted them to fall in a relationship quickly and required a lot about the another partner, also try to control over the entire rest of their life. They believing that the education is the key of success and upward mobility. This results in strong pressure for children who have to work really hard in school. The second one is about respecting for teachers and education. As this passage has mentioned, education is traditionally respected in Chinese culture. In this case, the teacher in the classroom just like the totally empire which means their authority in the classroom is not allowed to be suspicious, not only involved the students but also the parents. Parents will install a deep respect for education and learning in their children from a young age. Additionally, Chinese education often emphasizes self-discipline, persistence and hard work which means the students could not only be talented and intelligent but also should try their best and make efforts on the study. Parents may enforce strict study routines, ensuring that children dedicate significant time and effort to their studies. Furthermore, the competitive nature of the China is specially strong, the parents will compare their kids with other peers, even though their kids do really well, they will not be satisfied with the grade or behavior of the kids. This can lead to additional pressure to the children. Moreover, families may make significant financial and personal sacrifices to ensure their children receive the best possible education, however, the parents will blame or abuse the kids if they do not achieve their expectations. Overall, this education culture is deeply rooted in China and hard to change which shaped by both historical and contemporary influences, including economic development and social expectations.

2.2 The Forming Reasons

Current Chinese families education could form not only the historical changes but also the current situation of society and the stressful environment. Families as an agency the first place to let kids socialize and to know the diversity of world and the common sense of the world [7], so it should be extremely essential while during the process of how new born kids being a real human and obey the responsibility of society, also build up a healthy personality and mental. It is related to the current Chinese education system, and this need to explain by the historical traditions.

As for the Chinese education system, it can be traced back to ancient China. Confucius who was an ancient Chinese thinker, politician and educator propagated the Confucianism which emphasized the value of family, respectation to the elders and morality and ethics. The main centre of this ideology was cultivating a loyal and responsible kid. In addition, it was also related to the education system at that time, which means the empires used imperial examinations called Keju to change the class and gain the power. As the result, the parents in that period always expected the kids could change their situation from poor to the rich, and due to the spread of the Confucianism, the parents or other elders were the absolute unquestionable authority in the families. In the ancient China, got a good score was a only way to change the class which means became the rich people and been successful. According to the development of era, this thought had no changed, and the high expectations to the kids from parents are still working, the current Chinese parents are more likely to believe the key of success totally depends on their kids work hard in studying, and apply a great university. Moreover, the majority of Chinese are always introverted which means the parents never talk about the love with kids, so during the process of kids growing up, they lack of the sense of security and feeling of merit, also they do not know how to express the love and how to love other people. This types of families education has a great amount of disadvantages, such as, the children could not build up the confidence and lack of big personality, and has a great impact on the mental health of children. These kids need a lot of time, money and courage to offset or erase these damage when they grow up. And this situation become more common during this generation in these youths.

Posteriorly, it does not matter about whether the Chinese education system or the Chinese families education, they both have a shortage of the love, sex and death education obviously. These three types of education correspond to the richness of soul, the integrity of body and the value of the life particularly. First of all, the love education. In

this case, Chinese people are always introverted and do not know how to express love bravely, also this situation illustrated on the Chinese parents who are the elder generations distinctly. They will hide their love instead of the demonstrating in the behaviors. However, some parents will pretend that they are doing some things that good for children but the things may be really meaningless and unintelligible, some of parents probably just want to control over the children, even though some small things, like the outfit of children today, the relationships of friends and so on. This situation could be retrospected from ancient China, the Chinese always felt nervous and shy to express their feelings and emotion, so they told their feeling to others implicitly, it was a kind of cultural inheritance. So far, the present Chinese youths can not exhibit their feelings, love or emotion clearly and confidently. Next, the Chinese people also lack of the education of death. One of reasons is as this essay has mentioned before that Chinese people could not express their feelings and emotion immediately, so some negative feeling will accumulate until a critical point that these emotion will transfer to the pressure and explode. The only way that they may be able to solve this is suicide, especially as for some students, the only thing that they can do is escaping from the reality under the heavy pressure. However, the children have a lot of reason to kill themselves, but the rate of suicide of children in China is continuously increasing in fact. Actually, the rate of suicide of Chinese children and teenager is number one all over the world, there is 100 thousand kids killing themselves every year [8]. Various kids even did not know what is the death, or even have not formed the self-thought, but they chose to go die, it was really pathetic. Moreover, due to the most of Chinese people are shy introverted, so they will not talk about the topic of sex. Currently, the school will teach the biological knowledge, but not the use of condom, how to protect themselves and so on. Some of kids were violated by the adults but they did not know this thing was not normal and illegal. And the rate of raping in China is high, people should learn how to talk about this topic aboveboard and try to teach their kids not be afraid of it and the protections. These kids who never learned the sex education will make mistakes or be hurted after they grow up, and this pain will accompany with their rest of life.

3. Strategies to Improve the Chinese Families Education

3.1 Policy Changes

As this essay has mentioned before, the Chinese families

education is really related to the Chinese education system [9], so if the government notifies the issues of Chinese families education that the government needs to reform the education system initially. The exam-oriented education has lots of negative impacts, for instance, in Zhejiang province, the comorbidity rate of anxiety and depression symptoms among middle school students in Zhejiang Province was relatively high [10], and the mental health of middle school students should be paid attention to. This education system involves a lot disadvantages, such as inflexibility which means the rigid structure of exam preparation can make it difficult for teachers to adapt lessons to the needs of individual students, leading to a one-size-fits-all approach; Lacking of practical skills which means students may graduate with strong academic knowledge but there is a shortage of practical skills and real-world experience, which can hinder their employability and effectiveness in practical situations and may focus too much on grades which means the schooling system often prioritizes grades over learning. Students may become more focused on achieving high marks rather than understanding and applying knowledge, so, as for these drawbacks, that the government can reduce the population and praise the elite education, also to transfer the main centre of Chinese traditional exam-oriented education from the way to pass examination to focus on more in how to be a real human and be responsible to the responsibility of society.

3.2 Popularization of Love, Death and Sex Education

As this research has mentioned before, the traditional Chinese families education is indeed lack of these the love, sex and death education which refers the various richness of soul, the integrity of the whole body and the value of real life. As talked about the education, it should be separated to the two parts, one is teaching the knowledge from book, another one is teaching people how to be a human, how to be responsible to the society and also the way to solve staffs, not only in studying but also be survive in the society. Additionally, the society and school and parents should pay more attention to the second one that how can be a real human rather than the first one. In China, there are a great amount of examples that some students are nerds, which means they are only able to study hideboundly, however, as long as they take part in the society, they are inflexible and could not be flexible compared with the youths from other countries. As the result, they need to receive the love, sex and death education which means they need to cultivate an opened mind, to express the emotion and feelings of themselves bravely and do not afraid of the death and making mistakes, and do not think

that the only method to solve the issues is escaping. Furthermore, the parents also need to learn how to encourage the kids instead of criticizing and beating and scolding education. The parents in China should learn how to respect children and let them develop with their natural instinct and without their high expectations.

3.3 The Advertisements in Social Media

Following with the development of technology, the Internet has improved a lot rapidly, the mobile phones become a necessary staff gradually in this current society, more and more people, no matter are elder generations or kids are using smart phones. So that, a for this situation, that the government may take advantages of social media which has a really fast speed to spread the information that to advertise types of really great and positive families education, which involves the parents without any absence of the every important growing point from young period to the real adults of kids, the great economic support which means could support kids to finish the academy and do not worry about the finance too early and respectation to the kids, which means do not open the personal diary of kids and receive the kids may be a normal person which means do not set a too high expectation to the children.

4. Conclusion

This essay investigates the primary cause of the formation of the Chinese families education. As for the Chinese families education, the main characters of it was critical and beating and scold education, which means it would overwhelm the self development, instinct of kids and forming an introverted personality to children, and the disadvantages are more likely than the advantages. Also, this passage studies the reasons of why it so negative and stressful to the mental health and the formation of a not so well personality of Chinese children. Additionally, this paper also researches on the solutions to improve or change this common situation, the shortage of the Chinese families education, such as lack of love, sex and death education and introduced the historical background of ancient China which is related to the current Chinese education system briefly. This research mainly discusses the revolution of Chinese education system from under heavy pressure to release the stress, popularization of love, death and sex education which means to advertise the significance of expression the love, and protecting themselves bravely, and a great recognition of death and do not afraid the death also and the great advertisements of the positive families education in social media. Furthermore, this study also talks about the negative aspects of the Chinese exam oriented education, and the basic definition of

education should focus on the teaching how to be a human or developing their preferred field and the method of self-study rather than teaching how to pass in the exams. As the results, the Chinese government may need to do some things to solve the mental issues of current youths, change the exam-oriented education system which is related to the Chinese families education and should call on a well kinds of families education.

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