

# Study on the Relationship Between Harsh Parenting and Depression in College Students

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## Abstract:

College students are a special group, they play an important role in social life, to their correct and effective education, not only can lay the foundation for the future development of the motherland, to provide power support and strength support. However, due to various factors, college students have various psychological problems of different degrees. Due to their imperfect development, poor psychological and social adaptability, college students lack of negative emotions such as self-confidence and heavy self-esteem in their daily life. Bad personality traits can affect their emotional attitude towards their environment and others. Long-term negative treatment or extreme measures to solve these problems will have serious consequences for the individual. Therefore, this paper sets the research object as the interpersonal relationship and behavior of college students under the harsh parenting mode, so it is necessary to discuss whether there is a relevant connection between the two, how to develop and other issues, analyze, evaluate and discuss.

## Keywords:

Harsh Parenting, Depression of College Students, Family Atmosphere

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## 1. Introduction

College students are a special social group, they are faced with severe and complex psychological problems, but also a large part of them come from their families and schools. Because parents separate from their children for a long time and have high expectations for their children, some students are depressed. In this case, some bad behavior habits or tendencies have developed into irritability, anxiety, beating, scolding and insult and other serious effects on the physical and mental health growth and even cause life danger. There are also a few college students causing suicide due to various psychological problems, which have caused wide attention and analysis of people from all walks of life. [1]

## 2. Literature Review

### *2.1. Status quo and existing problems of depression among college students*

In the contemporary society, with the expansion of college enrollment, a large number of new students pour into the campus life. Due to the surge and irregular number of students, there are different degrees of relationship with their parents and teachers. At the same time, there will also be various psychological problems and contradictory emotional reactions, which are mainly caused by listening or comfort in family education. Studies show that college students have a high level of anxiety, and often retreat, inferiority and even despair in the face of setbacks. The status quo of emotional college students depression, emotional influence is vulnerable to others or social events, in the interpersonal relationship, they will appear different degrees of imbalance. For individuals, it may be due to the lack of self-confidence, self-evaluation and other psychological factors, causing the unbalanced personality development, personality defects and self-evaluation and personality quality, while for the family, it is easy to produce anxiety and hurt the feelings, resulting in various behavioral problems such as suicide and emotional closure. Somatic college students' depression is mainly manifested by emotional susceptibility to external events. In the social transition period, college students' emotional fluctuations are large, prone to anxiety, loss, such as negative psychological problems. At the same time, due to the lack of correct values and behavior standards and bad factors in the bad environment, it leads to depression. So we need to help students through various ways to establish a good health positive attitude to ease their own pressure on life events, so as to improve its ability to solve problems to better adapt to the needs of social development, and harsh parenting can cause college students individual produce different degrees of anxiety, inferiority, which affect the personality quality formation and even the outlook on life values will appear problems.

## ***2.2. The Relationship between harsh parenting and depression among college students***

Harsh parenting method implements improper or unreasonable education methods for students, so that they produce negative emotions. The main performance is: one is preference and unconditional. Some scholars believe that overindulgence will lead children to develop withdrawn and selfish personality traits; second, excessive protection and satisfaction (such as excessive satisfaction); third, to ignore the needs of their own development ability and value realization and violently treat the bad behavior or violation of others, members of society and personal emotions, thus causing depression or criminal psychological problems. The mental health level of college students is an important factor affecting their quality of life and work efficiency, and bad emotions will cause many problems. Therefore, this study sought to examine the potential role of harsh parenting on adolescent depressive status. In Chinese traditional culture, people generally regard family as one of the most important, most influential and irreplaceable power existence forms in the central social network. At the same time, some scholars believe that family, as a stable and linked social structure, is the most important link in the process of psychological development and maturity of college students. In today's society, there are many college students who have developed different degrees of psychological problems due to various reasons. These students often lack of learning interest and motivation, the difficulties in life anxiety and other pressure emotional reaction, cause they can not accept from the school and the whole country needs to make some choices, at the same time due to family factors or improper parenting style is easy to cause them unable to cope in the face of setbacks, eventually form depression and even produce inferiority complex. [2]

### **2.3. General characteristics of depression**

Depression-onset college students show a certain degree of psychological and physical instability, a change caused by a combination of multiple factors. Studies show that if a student encounter setbacks show negative, decadent phenomenon can produce a series of adverse reactions and lead to his personality disorder or other different types of problem behavior tendency, and some researchers by investigating individuals to understand their inner emotional state and mental health level, and as to predict people's quality of life and health. Bad behavior can include unhappiness, sadness and emptiness, have strong or indifferent emotions, show some kind of concern for others, and have a negative reaction to some extent. For example, some students in college because of the unsatisfactory life and anxiety. These students may have different degrees of psychological problems due to their introverted personality and poor communication. Bad emotional experience includes jealousy and inferiority complex, depression and irrational negative or insensitive feelings, and excessive pursuit of negative emotional experience such as love and freedom, making them become depressed and even helpless. At present, college students' emotions are susceptible to impulse, anxiety and other psychological diseases, etc. At present, depressive symptoms are widespread among college students, which are manifested by excessive excitement and intense tension, which is easy to cause various physiological reactions such as headache, dizziness, chest tightness or dyspnea and a series of adverse phenomena. At the same time, depression can also bring negative effects on students: severely contusion students can lead to memory loss; it has a great negative impact on academic performance, but also can reduce academic performance and even inferiority complex. Both the lack of social skills and the poor ability to deal with setbacks and behavioral paranoia. [3]

## **3. Research Methods**

This study used a combination of qualitative data analysis with multivariate statistical tests. For the qualitative data analysis, they were investigated using the college student mental health questionnaire and interviews, and the collected data were processed with the SPSCF software. Factor a value method, correlation relationship column distribution table and principal component regression were used to provide descriptive evidence, and the variance decomposition (Fragstats) method was used to explore the significant correlation between bad emotional experience and harsh parenting, and whether the two had a high degree of interaction. In this study, a combination of interview method, questionnaire survey and case analysis was used. First of all, through the instructor and some students to talk to understand their mental health status. Secondly, according to the gender quantity table filled out by students to measure the connection between harsh parenting after the depression in college students. Finally, the bad results are divided into three dimensions: cognitive negative emotional experience, irrational behavior factors (such as interpersonal tension), and whether there are significant differences in the coping styles of individuals of different genders, and give conclusions on this basis. In this study, we intervened on the health status of college students, and we learned that there was a significant and positive correlation between bad living habits and harsh parenting. The depression self-rating scale (SCL-90) had the lowest score. This may be due to the long-term impact of exam-oriented education. Therefore, some students have emotional instability, interpersonal communication difficulties and other problems. The anxiety state shown in the dimension of emotional talk is a normal value, but when college

students encounter setbacks, they cannot take appropriate measures to solve these pressures when encountering setbacks. In this study, the results of the sex variables were not significantly different. This may be because of the bad mood and mental health status among college students. And these factors are also different from the men and girls. Therefore, boys are more likely to be depressed than other students; and their gender traits, such as introversion, extroversion and high expectations from their parents' expectations, lead to significant gaps in life and anxiety. And these factors are also different from the men and girls. Therefore, boys are more likely to be depressed than other students; gender traits, such as introversion, extroversion and from their parents' high expectations, leading to significant gaps in life and anxiety. [4]

## **4. Results and Analysis**

### ***4.1. The influence of harsh parenting on college students***

To a certain extent, the bad mood of college students is quite different from their depression in the face of setbacks. As a result, it may be that the students mistakenly self-evaluate themselves. Overprotective students mood swings is bigger, easy to impulse, due to lack of life experience or social experience leads to its inability to control their own behavior and solve problems and produce anxiety or anger, but also exist some college students in the process of communicating with others negative emotional experience, such as narcissism, interpersonal tension and the tendency to escape reality is particularly obvious. The bad emotions of college students are partly due to the improper parenting style. Harsh parenting has a negative impact on students. In family education, parents dote on their children too much. Two different methods of doting and severity can make students have psychological barriers such as low self-esteem and lack of confidence. Authoritarian parents think that as long as their children meet all their needs, there will be no serious problems (Li Sicheng. College Students' Personality and Temperament Development Research Center for Science). In college students, bad living habits and mental health conditions will affect students' physical and mental health. In the process of the survey, some college students have different degrees of disharmony or serious delay after negative performance, while some students showed a positive mood but lack of cooperative spirit and communication ability with others is weak and so on, so we can conclude that rough raising college students' mental health status can affect their personality and social function health. Through interviews and surveys with college students, we found that many factors cause poor outcomes. These include: parents' divorce, poor family economic conditions and lack of emotional communication. Parents have high divorce rate and outdated education concept, leading to their understanding the problems and emotional disorders in the growth of children; more tend to use doting instead of care, and rarely guide and correct the behavior of children, making college students have wrong understanding and attitude and even rebellious psychology.

### ***4.2. Suggestions to improve depression among college students***

College students should strengthen their own mental health education, enhance their self-health care awareness, parents are the best teachers for children, in life, we should pay attention to cultivate and improve their children to their own correct, scientific evaluation. At the same time, we should also communicate with students to understand their recent emotional changes and needs. Schools can hold lectures to participate in the teaching process of the course, and help teachers to master and

timely adjust the teaching methods to adapt to the education mode under the new curriculum reform. The psychological problems of college students are to some extent caused by their bad emotions, so the first thing we should do is to improve their mentality. Bad emotions can affect individuals and the whole society, families and even on campus. And the best way to solve this contradiction is through various means to alleviate or transfer their inner negative negative emotions pressure or anxiety and other psychological barriers, to eliminate these negative factors to make their own healthy development, the second school should strengthen the ideological and political education work, cultivate students' good world outlook, the outlook on life. First of all, start from the emotional aspect, and encourage college students to express their own ideas and needs. In the school can also open some mental health classes or clubs to vent bad emotions. Second to improve the students' awareness of campus life and participation and enthusiasm, at the same time, teachers should pay attention to play their responsibilities, guide its set up a good attitude to improve students for college education work wrong understanding and correct, so that they can better change their attitude and behavior habits from thought. Finally, schools should strengthen the construction of psychological counseling rooms and improve the corresponding supporting facilities. The mental health problems of college students not only affect the school, teachers and families, but also affect the society, and even pose a great threat to the harmonious socialist society in China. Therefore, we should correctly view all kinds of pressures and setbacks encountered by college students in their daily life. We should improve our ability to deal with bad emotional reactions and actively overcome our negative emotions, strengthen our social skills and enhance our self-protection awareness, and learn to use the modern Internet to enhance the immunity and ability to resist bad temptation to alleviate the mental health problems of college students. Schools should strengthen the mental health education of college students to help them to form a correct world outlook, outlook on life and values. Colleges and universities should adopt different teaching methods for different grades. Appropriate attention can be paid to students from their families with a good growing environment and high material living conditions but with their own problems or bad emotions. The depressed girls should encourage and guide them to actively self-regulate to relieve the pressure, improve their social ability and self-confidence, and at the same time, to strengthen the mental health education of college students.

## 5. Summary and Outlook

College students are a special group, they are in a critical period of life development, but also facing the influence of various factors from the society, family and school. These problems restrict the quality of college education and teaching to a large extent. Therefore, we need to pay attention to the health of students' mental growth environment and their interpersonal relationship to explore and research, so as to more perfect and comprehensive to promote the contemporary college students' interpersonal skills and improve the construction of a harmonious campus, to help parents correctly view the children's various bad emotions and behavior habits. Schools should strengthen the mental health education of college students, and pay attention to the students' emotional fluctuations in thought. Second by life and study should pay attention to the children's own problems and confusion, between teachers, parents and students also need to keep communication to solve problems as the goal of the time to help them solve difficulties, colleges and universities should pay attention to correct bad behavior habits, and transform it into a good atmosphere to

cultivate its self-discipline consciousness and form the correct positive healthy mental state [5].

## Conflicts of Interest

The author declares that there is no conflict of interest regarding the publication of this article.

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