

The Impact of Domestic Violence on Children Mental Health

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Abstract: In the growth of minors, family life occupies most of the child's time. At the same time, family conflicts will also have a serious impact on the growth of children. In daily family life, conflict is inevitable. Conflict can lead to various psychological problems, such as depression, anxiety, and so on. The seriousness of children's psychological problems in family conflicts has become an important factor affecting the overall mental health level in today's society, which needs urgent attention and solution. This requires families, children, schools, and society to form a joint force: parents create a good family environment and cultivate their children's good psychological quality; Schools should strengthen guiding education and create a good social living environment.

1. Introduction

Parents are important figures in children's minds and role models for children to learn. Parents' psychology and behavior have a subtle influence and infection on children. Only mentally healthy parents can give their children a positive and good influence, so as to cultivate children with mental health and sound personality. Therefore, parents' mental health directly affects their children's mental health, which is the premise and foundation of their children's mental health [1]. Adolescents' emotional handling ability and social adaptability come more from the early experience of the stable relationship between their parents than from the parent-child relationship itself: even if children maintain a good parent-child attachment relationship with their parents, if they feel uneasy about the stability of the relationship between their parents in the early stage of individual growth, there will be physical and mental development problems in future life.

At present, our country is in the period of social transformation, the society is becoming more and more diversified, and people's ideas are naturally diversified, and as a result, family conflicts in the whole society begin to increase [2]. The increasing divorce logarithm directly leads to the increase of children in family conflicts, and the change of family structure makes children suffer tremendous psychological pressure and heavy blow, and the resulting mental health problems can not be ignored.

2. Forms of Family Conflicts

It is found that there are three specific forms of family conflict (as shown in Figure 1): time-

based family conflict, spirit-based family conflict and behavior-based family conflict.

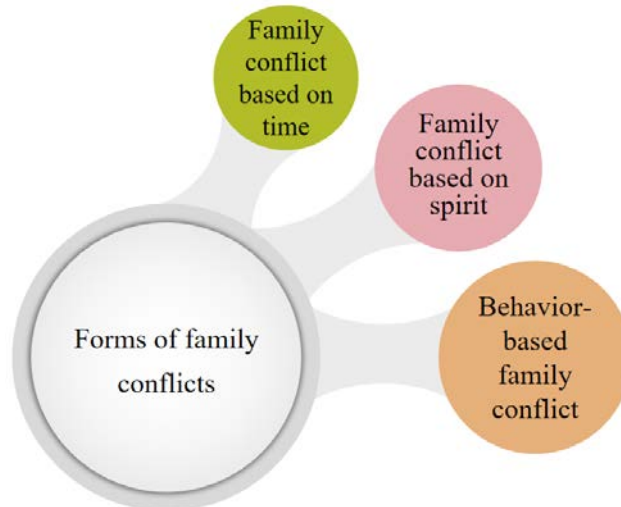


Fig.1 Forms of Family Conflicts

(1) Family conflict based on time

Individuals play several roles at the same time, and it is impossible to devote a specific time spent on one role to another, which may lead to time conflicts. Therefore, the time that an individual spends at work (or at home) makes it difficult for an individual to fulfill his responsibilities in the role of family (or at work), and time-based family conflicts will occur.

(2) Family conflict based on spirit

When an individual plays a certain role, he will encounter corresponding role pressure. When this pressure affects the performance of an individual in another role, it will cause conflicts among different roles. Therefore, when the individual's performance in the family (or work) is affected by the role pressure in the work (or family), the conflict experienced by the individual is the family conflict based on spirit.

(3) Behavior-based family conflict

Due to the inconsistent behavior requirements of various roles played by individuals, some specific behavior patterns of individuals in one role may be incompatible with the expected behavior of another role, and effective behavior in one role may cause bad results in another role. Individual conflicts caused by different behavior patterns in work and family are behavior-based family conflicts.

3. Analysis of Mental Health Problems of Children in Family Conflict

3.1 The Relationship between Family Environment and Mental Health

The research on the relationship between the factors of family conflict scale and mental health scale has just started, among which, in recent years, the research of literature [3] is representative, which provides an important method for studying the relationship between family conflict scale and mental health scale. According to the investigation of middle school children, there are selective correlations between different family environment scale factors and mental health scale factors, among which intimacy, emotional expression, independence and entertainment are significantly negatively correlated with some mental health scale factors, while contradiction, success and control are significantly positively correlated with some mental health scale factors.

According to the investigation of high school students in literature [4], depression, compulsion

and psychosis are the top three mental health factors related to high school students' family environment, and knowledge, intimacy, morality and entertainment are the top four factors related to the total score of mental health factors. Literature [5] shows that different psychological problems have different causes, and the family environment can explain 27.83% of the total variance of the influencing factors of senior high school students' mental health.

3.2 A Study on the Relationship between Parental Rearing Patterns and Children's Mental Health

The research on parental rearing patterns and children's social development shows that democratic rearing patterns are beneficial to children's social development. Although laissez-faire parenting is beneficial to the development of children's social adaptability, it will lead to the immaturity of children's social development, which is manifested in children's emotions, social cognition and self-awareness; Authoritarian parenting style limits the development of children's self-awareness and independence [6].

Literature [7] studies “the types of parenting styles and their behavioral characteristics”, and sums up five parenting styles of Chinese parents: extreme, severe, indulgent, achievement pressure and positive. Research shows that positive parenting style is beneficial to children's physical and mental health development. Literature [8] studies on the relationship between junior high school students' mental health, temperament and parental rearing patterns show that. There is an interaction among junior high school students' mental health, temperament and parental rearing patterns. Temperament and parental rearing patterns have effects on mental health, and temperament and some parental rearing patterns have predictive effects on junior high school students' mental health. The research on “the influence of parents' education on teenagers' mental health” shows that the severe punishment of fathers is closely related to children's depression, paranoia, diet, sleep disorder, suicidal tendency, interpersonal sensitivity, hostility and psychosis, which are the direct causes of these psychological problems of children; Father's refusal and denial can lead to children's paranoia, diet, sleep disorder, suicidal tendency, depression, hostility and other psychological problems; Mother's excessive interference and protection are the direct causes of interpersonal sensitivity, hostility, anxiety, paranoia, eating and sleeping disorders of junior high school students.

3.3 A Study on the Relationship between Family Conflict and Children's Mental Health

In the field of family conflict, early researchers put forward spillover theory and compensation theory. According to spillover theory, although an individual can not exist independently in two roles of work and family at the same time, the feelings and behaviors in one role will be brought into the other. For example, employees who experience negative emotions such as anger and tension at work for some reason may still have negative emotions when they change to family roles, and then take it out on their families. For example, if employees can't get enough understanding and support in family relationships, they may be more involved in their work to experience more sense of accomplishment.

It is generally believed that the dual-employee couples who have the obligation to support their children and the elderly should take on more roles and experience higher family conflicts than the dual-employee couples who do not have these pressures. The results of literature [9] show that dual-working couples with children experience a higher level of family conflict, and women experience a higher level of family-work conflict than men, while women experience a higher level of work-family conflict based on spirit.

Literature [10] found that the family conflicts experienced by professional women mainly come from the pressure in the work field and the investment in the family field; Literature [11] found that

the main factors affecting family conflicts are working hours, work (or family) involvement and family support. Literature [12] shows that family conflict is an important predictor of job burnout of middle school parents. Literature [13] studies the structure and relationship of parent-family conflict in primary and secondary schools, further verifying that there are gender and age differences in parent-family conflict, and proposing that cultural orientation types and role profiles directly affect parent-family conflict; Literature [14] discusses the influencing factors of parents' family conflict in middle school, and forms the influencing factors model of work-family conflict and family-work conflict; Literature [15] studies the relationship between parents' family conflict and job satisfaction in high school, which shows that there is a significant negative correlation between parents' family conflict and job satisfaction, and work-family conflict can significantly predict job satisfaction negatively.

4. The Theoretical Basis of the Influence of Family Conflict on Children's Mental Health

Literature [16] defines the conflict between domestic partners as: two individuals, because of their different attitudes, interests, behaviors and goals, have caused barriers, inconsistencies, stress, defensive communication, anxiety, emotional dissatisfaction, opposition, negative interpersonal emotions and contradictory messages of spoken and non-spoken language, and the conflicting behaviors often interfere with, damage or control one of them. Family conflicts can be violent conflicts openly expressed by family members, or cold violence and hidden conflicts that refuse to communicate. High-frequency and long-term conflicts between husband and wife, especially those whose contents are related to teenagers themselves, will cause heavy pressure on teenagers' psychology and produce psychological problems.

Cognitive scenario model theory explains the process of children being affected by family conflicts as the process of information receiving and processing. Individuals will first receive the stimulation of external information, and then form their own logical judgments on the causes and consequences of the whole event, and form their own coping measures and reactions [17]. Therefore, children's perceptual experience and logical response to parental conflict will form an early personal experience in dealing with conflict, including the memory of conflict events, perceived family atmosphere, attribution of conflict, etc., which will directly affect the coping methods and emotional[19] experience adopted by individuals when they face similar events again in future social life.

According to the theory of family system, each member of a family does not exist in isolation, they are always in an interactive state, and the behavior of each member is the result of the joint influence of the whole family. Children will continue to be involved in serious and persistent contradictions and conflicts caused by problems in one or both of the spouses' ability of pressure control and communication.

Researchers who hold the theory of social learning also believe that because "individual social behavior originates from direct learning and imitation mediated by accidental reinforcement" [18], the bad behavior of parents in conflict will be imitated by children, forming their own inherent concepts and bad models.

5. Solutions to Mental Health Problems of Children in Family Conflicts

5.1 Schools Play a Role

The importance of school in children's lives is second only to their families. Children in family conflicts cannot get perfect care in their families, so these children will seek warmth in school and strive for collective care and help. At this time, the school plays an important role[20]. Parents in

the class where children in family conflicts are located should not only care about their study, but also concern their life, etc., and give them all-round care so that they can feel the warmth of the collective.

Schools should set up the files of their children in family conflicts, know the actual situation of their families through relevant channels, and then provide targeted help and guidance according to the collective situation of children in family conflicts[21]. Schools can also use psychological mail boxes to carry out psychological counseling, which can ensure children's privacy, make it easier for children in family conflicts to open their hearts and talk, and facilitate the solution of their psychological problems. Schools should set up psychological mailboxes, receive internal letters regularly, and reply in time.

5.2 Intervention of Parents of Children in Family Conflict

To solve the mental health problems of children in family conflicts, it is necessary not only to help children, but also to help their parents. Specifically[22], the following points should be achieved: (1) The first and most important point is to maintain the mental health of single parents; (2) Improve the knowledge level and cultural accomplishment of single parents, so that they can use scientific methods to educate their children; (3) For some difficulties encountered by parents in daily life due to family conflicts, timely help should be given to help them tide over the difficulties. (5) We should adhere to the correct direction of public opinion, and public opinion should eliminate misunderstanding and prejudice against family conflicts.

5.3 Strengthen Parent-Child Communication and Avoid Refusal and Denial

Intergenerational conflict is a major obstacle in parent-child relationship, and it is an inevitable problem in family education. Many family conflicts are inevitably related to intergenerational conflict. The occurrence of children's psychological problems also has a certain causal relationship with the family's failure to solve intergenerational conflict[23]. Parents' refusal and denial of their children is an important factor that triggers and aggravates intergenerational conflict. Therefore, parents should strengthen verbal communication and emotional communication with their children, actively resolve intergenerational conflict and promote the healthy development of their children's psychology[24].

6. Conclusion

Family conflicts have an important impact on adolescents' physical and mental health from the aspects of frequency, degree, length of time, content and solution of conflicts, and the result of conflicts. This influence exists not only in unhappy marriage and family, but also in happy family[25]. To solve the mental health problem of children in family conflict, parents need to educate their children in a scientific way, create a good family environment and cultivate their good psychological quality; Schools also need to strengthen guidance and education, give more help and care to children with family conflicts, and educate them to grow up healthily; The society should establish a correct public opinion orientation, eliminate prejudice and misunderstanding, establish and improve the security system, and help family conflicts. Only when families, schools and society work together can the mental health problems of children in family conflicts be better solved.

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