

# *Research on the influence of family environment on the learning habits of primary school students in middle school*

**Wen Yiting**

*Changsha Normal University, Changsha, 410100, China*

**Keywords:** Elementary school students, family environment, study habits

**Abstract:** In order to better understand the influence of family environment factors on the learning habits of primary school students, and then cultivate good learning habits of primary school students, this survey adopted questionnaire method and interview method to investigate students in a primary school in Changsha. In response to the results of this survey, four strategies to improve the family environment are proposed.

## **1. Introduction**

Mr. Cai Yuanpei, a famous educator in China, has a famous saying: "The family is the initial school of life. The character of a lifetime, which is said to remain unchanged from its ancestors, is mostly embryo in the family." Since entering the new century, Chinese leaders have increasingly attached importance to family education. As the first teachers in a child's life, parents also play an important role in cultivating good learning habits. With the increasing attention of the country and society, many researchers have begun to conduct research on family education. However, during the investigation of numerous research results, the author found that there is relatively little research on the impact of family environment on the development of learning habits in primary school students. In previous studies, researchers have divided learning habits into eight dimensions, including classroom learning habits. Through investigation and analysis of these learning habit dimensions, it has been found that there are still many problems with the learning habits of primary and secondary school students in China in recent years, especially those in primary and secondary schools. Among these students, there are some who are late to submit their work, those who talk in class, those who lack concentration when doing homework, and those who plagiarize other classmates. The primary and secondary school stage is the most important and critical period for students to develop good learning habits<sup>[1-3]</sup>. Developing good learning habits can effectively promote students' mastery of knowledge and future life development, while bad learning habits can only hinder students' progress in learning and even bring many troubles to their future work and life.

## **2. The significance of the investigation**

### **2.1 Theoretical significance**

At a time when the state and society attach great importance to family education, many

researchers have conducted in-depth research on family education, and there are countless research literature related to family education. In the course of the investigation, the author found that although there are many studies on family education, there are still relatively few studies on the influence of family environmental factors on the learning habits of primary school students. Starting from this, the author discusses the influence of family environment factors on the learning habits of primary school students from many aspects[4-6]. The results obtained after the survey can expand the connotation of the influence of family environment factors on the learning habits of primary school students, enrich the relevant content of the impact of family environment on primary school students, and also help parents consciously cultivate their children's learning habits under the guidance of theory in the future.

## **2.2 Practical significance**

First of all, in recent years, there are still many parents of students who mistakenly believe that the formation of students' study habits is the responsibility of the school and has nothing to do with parents. This survey can reverse parents' misconceptions, realize the importance of family environment to the formation of primary school students' learning habits, and provide a new way for primary school students to cultivate learning habits. Secondly, it is conducive to home-school cooperation. The survey results can enable parents to have a more comprehensive understanding of their children, reflect on their own education methods and methods, and actively cooperate with the development of school work. Finally, it is conducive to promoting the formation of primary school students' learning habits, promoting the all-round development of primary school students, and improving the efficiency of school education and teaching.

## **3. Strategies for cultivating good learning habits in primary and secondary school students**

### **3.1 Create a democratic and warm family atmosphere and create an environment conducive to learning**

The family atmosphere is democratic and warm, and the parents have a good relationship, and children who grow up in such a family must be healthy and happy. If the relationship between parents is not good, and the family atmosphere is always very depressing, then the child's learning will inevitably be affected, and it is difficult to develop good study habits. Family atmosphere is especially important for students in the middle of primary school. Therefore, parents of students in primary and middle school should try their best to create a good family atmosphere, communicate with their children more, respect and care for their children, and be strict and kind, so that their children can grow up in a democratic and warm family atmosphere. At the same time, every family should provide their children with a learning space as much as possible, so that they have a fixed place to study quietly, which is an important prerequisite for students in primary and middle school to develop good learning habits<sup>[7-9]</sup>.

### **3.2 Strictly demand yourself and set a good example for children**

Through the previous analysis, we can know that the education level of parents of primary and middle school students has a great impact on the formation of primary school students' learning habits, and the higher the education level of parents, the more conducive to the formation of students' learning habits. Marx believed that the level of development of parents determines the level of development of children. Well-educated and highly qualified parents have a broader outlook and are more conducive to educating their children. As parents, you should constantly

improve your literacy in all aspects, especially cultural literacy, and should also understand more scientific and cultural knowledge and educational knowledge, educate children more scientifically and effectively, and promote the healthy growth of children.

As mentioned earlier, students in primary and middle school are very malleable, in fact, their ability to imitate is also very strong. In life, students spend the most time with their parents, and they often take their parents as their role models and imitate their parents' behaviors and habits. Therefore, parents of primary and middle school students should set an example, strictly demand themselves, be a good example for their children, and become excellent imitators for their children. If parents are upright and friendly, then children will also be honest and trustworthy and willing to interact with others; If parents renege and are calculating, then children will also become lying and petty. Therefore, parents should always pay attention to the impact of their behavior on their children, constantly improve their own quality, and cultivate their children's correct three views.

### **3.3 Correct educational attitudes and actively cooperate with schools**

It is said that attitude determines everything, and the right attitude is also the prerequisite for doing everything. In order to cultivate good learning habits in primary and middle school students, parents should first establish a correct attitude towards education. If the educational attitude is not correct, then no amount of family education guidance is useless, and there is no way to educate students in the correct way of education. In order to establish a correct attitude towards education, parents of primary and middle school students should actively cooperate with the school, read more books related to education, and if possible, consult professionals. The educational task for primary and middle school students is not only a matter for schools, but also for parents. Parents should fully cooperate with the school's education and teaching work and fully support the school. In normal times, it is also necessary to communicate with teachers more to understand the students' learning in school, participate in the activities of the parent committee and regular parent-teacher meetings. By promoting home-school cooperation, we can work together to cultivate good learning habits in primary and middle school students<sup>[10]</sup>.

### **3.4 Improve educational methods and promote the formation of good study habits**

To cultivate good learning habits in primary and middle school students, parents need to master scientific education methods.

First, praise and incentive. A child who grows up in critical education is prone to inferiority; And a child who grows up in encouragement is confident and brave. Praise and encouragement can meet the needs of primary and secondary school students for spiritual pleasure and respect. When students in middle school are trying to do something, their hearts are hungry for parental approval. If a student's success is recognized by his parents, then his motivation will also become higher. This is especially true in learning, through the survey, it is found that if primary and middle school students have achieved small achievements in learning, and their parents give affirmation and praise in time, then the probability of such things happening will be strengthened, and students' learning will also make great progress. However, if parents do not praise and affirm students' good behavior in time, or even ignore students' achievements in learning, it will reduce the probability of such things happening to students, and students' enthusiasm for learning will decline. Therefore, no matter whether students' learning is good or bad, parents should give them encouragement, believe in their children, motivate them to overcome learning difficulties, improve their enthusiasm for learning, and thus cultivate good study habits.

The second is appropriate punishment. Among the students in the middle school stage, it is common to see some proud and self-respecting students, almost all of whom are caused by

excessive doting on their parents and never criticizing and accusing. In order to avoid students developing bad habits, parents should appropriately criticize and punish their children when they have problems in learning, life and thinking, so that children can realize their mistakes and feel guilty about their behavior, so as to learn lessons and not make the same mistakes again, and then develop good habits. But parents must pay attention to language and methods when criticizing and punishing their children. If parents are always sarcastic and sarcastic when criticizing them, the means of hitting students' self-confidence or punishment are too strong, it will bring a very bad influence to students, and their hearts will also be hurt, which is not conducive to students' physical and mental development. Therefore, when parents criticize and punish, they must be clear about their purpose and use appropriate, reasonable and effective methods.

The third is to give children appropriate initiative. When analysing the responses to question 24 of the questionnaire, it was found that 63% of students in the primary and secondary levels would review what they had learned that day only at the request of their parents or teachers. It can be seen that there are many students in primary and middle schools who do not have enough learning initiative and do not have a strong sense of independent learning. Through the survey, it was found that one of the important reasons why primary and middle school students do not have a strong learning initiative is that in the lower grades of primary school, parents do it for a long time. From parents helping their children pack their school bags every day, to planning a study plan for their children every day and doing homework with their children. In the long run, students become more and more dependent on their parents, who can do whatever they ask, their ability to be independent is getting worse and worse, and their motivation to learn has declined. After entering the middle grade of primary school, parents should give their children appropriate initiative, try to let them design their own learning plans, arrange their own learning time independently, cultivate their ability to solve problems independently, and improve their learning initiative. Only by teaching the initiative to their children can parents fly higher and go further.

#### 4. Conclusions

With the progress of the times and the introduction of quality education, more and more people realize that education is not only the responsibility of teachers, but also the responsibility of schools and parents. Family is crucial for a child's growth and development, and through research by the author, it has been found that factors such as family atmosphere, parents' education level, parents' attitudes, and parents' educational methods all have varying degrees of influence on the formation of primary school students' learning habits.

Good learning habits are the most important foundation of a person's entire learning life, and they largely determine the quality and effectiveness of the learning process. We know that the formation of students' learning habits is the result of the joint action of schools and families. If the school education atmosphere is the dominant aspect of cultivating students' learning habits, then the family education environment is the fundamental aspect of cultivating students' learning habits.

To help children develop good learning habits, it also requires the efforts of every parent. The primary and secondary school stage is a critical period for primary school students to form good learning habits. Parents and teachers should seize this critical period, strive to do a good job in family and school education, create a suitable family and school environment for primary school students' learning, and promote their comprehensive development.

Although the author has made unremitting efforts in this study, there are still some omissions, such as a narrow research scope and limited research methods. Therefore, researchers in relevant fields are encouraged to provide criticism and corrections.

## References

- [1] Xiao Wenyu. *Correlation Analysis of Family Physical Activity and Academic Performance Changes in Lower Primary School Grades* [D]. Shanxi University, 2022. DOI: 10.27284/dcnki. gsxiu. 2022000004
- [2] Xu Guangxing. *Investigation and study on the learning habits of rural primary school students* [D]. Kunming: Yunnan University, 2015.
- [3] Kong Ping. *Middle Primary School: A Critical Period for Children's Growth*[J]. *Liaoning Education*, 2017 (15): 17-18.
- [4] Nong Hongyu. *Investigation Report on the Relationship between Family Education Environment and Students' Learning Habits - Research Report on "Optimizing Family Education Environment and Cultivating Students' Good Behavioral Habits"* [J]. *Basic Education Research*, 2007 (04): 50-52
- [5] Wang Chunhong. *A practical study on the development of learning habits among lower grade primary school students in the urban-rural fringe* [D]. Ludong University, 2014
- [6] Li Xiaozhi. *How to cultivate good learning habits among middle school students in families* [J]. *China Extracurricular Education*, 2019 (23): 3+5
- [7] Sun Feifei. *A Study on the Factors Influencing the Development of Autonomous Learning Habits among Senior Primary School Students* [D]. Shaanxi Normal University, 2016
- [8] Lu Jiang. *A Study on the Impact of Family Environment on the Learning Habits of Middle School Students* [D]. Suzhou University, 2016
- [9] Zhang Shixue, Li Qiyun, Luo Zhengqiong, et al. *A study on the influencing factors of autonomous learning ability of college students in underdeveloped areas* [J]. *Education Modernization*, 2019, 6 (75): 128-130+136. DOI: 10.16541/j.cnki. 2095-8420.19.75.048
- [10] Qin Henan. *Methods for Cultivating Students' Good Learning Habits* [J]. *Modern Education Science*, 2014 (12): 74. DOI: 10.13980/j.cnki. xdjyxx. gjyj.2014.12.030