



The Relationship between Children's Behavioral Construction Process and Family Education

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Abstract. In the current era of fulfilling physiological needs and ubiquitous media dissemination of knowledge, people's awareness of the need for belonging and love, as well as their cognition of family education, is gradually increasing, leading to intensified debates about the importance of family education. Simultaneously, with rapid societal development and increasing interpersonal competition, the disregard for the importance of children's family education by some parents has brought extremely negative impacts on both individual children and the entire society. This paper aims to elucidate the importance of family education in children's cognitive development and behavioral construction, offering insights for parents and children, and providing guidance for children's growth. The paper advocates for shaping a more positive and inclusive family environment, promoting children's healthy development, and contributing to the cultivation of talents in society. Parents should pay attention to the family education of their children, create a good family atmosphere, and actively communicate. In addition, all sectors of society should pay attention to collaborative education and create a positive environment for children to grow up.

Keywords: Family Education, Behavioral Construction, Cognitive Construction.

1 Introduction

In this rapidly changing era, with material standards of living gradually improving compared to the past, an increasing number of ordinary families can achieve basic material needs. Consequently, after fulfilling the physiological needs according to Maslow's hierarchy of needs, the public's need for belongingness and love is gradually growing. Meanwhile, with technological advancements, people's understanding of methods and channels for acquiring knowledge is expanding and enriching. On various social platforms, psychological experts are sharing professional knowledge about family education, and parents from around the world summarizing their experiences in family education. As the overlay of real needs and information channels occurs, the global population's awareness of the importance of family education is also deepening.

Moreover, with technological advancements and the prevalence of social media, channels for public expression and seeking support for family education have expand-

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ed. Seeking family education support has become a common public sentiment expressed on media platforms. In reality, the negligent attitudes of the parents often result in negative impacts on children's personality development, cognitive construction, and behavioral formation within the family education model. Family education is the primary nurturing ground for children. Without emphasizing the importance of family education and harnessing its significant functions, school education may encounter obstacles, and the development of children's personalities and habits may become challenging [1].

Therefore, this study aims to comprehensively analyze the significant importance of family education in children's cognitive development and behavioral construction, thereby guiding the formulation of local family education policies and individual decision-making within families.

2 The Importance and Specific Impact of Family Education

2.1 The Importance of Homeschooling

From ancient times to the present, family education has been valued by various civilizations worldwide. As early as 2400 years ago, the ancient Chinese philosopher and educator Confucius put forward the significance and philosophy of family education. His principles such as "teaching students by their aptitude" have continued to influence subsequent generations. The "Book of Rites" emphasizes: "If a man desires to be good, he must first bring his state into order; if he desires to bring his state into order, he must first regulate his family; if he desires to regulate his family, he must first cultivate his personal life." This elucidates the relationship between the individual, the family, governance, and world peace, explicitly stating that family harmony is the foundation of governance and world peace.

The "Dictionary of Psychology" defines social behavior as the overt or covert responses to social stimuli, including expressions, postures, speech, language, and activities. Research has demonstrated that children's learning and development in the social domain is a continuous process that enhances their sociability and establishes a solid foundation for a healthy personality [2]. Early childhood social behavior is particularly crucial for children's current and future development, with close associations to problem behaviors in early childhood and adult social and cognitive functions, as well as intergenerational transmission effects [3].

The World Health Organization (WHO) has proposed that health is not merely the absence of disease or weakness but encompasses a state of complete well-being in physical, mental, and social adaptation aspects. In the new era, family education should not only focus on individual aspects of a child's development but should implement comprehensive cultivation under multifaceted guidance.

In 2023, a case study on family education in Beijing primary schools in China revealed an increase in the emphasis placed by parents on family education. The majority of parents possess certain scientific concepts of family education, with an increasing emphasis on the importance and practical application of family education. The study indicated that in parent-child interactions, most parents acknowledge the im-

portance of respect, equality, and trust, striving to be "warm life mentors" rather than "cold educators" [4].

However, it is undeniable that many parents also express helplessness and confusion regarding family education. Fifty percent of parents mentioned facing conflicts between concepts and actions, and close to 30% of parents indicated that, despite understanding the importance of companionship and communication, they find it difficult to accomplish due to factors such as busy work schedules [4]. Currently, there still exists a phenomenon of contradiction between conceptual awareness and practical implementation in family education.

Undeniably, parents are generally the closest people to children after birth. Family education led by parents is likely one of the most profound influences on children in their postnatal education, playing a crucial role in Bronfenbrenner's ecological systems theory as a microsystem. In family education, parents' guidance and feedback have a lasting impact on children's psychological growth, cognitive development, and behavioral formation, carrying significant implications across different cultures.

The language and emotional companionship of parents are crucial in shaping children's concepts, which in turn guide behavioral formation and habit development, laying the foundation for children to positively cope with risks. The following analysis will focus on early concept formation, emotional companionship, and behavioral construction.

2.2 The Role of Homeschooling

Establishment of Early Concepts.

The attitudes and words of parents have varying degrees of influence on the different issues children encounter during their growth. Companionship and comfort, as well as reproach and reprimand, all have profound and lasting effects on a child's early development. Positive or negative language guides children to form different cognitive perceptions of the world, exerting enduring effects on aspects such as gender identity and autonomy development.

Firstly, taking the formation of gender concepts as an example, the language used by parents in family education significantly influences children's understanding of gender differences and identification with gender roles [5]. According to psychoanalytic theory, a child's identification of parental gender is the initial stage of their gender role development. During the early childhood phase, boys are compelled to identify with the father's role and relinquish ethical fantasies about the mother, thus inheriting and acquiring masculine traits and qualities from the father. Girls, during this phase, perceive the father as the object of emotional attachment. Consequently, fathers should regularly encourage feminine behavior in girls. To meet the father's expectations, girls often internalize feminine behavior, externalizing it in their actions, thereby forming an identification with the female role [6].

However, the absence of a specific aspect of family education guidance, or the influence of negative family education on children's upbringing, is detrimental to the cultivation of their wholesome personality, resulting in a misalignment of their outlook on life and values. Children with poor moral concepts and significant emotional

fluctuations are highly susceptible to erroneous beliefs and negative cognitions. Without a solid foundation and guidance in family education, children are likely to fall into mistaken beliefs portrayed in movies, TV shows, or even real life, leading to selfishness, self-centeredness, disregard for others' interests, lack of love and compassion, or a lack of understanding of respect for others, harboring animosity towards society, indecision, and a lack of self-control. The formation of these beliefs and personalities heavily depends on childhood family education [7]. Every word and action of parents in family education plays an indelible role in shaping children's early concepts.

Emotional Companionship and Behavioral Construction.

Cognition guides behavior. In family education, behavioral issues often represent the most overt, destructive, and directly consequential problems. They manifest as a form of a child's personality, character, values, and other issues [8].

Effective family education can help establish a close parent-child relationship, stimulate a child's interest and enthusiasm in understanding the world, and strengthen their confidence. Conversely, a lack of high-quality emotional companionship, or responses involving coldness, reproach, or scolding, can lead to anxiety, timidity, withdrawal, and other problematic behaviors in children.

Taking children's violent behavior as an example, school bullying is a typical manifestation. The negative characteristics of both bullies and victims can ultimately be traced back to their families. Studies indicate that bullies often come from families lacking warmth and emotional companionship, while victims mostly come from families lacking equal status and normal respect. The former tend to display aggressive behavior due to inconsistent and rough parenting styles, while the latter, feeling insecure and anxious, cannot find verbal expression and emotional relief within their families. Communication and interaction with their original families are often filled with hostility and violence, resulting in negative impacts on their growth [9].

In daily life, the formation of behavioral habits is also deeply influenced by family education. Whether it is about being picky eaters or making sensible choices for healthy food, wasting water or conserving resources, self-discipline or getting addicted to electronic devices, punctuality or lacking time management and organizational skills... Consequently, failed family education leaves a lasting mark on children, as negative family environments often fail to nurture empathetic and proactive children, unable to provide the emotional care necessary for a child's healthy development.

Parents are a child's first teachers, and their every word and action subtly influences the child's behavioral patterns. Children's behavioral construction is highly malleable, and proper family education can prevent and reduce the formation of negative behavioral habits such as school bullying. By providing warmth, understanding, and tolerance, and responding correctly to a child's inner emotions, patiently listening to a child's narratives.

3 Recommendations

In family education, the attitudes, communication, involvement, and socioeconomic status of parents can significantly influence the formation of children's concepts, behavioral development, and resilience to risks. From a macro perspective, various elements within the societal system, including policies, laws, schools, communities, and local women's federations, collectively impact individual family education.

3.1 Recommendations for Parents

Understanding and Respect.

Parents should offer their children ample respect and trust, believing in their capabilities and providing them with sufficient room for development. Treating children equally, showing mutual respect, and fostering effective communication are essential. In reality, excessively high parental expectations can also impose stress on children. Psychological studies indicate that maintaining motivation at a certain level is beneficial for goal achievement, while motivation that is too low or too high is detrimental. Therefore, the key to assessing proper parental motivation lies in whether it aligns with the child's motivation or can be transformed into the child's motivation.

Increased Involvement with Moderation.

Research suggests that lower levels of parental involvement are associated with a higher likelihood of social skill deficits and behavioral issues in young children. Parental involvement in family education and communication with educational institutions positively influences young children's social skills [3]. Hence, motivating parental involvement, defining parental roles, and enhancing parents' efficacy can elevate both the quantity and quality of parental involvement. This, in turn, can mitigate deficiencies in young children's social skills and reduce problematic behaviors [10]. Conversely, excessive intervention can render children feel restricted and display passivity. Therefore, moderating involvement is crucial for achieving a balanced approach.

Fostering a Positive Family Atmosphere.

In many families, the influence of paternal upbringing far surpasses that of maternal upbringing. However, paternal involvement in early childhood education holds significant importance. It plays an undeniable role in enhancing children's social adaptability, fostering peer relationships through play, and promoting self-emotional regulation. Harmonizing parental involvement and creating an environment that encourages children's agency is vital.

3.2 Suggestions for Country

Sound policies and laws are crucial to support family education. Policymakers need to consider diverse opinions, gathering input from news reports, proposed legislation,

and expert theories to develop relevant policies and laws addressing potential issues and necessary safeguards.

For instance, in legislating family education, it is essential to clarify the obligations and responsibilities of parents in their children's education to mitigate the risks of parental neglect in impoverished areas. Additionally, specific policies addressing children's misconduct should hold parents accountable for their children's serious misbehavior, integrating family education into the prevention of campus bullying.

3.3 Suggestions for Schools, Communities, and Women's Federations

Beyond laws and policies, family education requires support from broader societal structures. For example, families, schools, and communities should establish close connections to ensure the smooth implementation of positive family education practices. Communities can provide locations offering counseling services for family education, while schools and parents can collaborate to promote children's development. This collaboration creates a collective effort between families and society, strengthening educational safeguards and preventing and assisting in the worst-case scenarios through the joint efforts of all three parties.

For parents lacking the most basic family education, local initiatives should provide educational programs targeted at parents, focusing on the content of family education, and disseminating and improving family education guidance. This involves supervising relevant institutions and individuals in providing support, assistance, and guidance for families to fulfill their positive educational role, breaking cognitive blind spots, informing parents about potential issues in child-rearing, and teaching preventive methods [11]. By addressing issues collectively, diverse stakeholders can cultivate well-behaved children from the source, thereby injecting fresh talent into the societal talent pool.

4 Conclusion

Today, compared to schools, communities, women's federations, or government organizations, the family itself has the most enduring and indelible influence on the formation of children's behavior and habits. Although this study primarily relies on theoretical analysis and limited case studies, with a lack of field investigations and data research, it objectively and systematically verifies the current status, importance, and related recommendations of family education.

The family is a child's first school, and the parents are a child's first teachers. Parents' daily habits, attitudes, values, lifestyle, personal cultivation, and moral qualities subtly influence a child's physical and mental health and growth through everyday life and leading by example. Therefore, parents can create a conducive environment for children's growth and learning through the family, the first environment children encounter, promoting the development of children's physical, cognitive, emotional, and social skills.

Hence, it is necessary to address family education-related factors, making family education training more widespread, systematizing requirements for parents, establishing legal safeguards, and setting higher standards. This approach provides valuable insights for parents, family education policymakers, and local governments, guiding parents to make informed decisions, reducing the probability of children suffering from family harm, and contributing to creating a positive growth environment for children worldwide, thus contributing to shaping a stable and harmonious global environment.

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