



Full length article

Exploration of Problems and Solutions in Family Education

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ABSTRACT

As an important cornerstone for the growth of children and adolescents, family education requires increasing investment from parents. However, there is no clear positive correlation between investment in family education and parents' expectations, and the parents are still also persecuted by those problems faced by family education. This study found that educational concepts, methods, resource support, parental abilities, and home school cooperation play an important role in enhancing parenting abilities. This study will contribute to parents' further understanding of family education and enhance the effectiveness of family education.

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1. Introduction

In recent years, with the development of the economy and the advancement of technology, the family education environment has undergone tremendous changes, and families have increased their investment in their children. According to data from the National Bureau of Statistics, Chinese families have continuously increased their investment in education, but the educational effect has not significantly improved, as shown in Figure 1. The policy documents of the Ministry of Education also point out that the quality of family education directly affects the comprehensive development of students and the harmony and stability of society. At the same time, some developed countries abroad have achieved significant results in the construction of family education support systems, which provides us with valuable reference experience.

Research method

This study analyzed through interview surveys. Conduct interviews with 20 families from the eastern Chinese city of Hangzhou and interpret them based on existing literature and policy documents. Summarize the main problems and feasible solutions in current family education. This is not only of great significance for improving the quality of family education but also provides a theoretical basis for the formulation of education policies.

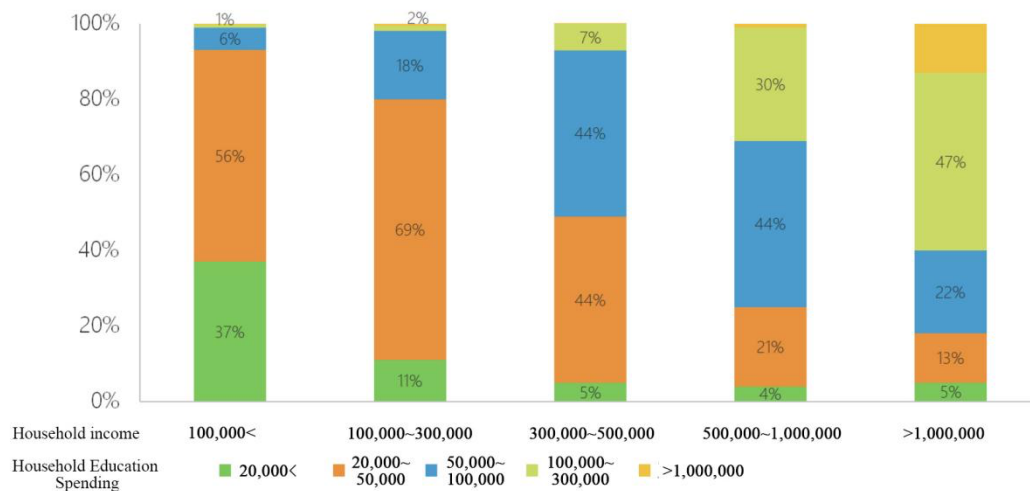


Figure 1 Proportion of household income to household education expenditure

Research objective

The objective of this study is to analyze new problems and their causes in family education, propose specific strategies to improve parent-child relationships, enhance family parenting abilities, and promote home school cooperation, in order to promote the healthy development of family education. Specifically, we will focus on exploring how to enhance parents' educational concepts and abilities through policy guidance, resource support, and community cooperation, and build a good family education ecosystem.

2. New Problems and Needs in Family Education

1. The cognitive deviation of educational views leads to the failure of the educational baton(Zhang 2017). At present, the differentiation of educational classes, the social orientation of "score only", and the pressure of educational "involution" have led to multidimensional uncertainty problems among young people, and the traditional family positioning of teaching urgently needs to be reformed("A Nation at Risk: The Imperative for Educational Reform" 1983). The development of the Chinese economy requires various levels of professional talents. The education plan sets up the separation of undergraduate and vocational colleges, as well as the separation of ordinary high schools and vocational high schools, in order to better adapt to social needs and cultivate talents at different levels. However, this contradicts the traditional "educational class" cognitive model of Chinese parents, which they find difficult to accept because it means the failure of "leaping over the dragon gate".

Research has shown that parents' excessive emphasis on the college entrance examination leads to increased psychological pressure on students, which in turn affects their academic performance and mental health(Harach and Kuczynski 2005). The concept of "holistic education" in the United States advocates for the cultivation of comprehensive qualities and values students' creativity and practical abilities(Doherty 1995). Therefore, the competitive pressure on education is decreasing, and it is the mission of most parents to do their utmost to support their children in getting into high school and entering better universities.

Parents' expectations for their children's education

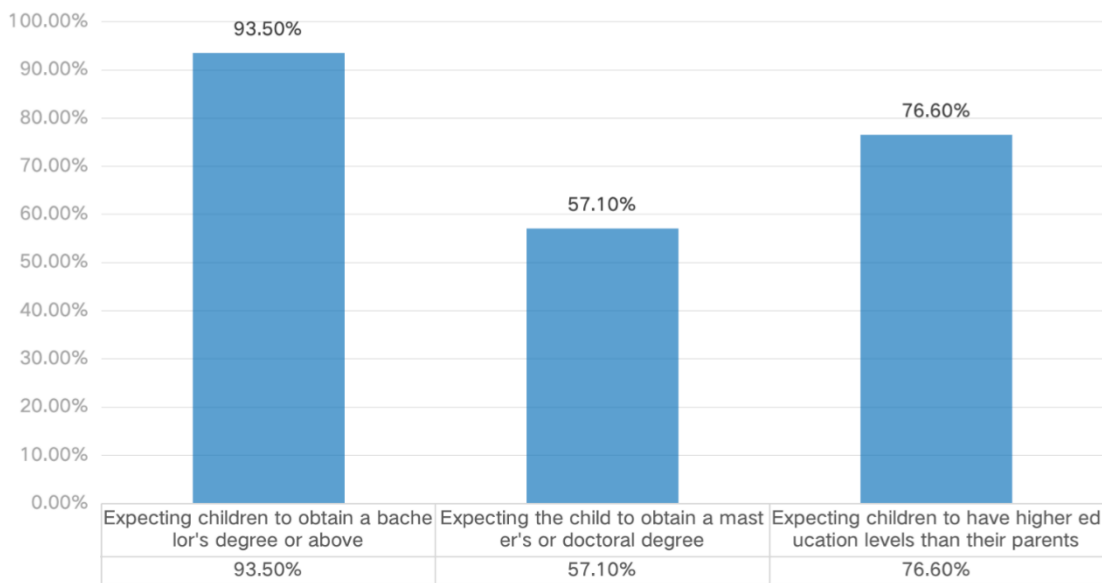


Figure 2 Parents' expectations for their children's education

2. The issue of parent-child relationship has become the focus of family education conflicts.

The issue of parent-child relationships has become the focus of family crises, especially during the pandemic which has accelerated the crisis of parent-child relationships(Engelhardt et al. 2023). According to the National Mental Health Development Report of China (2019-2020), the detection rate of adolescent depression is 24.6%, of which 7.4% is major depression [Institute of Psychology, Chinese Academy of Sciences, 2020]. The Blue Book on China's Mental and Psychological Health in 2023 shows that the detection rate of depression among high school students is 40%, and the detection rate of depression among middle school students is 30%. The tension in parent-child relationships, educational anxiety, and academic pressure are the main causes of psychological problems in adolescents.

During the epidemic, online learning and family isolation have led to frequent family conflicts(Rahiem, Krauss, and Ersing 2021). Despite advocating for reducing the burden on children every year, the burden on both children and families has been increasing year by year, and no effective solution has been found to address the excessive "involution" of education.

3. Lack of parenting ability calls for family education to find new ways out.

The concept of family education largely determines the goals, content, and methods of family education, and also affects the physical and mental growth of children. Parents' attention to different aspects of their children reflects their educational philosophy, training goals, and priorities, as well as their expectations for their children. A survey shows that parents often feel confused and helpless in the process of educating their children. According to the National Survey Report on Family Education Status (2018), many parents lack systematic educational concepts and methods(Donald and Jureidini 2004).

Foreign family education support systems, such as Parenting Education Programs in the United States, provide abundant educational resources and training courses, which are worth learning from (Desforges and Abouchaar 2003).

3. Analysis of the Causes of Family Education Issues

1. Internal factors within the family

The internal factors of the family mainly include insufficient communication among family members and outdated educational concepts of parents. Many parents neglect effective communication and emotional exchange with their children due to busy work schedules or limited energy, resulting in poor family education outcomes. Some parents still adhere to the traditional "score based" educational philosophy, neglecting the comprehensive development of their children. The lack of emotional connection and understanding between parents and children makes it difficult to achieve the expected results of family education (Morris et al. 2007).

2. Social environmental factors

Insufficient support for family education from social environment and educational policies is also an important reason. Currently, the excessive emphasis on education in society has led parents to invest a lot of time and money in their children's education, resulting in increased family pressure. At the same time, the lack of family education guidance services makes it difficult for parents to obtain professional support and assistance during the education process, increasing confusion and anxiety in the education process (Van Houte et al. 2015).

3. Educational system factors

The education system places too much emphasis on school education and neglects the importance of family education (Henderson, Berla, and National Committee for Citizens in Education 1994). Education policies and resources are more inclined towards schools, while guidance and training for family education lack systematicity and standardization. This leads to a lack of clear direction and effective methods for parents in family education, making it difficult to form a scientific family education system, which affects the quality and effectiveness of family education.

4. Exploration of Solutions to Family Education Issues

1. Enhance the concept of family education and promote parents to shift their focus from "score only" to the comprehensive development of their children.

When discussing family education, we often only focus on explicit factors such as education mode, economic conditions, and parents' educational background, while ignoring implicit elements such as parents' educational philosophy.

However, the concept of family education has become the premise and foundation of family education, which has a profound impact on children's physical and mental health growth and educational goals. With the continuous deepening of basic education reform, the problem of parents' educational cognition urgently needs to be solved. Instead of being passively led by the "score only theory", it is better to seek new paths for family growth and social development from the perspective of enhancing family education capabilities and meeting the needs of family and social development.

2. Improving parent-child relationships and forming a new ecology of family education are the key to solving family education problems.

Optimizing family education guidance policies, the government can introduce relevant policies and provide guidance to encourage families to pay attention to education and provide corresponding resource support. Build learning oriented parent organizations, such as parent schools and parent classrooms, to provide parents with a platform for learning and communication, helping them acquire more knowledge and skills in family education. Providing family education consultation and support resources, the government and social organizations can offer family education consultation and support services to help families solve educational difficulties and problems. Through these multi-party measures, a positive new ecosystem is formed to promote good interaction and positive growth between parents and children.

3. Enhance family nurturing ability

The improvement of family nurturing ability is crucial for the quality and effectiveness of family education, which is not only beneficial to individual families, but also has a positive impact on the entire society (Britto et al. 2017). Therefore, we need to provide relevant training and guidance to help parents improve their parenting abilities and better fulfill their responsibilities in family education. At the same time, the government and social organizations should also increase their support for family education and provide more resources and services for parents.

4. Home school cooperation is an important way to enhance educational outcomes.

Family and school are two important environments for children's growth, and effective cooperation between the two can significantly enhance educational outcomes. Regular parent teacher meetings, parental participation in school activities, and teacher home visits can enhance communication and understanding between families and schools. The education department should formulate relevant policies, encourage and regulate home school cooperation, and provide necessary resource support. In addition, we can learn from successful experiences abroad and establish a long-term mechanism for home school cooperation to ensure its sustainability and effectiveness.

5. Conclusion

Family education plays a crucial role in children's growth, but there are still many problems in current family education practices. By updating educational concepts, enriching educational methods, providing resource support, enhancing parents' abilities, paying attention to special groups, and promoting home school cooperation, these issues can be effectively addressed to promote the healthy development of family education.

Future research can further explore the diversity and personalized needs of family education, as well as how to better integrate social resources, form synergy, and enhance the overall level of family education. Family education is not only a matter for individuals and families, but also an important component of social and national development, which deserves our continuous attention and in-depth research.

Through further theoretical research and practical exploration, we can provide more scientific, systematic, and effective guidance for family education, thereby better serving the healthy growth and comprehensive development of children and adolescents.

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