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The Influence of Chinese Parenting Style on Adolescent Rebellion

Linhan Chen [1,a,+], Ling Yang [2,b,+,*], Hanqing Zhang [3, c,+], Chuhan Zhao [4, d,+]

[1]*Shenzhen Bona School, Shen Zhen, Nanshan District,518000, China*
[2]*Chongqing DEPU Foreign Language School, Chongqing, Banan Distract,401320, China*
[3]*Nanjing Zhonghua High School, Jiangsu, Nanjing, 210000, China*
[4]*Canada Kent School, Niagara Falls, Ontario, L2E1C6, Canada*
a. linhanchen2022@hotmail.com, b.193770639@st.usst.edu.cn, c.2529801892@qq.com, d.rita15162189383@163.com
[+]*These authors contributed equally to this paper*
**corresponding author*

Abstract: Adolescent psychological problems are one of the key topics in current research. However, there is still a gap in the relationship between parental behavior and adolescents, although there have been many studies on adolescent and parent behavior. The main purpose of this paper is to analyze the relationship between children's rebellion formed in adolescence and their parent's behavior. It can benefit parents to educate their children more properly. Participants(N=56) were asked to complete the HONG's psychological scale and parenting style evaluation scale. T-test was used to investigate the differences in rebellion among different grades of adolescents. Correlation analysis was used to examine the relationship between adolescent rebellion and parental behavior. The results showed that age does not affect rebellious behavior, but parents' educational behavior does.

Keywords: Teenagers, Parents' behaviour, Reactance.

1. Introduction

Whether it is now or in the past, all the rebellious behavior of teenagers in the adolescent stage has been a big concern for parents. There is a lot of literature on the topic of rebellion, including content about teenagers and college students. Experts think the factors influencing the ring of adolescent psychological inversion, have the following several aspects: subjective factors and objective factors. Subjective factors include teenagers' special physical and psychological development, and objective factors include external factors such as family, school, society, and culture, but also find out the corresponding solution measures [1]. But there are few studies focused on parents, perhaps because reverse psychology itself is one the characteristics of adolescence should have. Parents are also experienced, so they feel nothing. But parents will subtly affect the child, which may lead to reverse psychology becoming serious. This study suggests that no education mode exists independently, which is specifically manifested in that the education mode of the educator to the educated reflects the factors of different emotions and reflects the connection with the objective world. Secondly, there are intersections between different types of education within the same category [2].

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When a child is in adolescence, parents may encounter communication barriers caused by disagreements with their children. In life, parents indeed love their children, but they are often unable to do so, and there are many problems with how they speak, hurting their children with their words in an unseen way, which may well cause the child to rebel against the words of the parent. The following cases may make teenagers rebellious: some parents in front of their children to maintain their dignity, often put on a look of authority that can not be questioned and challenged, for the child's way of speaking, always take the command way; when the child does something wrong, do not do the right time, parents always use negative language to combat the child, will make the child from the heart of the inferiority complex, introverted silence. This method of education will cause indelible damage to the body and mind of the child, and the child will grow up in such a language environment and will easily develop a violent and irritable personality. Encouragement is the best education for a child, and some parents do not understand this, and habitually deny and discourage the child, which makes the child's self-confidence lower and lower. Originally, it can do well, but also because of the loss of self-confidence and can not do well. The famous American developmental psychologist and psychoanalyst Erikson's eight-stage theory of personality development believe that children in adolescence gradually learn to adjust to conflicts with society, adapt to new social requirements, overcome role confusion, and establish self-stability during rebellion and disobedience with adults[3]. However, the formation of adolescent rebellion is ignored. This paper will complete this question by asking adolescents' perceptions of their psychology through a questionnaire.

In this study, the relationship between parents and adolescents can be developed positively by explaining the effects of parental behavior on adolescents' psychology and the series of problems that arise when guys communicate with their children so that people can effectively solve the problem at the root.

2. Method

2.1. Participant

The participants decided to start with the teenagers and ask them about their behaviors and thoughts in daily life to get the resulting reverse psychology. The age group was between 12 and 18. Through the questionnaire, the different parenting styles of their parents were learned to analyze the relationship between them and the reverse psychology of the teenagers.

2.2. Measures

2.2.1. Hong Psychological Reactance Scale

The Hong Psychological Reactance Scale (HPRS) was introduced and translated to measure the degree of the rebellion of adolescents[4]. HPRS was jointly revised by psychologist HONG and his colleagues. The questionnaire consists of 11 questions, including four factors: "emotional response to restrictive choices, adverse reaction to compliance, the influence of other people's restrictions, and adverse psychology to other people's opinions or suggestions". To facilitate data collection, a 5-point positive score (from disagreeing to completely agreeing) was used in the questionnaire. The lower the score, the lower the level of reverse psychology; otherwise, the higher the level of reverse psychology. After the scale was revised and tested, the internal consistency reliability α coefficient was 0.79, and the retest reliability was 0.80 one week later.

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2.2.2. Parenting Style Evaluation Scale

The revised Chinese translation Egma Minnenav Bardndosnauppforstran (EMBU) was quoted[5]. It is a questionnaire jointly developed by Erils et al., to evaluate parenting attitudes and behaviors[6]. The questionnaire contains a total of 66 items, using 4 points of the score, among which 6 factors belong to the father and 5 factors belong to the mother. This is a mature scale with good reliability and validity.

2.3. Data Analysis

Questionnaire distribution using the network questionnaire method for better data collection and statistics. Statistical software SPSS was used to effectively analyze the collected data.

3. Results

3.1. Comparison of the Difference of in Rebellion among Teenagers of Different Grades

There were 56 valid questionnaires, including 7 from junior high school students and 49 from senior high school students. As can be seen from Table 1, the sample population of high school and middle school is not statistically significant (t=0.5, p=0.57, p>0.05), there was no difference in the level of reverse psychology at different ages.

Table 1:The difference comparison of the level of junior high school and senior high school rebellion

Grades	Sample size	Mean	t	p
Junior	7	3.25	0.5	0.57
Senior	49	3.03		

3.2. Correlation Analysis between Parenting Style and Total Score of Reverse Psychology

The correlation analysis between parenting style and total score of reverse psychology showed that the father factor 1 emotional understanding and the mother factor 1 emotional warmth were significantly negatively correlated; Father factor 2 severe punishment, father factor 3 refusal to deny, mother factor 3 excessive interference and protection, mother factor 3 refusal to deny, mother factor 4 severe punishment were significantly positively correlated with the total score of reverse psychology (see Table 2).

Table 2:Correlation analysis between parenting style and total score of reverse psychology(r)

Father factors	Rebellious attitude(r)	Mother factors	Rebellious attitude(r)
Factor 1	-0.126	Factor 1	-0.213
Factor 2	0.176	Factor 2	0.221
Factor 3	0.192	Factor 3	0.312
Factor 4	0.021	Factor 4	0.187
Factor 5	0.251	Factor 5	0.012
Factor 6	0.221		

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4. Discussion

4.1. About Rebellious Attitude and Relevant Prevention

Research results show that teenagers in different age stages, including junior middle school students and high school students. There were no significant differences in the reverse psychology degree, that age is not caused by the emergence of negative mentality, especially those who are going through puberty rebellious teenagers. A rebellious attitude often has a series of normal reaction at this stage. However, from the correlation analysis of parents' behaviors, if parents impose too much punishment or criticism on children, it may lead to serious reverse psychology. Of course, including parents' denial of children's efforts and other negative behaviors. At the same time, if the parents want to know their children so much that the children do not have their privacy, in this case, even if the parents want to kindly care about the children's daily life, it will lead to the child's heart depressed, so that the generation and aggravation of reverse psychology.

Rebellious attitude is also included in the mental health of adolescents to some extent, and there is now a corresponding mental health education. Some experts show that mental health education is a kind of educational concept. Given the present students present the students' psychological problems for education, which also aimed at developing students' psychological potential, and finally achieve the goal of improving students overall quality and accomplishment. The all-around development of education and youth can let the students improve their overall quality [7]. A rebellious attitude, of course, will also be improved to some extent. If teenagers' psychology can get a good education, teenagers will therefore have a relatively calm mental attitude, corresponding to the boomerang will not render more extreme results.

There are different ways to deal with the problem of adolescent reverse psychology, such as psychotherapy or parents directly communicating with the child at home. To understand the root cause of the problem, especially for adolescents, providing opportunities for them to express their thoughts is the best way. For families and schools, regular testing of teenagers' mental health and psychological education courses can guide students to better understand themselves, regulate and control their emotions and solve problems [8].

4.2. About Parents' Behaviour toward Teenagers' Education

Studies have shown that the parents' education way is directly related to the education of children in the family, which affect children's socialized process. It also includes teenagers in adolescence period of rebellious attitudes and a series of actions, although children's socialization degree is high and low is influenced by many factors and have different performance on their behavior characteristics. However, the role of parental education is obvious [9].

Thus, as far as parental behavior is concerned, when the behavior of parents does not stimulate the youth, it can reduce the youth's rebellion. For example, when a child fails an exam, the first reaction of parents should not be to blame their child but is saying that the child did not work hard and other similar words to disparage the child. Of course, parents should discuss with the child the reasons for the mistake and the solution, to avoid the next mistake. Subsequently, the expectation level of parents for their children should be in line with their actual situation. Excessive expectations will easily cause children's resistance, which is not conducive to children's growth [10]. For another example, when children have their secrets, they often write them down in their journals. However, some parents do not care about their children's privacy and insist on taking out the diary from their children. When the child finds his mother has looked through his diary, he will be very angry and confront his mother, but the mother will always say that I am only for your good. This sentence makes many children reluctant to tell their parents their stories. Therefore, the right

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way should be not to peek at the privacy of children, so not only to preserve the trust of parents and children. Children are willing to communicate with their parents but this also can reduce the rebellion of teenagers.

5. Conclusion

Through research, this paper finds that the degree of adolescent rebellion is related to the behavior of parents, and different behaviors may eventually lead to different degrees of rebellion. Therefore, this study believe that adolescent rebellion must be affected by the parenting style, including all the positive and negative behaviors. For this phenomenon, this study suggest that the parents can reflect on their behavior. If they discover that their child would not like to chat with them or the extreme behavior, parents can try the perspective-taking from the child's side to think about the problem, rather than blindly believe they must be the elder is right. Or they will make the child's rebellious attitude.

The main contribution of this paper is to remind parents to pay attention to the appropriate method when educating their children, of course. It will also tell all the people who do not know what reverse psychology is reverse psychology, can remind parents. Schools and society pay attention to such psychological problems according to this research, more to remind parents. However, the present study did not parents whether the family environment also affects behavior leading to negative mentality, just focused on the education level of behavior and whether there will is a great influence on the adolescent psychological inversion. Future research focus on adolescent psychological inversion at the same time should also investigate whether the family environment will also affect the two variables.

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