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The Influence of Father-daughter Relationship on Adolescent Daughter's Development

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Abstract: With the development of society, the importance of the father-daughter relationship in the family has become increasingly apparent and has attracted much attention from academia and industry. Based on the influence of the father-daughter relationship on the development of daughters in all aspects, this paper first conducted an extensive search and collation of relevant theories and studied the influence of the father-daughter relationship on the physical development, psychological quality, and academic development of daughters. According to these researches, it can be concluded that the father-daughter relationship has a great influence on all aspects of the daughter, and a good father-daughter relationship can bring a very positive influence to the daughter.

Keywords: father-daughter relationship, daughter development, adolescent

1. Introduction

The father-daughter relationship is an important part of the parent-child relationship, which plays a very important role in the physical and mental growth of daughters. Lack of independent investigation of the specific father-daughter relationship and specific data, no case studies on how the father-daughter relationship affects a daughter's puberty starting from the influence of the father-daughter relationship on the adolescent growth of daughters. According to Freud's theory, the father, as the first member of the opposite sex that the daughter contacts when growing up, plays an important role in the physical and mental development of the daughter, and the influence of the father-daughter relationship on the daughter is far greater than expected. However, in real life, some fathers a lack participation in the process of raising their daughters, and the role of the father is not clear enough, which also leads to the great possibility of disharmony between father and daughter. Previous studies on daughter development mainly focused on the mother-daughter relationship, but a large number of studies have found that the influence of the father on a daughter's psychology and physiology cannot be underestimated, even more than the influence of the mother. Therefore, this study will explore the influence of the father-daughter relationship on the physical quality, psychological quality, and academic development of daughters from three perspectives.

Based on the existing research, this paper supplements the influence of the father-daughter relationship on all aspects of daughters and calls for the establishment of a good father-daughter relationship.

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2. The Influence of the Father-daughter Relationship on the Physical Development of Daughters

2.1. The Influence of Father-daughter Relationship on Daughter's Physical Health

A recent study by American and New Zealand psychologists found that the quality of a father's relationship with his daughter directly affects a girl's puberty. That is either to encourage girls to reach puberty normally or early, or to delay the threshold of puberty.

A study of 173 girls and their families in the United States found that girls with particularly good relationships with their fathers began puberty later than those with moderate or poor relationships. While factors such as genetics and diet and exercise can play a role in puberty, the study suggests that social factors such as family ties can also influence physical development.

Starting when the children were 5 years old, the researchers scrutinized the girls' home environment over an eight-year period to understand and assess the relationships and interactions among family members. This includes surveys on how polite parents are to their children and how often they encourage them.

As girls got older, the researchers found that the strength of their bond with their fathers at a young age was strongly related to how early or late they reached puberty. Although a mother's relationship with her daughter also influenced puberty, the results were not nearly as strong as the effect of fathers on their daughters.

Girls without fathers or who were abused by their fathers had earlier puberty; Girls with better father-daughter relationships had later puberty. This indicates that the level of concern and emotional investment of fathers in their daughters not only affects the physical development of daughters but also affects the psychological development of daughters.

The researchers believe that the early onset of puberty in girls is a response to fathers not paying enough attention to their daughters. Is this another form of "the poor man's child", where relative mental poverty leads to early physical puberty? Early puberty in girls is associated with early sex and childbearing, which is one of the reasons for the increase in teenage motherhood in every country. This situation is not good for the growth of the next generation, nor for the teenage mothers themselves.

Scientists say many parents are unaware of the huge impact fathers can have on their children simply by carrying them to bed or helping them bathe. Experts also say that more "active" fathers can reduce the pressure on mothers and thus boost women's parenting efficiency. Fathers also have a greater influence on their children when it comes to physical exercise or outdoor activities.

Therefore, if a father wants their daughter to grow up healthily, the father should learn and know how to get along with his daughter.

2.2. The Influence of Father-daughter Relationship on Daughter's Physical Exercise

A new study shows that men play a vital role in a child's development and boosting their "motivation" which is good for their health, the Mirror reported. Children desperately need fathers, according to the study, which follows a raft of studies demonstrating the profound impact they can have on their children. Scientists from Johns Hopkins University and Harvard University tracked the development of 3,900 children in the US from the ages of two to four and found those who were actively cared for by their fathers were less likely to be obese.

2.3. The Influence of Father-daughter Relationship on Daughter's Biological Gender Cognition

The father-daughter relationship has an important link to the physical development of daughters. The

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closeness of the father-daughter relationship is inversely proportional to the progress of the daughter's pubertal development: when the father-daughter relationship is good, the daughter's pubertal time will be relatively later; When fathers and daughters have poor relationships or lack paternal love, daughters reach puberty relatively early[1]. Early puberty is not only conducive to the physical and psychological development of girls, and is prone to sexual disorder, juvenile delinquency, and other bad behaviors. Additionally, the mother-daughter relationship also affected the pubertal development of daughters, but the results were not as strong as the father-daughter relationship. This suggests that the role of the father and the relationship between father and daughter have important effects on the physiological development of daughters during puberty. Previous studies have focused more on fathers.

The influence of the father-daughter relationship on the daughter's physiology during the reign, but for the influence of the imbalance of the father-daughter relationship caused by the absence of the father on the daughter's physiology, need to further study and explore its fundamental reasons.

The father-daughter relationship has a crucial impact on the physiological development of daughters. A large number of studies have shown that the time of reproductive development of girls in the absence of fathers will be affected [3]. Studies investigating the reasons for this suggest that humans have evolved to adaptively calibrate different reproductive strategies that determine their reproductive potential based on their early life experiences. Specifically, girls who were absent during childhood saw their father's investment as unnecessary for their reproductive success and were therefore likely to engage in sexual activity earlier. On the contrary, girls with fathers in place may perceive paternal investment as essential for reproduction and growth, and their development may slow accordingly, thus making them reluctant to engage in early sexual activity. Belsky (1991) proposed that the absence of fathers and other situational stressors that affect the parent-child relationship (for example, limited financial resources, marital dissonance, and high life pressure) would lead to negative parenting styles, which would lead to girls' insecure attachment to their parents and a distrustful attitude towards the world. As a result, they may experience psychological and behavioral problems earlier. Such a development may accelerate the maturation of puberty and subsequently lead to early sexual maturation. Ellis (2004) also argues that the timing of puberty is part of a developmental strategy that coordinates the duration of childhood according to the quality of the parent-child relationship. Poor quality parent-child relationships are associated with unstable parental investment, and the ongoing parental investment that children need to grow is not available, thus potentially leading to accelerated puberty in girls. In contrast, girls adapt to delayed puberty as they grow up in a high-quality, stable parent-child relationship. As there are many reasons for a father's absence, although a large number of empirical studies have found that a father's absence is related to a daughter's first tide, they are mainly concentrated in the case of divorce, abandonment, or death caused by father's absence [1]. Shenk explored the influence of fathers' absence on their daughters' menarche and found that fathers who go out for work bring more parental investment and provide higher quality education environment through remittances and keeping in touch with their children. In this case, daughters' puberty development is relatively slow. This suggests that may influence their daughter's key development in the interaction between father and daughter, Zhang in the study of China's middle school students on the relationship between father and green in the spring of the development situation further found that the relationship between father and quality are the key factors influencing the girl puberty, and show that in molding adolescence mature, The quality of the father-daughter relationship may be more influential than the quality of the mother-daughter relationship [2].

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3. The Influence of the Father-daughter Relationship on the Development of the Psychological Quality of Daughters

3.1. The Influence of the Father-daughter Relationship on the Daughter's Self-Confidence

Father always stands in front of his daughter at the most critical time in her life. Father is her strongest backing and the source of her confidence. Father influences her confidence. A great father will always help his daughter build her confidence. They will help her broaden her knowledge and acknowledge her opinions in their daily communication.

Male characteristics are daring to challenge, and the first contact with men in life as a daughter, a father will teach their own this feature to his daughter, affects the daughter to his willingness to take risks, although my father would protect her daughter, but the protection if excessive will interfere with the daughter of the pursuit of new things, stop daughter to try new experiences of nature, And it's getting in the way of her growing up.

A child from a lack of father love, in the absence of the stern father, taught only mother dotes on, the child will be more and more rebellious, a lack of love child will go looking for a special relationship instead of a father, so will be no goal, life will become confused, thus affecting the formation of self-worth, so the father loves the very great is also very important, For a child to grow up both physically and mentally, a father is essential.

The strength of the male father can help the daughter to develop frustration ability, and is also necessary for the daughter to build a high level of confidence.

3.2. The Influence of the Father-daughter Relationship on the Daughter's Dependency

In the father-daughter relationship quality on the daughter on the impact of social development, the current research shows that a good father-daughter relationship can help the daughter to trust and communicate with her peers, and have more close peers. The daughter is more honest and open to her peers, has stronger psychological adjustment ability, and has less antisocial behavior, so as to form strong, independent, and confident good qualities. The negative relationship between father and daughter has a significant negative effect on the daughter's peer trust and communication [3]. In addition, after controlling for maternal positive parenting behavior, paternal involvement in parenting significantly predicted girls' cooperation, responsible, self-control, and general social skills.

3.3. The Influence of the Father-daughter Relationship on Daughter's Gender Awareness

Gender is social gender "Sex" usually refers to the biological differences between males and females, while "gender" usually refers to social-cultural gender characteristics and differences. Accordingly, sexual roles and gender roles are divided: sexual roles refer to the physiological and psychological characteristics of men and women. Gender role refers to the social behavior pattern assigned to people by society according to their biological sex. It is recognized in a certain social culture that a certain gender should have different attitudes, personality characteristics, and behavior patterns held by men and women. That is the total sum of socially accepted behaviors that are suitable for a certain gender.

At present, there are few studies on the relationship between father and daughter relationship and adolescent gender role identity in China, and some existing studies focus on the influence of parent-child relationship on adolescent gender role identity. All these studies indicate that the parent-child relationship under different parenting styles is an important factor affecting adolescent gender role identity. Luo Min and Liu Dianzhi conducted a questionnaire survey on 230 college students to investigate the relationship between parental rearing style and college students' gender role identity in different family structures. Through the survey, they found that male traits were positively correlated with the father's emotional warmth and understanding, and negatively correlated with the

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father's overprotection. However, femininity is positively correlated with paternal over-protection, paternal over-intervention, and maternal preference for subjects, and negatively correlated with maternal punishment and severity, which is basically consistent with the research conclusions of Zhang Lin et al. In addition, the study also analyzed the relationship between the parenting style and gender role identity of only-child and non-only-child from the perspective of the differences in family structure. The study found that the parenting style of punishment and severity were significantly positively correlated with male traits in both only-child and non-only-child. Liu Shuguang defined "intersexualization" as the gender temperament with both male and female dominant personalities. Through empirical research, he investigated the influence of parental rearing style on the development of children's gender intersexualization, and the results showed that the parental warm and understanding parenting style was significantly positively correlated with the level of children's intersexualization. The parenting style of severe punishment, denial and denial, over-protection, and over-interference are significantly negatively correlated with the level of children's intersexualization, and the way to cultivate children's intersexualization temperament is discussed. Through a literature search of foreign studies on the relationship between adolescent parenting style and gender role identity, it is found that the research methods and conclusions are basically consistent with domestic studies, but there are also some studies with novel conclusions. For example, Yi-Ching Lin et al. Investigated the relationship between parental rearing style and gender role identity of 230 undergraduate students. They divided the types of parental rearing styles into authoritarian, authoritative, and tolerant types, and found that there were significant differences in parental rearing styles in different gender role groups. The influence of both the father and mother's authoritative parenting style on the femininity of children was significant, and the relationship was more significant for boys than girls, while the father's authoritative parenting style was significantly related to the children's ambivalence. Summary: The results of previous studies on what kind of parent-child education model leads to what kind of gender role identity of children show that the father's emotional warmth and understanding are related to the children's masculinity, while the father's excessive protection and interference are related to the children's femininity. Strict parenting is related to children's masculinity. The warm and understanding education of parents is correlated with the intersexualization of children and girls, while the over-protection and denial of education is negatively correlated with the intersexualization of children. Authoritative fathers are associated with intersexualized temperament in their children. These results all found that a certain parent-child relationship had an impact on children's sexual role identification, but first of all, the results only showed a simple correlation, without specific experience. Secondly, the results may be similar or inconsistent between different studies. The author speculated that this may be related to the fact that the father-daughter relationship and gender role identity are special experiences that cannot be accurately quantified [4].

The role of the father plays an important role in the process of children's sexualization, especially children's gender role identity, which cannot be replaced by the role of the mother. Regarding the influence of the father-daughter relationship on the gender role of daughters, the research suggests that the development of the gender role of daughters, including the daughter's cognition of the gender role and the daughter's own gender role growth, is significantly related to the father's gender role and gender behavior [7]. At the same time, fathers' attitudes toward daughters' feminization also affect the development of daughters' own sexualization. If fathers and daughters hold a positive attitude toward daughters' feminization, it will contribute to the development of daughters' feminization. On the contrary, the father holds a negative attitude towards the development of the daughter's feminization, which is very unfavorable to the development of the daughter's feminization [5].

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4. The Influence of Father-daughter Relationship on Daughters' Academic Development

4.1. The Influence of the Father-daughter Relationship on the Daughter's Academic Self-efficacy

Some studies have pointed out that the level of academic self-efficacy of junior high school students is more related to their father's upbringing. Warm and understanding the family atmosphere, children will show a higher sense of academic self-efficacy. According to the research [6], in a family with a good relationship between father and daughter, daughters show a higher sense of self-efficacy in learning, they show more self-confidence in learning and happiness in learning. In the face of difficulties in studying, they will not fall into depression, but seek various ways to deal with them. "I think I have the ability, and I will take certain measures to help me improve my grades" They also tend to perform satisfactorily in their studies and get similar results in quantitative studies [8].

This is consistent with the results of many previous studies, among which Gu Dan also shows that the academic self-efficacy of junior high school girls is at an above medium level. At present, most female junior high school students have a high sense of academic self-efficacy, and the learning state of adolescent girls shows a relatively positive phenomenon. Junior high school is an important stage for children to learn, but also promotes the key stage of learning ability. If children have a good and close relationship with their father and daughter, good communication can promote the development of children's self-efficacy. Self-efficacy is very important to every aspect of children's life. At present, academic self-efficacy is an important influencing factor of children in junior high school [9]. From primary school to junior high school, the pressure children face increases rapidly, and junior high school children face more academic pressure. Compared with boys, girls, are thoughtful, and sensitive, and their perception of stress is more acute, girl in your life will be more to the outside for help, girls get more social support than boys, parent-child relationship in the family also is better than boys, girls are more likely to communicate with parents in the family and ask for help, They will communicate with their fathers in time when they have difficulties in their studies, and their fathers will help them solve some difficulties in their studies. Therefore, their academic self-efficacy is generally higher than that of boys.

4.2. The Influence of the Father-daughter Relationship on the Daughter's Academic Self-control Ability

Fathers' expectations have more influence on their daughters when it comes to raising their children. The study by Zhang Jun shows that when parents show more warmth and understanding in the process of raising their children, their daughters will perform better in studies and are more likely to get better academic performance. If the father's attitude toward his daughter is punitive or overly protective, the daughter is more likely to do poorly in school. The research of Wang Bin shows that if children live in a warm family environment, it will be conducive to the development of good self-control ability of children. Good father-daughter relationships in family life can help children to develop good self-efficacy, and academic self-efficacy can significantly positively predict learning self-control.

In addition, some studies have found that in a family with a good relationship between father and daughter, children will have better self-control tendencies or self-control strategies in school, so as to achieve good academic performance. Similar results were obtained in this study. The study found that girls in junior high school who have a good father-daughter relationship also have higher self-control in learning. The reason may be that a good father-daughter relationship ensures that female junior high school students get enough security from their fathers and form a good attachment, and these protective factors help them reduce adverse psychological reactions and behavioral outcomes. Her learning self-efficacy is relatively high, thinks they have the ability to complete their studies on the

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task and achieve their goals, but if the female junior high school students do not get adequate safety attachment from their fathers, so her when they faced the problem of lack of father's emotional support, will tend to be self-denial, so don't think he has the ability to overcome difficulties [10].

The father-daughter relationship determines the psychological and living habits of the individual. The father's criticism, intimacy and equal communication with his daughter are all the summary of the individual's impression of the father-daughter relationship, and the learning of self-control is a kind of control over the individual's behavior. A good relationship between father and daughter will enable female junior high school students to make positive hints to themselves when they encounter problems and form a good sense of learning ability efficacy. At the same time, the father can help the daughter know herself better. If a daughter can experience warmth and love from her father, she will become more secure, more confident in other things, and more self-efficacy in her learning ability. At the same time, when the daughter has high learning ability and self-efficacy, she will better regulate her own behavior, and when facing difficulties, the child will reduce his inappropriate behavior, so as to generate a higher self-control tendency. There may also be some kind of self-control strategy.

In a good relationship between father and daughter, father to daughter refused to deny and criticism is relatively small, in their process of equal communication with the father, the approach is to encourage more children, and daughter in the process to get father's emotional support, thus creates confidence in his ability, tend to form better control. Father to daughter's respect and recognition can satisfy the needs of the development of the adolescent psychologically enhances the daughter of father’s role of goodwill and recognition. Therefore, when female junior high school students rely more on their father and have a better father-daughter relationship, the daughter's learning ability self-efficacy and self-control tendency will be higher.

5. Conclusion

The analysis in this paper shows that the father-daughter relationship has a great influence on the physical development, psychological quality and academic development of daughters. In addition, a good father-daughter relationship has a positive effect on daughters in all aspects. This paper mainly draws the following conclusions:

(1) The strength of the relationship between daughters and their fathers when they were young is closely related to the early or late onset of puberty. The degree of concern and emotional involvement of fathers in their daughters not only affects their physical development of daughters but also affects their psychological development.

(2) The influence of father-daughter relationships on daughters' gender roles. Studies show that the development of daughters' gender roles, including daughters' perception of gender roles and daughters' own gender role growth, is significantly related to fathers' gender roles and gender behaviors. At the same time, the father's attitude towards the daughter's feminization also affects the development of the daughter's own sexualization. If the father and daughter have a positive attitude towards the daughter's feminization, it will help the development of the daughter's feminization. On the contrary, the father has a negative attitude towards the development of the daughter's feminization, which is very detrimental to the development of the daughter's feminization.

(3) The father-daughter relationship determines the daughter's individual psychology and living habits. In a good father-daughter relationship, fathers reject and criticize their daughters less. In the process of equal communication with their fathers, they encourage more children. In this process, daughters get emotional support from their fathers, thus gaining confidence in their ability and often forming better control. The father's respect and recognition of his daughter can meet the needs of adolescent psychological development and enhance the daughter's goodwill and recognition of her father's role. Therefore, the higher the degree of dependence on the father and the better the relationship between father and daughter, the higher will be the learning ability, self-efficacy and self-

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control tendency of the daughters.

Through these studies, this paper also calls for the establishment of a good father-daughter relationship, because it is very important to help the growth of daughters.

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