

Research on the manifestations, causes, and guidance strategies of negative educational methods in family education

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Abstract. This research paper examines the manifestations, causes, and guidance strategies of negative educational methods in family education. Through a comprehensive review of existing literature and empirical studies, the study identifies various negative educational methods commonly observed in family settings. These methods include but are not limited to physical punishment, emotional manipulation, neglect, and overprotection. The paper explores the underlying causes of these negative educational methods, such as parental stress, lack of awareness, cultural influences, and intergenerational transmission of parenting practices. Furthermore, the study proposes effective guidance strategies to address and mitigate the impact of these harmful practices. Recommendations include parent education programs, counseling services, and fostering open communication within the family. By understanding the manifestations, causes, and implementing appropriate guidance strategies, families can create a nurturing and supportive environment conducive to positive child development.

1 Introduction

Family education plays a crucial role in shaping an individual's character, behavior, and overall development. However, within the realm of family education, there exist negative educational methods that can have harmful effects on children's well-being and growth. This research paper seeks to investigate the manifestations, causes, and guidance strategies pertaining to these negative educational methods in family settings.

Common negative educational methods employed by parents include excessive criticism, physical punishment, and overprotection [1,2]. These methods can stem from various underlying causes, such as parental stress, lack of knowledge about child development, and the perpetuation of certain parenting styles through generations.

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By understanding the detrimental impact of these negative educational methods and their root causes, it becomes essential to develop guidance strategies to assist parents in adopting positive and effective approaches to family education [3,4]. Effective communication, empathy, and consistent discipline are highlighted as key elements in promoting healthy and nurturing family environments.

Through this research, we aim to shed light on the importance of recognizing and addressing negative educational methods in family education, with the ultimate goal of fostering positive relationships and supporting children's holistic development [5].

2 The manifestations of negative educational methods in family education

2.1 The manifestation of excessive criticism

Excessive criticism in parenting can manifest in constantly pointing out mistakes, using derogatory language, and setting unrealistic expectations for individuals. Parents may nitpick and criticize every detail of their children's behavior, showing intolerance for any errors and frequently using demeaning language to criticize them, such as "Why are you so stupid?" or "You will never succeed!" Such negative words can deeply hurt a child's self-esteem and confidence, creating a negative self-image.

Furthermore, overly critical parents may set excessively high and unrealistic expectations for their children. They may believe that their children should be flawless, demanding that they meet their own set standards without considering their actual abilities and interests [6,7]. These unrealistic expectations can put immense pressure on children, leading to feelings of frustration and helplessness.

In general, excessive criticism can cause emotional distress, lower self-esteem, and even affect the psychological well-being of children. Family relationships can also become strained, communication may be hindered, and the household atmosphere can become oppressive and hostile. Therefore, parents should recognize the negative impacts of excessive criticism on children's development and strive to create a supportive and respectful environment for their growth.

2.2 The manifestation of corporal punishment

Physical punishment, as a negative form of discipline, can manifest in various ways that aim to change a child's behavior or punish their mistakes. Here are some common forms of physical punishment:

Firstly, physical punishment may involve direct acts of violence such as hitting, kicking, or slapping a child, which can cause physical harm and potential psychological trauma. These actions not only harm the child physically but can also impact their emotional well-being and self-esteem.

Secondly, physical punishment can take indirect forms, such as depriving a child of freedom, restricting their activities or access to food, and using verbal abuse, humiliation, or threats. While these forms of punishment may not physically harm the child, they can still have negative effects on their psychological health and self-perception [8,9].

Furthermore, physical punishment can also include psychological pressure and punishment, such as emotional neglect, ignoring a child's needs or emotions, and constant criticism and blame. These forms of punishment may not leave physical marks but can deeply affect a child's mental well-being and self-esteem.

2.3 The manifestation of overprotection

Overprotection can manifest in various ways, often stemming from a parent or guardian's well-intentioned but excessive concern for a child's safety, well-being, or success. One common manifestation of overprotection is excessive control over a child's activities and decisions. This can include monitoring their every move, dictating who they can spend time with, and making choices on their behalf without allowing them to develop independence and decision-making skills [10].

Another sign of overprotection is shielding a child from all forms of adversity or failure. While it is natural to want to protect children from harm, shielding them from challenges and setbacks can hinder their ability to develop resilience, problem-solving skills, and coping mechanisms. Overprotective parents may go to great lengths to ensure their child never experiences discomfort or disappointment, inadvertently depriving them of important learning opportunities.

Furthermore, overprotection may manifest as excessive praise or unrealistic expectations. Constantly praising a child without allowing them to experience failure can set unrealistic standards and prevent them from developing a realistic sense of their abilities. Similarly, imposing high expectations without considering the child's individual strengths and limitations can create undue pressure and anxiety.

3 Exploring the causes of negative parenting methods

3.1 The impact of parental stress on parenting styles

Parental stress can significantly influence the way parents choose to raise their children. When parents are under a lot of stress, whether it be from work, financial difficulties, or personal issues, they may find it challenging to maintain a patient and nurturing approach to parenting. This can lead to negative outcomes such as increased criticism, impatience, and even emotional or physical abuse towards their children.

Stressed parents may resort to authoritarian or neglectful parenting styles as a way to cope with their own pressures. They may become overly controlling or distant, which can hinder the healthy development of their children. In contrast, parents who are able to manage their stress effectively are more likely to be responsive, supportive, and emotionally available to their children.

It is important for parents to recognize the impact of their stress on their parenting styles and seek support when needed. This could involve seeking professional help, reaching out to family and friends, or finding healthy ways to cope with stress such as exercise or mindfulness practices. By addressing their own stress levels, parents can create a more positive and nurturing environment for their children to thrive in, ultimately fostering healthy relationships and promoting optimal child development.

3.2 The impact of inadequate understanding of child development on children

An inadequate understanding of child development can have significant negative impacts on children. When parents or caregivers lack knowledge about the stages of cognitive, emotional, and social development in children, they may struggle to provide appropriate support and guidance. This can result in missed opportunities to nurture key skills and abilities in children, hindering their overall growth and well-being.

Parents who do not understand the importance of age-appropriate activities and interactions may unintentionally place unrealistic expectations on their children, leading to feelings of frustration and failure. Additionally, a lack of awareness about developmental milestones may cause delays in seeking necessary interventions or support for children who may be experiencing challenges.

Furthermore, without a solid grasp of child development principles, parents may struggle to create a supportive and nurturing environment that promotes healthy growth and learning. This can impact children's self-esteem, emotional regulation, and social skills, potentially leading to long-term difficulties in various aspects of their lives.

3.3 The impact of societal pressure

The impact of societal pressure can have significant effects on individuals. Society imposes expectations and standards that individuals feel compelled to meet, leading to feelings of stress, anxiety, and inadequacy. This pressure can manifest in various aspects of life, such as education, career, relationships, and personal development. It may influence decision-making, self-esteem, mental health, and overall well-being. Individuals may feel pressured to conform, achieve certain milestones, or adhere to societal norms, even if these expectations do not align with their true desires or values. Over time, persistent societal pressure can result in negative consequences, including burnout, depression, and a sense of alienation. It is important for individuals to recognize and navigate societal pressures effectively, prioritize their own mental and emotional health, and seek support when needed to maintain a sense of authenticity and well-being in the face of external expectations.

4 Suggested strategies for guidance

4.1 Establishing a classification system for ineffective educational methods

To address the problem of a wide variety of ineffective educational methods lacking a unified classification system, we should establish a meaningful classification system. This system can categorize ineffective educational methods based on factors such as type, impact, severity, etc., to better understand the types and characteristics of ineffective educational methods. For example, ineffective educational methods can be classified into physical punishment, verbal punishment, neglect, overprotection, among others, for the purpose of further research and guidance.

4.2 Delve deeper into the social psychological mechanisms underlying the formation of ineffective educational methods

The formation of adverse educational methods is closely related to various factors such as parents' cognition and attitudes towards education, family environment, and surrounding social environment. Therefore, this study needs to delve into the social psychological mechanisms behind the formation of adverse educational methods, including the impact of parents' educational beliefs, educational levels, family environment, and surrounding social environment on such methods, in order to better understand the causes of adverse educational methods and propose more effective guidance strategies. Various approaches such as questionnaire surveys, laboratory experiments, etc., can be employed to investigate the influence of social culture, family educational environment, parents' educational beliefs, and other factors on the formation of adverse educational methods, in order to gain a better understanding of the essence and root causes of adverse educational methods.

4.3 Propose guidance strategies for different types of harmful educational methods

To address the problem of lacking effective guidance strategies, we should delve into the characteristics and impacts of harmful educational methods, and propose guidance strategies tailored to different types of harmful educational methods. For example, for physical punishment methods, it is advisable to suggest parents to minimize the use of physical punishment when disciplining children, and instead opt for other forms of discipline or guidance; for verbal punishment methods, parents can be advised to avoid using language that belittles or criticizes during communication, and instead communicate with children using encouragement and affirmation; for neglect, strategies such as increasing attention and companionship, and promptly identifying and resolving issues can be proposed.

4.4 Developing an AI-based model for early detection of harmful educational methods

To address the lack of AI-based early warning models for harmful educational methods, we should explore the development of an AI-based early warning model for harmful educational methods. This can be achieved through techniques such as data mining and machine learning to establish a predictive model that can anticipate the impact of harmful educational methods on children before they occur. By detecting the presence of harmful educational methods in advance, parents can be alerted to take timely action to prevent their negative effects on children.

4.5 Enhance parental education and public awareness

We can disseminate correct educational concepts, methods, and approaches to a wide range of parents through various means such as parental training, educational activities, and media campaigns. This will help parents better understand the dangers of harmful educational methods and preventive measures, thereby enhancing their educational level and capabilities.

5 Conclusions

In conclusion, in the establishment of a predictive model for identifying harmful educational practices using artificial intelligence technology, the application of data mining and machine learning techniques can enable the prediction of such practices. However, to effectively address this issue, it is essential to enhance parental education and awareness efforts. Disseminating correct educational concepts through parental training, educational activities, and media campaigns can help parents understand the dangers of harmful educational practices and preventive measures, thus increasing their educational levels and abilities, and promoting the establishment of a healthy and positive educational environment.

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