

**SOCIAL AND PSYCHOLOGICAL-PEDAGOGICAL PROBLEMS
OF MODERN PARENTING**

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**СОЦИАЛЬНЫЕ И ПСИХОЛОГО-ПЕДАГОГИЧЕСКИЕ ПРОБЛЕМЫ
СОВРЕМЕННОГО ВОСПИТАНИЯ**

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Abstract. In the process of student growth, family education neglects the cultivation of students' frustration tolerance, and over-cares the growing individual, resulting in students not having the ability to withstand stress, thus making some behaviors that don't adapt to society, such as running away from home, mental disorder, committing suicide, etc. Frustration education is to create certain frustration situations for young people's poor adaptability and low frustration tolerance, so that they can be tempered by hardships and hardships, so as to cultivate their perseverance and enterprising spirit.

Keywords: modern family; family education; frustration education; healthy psychology.

In today's increasingly rich spiritual and material life, we often see the occurrence of unsuitable social behaviors such as running away from home, mental disorders, and committing suicide among middle school students. What is worth thinking about is that in an environment where society is more advocating "respect for knowledge and talents", in the expectation that many parents love their children in every possible way and have high hopes, why do students still behave so unfit for society? I think family education is a particularly important factor. In the process of students' growth, family education neglects the cultivation of students' frustration tolerance, and over-cares the growing individual. Zheng Richang, a professor in the Department of Psychology at Beijing Normal University, believes that the main reason for the suicide and runaway incidents of students is that parents have over-protected and cared about their children. So instead of educating students, it is better to educate parents, because the role of family education is now growing. He repeatedly emphasized that it is not important to teach children to play piano, recite poems, and do questions. The important thing is to cultivate children with a healthy mind and a good personality, so that they can become a highly adaptable person. This is a healthy person. Frustration education

is to create a certain setback situation for young people's poor adaptability and low frustration tolerance, so that they can be tempered by hardships and hardships, so as to cultivate their perseverance and enterprising spirit. It can be seen that while children master modern scientific and cultural knowledge, they should also have a healthy psychology to adapt to the fiercely competitive social environment. Cultivating children's healthy psychological quality and carrying out frustration education are issues that cannot be ignored before family educators. This article attempts to start with the misunderstandings of family education, explore the reasons for the frustration of young people, and put forward preliminary suggestions to solve the problem.

1. The performance and reasons of frustration among young people.

(1) Over-protection and low self-care ability.

Self-care ability is a kind of ability that must be formed in the process of students' development, and it is the basis of all abilities in the process of students' growth. In order not to let their children repeat the difficult life of the past, many young parents take care of their children's daily life and do not let their children do whatever they want. Some kids don't even wash their socks. Many current family education methods are not scientific enough and fall into the misunderstanding of over-indulgence and over-control. In life, he "does everything instead", taking care of the child's clothing, food, housing, and transportation, but ignoring the child's spiritual and emotional world. As everyone knows, it is this kind of care and care that makes these delicate children show extremely low energy when they live independently. This kind of nanny-style education makes it almost impossible for children to form healthy personalities and good behavior habits, resulting in children being lazy and sluggish. When they live independently, they show extreme incompetence and obvious dependence. For example, students in the lower grades of primary school cannot eat independently and have to be fed by their parents; students in the middle and upper grades of primary school cannot fold quilts. Parent-child education weakens the child's awareness of survival, deprives the child of the opportunity to make bold attempts and the courage to overcome difficulties. To some extent, parents' excessive interference protection may be detrimental to the development of children's social skills and the establishment of social network, which may make them more likely to experience social loneliness [1].

(2) Excessive expectations and frustrated academic competition.

For a long time, many parents in primary schools have not considered laying a good quality foundation for the primary stage of children's development due to the influence of the social environment and the examination-oriented education in primary and secondary schools. Many parents arbitrarily raise their expectations without starting from their children's actual abilities such as intelligence, physical quality, and age characteristics. In addition to completing school homework, children must complete extracurricular exercises prescribed by their parents, participate in various remedial classes, special classes, etc. To achieve the desired goal, thereby damaging the child's personality. The heavy study burden and strong

ideological pressure make children very nervous and afraid of falling behind. Once test scores are poor or declining, they worry that parental disappointment and blame further fuels the child's frustration. A senior high school student committed suicide by jumping off a building because he failed to get the desired grades in the monthly exam.

(3) Limit interpersonal relationships.

There is not only competition but also cooperation between people. Therefore, children should have social behaviors of cooperation, sharing, humility, empathy, helping others, tolerance, etc., which are largely perceived and developed in their interactions with their peers at a young age. Most of the living forms of modern families enter high-rise apartment buildings, which are relatively closed and independent small environments. Outside of school activities, children have little opportunity to interact with the outside world when they return home. In order to prevent social unhealthy factors from eroding children and avoid the occurrence of unsafe factors, many parents let their children read and study at home. As a result, children lack opportunities to communicate with the outside world, making it difficult for them to understand the emotions and feelings of others. Children's interpersonal skills and social adaptability are not exercised, and it is easy to form withdrawn, cowardly, indifferent and incompatible personalities.

2. Reflections on the implementation of frustration education in family education.

How can family educators correct and guide the unhealthy psychological tendencies of young people due to misunderstandings in family education?

(1) A correct education concept for parents.

The concept of educating people is a basic view on how to cultivate people. It guides the basic behaviors of parents in the process of family education. The mistakes of parents' education concept will lead to the deviation of education methods. Some scholars point out that education, in its essence, is the first important thing to improve personality, the second important thing is to develop intelligence, and the third thing is to impart knowledge. Because healthy personality is an essential quality for people in modern society, its basic characteristics are: relatively stable emotional state, tenacity, flexible resilience, strong sense of responsibility and good self-control. We should not only cultivate the comprehensive development of children's moral, intellectual, physical, beauty, and labor, but also pay attention to the cultivation of children's healthy personality. Parents should learn some knowledge of psychology and pedagogy, and educate their children with scientific methods to give them more understanding, more tolerance, more encouragement, and more support, so as to provide good health environment for their children.

(2) Establish a correct view of success or failure.

The correct concept of success or failure is good mental preparation for turning failure or success into motivation to struggle again. Marx said: "If the struggle is only carried out under the conditions of a very smooth chance of success, it would be too easy to create world history." Colonel Sanders, a veteran,

recommends his secret recipe for fried chicken to major food companies for a living, but every company rejects him. After 1001 efforts, he was finally recognized by a company. After that, he opened a chain of 300 KFCs and was liked by people. Therefore, we must educate our children to establish a correct concept of success or failure. In the face of failures and setbacks, we must not be discouraged or discouraged. We must have the spirit of persistence and the courage to overcome difficulties. Parents should allow their children to fail, and enthusiastically help their children sum up lessons during failures, establish a moderate level of expectation, and encourage children to rise amidst setbacks. When children rely on their own will to work hard and achieve success, parents should be affirmed in time, so that children can see their own abilities, so as to face new difficulties with more confidence.

(3) The optimistic mental outlook of parents is the force for the formation of children's cheerful and strong character.

Personality is formed. The family environment has a great influence on children's character development. In every child, the shadow of the parents can be seen. This is not only the effect of genetics but also the result of the mutual influence and joint effect of parents' personality, behavior, language, and other factors. What kind of attitude parents take to life and difficulties is very inspiring to children. Optimistic, calm, and happy emotions have a positive effect on the healthy growth of children, and conversely, hurt children. Family education is the education of the background, and its essence is the nurturing process of family style. In the long-term parenting behavior, the parents' words and deeds are very important, reflecting the characteristics of the family [2]. In today's COVID-19 pandemic, we will encounter unprecedented difficulties and setbacks, such as layoffs, financial constraints, blocked promotions, poor interpersonal communication, etc. As a parent, you should approach the current problems with a healthy and open mind, Be optimistic, and set a positive example for your children. Their positivity, initiative, and being sensitive to the reactions of others are all positive factors in building common relationships[1], so that their children are also positively affected.

(4) Create a frustration situation to allow children to exercise and grow in difficulties and setbacks.

Frustration situations are some difficult "scenarios" created to develop a child's ability to withstand setbacks. Let children suffer in it, thereby increasing their frustration tolerance. Providing a moderate setback situation and exercising children's ability to withstand setbacks is of great significance for the formation and cultivation of young students' strong personalities and the maintenance and improvement of their mental health. With the support of parents, many schools organize various outdoor activities. They rely on themselves to find wild fruits, feed poultry, and hike mountains to exercise children's ability to survive in the wild. Therefore, our parents should consciously create some difficult situations for their children, let them learn to undertake housework within their ability, let them

overcome difficulties, complete tasks, and overcome dependence, so that they have a strong will and a strong physique.

Family is the cell of society, family education is an important family affair, and parents are the first teachers of children [3]. Good family education can help children develop mentally and integrate into society better. Let the children go out of the greenhouse to experience the hardships, and I believe they will grow stronger in these difficulties.

Literature

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