



## Core Will from Family Basic Education Colored Personality

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**Abstract:** People's consciousness is like a blank sheet of paper. With time adding, the paper is unconsciously "colored" by original family at very first. After "painting", the individual gradually evolves different personality traits, attitudes and behavior patterns. What lies behind individual expression is the will of each person, which has hundreds and thousands links with core will of original family. Misunderstandings in expression are shady to detect and not very easily to get rid of. This thesis will explore the impact of core will from original family on the individual and self-repair to get rid of ill consciousness.

**Keywords:** Original Family, Psychological Growth, Self-Will

### 1. INTRODUCTION

The original family refers to the "first-time" family that raised individuals after birth, not the "second-stage" family established by the choice of individual. Relatives and other relationships in original family have a crucial impact on us, which is truly the first cradle of developing individual character. Many of our skills, habits, and ways of handle things are learned in the original family, including how to communicate and interact with others to deal with our emotions and needs. Similarly, the formation of our values and beliefs is also closely related to our parents. The early experiences and feelings of the individual's childhood are clearly kept in the brain, similar to the re-enactment of the disc. Although there is no language as a code, the brain can receive it unconsciously, and it cannot be recalled by itself, while its influence may accompany the individual for a lifetime. American psychotherapist M. B. , during the psychotherapy in the 1940s, found that the frequent contact of therapists with their family members was more susceptible to emotional transmission and metastasis, especially among parents. In psychotherapy, it is important to identify problems from the original family. We may find that quite a few of the conflicts and problems that emerged in adulthood are due to events and problems being experienced in the past. Emotion is a huge intersection system and original family is like the most basic cell. Family members put influence on each other, at the same time their emotions are transmitted to every members in the family. Therefore, the individual's emotional reaction and psychological problems are earned with their family members, which may not take off the constant connection from the will carried by original family. In the relationship between the original family and relatives, child is the recipient of the family education, the learner and even the imitator. In the early stages of life, parents are treated as natural objects of imitation, and children gain experience and feelings from their parents, gradually evolving into their own rules of operation.

The impact of the original family on the individual can be divided into two dimensions:

### 2. DIMENSION 1: THE LEVEL OF RESPONSE FEEDBACK

The degree of giving children care, help and support. A loving parent expresses love for the child in various ways, while the hostile parent simply deliver cold rejection and inertia neglect to the child.

### 3. DIMENSION 2: THE LEVEL OF REQUIRES STANDARD

The extent to how children's behavior is regulated and standards are set. Some parents make rules for children and enforce them strictly, while others give their children the space to make the decision.

The four family educational styles based on the above two dimensions are as follows:

### **3.1. High Response + Low Requirement = Pampering Type**

Parents in this educational style usually show a great deal of love to their children, but the limits of this love are beyond basic affair. They don't know how to make reasonable and necessary rules for children. The standards for some principle problems are sometimes ambiguous. In the concrete conditions of China, the loved ones are in "3+1" and "6:1" reflection mode. "3+1" is the common care from the original family and their own parents and "6:1" means that children's parents and grandparents gave one child a multiple attention. From the surface point of view, growing up in such an environment stands for "happiness", since the "care index" is highly expanded compared to before, but this "happiness" persistence is often unpredictable.

The characteristics of this kind of family are manifested as excessive care, life nanny, and overdoing reaction, which is indeed "covering the complex and changing factors of life with this simplest love", so that children who grow up under this educational model do not know how to coordinate themselves and deal with complex relationships. When they put their steps beyond the family circle, they often face many sorts of struggles.

### **3.2. Low Response + High Requirement = Authoritarian Type**

Parents who adhere to this educational style are eager to establish their authority in children's minds, setting strict rules for children, while neglecting children's needs for feelings care, and indifferently rejecting opinions from children. Children raised in this kind of educational atmosphere will be highly timid to their parents and feel insecure at home. High-pressure control may also cause symptoms similar to Post Traumatic Stress Disorder (PTSD), such as feeling guilty or shameful, difficulty sleeping, repeated nightmares, and so on. Unlike physical violence, the damage caused by high-pressure control to the victim is often psychological and emotional, and usually very subtle, even the victim itself is difficult to detect. Absolute high pressure in the family environment and unconditional obedience imposed by parents often lead to extreme anti-version psychology in childhood and adolescence. The important indicators to measure the personality traits of healthy individuals include three items, outside equals inside, action equals motivation and expression equals perception. In contemporary society, however, children present different "character" to teachers, parents, and companions. They adjust and change "self" according to the different objects and conditions. The reason for this phenomenon is mainly due to the absolute high pressure of parents, for children have to pretend to reduce conflict with the family environment. Putting children live in such an environment that has to be disguised, their true personality won't be a easy job to fully release, so that the basic personality can not be healthily "coloured". But the victims of high-pressure control are often blinded by the "love" and "care", and even if they are psychologically traumatized, they are often undetectable. This will make children start to doubt their own point of view, the perspective of the world, and even who they should be. Children can't get "unconditional support" from driven parents, which make them cannot feel safe to explore and gain achievements according to their own minds. For example, a person who has been lively and cheerful and is good at making friends may become awkward in the interpersonal, alert to others and surroundings.

### **3.3. High Response + High Requirements = Strict-Care Match Type**

This type of family education model might be the most respected model. Parents in this type have both "strict" and "soft" care for their children, letting children grow and make decisions relying on their own wish. For children, respect, persistence, patience, self-confidence, responsibility, and trust are the core ones of children's qualities that should be cultivated at the very first stage. Pursuit and respect for trust is regarded as the primary aspect of raising a child. Parents are required to take off their superiority as an adult, listen to children's opinions, respect their considerations, and emotionally support their solutions to problems with patience and persistence. If parents are patient and careful about their child's original teaching, rather than being careless or arbitrary, children will be in more stable temper when they encounter challenges and major tests in life. Responsibility and self-confidence offer the space for children to grow independence, critical ideas, not turning blind to different opinions.

### **3.4. Low Response + Low Requirement = Ignorance Type**

This type probably is the top worrying education and the most worthy warning one in the four educational models discussed here. In addition to providing basic physical care, parents in this mode

show little mental support to children, playing an empty role in position of directing, and let them enter whatever they like without guiding. The issue of “left-behind children” has bountiful associations with this type of original family. With the increasing number of migrant workers in China, left-behind children in rural areas are neglected in physiological growth, mental health and personal safety because they do not receive long-term stable care from their parents. Compared to the “tangible” form of injury, this “invisible” approach occurs more generally and has a longer-lasting impact, possibly throughout childhood and adulthood. As mentioned above, children who lack care from their parents will try to avoid thinking that their parents are negative or defective, but to take responsibility to themselves and try to make themselves pursue "perfect" in order to "win" the love of parents. But this kind of cognition is inherently unrealistic—one cannot be perfect at all times and not make mistakes. (A healthy adult should be able to accept himself, including accepting that he will make mistakes at some point.)

In addition to the four main types, there are many common home problems:

- Drug abuse or drug addiction in the family
- Witnessed domestic violence
- Death of family members or committed suicide
- Adopted
- Parent divorce
- Family members have mental illness or personality disorder
- Raised and raised with strict religious requirements

When facing those family challenges, externalized children will find the cause from the outside. When they are in intense discomfort, they use impulsive behavior to express their inner pains, such as truancy, fighting, and so on. Internalized children are more inclined to find reasons from themselves, thinking they made the mistakes at first and need to fix their own problems. People always unconsciously bring childhood behavior patterns into adulthood, repeating the same situation after growing up. Children who grow up in such a family are often in a state of being forced to accelerate their growth. They may habitually ignore their needs and prioritize the needs of their parents losing their carefree childhood, but feel guilty because they are unable to take on the responsibility of adults. Children who grow up in a mentally unhealthy family environment are more likely to have behavioral or emotional problems because of the influence of genes and negative psychological environments. This is intergenerational impact of mental illness. In the relationship of interpersonal relationships, children have behaviors that are learned from parents who has psychological problems, and there are some unhealthy factors or traits affecting their interpersonal relationships. These effects will accompany the child until adulthood, affecting interpersonal relationship, especially the intimate relationship. However, it is necessary to avoid the illusion that in the fantasy we are completely helpless in the family. In particular, as individuals grow older, they are able to choose what role to play in native family. We are responsible for the current relationship of members of the original family. So we also have the power to change the relationship of our native family in our adulthood.

## **4. HOW TO BREAK NEGATIVE SHELL FROM ORIGINAL FAMILIES TO CREATE NEW-LIFE PATTERN?**

### **4.1. Refusing "Psychological Stigma"**

"Psychological self-illness stigma" refers to the patient's initiative rejection of their own status, solidification and deepening the public's hostile attitude of psychological misunderstanding. The negative impact of original family is not only the acquisition of negative habits, but also the evolution of psychological problems in the growth and even adulthood, showing a series of psychological barriers that are not easily perceived by consciousness, such as depression and anxiety. As a high-risk factor affecting patients' psychological rehabilitation, psychological stigma can arouse the negative emotional experience of patients, often arousing the previous miserable memory and causing self-discrimination, endangering the psychological rehabilitation process of patients.

"Good social function" in the definition of the World Health Organization means that a person's habitual behavior conforms to social norms, can be understood and supported by others, and individuals can also adapt themselves to the complex and changing objective environment. Internal gullies from family, interpersonal barriers in stranger, and disorders in work environment are the three unfavorable effects of psychological stigma on patients. Psychological stigma causes patients to subconsciously escape when they are in position to establish emotional connections with strangers and even intimate relationships, creating self-shame and resisting group contact. At the same time, because the patient resists facing his own psychological barriers, the "shadow" of the original family is thus adopted, possibly bringing to the new family again.

Facing psychological barriers, removing psychological stigma, correcting and resisting attitudes towards psychological barriers, subjectively admitting and accepting psychotherapy if necessary, are vital for the "victim" of the original family.

### **4.2. Achieve "Self-Acceptance"**

"Self-acceptance" refers to the individual's willingness to face all the personality traits that he or she has, to carry out in-depth and detailed understanding, unconditionally accept and recognize it. Every individual has a thirst for self-development, and realizing this craving is entirely possible on the reality. To achieve the goals above, we need to go through three steps, namely, "confirm-accept-change" with ourselves. The first step is the objective and comprehensive understanding of the individual's own levels. Being honest is the primary prerequisite for subjective acceptance and final change. Only on the premise of "confirmation", "transformation" is possible. Otherwise, it is only the emergency measures of individual by the force from stressful environment, which does not have long-term significance and can only be temporary. The second step is to examine. Acceptance can gradually narrow the gap between the "ideal self" and the "real self" until they meet. As we move towards the third stage of "change", we need to understand that the entire process cannot be achieved in one step, but as time passes, the correct behavior patterns are constantly superimposed, and we will get closer to the "bull-eye". The process of going to psychological repair is a process of slowly approaching the "bull-eye", not the result of just one shot.

### **4.3. Correct Attitude Towards "Original Family"**

The term "original family" needs to be self-explanatory. The introduce of this concept at psychological level is intended to promote individuals to have a more detailed and clear understanding of themselves, diverging views from multiple angles, and being more tolerant and rational in humanity, not in resentment. The seed of parents - hatred and resentment will only grow us away from the healthy mind, and individual growth and change cannot be completed accordingly. Each of us is a part of family, and we all have a unique role in the family, and we must manage and solve the problems that arise in the family to maintain the balance – this balance is the stability of our family.

Individuals build the spiritual world, just like building a tower if comparison. The function of each house is roughly the same - such as sheltering, relaxing, and entertaining, but the exterior style and interior furnishings of each house are not exactly the same. A person who grows up in a crude environment, the house may be more durable in its ability to "strive for excellence". A person who grew up in a charming environment, this house may be more powerful in the function of "defending the snow". Different houses have different "beauty of architecture", and personal growth is a process of continuous rebuilding, renewal, and gradually becoming stable. The original family and the initial education are not life-threatening, and we don't have to lock ourselves inside. Because what ultimately decide on ourselves respective life orientations is still the individuals themselves.

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**Citation:** Wang Huan. " Core Will from Family Basic Education Colored Personality " *International Journal of Humanities Social Sciences and Education (IJHSSE)*, vol 6, no. 4, 2019, pp. 6-10. doi: <http://dx.doi.org/10.20431/2349-0381.0604002>.

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