

A Study of the Effects of Parent-child Communication on Adolescent Mental Health

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Abstract: This study aims to investigate the influence of parent-child communication on adolescent mental health. Given the growing concern about adolescent mental health issues, this study examined the correlation between parent-child communication factors, such as frequency, content, and mode, and adolescent mental health status through questionnaires and in-depth interviews. It has been found that effective parent-child communication helps to establish an emotional connection between adolescents and parents. This connection significantly contributes to the formation of a positive mental health state in adolescents and effectively alleviates mental health problems. Therefore, strengthening parent-child communication is an important way to maintain adolescents' mental health. This study offers a significant theoretical foundation and practical direction for family education and mental health intervention.

Keywords: Parent-child Communication; Adolescents; Mental Health; Effects.

1. Introduction

In recent years, there has been increasing attention in the academic world on the influence of parent-child communication on the mental health of Chinese adolescents. The specific nature of parent-child communication undoubtedly plays a role in determining the psychological well-being of Chinese adolescents. Therefore, researching the impact of parent-child communication on adolescents' mental health is of great significance. The study of parent-child communication on adolescent mental health can provide a series of realistic feedback and effective countermeasures for the development of adolescent mental health in

China through the current phenomena of parent-child communication in China. This paper investigates the impact of parent-child communication on the mental health of adolescents. It reveals that poor parent-child communication is still prevalent in Chinese families. Issues such as lack of time for communication, absence of common interests and topics, and parents' inability to comprehend their children's needs and emotions are identified as contributing factors. The study indicates that improving children's mental health can be achieved by listening to their needs and emotions. Effective parent-child communication can be achieved by respecting children's feelings, providing positive support and encouragement, and scheduling regular family gatherings.

2. The Impact of Parent-Child Communication on Adolescent Mental Health

Research indicates that effective parent-child communication fosters emotional connections between adolescents and parents, promotes positive mental health in adolescents, and mitigates adolescent mental health issues.

2.1 Building Emotional Connections between Adolescents and Parents

Research has shown that effective communication of emotions between parents and children is crucial for developing a positive parent-child relationship [1]. The family environment is characterized by kindness, friendship, integrity, and honesty. Family members understand and respect each other, and parents and children communicate calmly, allowing adolescents to express their emotions and receive positive feedback [2].

Effective parent-child communication is crucial for emotional expression and understanding between adolescents and their parents. A

positive approach to parent-child communication can help adolescents express their emotional needs, confusion, and uneasiness, while also enabling parents to gain a deeper understanding of their children's inner world and respond effectively. During adolescence, individuals commonly encounter emotional challenges such as mood swings, self-identity formation, and interpersonal relationship development [3]. Emotional communication with parents can provide adolescents with psychological security, encourage them to explore the world around them, and obtain social support. This can help them cope with negative emotions resulting from adverse life events. Positive parent-child communication can help parents better understand adolescents' emotions and respond to their needs more accurately. During the identity exploration stage, adolescents may face challenges and uncertainty about their sense of self-worth. By establishing a good communication channel, parents can better understand their confusion and uneasiness and provide appropriate support and guidance. Therefore, effective parent-child communication is crucial for the development of adolescents' mental health. Positive communication allows adolescents to express their emotional needs, confusions, and insecurities, while enabling parents to better understand and respond to their emotions. This, in turn, helps to build adolescents' inner sense of security and trust, laying a solid foundation for their mental health [4].

2.2 Building Positive Mental Health

Through communication between parents and children, parents can convey family values and ethics to their adolescents. Positive communication helps build common understanding and consensus in the family, enabling adolescents to understand family expectations and norms. Communication can aid in the development of internal moral concepts and values for adolescents, assisting them in making appropriate choices, maintaining their mental health, and comprehending the values and moral norms of their family [5]. During communication, parents can transmit the family's core values, such as honesty, dedication,

friendliness, respect, and helpfulness, to help adolescents understand the family's expectations and norms for moral behavior. This can help adolescents make decisions that align with the family's values when faced with choices. In addition, communication between parents and children can aid in the development of internalized moral concepts and values in adolescents. By communicating with their parents, adolescents can gain an understanding of the moral trade-offs and consequences of different situations [6]. Parents can guide their children to think about moral issues and develop their ability to think and judge independently.

2.3 Alleviating Adolescent Mental Health Problems

Improving adolescent mental health is one of the significant benefits of parent-child communication. Positive parent-child communication establishes a good channel of communication between parents and their adolescents, enabling parents to better understand their children's emotions and needs [7]. Through this communication, parents can listen, understand, and pay attention to the inner world of adolescents, providing them with the necessary guidance and support. Adolescents can express their emotions and receive their parents' attention and understanding through communication with their parents. This can help them deal with their emotions, alleviate psychological pressure, and promote physical and mental health. Additionally, parent-child communication can provide a safe environment for adolescents to freely express their thoughts and opinions. In this secure environment, adolescents can express their opinions and learn to listen to and respect the opinions of others [8]. Interacting with their parents can help adolescents develop good communication skills and problem-solving abilities, which are crucial to their psychological growth. Furthermore, parent-child communication can assist adolescents in establishing a positive self-perception and self-evaluation [9]. Communication with parents can enhance adolescents' self-confidence and cultivate positive self-perception. It is important for parents to provide objective affirmation and

encouragement, avoiding biased or emotional language. This can promote healthy physical and mental development by helping adolescents understand their strengths and weaknesses and develop their own personalities and potentials.

3. Strengthening Parent-Child Communication to Promote Adolescent Mental health

3.1 Listen to and Respect Your Child's Feelings

To promote the mental health of adolescents and establish a strong parent-child communication foundation, it is crucial for parents to listen to and respect their children's feelings. This can enhance their self-esteem and self-confidence.

Giving children the opportunity to express themselves is a key aspect of parents' willingness to listen. During adolescence, individuals are in the process of exploring and establishing their identity. It is important for them to have a safe environment where they can express their thoughts and feelings [10]. Parents should actively listen to their children, fully respect their views and opinions, understand and accept their feelings, and make them feel valued and recognized. This type of listening can help parents better understand their children's inner world and establish a deeper emotional connection with them.

Secondly, parents showing respect for their children's emotions entails acknowledging their independence and unique qualities. Adolescents crave recognition and respect, and they desire their parents to comprehend and embrace their emotions instead of simply disregarding or neglecting them. Parents should strive to see things from their children's perspective and avoid adopting judgmental or accusatory attitudes. Respecting children's emotions involves acknowledging both positive and negative feelings. Parents can support their children in coping with challenges by providing emotional support and actively listening to enhance their mental resilience and adaptability. Additionally, listening to and respecting children's emotions helps build trust and intimacy between parents and children. The parent-child relationship is a crucial factor in

adolescent mental health. Effective parent-child communication serves as a bridge to establish a positive parent-child relationship. When children feel understood and respected by their parents, they are more likely to share their concerns, worries, and joys, which strengthens the emotional bond between them. This type of trust and intimacy can improve adolescents' sense of self-worth and well-being, as well as help them develop healthy interpersonal relationships and positive identities.

Therefore, it is important for parents to listen to and respect their children's feelings to strengthen parent-child communication and promote adolescents' mental health. Parents should strive to create an open, understanding, respectful, and supportive family environment. By listening and respecting their children, parents can enhance the quality of parent-child communication and promote adolescents' mental health development. This approach benefits not only the individual child's growth and development but also positively impacts the harmony and well-being of the entire family.

3.2 Give your Child Positive Support and Encouragement

Positive parental support and encouragement play a crucial role in strengthening parent-child communication and promoting adolescent mental health.

To achieve this, parents should actively listen to and understand their children's thoughts and feelings. Special communication times, such as during dinner or after school breaks, can be set up to facilitate this process. When listening to their children, parents should maintain objectivity and avoid criticizing or blaming them. It is important to respect their children's independent thinking and ability to express themselves. Non-verbal communication, such as eye contact, smiles, and body language, can be used to show concern and understanding. Active listening and understanding can help children feel respected and valued, strengthening the trust and closeness between parent and child.

Additionally, parents should provide positive support and encouragement to their children when they face challenges, difficulties, or failures. Parents can encourage their children to

face difficulties bravely, persevere in their endeavors, and believe in their abilities and potential through affirmative words and gestures. Additionally, parents can provide practical help and support to help their children overcome difficulties and offer appropriate guidance and advice. Through providing support and encouragement, parents convey positive emotions and attitudes to their children, stimulating their internal motivation and self-confidence. This promotes positive parent-child interactions and psychological growth.

In addition, parents providing positive support and encouragement to their children has a positive impact on parent-child relationships and adolescent mental health. When children receive positive support and encouragement from their parents, they feel emotionally cared for and accepted, thus strengthening the emotional connection and intimacy between parents and children. On the other hand, providing positive support and encouragement can help develop children's self-confidence and self-esteem, enhancing their ability to face difficulties and setbacks. This can favor their psychological growth and help prevent the occurrence of psychological problems. Positive parent-child interaction and communication establish a good family atmosphere and relationship, promoting adolescents' healthy psychological development and positive interpersonal relationship patterns. Therefore, parents' positive support and encouragement are crucial to strengthen communication and promote adolescents' psychological health. By listening attentively and comprehending their children's thoughts and emotions, while providing positive support and encouragement, parent-child relationships can be strengthened. This can foster children's self-confidence and psychological well-being, and establish a solid foundation for the all-round development of adolescents.

3.3 Establish Regular Family Meeting Times

To improve parent-child communication and promote adolescent mental health, parents can establish regular family meeting times. These gatherings provide a harmonious and cozy environment, creating opportunities for parent-child communication.

First, parents should determine the appropriate time and frequency of the meetings. They can then create a program based on their family schedule and the needs of their members. For instance, scheduling a regular time for family gatherings, such as one afternoon or evening every weekend, can promote communication and interaction between parents and children. This frequency allows each family member to relax and enjoy each other's company.

It is important to choose appropriate activities and topics that facilitate communication during these gatherings. Activities such as watching a movie, cooking, and doing crafts together can also be included. Parents can prepare topics in advance, such as recent family developments, study progress, and hobbies, to guide and stimulate conversations among family members. The language used should be clear, objective, and value-neutral, avoiding biased, emotional, figurative, or ornamental language. The grammar, spelling, and punctuation should be correct, and the text should be free from errors.

It is important to create a positive family atmosphere during gatherings to make each member feel comfortable. It is important to create a positive family atmosphere during gatherings to make each member feel comfortable. The text should adhere to conventional structure, including common academic sections and maintaining regular author and institution formatting. The content of the improved text must be as close as possible to the source text, and the addition of further aspects must be avoided at all costs. Parents can boost the self-confidence and positive emotions of family members through praise, encouragement, and support. It is important to respect the opinions and feelings of each member and encourage them to express their ideas and needs.

Additionally, maintaining continuity and stability in family gatherings is crucial. Regular family gathering times should be scheduled and valued by each family member. Family members can make a family plan together and provide feedback and summaries after each gathering to ensure effectiveness.

Parents can establish a regular family gathering time to enhance parent-child communication and

promote the mental health of adolescents. These gatherings provide a harmonious and cozy environment, as well as enhance emotional connection and intimacy among family members. In addition, improved parent-child communication can help adolescents better understand themselves and others, enhancing their self-confidence and emotional management skills, ultimately improving their mental health.

4. Conclusion

This paper presents findings that demonstrate a significant association between parent-child communication and adolescent mental health. The study examines the effects of parent-child communication on adolescent mental health and concludes that good parent-child communication helps establish an emotional connection between adolescents and parents, promotes positive mental health in adolescents, and alleviates adolescent mental health problems. The study examines the effects of parent-child communication on adolescent mental health and concludes that good parent-child communication helps establish an emotional connection between adolescents and parents, promotes positive mental health in adolescents, and alleviates adolescent mental health problems. It is proposed that promoting parent-child communication and providing practical methods and guidance for the prevention and intervention of adolescent mental health problems can be achieved by listening to and respecting children's feelings, giving positive support and encouragement to children, and setting up regular family gathering time. These strategies can serve as references for research in related fields.

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