Research on solving the problem of original families and personal growth

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Abstract. It is difficult for everyone to get rid of traces of childhood, especially family discipline. The experience of childhood has been integrated into his mind and subconscious mind. Once in appropriate time will be excreted in an extreme way. There is no doubt that the influence of the original family is significant, but it is not decisive, and there is no absolute causality. In adulthood, individuals are faced with situations in which they choose to grow their own lives. The trajectory and state of life thereafter cannot simply be attributed to their parents. A person's innate qualities, such as IQ, psychological resilience, resistance to frustration, susceptibility to environmental stimuli, etc., interact with the environment, and genes and the environment determine the formation of a person's personality. Everyone has an imprint on their original family after they become adults, but how to treat and develop depends on each person’s own attitude and choice. Therefore, learning to reconcile with bad original family is a major issue in our life.

1. Introduction

Everyone's specific feelings about the family are different. In some people's view, family is a warm and sweet place; in other people's opinion, family is a nightmare region. More people have more intricate feelings about the family, not only the word “love” or "hate" can be summed up. According to the survey of 500 thousand Chinese households in 2015 showed that 65% of people believe that home is more important than career and freedom.
The original family have far-reaching significance for a person’s growth and development, which affects all aspects of people's life. Parents' personality, values, ways of doing things, family atmosphere and so on will imperceptibly affect children's character development, psychological growth and behavior, which are potential, manifold and undetectable. The behavioral patterns developed during childhood have become part of a person's life and change is very difficult. While the power of familiarity is very powerful, continuous awareness, a great deal of patience, and powerful intervention can help us to challenge familiar forces. Through this power of self-development, we can provide ourselves with the environment, trust, adventurous spirit and support system to create opportunities for deeper breakthroughs and further growth[1].

2. Understanding is the prerequisite for promoting reconciliation between individuals and original families

We are different from our parents in the context of the times, the educational background and the standard of character. They have different life experiences and growth backgrounds with us, and thus bring different lifestyles and different ideas. Sometimes it is difficult for us to understand each other because we are always accustomed to starting from their own coordinate system to speculate, see, evaluate another person, but completely forget that the other person also has a field of phenomena, and is a completely different phenomenon field. If you want to understand each other, you must learn to put down your own coordinate system and try to enter the other's coordinate system. This is the only way to reach understanding.

Parents can't be what we expect, just as we can't meet all the parents' demands. Don't always think about changing each other in the process of getting along with our parents, but learn to understand each other. We can choose to put down these pains to understand our parents, simply cutting off the connection with the parents will not only aggravate the trauma of self-confidence, but will also cause self-perception confusion. The family, to some extent, is also our safe haven, sheltering us from wind and rain. In other words, the harm that parents bring to us is actually from their original families. To a certain extent, parents are also the victims of the entire family, society, and culture that they are in. Their education methods are not personal problems. It is a systemic issue. Life is lonely and unable to understand each other, communication is to seek comfort from each other [2]. People and people are difficult to understand each other, we need a sense of respect and tolerance with a certain sense of distance. The same thing is a feeling in your world, but it doesn't necessarily feel the same among people who have different knowledge, vision and experience. When we enter this stage of understanding, we can realize that there are no perfect parents, good parents may not be found, but the reason why life has value lies in our ability to make choices. We can choose to understand parents, change what can be changed, accept what can’t be changed. When we are aware of this, we see that the outside world's thinking will change. It is clear that the differences between the two people will

Figure 1. Chinese family survey report according to Tencent news client 500,000 user poll results
cause different feelings, which will enable us to face the difference in the world and to live in harmony with our parents with a more understanding and inclusive mentality.

3. Accept reality and self-acceptance are the guarantees for reconciliation between individuals and original families

The following table is a mental health survey data table for middle school students.

| Family discipline | Mental health level | Investigation | Health number | Number of poor health | Total |
|-------------------|---------------------|--------------|---------------|-----------------------|-------|
|                   | Normal              | 189          | 94            | 283                   |
|                   | Unnormal            | 58           | 50            | 108                   |

According to Chi square test, first, calculate the theoretical frequency:

\[ T_{rc} = \frac{n_r n_c}{n} \]

The frequency of the theory are:

\[ T_1.1 = \frac{283 \times 247}{391} = 179 \]
\[ T_1.2 = \frac{283 \times 144}{391} = 104 \]
\[ T_2.1 = \frac{100 \times 247}{391} = 68 \]
\[ T_2.2 = \frac{100 \times 144}{391} = 40 \]

According to the cutoff table, \( P<0.05 \), therefore, this statistic has significant significance. Family discipline has an important influence on mental health.

Good parents may not be able to meet our material needs well, but they will surely give us healthy hearts. In psychology, we believe that our self-concept comes from the positive experience of childhood and comes from unconditional love and care. Bad parent will satisfy the child's material needs, but it will leave an indelible wound on the child's heart. Normally, the trauma itself does not necessarily lead to psychological problems, but when we try to cover up the truth, not facing the reality will make us fall into trouble and produce mental illness \[3\]. Being a parent is the congenita role, need not be achieved through their own efforts. Fromm thought that love is an art, and it can be learned only after acquired education and training. Therefore, we must admit that not all parents are competent, and not all parents love their children, which is the reality we need to accept. In the face of imperfect parents, from the attachment of parents to criticism to pain and acceptance, a person is truly independent. Acceptance is the hardest and most important part. To make our life more harmonious we must learn to accept it. Accepting parents does not mean to be a person like them, but to realize that life itself is different. We can also adhere to ourselves while we understand others, and choose to be with people or things we like.
An American psychologist, Rodgers, said that a person's personality is the sum total of all his life experiences. Therefore, we can't deny some of the things we have experienced. Denying anything that you experience is a part of denying your personality. The denial of a part of oneself will lead to a light or heavy division of personality. The part denied by oneself has not disappeared, but has entered the subconscious. Once our life is undergoing major changes, these depressed parts will play a role in making our mind and behavior out of control. If a person often loses control, an important reason is that he suppressed his too many things into the subconscious mind [4]. It is impossible for us to fully get rid of the impact of the original family, admit the misfortune of our childhood, recognize the limitations of the original family, and recognize that our love, hatred, anger, pain and frustration in the original family are the first steps to reduce the negative impact of original families on us. One can't deceive oneself for a lifetime, face their past and listen to their inner voice to help us return to the present and look forward to the future. We need to know that no matter how close a person is, we can't expect them to change for themselves and change others. It's useless. It only adds to their sufferings. What we can do is to influence others with our own actions. We shift our attention to ourselves and know that you can solve your own problems. We have to be aware of our strengths and weaknesses, and to accept the real and realistic me from the heart. People who accept themselves are confident. In order to cater for others, they are able to change themselves and suppress their own nature. They will feel lost for a long time, which will definitely affect their mental health. We must know that nothing is more rare and unique than our own. We don't have to sacrifice ourselves to obtain love. Among all people, we are the only one who will never leave you [5].Everyone is unique and precious, and we are born to be our own. Only by getting rid of the directives of the family system and the parent's obligatory point of view on us, can we really do ourselves. Only by getting rid of those rigid rules and rigid roles can you truly be yourself. Only in this way can we truly love our family with an independent adult mentality and ultimately gain greater freedom. As Satya said in the growth model, the process of growth is to let us define ourselves through our own strength and accept the difference between people.

| Hierarchy model | Growth model |
|-----------------|--------------|
| People need to obey others and allow themselves to survive physically and emotionally and be accepted by others. | Everyone is a unique individual, capable of defining himself through internal forces. |
| Life has evil potential. | Life is sublime. |
| People neglect to deny the difference between their feelings. | People can clearly express themselves and accept differences. |

4. Separation is an essential condition for reconciliation between individuals and original families

Gibran wrote in the prophet, “Children are born by life's longing for themselves, and are born by you, but not from you. You can give them love instead of your thoughts, because they have their own thoughts. Shelter their bodies, not their souls, for their souls live in the future that you can't dream of [6].” Separation is the life problem that every one of us must face in the process of growing up. Our life is a life of continuous separation. No matter how painful the separation is, we must do this, because separation and love are equally important. They are the two most important themes in life. They work together to make a person grow up and make a person become himself [7]. We should gradually start a spiritual separation with parents and original families, and gradually integrate into the society. We have our own independent living conditions and achieve complete separation. Emotional independence does not mean that you should break up with their parents. It means that you can be a part of family, but at the same time, it is an independent person. It means that you are yourself and let your parents become themselves. I am willing to be responsible for my life and behavior. I live for
myself, and I have come to this world for that. Healthy families are full of love and know how to separate. Parents of healthy families love their children not to enjoy the results themselves, but to use their love and tolerance to push children into a wider world and allow him to live independently and autonomously. They know that growing up is a socialized process. The most significant feature is practicality. Only through the experience of children can they understand a lot of truth. Only by providing them with more experience opportunities, can children become independent and autonomous person. When growing up, children who grow up will also learn from their parents and push their children to a wider world. Love is passed on in such a cycle, passing from our original family to our newborn family.

The separation between children and their parents is certainly sentimental, but it is also essential and painful in the process of growth. After dealing with this pain, we can live more independently. The separation between individual and original family does not mean that it will become an isolated island. Original family is like a forest, and child is like a tree in the forest. You are an independent giant tree, but also a part of the forest. Healthy family members respect each other, let us have space for free breathing, preserve our own independence in the enjoyment of intimate family relations, but also let us have the self and make sure that we are valuable. The premise of real intimate family relationship is to be able to separate, independent and keep some distance between each other. In this distance, love and respect for each other, which is an important factor shaping the child's healthy personality in the family.

5. Self-growth is an inevitable requirement for reconciliation between individuals and original families

When a person reviews his childhood and tries to attribute the unsatisfied reality, the original family seems to be the most easily identifiable object. Although parents have done things that hurt you, today and tomorrow are your own. For those who are from bad families, the journey to find oneself is not much different from those from a normal family. It is only a late start. The journey to find oneself is full of sadness and pain, but this is a thing we must do. Just like what Buddhists call gradual awakening, we must break through our obsession, realize our own problem and are willing to make changes. At any time, we can re-sculpt our self-worth. It takes time to develop self-worth. It also requires patience and require us to have the courage to explore new things. Willing to make these efforts means that we can release our huge energy by constantly realizing the value of ourselves, and we will treat ourselves and others with love, kindness and sincerity. Satya believes that people have an intrinsic driving force to make themselves more perfect. And it is this innate positive energy that is also called the life force. It gives us health promotion from the physical, emotional and spiritual aspects throughout our lives.

Everyone will grow up after leaving their child growing families, to play a new role in the family, this is a difficulty level in life. But you must know that breaking the curse of the original family does not mean that we must criticize the parents, confront them, completely release the pain of your heart, which will bring your life significance. If a person is willing to take a risk, then a person's life can change at any time. Remember that your change must begin with this perspective you know you always do the best you can. The important question is: where are you now and what is happening now. Spending time at any kind of accusation will make you lose your efficiency and limit your ability to make a change. The past experience does not cause you today. And what kind of meaning you give the past is the root cause of your present. The theoretical basis of the influence of the original family on human beings comes from the imitation instinct of human beings. In the family environment, children always imitates their parents unconsciously, and the evaluation system for the value of people is from our parents. Only when children start independent life, will they gradually form their own independent value evaluation system. First of all, pay attention to your own body and exercise more to improve your physical fitness. Second, improve our thinking skills through constant improvement in learning methods, and place yourself in enlightening thoughts, books, and learning experiences. Look for opportunities to communicate with people, develop effective ways to solve problem conflicts and self-development, and establish harmonious and equal interpersonal relationships. Third, learn to treat your own feelings, understand their needs, and treat them as the main channel for accepting external things.
Finally, to understand the meaning of life at all times, we not only live as a part of the world but also to fully represent ourselves. We hope to live a happier life and make ourselves a more responsible and more efficient person [8].

6. Conclusion

From the perspective of psychology, human character has gradually formed from birth, and the key role of character formation is the original family. According to a survey conducted by the China Youth Daily Social Survey Center through a questionnaire network of 2,000 people, respondents mainly inherited from their original families lifestyle habits (79.6%), values (56.2%), and ways of dealing with people (53.1%). From the parent’s response to the baby’s crying, the way of communicating with the child, to the moral education of the child, and every step of the childhood’s growth, it has a profound impact on one’s personality. In this survey, 38.0% of the respondents think that the original families have more positive impact on themselves, 21.1% of the respondents think that there are more negative impacts, and 29.6% of respondents think that there are positive and negative impacts. The impact on original families, 55.4% of the respondents believe that they currently only partially solve the personal problems brought by the original family, 27.0% of the respondents think that they have basically solved, and 9.3% of the respondents answered almost no solution. 8.3% of the respondents did not answer well. This shows that people are aware of problems in the original family and are also trying to make changes.

![Figure 2. Data from China Youth Daily Social Survey Center](image)

Original families have an impact on personal character and psychological cognition, but some studies have shown that the impact is not decisive or overwhelming. Only by taking the original family as a reference and a mirror, it is possible to truly realize self-growth, and it is the way to correctly interpret the original family. If you attribute anxiety disorders to your parents, you hate them and you hate yourself, anxiety disorders can't be cured; and if you use your own wisdom, whether it's self-help learning or psychological counseling, you are shouldering your own responsibilities. You are using your own free will to make positive changes. Only in this way can you lead to a healing future[9]. Everyone's childhood is more or less defective, time can let us forget the pain, but can't change the shadow of these experiences in our personality, Only by choosing to face and heal the past can we embark on the journey of rebuilding our hearts. According to psychologist Erickson, from the beginning of adulthood, in addition to the completion of his own growth task, in fact, it is also shouldering another great mission: to complete the quality of childhood missing, to make himself a more complete person. Rodgers said that a good life is a process, not a state; it is a direction, not a destination. The original love of family, family pain, well ingrained; stay long. On the edge of love and pain, the past can’t be changed; parents can’t choose; the future is not yet known, but its trend is determined by every step that we are going out at this moment. Now, decide the future [10].
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