
NEWSLETTER

The Impact of Parental Control on Mental Health of Primary and Secondary School Students and Its Educational Implications

By Xing, S., Gao, X., & Yu, G.

Correspondence to: Guoliang Yu, Renmin University of China, China. E-mail: yugllxl@sina.com

IN THE Chinese cultural context, the absolute authority of Chinese parents over their children has predisposed them to adopt controlling parenting. This article is a re-examination of the relationship between parental control and mental health of primary and secondary school students in China, using the meta-analytical techniques.

Research Findings:

- There is a moderately positive relationship between parental control and student mental problems, indicating parental control is a significant risk factor for child mental health.
- The relationship between parental control and child mental health is moderated by variables including the age of the student, the source of psychological control, the home cultural background, and the publication year of the study included.
- The study proposes the following suggestions in response to the negative consequences of parental control for child mental health:
- Encourage parents to develop scientific notions of education and increase knowledge on home education for creating parent-child relationships on an equal footing and diminishing controlling parenting.
- Strengthen mental health education for primary and secondary students to increase their capacity to cope with pressures from parents and improve their emotional regulation, as well as their ability to seek for emotional support from non-home-based resources.
- Urge schools to provide home education training to parents and promote school-family-community co-education.

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