

Parental Conflict, Parent-Child Relationship, And Psychological Resilience Among Chinese Medical College Students

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Abstract: Parental conflicts, parent-child relationships, and psychological resilience are important factors that affect the development of college students' mental health. A standardized questionnaire was used to survey 612 medical college students from different provinces in China. This article explores the relationship between parental conflict, parent-child relationship, and psychological resilience among college students, and proposes some guiding suggestions for improving the relationship and behavior of medical students, in order to provide support for medical students to better adapt to society and have healthier social relationships. The results indicate that there is a significant correlation between parental conflicts, parent-child relationships, and psychological resilience among medical students.

Keywords: Parental conflict, Parent-child relationship, Psychological resilience.

1. Introduction

The college stage is an important turning point in the transition of teenagers. In addition to experiencing physiological changes during adolescence, teenagers during this period also need to cope with various pressures such as academic, employment, family relationships, and economic pressures, making it extremely easy to develop serious emotional problems, leading to more prominent mental health problems among college students [1]. In the process of individual growth, the family system is the earliest and most frequent living environment for junior high school students, and it is a very important ecosystem for the cultivation and development of their physical and mental qualities [2]. Understanding the impact of family on children's prosocial behavior from the perspective of family system theory has been a research hotspot in recent years. The harmonious relationship between parents and the quality of the relationship between parents and children has a significant impact on a family, especially on the behavioral adaptation of adolescents. In recent years, many empirical research results have shown that the influence of parents on the development of adolescents varies depending on the parent-child relationship [3]. The research areas of psychological resilience include mental health, social support, and coping styles. In summary, exploring the psychological health quality of college students and its influencing factors is of great significance. This study aims to explore the relationship between parental conflict, parent-child relationship, and psychological resilience [4].

This study randomly selected 612 students from the total number of students at Guangxi University of Traditional Chinese Medicine in China. Decide to select a sample group as the participant. The subjects received anonymous treatment. A total of 612 questionnaires were sent out. The survey questionnaire includes Parent Conflict Perception Scale (CPIC), Parent child intelligence Scale, and Resilience Scale for Children and Adolescents (RSCA). The aim is to explore

and test the relationship between parental conflict, parent-child relationship, and psychological resilience among Chinese students.

2. Results and Analysis

2.1. Descriptive statistics

2.1.1. Descriptive Statistics of Parent Conflict

Table 1. Parental Conflict Perception Scale (CPIC)

Sub-Scales	Weighted Mean	Standard Deviation	Verbal Interpretation
Conflict Resolution	18.373	3.149	High
Conflict Intensity	31.077	5.861	High

According to the analysis results in Table 2, the intensity of parental conflict and the resolution of parental conflict are both higher than the median, with a median of 24 in conflict intensity. However, in this survey, the weighted average of conflict intensity is 31.077, which is 7.077 higher than the median. This indicates that college students believe that if parental conflict is strong, parental conflict may have an impact on their children; From the perspective of conflict resolution, the college students in this survey believe that their parents have strong conflict resolution abilities. The weighted average of parental conflict resolution is 18.373, with a median of 12. The weighted average of conflict resolution is greater than the median. The college students participating in this survey believe that their parents have strong conflict resolution abilities. Based on the above analysis, the college students participating in the survey believe that there are strong conflicts between parents, and at the same time, parents are also able to effectively resolve these conflicts and have strong conflict resolution abilities. This is consistent with Cai Dingxin's (2023) research, which found that adolescents have a strong sensitivity to parental conflicts in the family

when studying the relationship between parental marital conflicts and internalization issues in adolescents. At the same time, parental conflicts have a certain impact on the psychological and emotional well-being of adolescents.

2.1.2. Descriptive statistics of parent-child relationships

Table 2. Parent-child intimacy Scale

Sub-scales	Weighted Mean	Standard Deviation	Verbal Interpretation
Father	3.173	0.838	Sometimes
Mother	3.524	0.804	Often

According to the analysis results in Table 2, in terms of parent-child intimacy, mothers are more intimate with their children than fathers. From the research results, the weighted

average value of the father's parent-child relationship is 3.173, and the college students participating in the survey believe that the father's parent-child relationship with themselves is sometimes quite intimate; The weighted average value of a mother's parent-child relationship is 3.524, which is 0.351 higher than the father's parent-child relationship. It can be considered that the college students participating in the survey believe that mothers have better parent-child relationships than fathers. This view is agreed by Lai, J. F. (2022), who believes that the family is the primary environment for people's growth, and parents are the people who have the greatest influence on their children, so the parent-child relationship within the family has become an important part of life.

Descriptive statistics of psychological resilience

Table 3. Resiliency Scale for Children and Adolescents (RSCA)

Scales	Sub-Scales	Weighted Mean	Standard Deviation	Weighted Mean	Standard Deviation
PERSONAL SKILLS	Goal Focus	17.332	3.135		
	Emotional Control	18.520	3.381	50.423	6.228
	Positive Cognition	14.572	2.725		
	Family Support	18.124	2.443		
SUPPORT	Interpersonal Assistance	18.405	2.964	36.529	4.685

According to the analysis in Table 4, it can be seen that the weighted average of personal abilities is 50.423, with the emotional control score being the highest at 18.519, followed by the goal focused score with a weighted average of 17.332, and finally the positive cognitive ability with a weighted average of 14.572. Therefore, it can be considered that in terms of personal abilities, it is necessary to strengthen the positive cognitive ability, which is much lower than the scores of emotional control and goal focused, Therefore, it is necessary to pay attention to the positive cognitive ability of college students in the face of parental conflicts at the personal ability level of psychological resilience.

At the level of support, there is not much difference

between support from family and interpersonal relationships, with weighted average values of 18.124 and 18.405, respectively. It can be considered that at the level of support, family support and interpersonal relationships are equally important for the psychological resilience regulation of college students. The psychological construction of the respondents is very prominent in the aspect of personal ability, which may have a certain relationship with the growth environment of the new generation of college students, and the research results of Zheng Lijuan, Zheng Gang and Song Xiaobo (2023) also show this point.

2.2. Correlation analysis

Table 4. Correlational Matrix

Variable	Sub-Variable	CPIC				Parent-Child Intimacy			
		Conflict Resolution rxy	p-value	Conflict Intensity rxy	p-value	Father rxy	p-value	Mother rxy	p-value
Parent-Child Intimacy	Father	.431**	0.000	-.127**	0.002				
	Mother	.364**	0.000	-.202**	0.000				
	Goal Focus	.392**	0.000	-0.029	0.481	.423**	0.000	.522**	0.000
	Emotional Control	0.068	0.090	.290**	0.000	-.099*	0.015	-0.071	0.079
RESILIENCE	Positive Cognition	.297**	0.000	-0.033	0.414	.349**	0.000	.454**	0.000
	Family Support	.273**	0.000	.280**	0.000	.143**	0.000	.165**	0.000
	Interpersonal Assistance	0.075	0.063	.361**	0.000	-0.067	0.097	-.114**	0.005
	PERSONAL SKILLS	.364**	0.000	.129**	0.001	.312**	0.000	.423**	0.000
	SUPPORT	.190**	0.000	.375**	0.000	0.032	0.428	0.014	0.734

According to the analysis in Table 9, it can be seen that there is a significant correlation between parental conflict resolution and the parent-child relationship between father, father, and mother, with correlation coefficients of 0.431 and 0.364 respectively, and p-values of 0.000 and 0.000 respectively, all less than 0.05, indicating a significant correlation; There is no correlation between parental conflict

resolution and emotional control and interpersonal support in psychological resilience, with p-values of 0.090 and 0.063, both greater than 0.05, and the correlation is not significant; There is a significant correlation between parental conflict resolution and goal focus, positive cognition, family support, personal ability, and support, with correlation coefficients of 0.392, 0.297, 0.293, 0.364, and 0.190, respectively. p-values

are 0.000, 0.000, 0.000, 0.000, and 0.000, all less than 0.05, indicating a significant correlation;

There is a significant negative correlation between the intensity of parental conflict and the father child relationship and the mother child relationship in the parent-child relationship, with correlation coefficients of -0.127 and -0.202, respectively, and p-values of 0.002 and 0.000, both less than 0.05, indicating a significant correlation; The intensity of parental conflict is not correlated with goal focus and positive cognitive ability in psychological resilience, with p-values of 0.481 and 0.414, both greater than 0.05, and the correlation is not significant; The intensity of parental conflict is significantly correlated with emotional control, family support, interpersonal support, personal ability, and support, with correlation coefficients of 0.290, 0.280, 0.361, 0.129, and 0.375, respectively. p-values are 0.000, 0.000, 0.000, 0.001, and 0.000, all less than 0.05, indicating significant correlation;

The study on the correlation between father parent-child relationship and psychological resilience in parent-child relationships found that there is no correlation between father parent-child relationship and interpersonal support and support, with correlation coefficients of -0.067 and 0.032, and p-values of 0.097 and 0.428, respectively, which are greater than 0.05. The correlation between father parent-child relationship and target focus, emotional control, positive cognition, family support, and personal ability is significant, with correlation coefficients of 0.423 and 0.428, respectively -0.099, 0.349, 0.143, 0.312, p-values of 0.000, 0.015, 0.000, 0.001, and 0.000 were all less than 0.05, indicating a significant correlation;

The study on the correlation between maternal parent-child relationship and psychological resilience in parent-child relationships found that there was no correlation between maternal parent-child relationship and emotional control and support, with correlation coefficients of -0.071 and 0.014, and p-values of 0.079 and 0.734, both of which were greater than 0.05. The correlation between maternal parent-child relationship and goal focus, positive cognition, family support, personal communication support, and personal ability was significant, with correlation coefficients of 0.522, 0.454, 0.165, -0.114, and 0.423, respectively, The p-values were 0.000, 0.000, 0.000, 0.005, and 0.000 respectively, all less than 0.05, indicating a significant correlation. The study of Zhang Shanshan et al. (2021) on middle and high school students found that parent-child attachment was positively correlated with psychological toughness. Lu Yongbiao et al. (2021) showed that parent-child affinity is significantly positively correlated with psychological toughness, and parent-child affinity can predict psychological toughness. Ren Hongrong (2023) conducted a survey on more than 2,000 high school students, which confirmed that there was a significant positive correlation between students' psychological resilience and parent-child attachment.

3. Conclusion

Most of the respondents in this study had higher levels of parental conflict among college students, and their relationship with their mothers was often closer than that of their fathers, resulting in poorer psychological resilience. In addition, there is a certain correlation between parental conflicts, parent-child relationships, and psychological resilience among college students. The strength of

psychological resilience is influenced by parental conflicts and parent-child relationships. Therefore, we can try to improve the situation of parental conflicts and strengthen the parent-child relationship between college students and their parents to improve their psychological resilience, thereby promoting their mental health and beneficial development.

4. Recommendation

1. College students can take appropriate measures to express their opinions and learn to open up appropriately, actively communicate their feelings with their parents, think more from each other's perspectives, give everyone the empathy they need the most, actively respond to their parents' emotional experiences, and increase parent-child interaction.

2. Parents can create a safe and warm family environment, and both parents can try to avoid conflicts in the family as much as possible. They should not let conflicts last too long and effectively resolve them, making the family relationship more harmonious.

3. College teachers can regularly communicate with college students' families, pay attention to their psychological and behavioral changes, popularize knowledge of mental health, further reduce the impact of family conflicts on college students, and improve parent-child relationships and psychological resilience.

4. School mental health professionals and research teams can design a series of courses based on the physical and mental development characteristics and actual needs of students of each grade to enhance their psychological resilience.

5. Counselors can provide one-on-one psychological counseling, as well as some psychological group counseling or related seminars and lectures, to help college students gain psychological and cognitive insights about themselves and others.

In the future, researchers will further focus on the family conflicts, parent-child relationships, and psychological resilience of college students, and explore the factors that affect their family conflicts, parent-child relationships, and psychological resilience.

The proposed intervention plan can be validated by university guidance consultants before implementation.

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