

A Theoretical Analysis of Satir Iceberg Model for Two-Child Families

Yayun Zheng¹, Limin Liu², Xianhe Zheng³

¹Dali University, Dali, China

²Guangzhou Medical University, Guangzhou, China

³Tianjin University of Commerce, Tianjin, China

Abstract: Aiming at families with two children, this paper analyzes the problems of family upbringing's incompatibility and psychological problems in children's development by means of a review. From the perspective of systematic Satir family therapy, core values, communication posture, iceberg theory, family structure diagram, etc. Help families re-examine family rules and relationships between members. Through the analysis and discussion at the iceberg level one by one, specific methods of what to do are obtained. For example, when there is a conflict between children, parents should not rush forward to be the referee, and let the first child help the second child to socialize. And the influence of the second child on the behavior, emotions, opinions, expectations, and desires of the first child. At the behavioral level, there may be two situations of acceptance and non-acceptance of first-born babies. On the emotional level, we believe that first-borns may have three responses: love, anger, and fear. At the point of view, I think that no matter what the point of view is, there are two themes: getting love and losing love. In terms of expectations, the first child may want to be loved and accompanied by the caregiver. The desire level, will desire to be respected by others, to be loved by others. Combining Satir's iceberg theory analysis with second-child family for effective intervention on specific problems.

Keywords: Two-child family, Satir iceberg model, Family education, Sibling relationship, Parenting.

1. Introduction

Since the official implementation of the two-child policy on January 1, 2016, many families have had a second child, which has led to changes in the structure of many families and challenges in the development of family relationships. Since parenting styles lay the foundation for a child's physical and mental health and well-being, Satir's iceberg theory can be used to improve a series of problems in relationships. The Satir family therapy model treats family parents, first and second children as a whole, and analyzes and intervenes through seven levels of behavior, feelings, feelings about feelings, perspectives, expectations, desires, and self. This article cuts into the Satir model, the psychology of the first child and the relationship between siblings, in order to solve the unhealthy emotions and behaviors of the first child in the second-child family, and help the second-child family to be harmonious and happy main body

2. Policy Background Introduction

The disappearance of demographic dividends in China and the aging of population forms are becoming increasingly severe, which have formed a great worry about China's economic development. To solve this problem, in November 2013, the Decision of the CPC Central committee on Several Major Issues concerning Comprehensively Deepening Reform proposed the one-child two-child policy. The two-child policy is a family planning policy implemented in China, stipulating that it allows eligible couples to have a second child.

3. The Impact of The Two - Child Policy and Family Parenting Style on Families

3.1. Two - Child Policy

In the second - child family, the most difficult thing is that " a bowl of water is level ". Whether intentionally or unintentionally, unfair treatment will cause harm to the children. In recent years, news of negative problems in second - child families is common. So, how should parents treat the first-born child before and after giving birth to a second child, and how to solve the various

problems of the first child in the face of the second child?

Children who are not favored are sad because they feel neglected, prone to produce jealousy, not easy to establish a good attachment pattern with their parents, and difficult to establish an intimate relationship with people;

Favored children tend to develop a self-centered personality due to being favored, lack empathy and sharing skills, which affects the development of interpersonal relationships.

It can be seen that the two-child policy has a great impact on the mental health of children in the family.

With the implementation of China's comprehensive two-child policy, the issue of two-child parents has attracted more and more attention from the society. However, the research in this area is extremely scarce in China. According to the literature of CNKI, it is found that there are more psychological interventions for pregnant women in the two-child policy, but less intervention for the mental health status of the first child in the two-child policy.

3.2. The Impact of Family Parenting Style on The Family

Family parenting was first put forward by American psychologist Baumred in 1967. Simmonds , the American psychologist who first studied the effects of parenting style on child socialization , found that children accepted by their parents generally showed behaviors needed by society .[1]

attachment theory emphasizes the emotional bonds established between important members of the family (e . g , parents , compatriots) and young children as an important basis for the development of their social and emotional abilities(Bowlby,1969).[3]

Negative parenting patterns can hinder the development of siblings and weaken the quality of siblings (Kim et al., 2006;Tippett&Wolke, 2015), and cause the two children to develop mal adaptive behavioral problems and mental health problems (Bank, Burraston, &Snyder, 2004;Mac KinnonLewis, Starnes, Volling, &Johnson, 1997).

Differential treatment by parents cause jealousy and conflict among fellow citizens . When parents ' attention to the first child shifts to the second child , this triggers intense jealousy in the first child , and it negatively affects the establishment of subsequent sibling relationships (Kolak&Volling, 2011). How parents coordinate the relationship between their children has a profound impact on the psychological development of the two children and the sibling relationship between them in a second - child family. (Pickering&Sanders, 2015;Ross, 2014)[2]

4. Introductlon of Iceberg Theory

4.1. Concept of Iceberg Theory Satya Iceberg Theory

Famous family psychotherapy master satya thinks : " self is an iceberg , we can observe a person floating in the upper horizontal behavior , story content and attitude (processing method), but under the ice deeper feelings , ideas , expectations , desire , although not visible , is the key factor of the upper apparent iceberg Below the ice, the undercurrent surging , once the explicit behavior problems , must be the lower neglected " inner " in the deep cry . Finding the automatic thinking mode below the consciousness level , deconstructing the wrong oping mode , and establishing a new self - understanding is the process of reaccepting and defining the self .[4]

Satya divides the "iceberg " into seven levels : behavior , emotion , opinion , expectation , desire , and self . These seven levels help us to understand the deeper expectations and desires hidden by an individual' s external actions . The deepest human desires , namely being loved , being accepted , and being recognized , are interlinked . At the same time , Ms. Satya believes that people' s coping posture is closely related to the inner world . However , people only realize their own external behavior and performance , but ignore the inner psychology under the iceberg .[6]

Coping methods include : pleasing , blame , super rational , split and consistent . The same person holds an open attitude , with expressive expressions consistent with words and deeds , inner balance and harmony , and a high sense of self - worth , which is also the goal that Satya advocates to achieve . The [7] Satya theory believes that we can all make changes , both internally and externally , and that our lives change all the time .

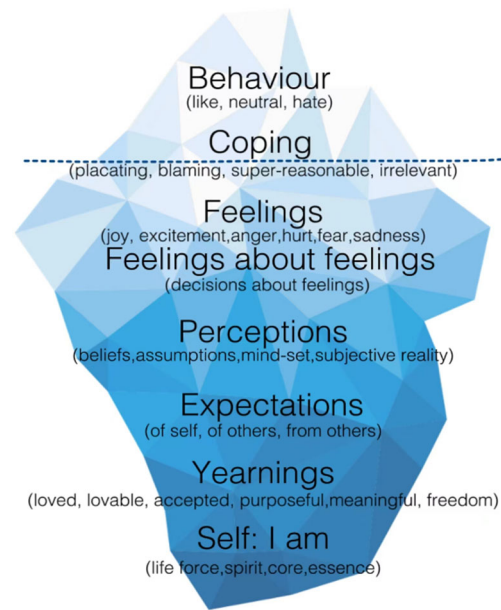


Figure 1. The personal iceberg metaphor of the Satir model

4.2. Iceberg Theory Contact Topic and Research Significance

In our country, the theory of family therapy and ideas are also applicable. Put personal problems at home, see various crises faced by the family from a systematic perspective, and help the family to re-examine family rules, relations between members and other issues by understanding the core values of Satya model, communication posture, iceberg theory, family structure chart and other professional methods. At present, there has been a lot of practical experience in the practice of Satya therapy abroad, and domestic scholars are also actively carrying out work in this field. [8]

5. Analysis

5.1. Analysis of Sibling Relationships in Two-child Families

5.1.1. Contributing Factors

In general, sibling relationships are influenced by many factors, and according to relevant studies, sibling relationships are directly related to the sibling willingness of the first child, age differences, and the number of daily arguments between siblings.[4] At the same time, the age of the second child of the parents, differential treatment, and parenting also have a significant role, the first child's tolerance for the second child, and parents often associate the performance of both children with the first child's low mood. Parental factors and child factors are classified according to their sources.

Parents have an important role in the development of their children, and their influence on their children is multifaceted: parental marital status, parental psychological characteristics, and parenting style. Studies have found that parents in second-child families have a higher level of parenting competence, and that the mother-child attachment of the first-

born child plays a large moderating role in this; the second is the marital status of the parents. In Satir's family therapy model, the harmony of the parents' marriage in a family plays a crucial role in the whole family. Children who grow up in a harmonious marriage generally have a more stable emotional state and higher self-esteem; as well as, whether the parents are co-parenting, which is related to whether the children's family support system is adequate and complete to the extent that it affects their physical and mental development.

In the case of sibling relationships, the children themselves, as participating subjects, naturally influence the system as a whole. According to Satir's iceberg theory, children's coping styles, emotions, opinions, expectations, aspirations, and concepts of who I am have a direct impact on their own individual and sibling iceberg structure through their behavior.

5.1.2. First-born Psychology

Before the birth of a second child, it is important to consider the stability of the firstborn's iceberg structure as a preliminary basis for research. Here we only consider the effect of the arrival of a second child on sibling relationships when the firstborn's psychological iceberg is stable.

As for "Behaviors", we suppose that the first-born may show two major inclinations for the second: acceptance or resistance. Here we assume that there is no neutral attitude, which might contribute to "impression management". And that conceal the neutral attitude there may be an incongruous way of coping stances, such as placating, blaming, super-reasonable and irrelevant.

As for "Emotions", which includes "Feelings "and "Feelings about feelings", we believe that the first child may have three responses: fondness, anger, and fear. Acceptance of the second child may come from fondness, which is an expression of consistency, or it may come from "fear", so that the first child displays a "placating" coping stance to pretend to like the second child.

As for "Perceptions", we suppose that there are two inseparable themes: gaining love and losing love. The firstborn is more likely to have good emotions if the firstborn believes that the second child will be loved, and angry and fearful emotions if the firstborn believes that the second child will take away the love of the provider.

As for "Expectations", the first-born may conceive that "I should not upset down my parents." For their parents, they might conceive that " they should treat me as they used to ."

As for "Yearnings", the first-born may seek for more respect and love. According to Maslow's hierarchy of needs, we assume that the first child has a stronger need for respect and love than the second child since the second child 's development of needs is relatively lagging behind. The first child will desire to be respected and loved by others which includes both parents and the second child. Therefore, some firstborns tend to have a high sense of responsibility and try to gain the respect and love of others by showing their responsibility.

As for "self: I am", first-born shows two sense of themselves: a member among the families or an individual of their own. Once the first-born consider themselves as "member", they are more likely to consider others more while who consider themselves as "individual" pay more attention on self-position.



Figure 2. Possible constitution of the first-born based on Satir's model

5.1.3. Sibling Relationship

The yearnings of first-born for the second child influences his or her expectations about the future, thus forming ideas about the second child to the extent that he or she shows corresponding emotions and behaves accordingly. If a sibling relationship wants to be harmonious, then their icebergs should fit together. There should be a strong bond between the children and between the children and the parents, both a relationship of mutual help and support. Family parenting styles are important at this time. A positive parenting style allows children to learn to help and support each other and to change the negative perception of "losing love".

Based on the concept of "Nearest developmental zone", the first child can theoretically act as a "scaffold" for the second child's development. Therefore, if the first child helps to socialize the second child, we believe that this can increase the "sense of being needed" and increase the sense of responsibility, thus increasing the importance of the second child and enhancing sibling relationships.

6. Conclusion

This study has analyzed the formation and development of first-born psychology in sibling relationships in the context of the two-child policy, based on Satir's iceberg theory, and concluded that sibling support is very important in second-born families. When conflicts occur between children, parents should not rush forward to be the referee. If things end up arbitrarily from the will of the parents, both will make the child feel aggrieved and think that the parents are favoring the other child. To resolve sibling conflicts, children need to learn how to treat this matter fairly.

However, since the theoretical analysis is done from a macro perspective, practical data in field is needed to verify this assumption. Further, under the background of two-child policy, most scholars pay more attention on the parents and the older child, but the impact of the second child's psychology on the sibling relationship. Meanwhile, the current three-child policy is coming into effect, but there are

few studies on three-child families, so a comparative study on the sibling relationship in two-child families and the sibling relationship in three-child families can be conducted afterwards.

As for psychological intervention, the iceberg theory can be combined with the psychological development process, and their iceberg constitution can be analyzed according to the different characteristics of children at different phases, that is, specific problems should be treated specifically. There are more psychological interventions for maternity in the second child policy, while there are fewer interventions about the mental health status of the older children in the second child policy which can be an interesting topic.

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