

# The Influence of Family Factors on The Mental Health of Medical Students and Suggestions

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**Abstract:** The Mental health of medical students is of great importance, but medical students are faced with interpersonal confusion, lack of self-confidence, reverse psychology, anxiety and depression, Internet addiction, and other prominent problems, The mental health problems of medical students are closely related to their family economic conditions, family structure, parent's education level, especially the parent-child relationship, including the parenting style of the family. Parents should realize the importance of family mental health education, create a good family environment, provide a high level of family support, and work together with the school and society to maintain the healthy growth of medical students.

**Keywords:** Family factors, Medical students' mental health, Influence, Suggestions.

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## 1. Introduction

The mental health of college students has been concerned, medical students as a special part of the college students, their mental health problems is a problem that can not be ignored, medical students' mental health problems affect the normal study and life of medical students and students around them, but also affect the happy life of the family; As the reserve army of the medical field, the mental health of medical students is related to the construction of the national medical team and also affects the development of the medical career of writers. [1] However, studies at home and abroad have shown that the mental health problems of medical students are more prominent [2-3]. The mental health problems of medical students are affected by many factors, such as themselves, family, school and society. As an important environment for the growth of medical science, the influence of family factors is the most important, and its influence is more direct, more extensive and more far-reaching. To understand the main problems of medical students' mental health and analyze the family factors affecting their mental health is of great significance for understanding and improving the mental health problems of medical students.

## 2. The Mental Health of Medical Students Is A Prominent Problem

The mental health of college students is one of the common concerns of society. As an important group of college students, medical students face the challenge of mental health problems due to high academic pressure and high risk of career choice. The SCL-90 symptom checklist was used to test the mental health of medical students. The positive rates of mental health problems in students from high to low were obsessive-compulsive symptoms, interpersonal relationships anxiety, depression, hostility, paranoia, terror, psychosis, other, and somatization. Accounting for 26.17%, 20.31%, 8.98%, 8.59%, 8.20%, 8.20%, 6.64%, 6.25%, 5.86%, 0.78% of the total number of students with psychological problems, respectively [4]. This is consistent with the psychological problems encountered by the author as a counselor for many years. These problems can be emotionally or behaviorally

manifested as interpersonal sensitivity, lack of self-confidence, insomnia, anxiety, compulsion, loneliness, hostility, depression, inferiority, and even suicide, which can be classified into the following categories:

### 2.1. Interpersonal confusion or conflict

The results of the research on the interpersonal relationship of college students show that adolescents living in families dominated by negative parenting styles such as denial, severe punishment, overprotection, and excessive interference for a long time have higher interpersonal sensitivity than those living in families dominated by warm and understanding parenting styles. However, parental intervention, protection, denial, and parental preference will increase the interpersonal distress of college students, and parental understanding and concern will reduce the interpersonal distress of college students to a certain extent[5]. Parents' coddling can easily lead to children's blind confidence, and they will not find reasons themselves, leading to poor interpersonal relationships children who are handled by their parents tend to have low self-esteem, are not good at expressing emotions, and are also confused in interpersonal relationships.

### 2.2. Lack of confidence

Medical students have relatively high admission scores. Medical students are at the top of their class in high school, and then they all start at the same level in college. Once they lose their advantage, they will have feelings of inferiority. Medical students with low self-confidence often do not participate in community activities, do not show themselves in class, do not take the initiative to communicate with others or be careful in the process of communication.

### 2.3. Reverse psychology

Rebellious attitudes usually in adolescence are common, but some of the medical students are also shown, mainly comes from some arranged families children, they have no to choose from, grow under the control of their parents, their schools and professional may also help parents choose, after entering university, away from the parent's control, to show that the resistance, In order to show resistance, they often show absenteeism, do not participate in group activities, do

not take the initiative to study, fail in exams, and express their dissatisfaction with academic failure.

## **2.4. Anxiety and Depression**

As a kind of emotional state, anxiety is a kind of psychological problem with high incidence among medical students. It is the feeling felt by individuals. It can have profound and hidden negative effects on the physical and mental development of individuals through many aspects. Medical students often face the problems of pre-exam anxiety, pre-internship anxiety, post-graduate and employment anxiety, and interpersonal communication. Depression is one of the important risk factors that threaten individual physical and mental health. A large number of studies have pointed out that college students are the high-incidence group of depression. Long-term unrelieved depression can easily lead to a bad mood, and even induce suicidal ideation or suicidal behavior. College students are in a critical period of gaining intimacy and avoiding loneliness. Interpersonal distress often leads to psychological problems for college students. Depression may be related to parents' psychological control and college students' interpersonal communication.

## **2.5. Internet addiction**

Internet addiction refers to the excessive use of the Internet by medical students. The Internet is a virtual world, and medical students' addiction to the Internet may actually be a form of escapism from the real world from the perspective of psychology. Children who do not have a strong sense of self-existence may not be able to find themselves in the real world and move to the virtual world to seek self-satisfaction.

# **3. The Influence of Family Factors on The Mental Health of Medical Students**

There are many factors affecting the mental health of medical students, but the unique role played by family factor as one of the most important growing environments cannot be ignored.

Counselors will often face psychological problems among students, greedy talk to the students and the process of psychological inquiry found that after entering the university medical students showed a significant portion of the psychological problem is a teenager problem left or accumulation, in the process of the growth of medical students, family factors to medical students' physical and mental development is a huge impact. In China, almost two-thirds of a child's life from birth to college is spent in the family. Family economic conditions, family structure, parent's education level, and so on have a non-negligible impact on the mental health of medical students, especially a parent-child relationship, including family upbringing style, which has a great impact on the mental health of medical students.

## **3.1. Influence of parent-child relationship**

In psychological counseling, medical students have a lot of psychological problems of tracing is related to the family's parent-child relationship, parent-child relationship to some extent is the relationship between family members, also including the family atmosphere, in which the relationship, father-son relationship, mother-son relationship, and family upbringing are the important factors that affect the parent-

child relationship. The influence of the relationship between husband and wife, including the relationship between husband and wife, getting along with the model will have an impact on the child's mental health. For example, the relationship between the couple is not good, often quarrels, the fight will give the child an unsafe environment, the child lack care, lacks a sense of security, may be irritable, pessimistic, loathing, and even depressed, may also appear a certain tendency to violence and behavior, heterosexual relationship and marital life cognition may also produce deviation. The relationship between father and son and between mother and son will also have a certain impact on the mental health of medical students. The relationship of mutual respect, equality, and harmony will make the children feel more cared for and respected. When a child feels safe, loved, and respected, his mind is at peace, his needs are met, and his self-awareness and perception of the outside world are good, then his mind is healthy. Therefore, parents should pay attention to creating a harmonious, intimate family emotional atmosphere, establishing a good parent-child relationship, promote the child's mental health growth.[6]

If the influence of the husband and wife relationship on children's mental health is indirect and shallow, then the influence of family-rearing style on children is more direct and profound, because children are involved in it. Children spend their time in the family-rearing style from infancy, childhood, and adolescence. Different families have different parenting styles. The common family parenting styles in China can be summed up into several types: 1) high-pressure parenting style. China pays special attention to current education, for the sake the children don't lose at the starting line, for the children to college, some parents carrot and stick, or force children to participate in various interest class, class, set high standards, and high expectation for the child, and give the child academic pressures, some children don't live under pressure, produce resistance, but can not get effective guidance, over time, Over time, there will also be psychological problems.2) Drowning parenting mode. China's current college students are "after 00", most of the children of working families are the only child in the family, the apple of the family's eye, enjoy generous material conditions since childhood, over-protection and indulgence, have not experienced setbacks, and self-centered, do not consider for others. The drowning family cultivates easily to be frustrated in interpersonal communication.3) Package parenting mode. Such family's parents tend to be successful and provide better conditions for children, but they tend to ignore the children's character, hobbies, and specialty, according to his fond of making a decision for their children, many medical students chose the medical profession is the pressure from family, parents' compulsory, professional interest in the lack of academic stress, and psychological problems.4) Violent parenting mode. This kind of family is influenced by the traditional concept, firmly believing that "the stick under the filial son", with a simple and rough way to educate children. The children of this kind of family may have less courage and a more prominent rebellious mentality.5) Alienated parenting model. In this kind of family the parents neglect the children's upbringing, some parents go out to work, the children and the elderly stay at home, the old people have no energy to unconditionally educate their children, some parents work too busy, ignore the children's education, some parents education concept is backward, ignore the soul communication with children. The children of

this kind of family may be withdrawn and have social fear.[7]

### **3.2. The influence of the family's economic situation**

According to the research of Tang Xiaorong (2019), the mental health level of college students from poor families is lower than that of those without poor families. The specific performance is as follows: students from poor families are more serious than those without poor families in terms of depression and psychological distress; College students with financial difficulties in their families suffer more "family misfortune" than those without [8].

The influence of family economic status on the mental health of medical students is complex and multidirectional. First of all, living together, medical students will more or less have the psychology of comparison. Compared with students with good family economic conditions, some students with poor family economic conditions have relatively low satisfaction with material security and inner needs and are prone to an inferiority complex, anxiety, and even depression. Children from poor families are also likely to be more aggressive. The difference in family economic conditions is related to whether they can get along well with each other. Secondly, the good family economic condition may be a promoting factor or a risk factor for the mental health of medical students. This may also be related to the family economic status of the friends of medical students.

### **3.3. Influence of family structure**

College students with unsound family structure have a greater degree of emotional loss experience. Their life is more unstable, and they may lack financial resources, care and protection. For them, they may often feel insecure, unfair and distrust others, which leads to their personality of solitude, inferiority, paranoia and intolerance (Song Dan, 2019)[9].

The influence of family structure on medical students is also complex, which has to do with the awareness and behavior of parents. Generally speaking, medical students with incomplete family structures receive less adequate care and are prone to have bad psychological states such as suspicion, pessimism, depression, and solitude, and are more aggressive. However, if the parents' awareness and behavior are in place, they can receive more care or make up for it in other places, which can also avoid the children's mental health problems.

### **3.4. Influence of parents' educational level**

Parents with different educational levels have different parenting styles and parent-child relationships with their children. Parents with higher education levels have more solid educational theories, more advanced educational concepts and more scientific educational methods. Some of the parents with a low educational background are not aware of the importance of mental health, and some are not able to realize it. They will also feel powerless in communicating with their children, which will affect the harmony of the parent-child relationship and endanger their children's mental health.

The above various family factors have different degrees of adverse psychological impact on children, if not effective counseling, long-term accumulation after entering the university will be reflected in the personality or interpersonal communication, and in the face of some emergencies in the way to deal with.

## **4. Suggestions on the Impact of Mental Health Problems on Families of Medical Students**

Individual mental health needs various supports, such as individual mental quality, social support system, and so on. Individual psychological quality can also be improved under a good social support system. They support each other and promote each other. As the most important part of the social support system, family support is of great significance to the mental health of medical students.

### **4.1. Recognize the importance of family mental health education**

Parents should be fully aware of the importance of children's mental health, the importance of family mental health education, and the importance of parents in the process of children's mental health growth. Parents must realize that children's mental problems are closely related to their own parenting style and family problems, and parents have a great responsibility.

### **4.2. Create a good family environment**

In view of the importance of family factors on the mental health of medical students, parents should create an equal, harmonious, intimate, and loving family atmosphere, so that children can fully feel the care of their parents and the warmth between families. Parents should change their parenting concepts, realize that the physical and mental health of their children is far more important than their grades and diplomas, reduce their expectations for their children, fully give their children understanding, respect, and care, and love them even if their academic performance is poor. Parents who go out to work also try their best to raise their children, avoid left-behind children, really can not personally raise, but also maintain close contact and effective communication methods, so that children feel the care of parents, and love. Parents of single-parent families should pay more attention to their children's inner needs and pay attention to meet their children's psychological needs reasonably.

### **4.3. Provide a high level of family support**

Parents should learn to have an effective heart-to-heart with their children, walk into their children's inner world, and become their trusted conversation partners. When children are confused, they can guide them properly and give reasonable suggestions. When the children get good results and complacency, to appropriate criticism and education; When children encounter difficulties, timely encouragement, appropriate help, provide enough love and support, with healthy parenting to help children grow up healthily.

### **4.4. Work together to help the students**

The mental health of medical students needs to contribute in many ways, in addition to effective family support, medical students themselves also need to improve their psychological quality and psychological adjustment ability, the school level, attaches great importance to family-school cooperation, to guide medical students to correctly recognize pressure from family, improve the system of college student's mental health education mechanism, improving medical students' self-psychological adjustment ability, The guidance and consultation service system combining group psychological counseling and individual psychological counseling should

be improved to promote and maintain the psychological health of medical students. At the social level, the publicity of mental health education should be strengthened, family therapy should be promoted, and the parent-child relationship should be promoted.

## 5. Conclusion

To sum up, family support for the medical students' mental health has a very important role, must pay attention to the family environment since childhood, adopt a healthy upbringing, perfect the family structure, create a harmonious family atmosphere, improve the economic strength, give the child the necessary material conditions, pay more attention to the child's psychological need, enhance the level of psychological education, help children healthy growth.

## Acknowledgment

2022 special project for Instructors of Youjiang Medical University for Nationalities: Study on Mental Health Status, Family Influencing factors and Intervention Measures of medical students (FDY2022B14)

2021 Guangxi Higher Ideological and Political Education Outstanding Talents Program Scientific Research Funding Project (RZ2100001430); 2022 Guangxi Higher Ideological and Political Education Outstanding Talents Program Scientific Research Funding Project (RZ2100002115).

2020 Theoretical and Practical Research Topic of Guangxi University Students' Ideological and Political Education: Research on Professional Identity of Highly educated College Counselors in Western Minority Areas (2020LSZ088)

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