

Study on The Enhancement of Adolescents' Self- Value from The Perspective of Satir's Iceberg Theory

-- Take Home Education as An Example

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Abstract: As an extremely important human value, dignity has long been the subject of extensive international scholarly attention and research. Self-dignity, as the main constituent element, is often initially established and developed in a basic triangular relationship with the family. If children develop a sense of low self-dignity and inferiority during this process, they will encounter many obstacles in their future study, career, and friendships. In this paper, we will use a desktop research method to study the Satir family therapy model and focus on how to improve adolescents' sense of self-value through the lens of Satir's iceberg theory, and explore the effects of the Satir family therapy model on improving adolescents' "low value" and low self-dignity.

Keywords: Sense of self-value, Satir model, Satir iceberg theory, Low self-dignity.

1. Overview and Significance of The Study

1.1. The current situation of Chinese adolescents' sense of self-value

The key point of self-value has been widely discussed in academic circles, but basically a consensus can be reached that self-value is an individual's judgment and feeling of whether he or she has value. As an important component of the ego system, self-value plays a very important role in the social life of individuals.

A sense of self-value is considered to be a developmental phenomenon, and in early childhood individuals possess only embryonic forms of self-value that initially arise from the evaluation, acceptance, or rejection by others. In adulthood, the individual's sense of self-value has become a conscious phenomenon, and the sense of self-value is often evoked and frequently experienced. However, as adults, when a sense of self-value is awakened, individuals usually take control of their behavior, strive to realize their self-value, and successfully solve problems that challenge their abilities. Nonetheless, many events in life can pose a threat to our sense of self-value, thus requiring constant maintenance and management of our sense of self-value, which can otherwise result in a loss of self-value. It is thus clear that a sense of self-value is naturally formed in the interaction between the individual and the surroundings, and because of its adaptive significance, it evolves and improves, and eventually forms a stable self-value management system. With the development of the Adolescent Self-Dignity Scale, the self-dignity of middle school students to adolescents can be effectively measured by the data. The scale has good reliability and validity, and is a good measure of adolescents' self-worth. Self-value is the positive self-experience that individuals have

about themselves, including physical, psychological, interpersonal, moral, and family-specific aspects. Family education involves an important stage of human growth and development, and adolescents' perceptions and skill levels in various aspects of self and society are rapidly enhanced by their parents' words and teachings. The sense of self-value, which is the core of the self, influences not only the perception, emotion, consciousness, and behavior of an individual, but also the developmental course of an individual's life. The higher an adolescent's sense of self-value, the stronger his self-confidence tends to be, and the more superior he feels in many aspects, he is also able to discover his own strengths and his own potential. In addition, adolescents with a high sense of self-value also affirm their contributions to others and to society, and the more they tend to take a positive approach in dealing with various problems, the better their mental health is. On the contrary, adolescents with a low sense of self-value tend to have low self-dignity and lack of confidence. They won't deal with problems positively as the former, and their mental health level will be poorer. Therefore, enhancing adolescents' sense of self-value is conducive to enhancing adolescents' mental health.

Education can be classified into family education, school education and social education according to different places. Family education is the foundation of all education, and people are always receiving family education throughout their lives. Family education takes the responsibility of cultivating many kinds of abilities in young people. Parents should help adolescents learn and master life skills in daily life, filter social environmental influences and continuously develop adolescents' abilities. Parents are the first teachers of their adolescents and tend to educate and influence them with their own moral concepts, codes of conduct and values. Therefore, families should create a good living and learning environment for adolescents.

1.2. Factors influencing family education on adolescents' sense of self-value

Relevant research studies have found that the factors influencing family education on adolescents' sense of self-value are mainly reflected in the following aspects.

1.2.1. Parents' education level

The more educated the parents are, the higher the adolescent's sense of self-value, and the less educated the parents are, the lower the adolescent's sense of self-value. Of course, this is only from most cases and does not apply to all families.

1.2.2. Family structure

The influence whether the family structure is complete on a teenager's sense of value is obvious. Among adolescents, many so-called "problem youth" are mostly from single-parent families.

1.2.3. Family economic status

Adolescents from middle level of family economy have the highest average value of self-value and the most favorable sense of value, adolescents from poor families have the lowest overall sense of self-value, and adolescents from poor families have the lowest average of self-value. This conclusion is mainly from the perspective of the average and just in relative terms, it doesn't mean that adolescents from families with good economic conditions is sure to have sense of self-value high, and not all adolescents with poor family economic conditions must have a low sense of self-value.

1.2.4. The way parents discipline their children

The more emotional warmth and understanding an adolescent feels from his or her parents, the higher his or her level of self-value will be, but the wrong parenting style, such as simple and rough, harsh punishment, indulgence, and excessive demands, will destroy the adolescent's sense of self-value. Adolescents who receive adequate parental care tend to have a higher sense of self-value than those who are neglected and belittled by their parents.

1.3. The origin of Satir family therapy and its current situation in China

In 1951, psychotherapist Ms. Satir started her first family therapy practice, and in 1955, she started her first family therapy training program and established an institute in California, U.S.A. In the 1960s, after more than 500 long-term family therapy practices, Satir went into theoretical research on family therapy. She integrates humanism into her approach to family issues with the goal of enabling family members to discover their own potential for self-promotion, family change, and growth. Satir plays a unique role in engaging in the task of family therapy with her independent theories and techniques.

In China, the Satir family therapy model was introduced several years ago and has been widely disseminated and applied. Chinese counselors, therapists and social workers have gradually begun to explore it, which filling the gap in family social work in China. They use Satir family therapy to reach out to troubled families and help them overcome their problems by enhancing their ability to cope with and solve family problems and teaching them ways to enhance children's sense of value, so that these families can escape from their own difficulties and promote social harmony through family harmony.

1.4. The advantages of Satir family therapy and the value of using the iceberg theory to enhance adolescents' sense of self-value

Comparing with other therapy, Satir family therapy is more applicable than other family therapies and is more appropriate and efficient in dealing with the social problems of a fast-paced life and meeting the current high and fast-growing demand for family intervention and family therapy. Through enhancing individuals' confidence, couple communication skills and parent-child education, this therapy will repair the missing function in the family, so that people can prevent the recurrence of family problems. The individual's sense of self-value equal self-dignity, which means that once an individual gives value to himself or herself, this forms self-dignity. In order to further enhance the self-dignity of adolescents, we need to explore the causes of their low self-dignity, which leads us to Satir's iceberg theory.

The iceberg model was first born in psychology, which is a psychological theory. In 1895, psychologist Freud in cooperation with Broyer, published their work "Hysteria Research", which mentioned this theory. The iceberg theory has evolved into the iceberg quality model for talent assessment, the Satir iceberg theory, the iceberg model of consciousness, etc. It can be applied to meditation, consciousness, sales, analysis, etc. It is easy for us to establish a clear self-perception through the iceberg model. When we dismantle this theory with more direct thinking, we will find that the iceberg theory actually categorizes all the explicit and implicit parts about people for analysis, categorization, structured and functional analysis, which is a way of thinking from fragmentation to system.

Satir further developed the model based on the "iceberg theory" pioneered by Freud. The term "iceberg" is a figurative metaphor for the "ego" in this model. The tip of the iceberg on the surface of the sea is the external manifestation of the person, and beneath it are the ice shelves that have formed over the years and are hidden from view by the sea, like the true inner self that lies beneath the surface of each person. Satir's iceberg theory suggests that the external behaviors above the surface actually originate from the inner self below the surface, which can be classified into seven levels, from top to bottom: behaviors, coping styles, feelings, opinions, expectations, desires, and ego. aspirations, and ego. If children do not receive love, acceptance, respect, and approval from their parents during the initial formation of their values, they will not recognize their self-value and will develop a sense of low self-dignity and inferiority, which will increase the probability of frustration throughout their lives.

Therefore, the use of Satir's iceberg theory to enhance adolescents' sense of self-value is of great practical value and relevance.

2. A Study on The Enhancement of Adolescents' Self-value from The Perspective of Satir's Iceberg Theory

2.1. Exploring the hierarchy of value perception based on Satir's iceberg theory

The individual's internal iceberg is classified into six levels: behaviors, feelings, thoughts, expectations, desires, and self. Satir believes that the cause of an event is influenced by many factors, and that the consequences of the same event will be diverse, and that there is never a single right or wrong. As in

the case of the "iceberg theory". People are often deceived by the appearance of an event, thus labeling and fixing their views on a certain event and forming prejudices. We should try to dig out the "truth under the iceberg" and see the essence of things through the phenomena, instead of jumping to conclusions.

2.2. Enhancing adolescents' sense of self-value based on Satir's iceberg theory in the direction of family education

2.2.1. Behavior: Create a suitable family environment for adolescents

Parents should create a healthy family atmosphere for their teenagers. A complete family structure, a harmonious family environment, stable and good economic conditions, positive parental attitudes in life, and behaviors such as these will, like the surface of an iceberg, invisibly influence the psychological development of adolescents and help them develop and enhance their sense of self-value.

2.2.2. Behavior: to be a parent eager to learn

Today's society is an information society, education is constantly reforming, educational concepts are constantly developing and updating, and there are many and varied views and opinions about education. Parents need to keep learning, keep up with the times, and strive to improve their own culture and scientific educational philosophy, so that they can set a good example for their teenagers and help them solve problems in a scientific way when they encounter them during their growth. In addition, parents also need to follow the effect of Satir Family Therapy, constantly focusing on and improving their own sense of self-value. In a general way, parents who do not have a high sense of self-value find it difficult to raise teenagers with a high sense of self-value.

2.2.3. Behavior, feelings and thoughts: Parents should pay attention to the development and enhancement of their teenagers' sense of self-value

Parents should respect their teenagers and make them feel loved. Teenagers are not the private property of their parents, but a member of the family education, don't feel that they don't need respect and courtesy, and don't insult and physically punish teenagers at will, parents should apologize to teenagers when they do wrong as well. Each teenager has his or her own strengths and weaknesses. Parents should reinforce his or her strengths face to face more often, which can enhance the teenager's self-confidence and make the teenager feel loved by his or her parents. Never verbally abuse your teenager, expose your teenager's shortcomings in public, or compare your teenager's shortcomings with other people's strengths. This will seriously hurt your teenager's self-dignity, undermine your teenager's self-confidence, and even cause complications of low self-dignity, which will directly lead to your teenager giving up on himself or even having light thoughts. Ironically, Chinese parents are often "gifted" in suppressing the self-confidence of teenagers, and over time, teenagers themselves will believe that they are not good at anything, and that they are inferior to others, so they will fundamentally lose their self-identity, and lose their confidence and motivation to move forward. This is very damaging to a teenager's self-dignity and self-confidence. Different teenager may be good at sports, music, studies, and so on. Every teenager is unique, so don't just put a single label on a teenager. If you can't help yourself to compare them, then compare them with themselves, compare their present with

their past, and praise them as long as they have made a little progress compared to the past, so that they will get better and better. Those teenagers who have been verbally and physically punished by their parents for a long time often have a very low sense of self-value and feel that they have little dignity and often feel that they are stupid and can't do anything. When parents encounter something they are not happy with, they should not use their teenagers as an object to vent their emotions. This is also disrespectful to the teenager and will destroy the teenager's body and mind for no reason.

As adolescents grow older, their level of self-awareness also increases, and they gradually become distant from their parents and have their own little secrets, and are no longer willing to talk to their parents about many things. Parents should respect and understand their teenagers. They should not interfere and should guide their teenagers to establish the right concept.

2.2.4. Expectation, desire and self: give more opportunities for adolescents to get their hands dirty and develop their autonomy

Many parents believe that the main task of teenagers is to study, so as long as teenagers get good grades, they don't care about anything else. Many parents even rent a room outside the school to accompany their teenagers. As parents will prepare anything, teenagers become lazier and lazier, and never get involved in household chores. This is actually not conducive to the development of a sense of self-value in the teenager, he will not find a place to realize his self-value, he will think that his parents are very capable and do not need him, his life will also lack autonomy and independence. Some parents don't even allow their teenagers to have other recreation and hobbies for the sake of their studies, considering it a waste of time, which is actually stifling the development of their teenagers' creative abilities. Giving teenagers more opportunities to do things and encouraging them to practice will not only let them know their status and value in the family or other groups, but also exercise their hands-on skills, expand their thinking and reaction abilities, and let them draw lessons from their failures. If a teenager excels in many aspects, then his sense of self-value will be much higher and the teenager will be more confident.

2.2.5. Expectation, Desire and Ego: A Democratic Approach to Discipline

Scientific parenting is conducive to the healthy development of adolescents' sense of self-value. The more social support they receive, the higher the level of self-value of adolescents. Parents of adolescents should not expect too much from them, but should encourage them to pursue their own goals according to their actual level and interests. Parents should adopt a democratic approach to discipline, respect and understand their views and opinions, and not force their teenagers to comply with their own wishes. They should not impose any simple, violent or harsh punitive measures or coddle their teenagers for the slightest disagreement, as these behaviors will destroy their sense of self-value. Adolescents lack autonomy, may form a timid inferiority complex, lack of self-confidence and self-dignity, dictatorial parents may even cause mental tension in adolescents, internal insecurity, will make adolescents lose the standard of self-judgment, the sense of self-value is certainly not high.

2.2.6. self: good parent-child communication

Parents of teenagers should pay attention to the

psychological growth of their teenagers, strengthen the communication between parents and children, so as to form a benign communication pattern between teenagers and parents and provide adequate emotional support for teenagers. Parents should take the initiative to communicate with their teenagers and keep abreast of their teenagers' psychological status in all aspects. When teenagers experience setbacks, parents should learn to listen and let their teenagers fully express themselves, be a strong backing and warm harbor for their teenagers, and help them get through the difficulties. If parents use inappropriate communication or even admonition, there will be a strong shock in teenager's inner. This is veritable verbal violence, and this psychological damage cannot be described in words. A parent, perhaps out of anger or in the heat of the moment, may make an offhand remark that magnifies the teenager's shortcomings in some area of behavior. Satir's most widely known quote is: "The problem itself is not the problem, it is the way you respond to it that is the problem." In the early stages of family therapy, we often find that parents and adolescents often leave the gentlest and best aspects of themselves to outsiders and the roughest and worst aspects to those closest to them. Very often it is not the teenager's fault in the education of the teenager, but just that both parents and teenagers have stress and emotions, but cannot find a suitable way to vent their emotions and end up using the teenager as an object to vent their emotions. Teenagers often rebel not against their parents' words, but against their parents' attitude when they speak, and the same words will have the opposite effect if they change the way they speak and their attitude. Therefore, parents should throw away all the negative emotions and all the stress before entering the home, and bring home happiness and joy, which is from behaviors, feelings, thoughts, expectations, desires, and self, from the shallow to the deeper off.

3. Conclusion

In the face of the various problems that arise in the family education of teenagers, Satir lectures have become obsolete and are replaced by humanistic education that reaches into the heart of the teenager. Parents can use the Satir model's iceberg theory to understand their teenagers, and through a series of ways to let them understand themselves, parents and teenagers can communicate better and build a more harmonious family relationship. As parents guide their teens, they should help them discover their inner treasures, have higher self-value, be more able to make choices for themselves, and take responsibility for them, ultimately leading to higher self-dignity and a better future for their teens.

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