

# On Family Tradition and Education and Cultivation of Teenagers' Values

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**Abstract.** Teenagers are the important object of socialist core values education, and the cultivation of their values has always been a momentous part of contemporary moral education. Family is an important place for young people to develop correct values and learn the truth of life, and family tradition and education is related to the whole family atmosphere, so it is of great significance for the cultivation of young people's values. However, parents often do not pay attention to the inheritance of good family tradition in their daily life, and their bad behaviors and habits often have subtle psychological impacts on teenagers. With the continuous advancement of the socialist core values education, family education and the cultivation of teenagers' values has become more significant. Therefore, targeted research is needed to ensure the cultivation of their correct values.

## 1. Introduction

Family is the foundation of the society, the cell constituting the society and also the crossroad for teenagers to the society. Good family education can help teenagers develop good habits and perfect personalities. At the same time, family tradition and education is also a microcosm of social morality and code of conduct, which can be regarded as a symbol of excellent culture. Therefore, family tradition and education is not only related to the rise and fall of a family but also to the future and destiny of the country and the nation. In the socialist core values, the values at the social level (freedom, equality, justice, etc.) and the values at the personal level (patriotism, dedication, integrity, amicability, etc.) are related to the family to a large extent<sup>[1]</sup>. As the saying goes, “only when the family prospers the country will be strong”. As a new force in the family, teenagers are successors and promoters of parenting skills and codes of conduct. Teenagers should not only cultivate the correct way to get on in the world through good family tradition and education, but should also continuously develop good family tradition and education, thus promoting the whole society to form a clean and healthy environment.

## 2. The Relationship between Family Tradition and Education and the Cultivation of Teenagers' Values

### 2.1 The subtle influences of parents' behaviors and mentality on teenagers

Family is a life organization composed of marriage relationship, blood relationship and adoption relationship. Parents and children are two equal parties in family life. However, since parents have more knowledge and richer experience than teenagers, their upbringing and guardianship responsibilities naturally affect the spiritual and material life of their children. In particular, the full opening of the two-child policy means greater financial pressure and responsibilities for parents, and it also indicates that they must undertake more social responsibilities. The two-child policy has virtually put a lot of pressure on many families. Family education is one aspect<sup>[2]</sup>. The current family education, to a large extent, is a supplement to school education. As teenagers spend most time in school receiving education on scientific and cultural knowledge, they lack understanding of family concepts and education. At the same time, parents also pay more attention to “raising” than to “teaching”. Their doting on and pampering children have fostered “little emperors” and “little princesses”. It can be seen that their behaviors have a subtle influence on teenagers. Parents are the main personnel that teenagers contact and also the starting point of their social practice. Their behaviors and mentality play an important role in the development of teenagers' cognitive level. The placid and calm attitude and obedient behaviors of parents can increase the acceptance and understanding of

teenagers to themselves, which will greatly help them to further develop their self-awareness and social adaptability. Children living in a harmonious family generally feel that other people will keep a cautious and gentle attitude towards themselves as their parents do, and thereby they can better realize the self-development and positioning in their special groups. The unhealthy attitudes and behaviors of parents are reflected in various aspects of daily life. For example, some parents often vent negative emotions in work and life in front of their children, or spit in front of their children, run the red light, swear words, etc., which will have a greater impact on their children's mind. However, children living in such a family for a long time may misunderstand the rules, order and methods of dealing with others in their hearts, which will lead to the anomie of behavior and even slide into the abyss of crime [3].

## **2.2 The important role of harmonious family relationships in caring for teenagers**

The cradle of youth growth is the family. As a miniature society, harmonious relationships among family members can make teenagers feel the warmth and happiness of the family. Teenagers tend to become optimistic, positive and enterprising under the influence of harmonious and happy family relations. If parents are devoted to each other, work hard and spend more time to look after and accompany their children, this family environment will make it easier for children to have a good mood. As we all know, adolescence is an important growth period in people's life. Teenagers are in the transition period from family to school, and they are also gradually moving towards the first independent stage in their life with the care of family and parents. Because of the complex school environment at this stage, teenagers are facing new interpersonal relationships and tasks, and thus they are easily led astray by the inadaptation and bewilderment they encounter. At the same time, the pressure they need to bear independently in the process of learning and growing up has increased. They often turn to their parents and relatives for spiritual support during this period. If family relations are not harmonious, parents' quarrels and even fights will cast a shadow on the immature mind of children. Whether family relationship is harmonious or not will not only affect children positively, but also affect their development negatively. Family relationship is the children to grow up in the process of the first contact of social relations, but some parents do not pay attention to review their own behavior in our daily life, will not only family conflicts too much exposure to the front of the children, such as family violence, cold violence, not harmonious family relationships which makes children heart fear, unable to better integrate into social life, cause autism or schizotypal personality, affect the normal growth and development.

They are often jealous of people who are better than them in study, family, physical condition or interpersonal skills, or hostile to people who discipline them or things that are contrary to their own behaviors. The accumulation of similar anger will lead to the change of their mood and character, which in turn will lead to violence. It can be found through further research that students with such problems often do not have a good family environment and a stable growth space, resulting in psychological distortion and even the formation of abnormal personality.

## **2.3 The purifying effects of good family atmosphere on young people's minds**

At present, people's restless emotions and social values "interest is everything" greatly affect the growth of teenagers. As an environment closely connected with society, a good family atmosphere is of great significance to guide the spiritual growth of teenagers and purify their souls. Teenagers have strong plasticity and imitation ability, and their character and psychological state are also in the formative stage[4]. However, during this period, they are also characterized by immature psychology, single way of thinking about problems and weak abilities to judge right from wrong. They tend to seek answers to the questions from their family or parents when they encounter problems. Therefore, parents' views or statements on a certain issue will directly affect their children's future understanding of similar issues. As an ancient said, "If you stay with a person with noble morality, it is like entering a room full of orchids and your body will be infected with the fragrance of orchids over time; if you stay with a person with inferior quality, it is like entering the salt-fish market and your body will get a bad smell over time." The quality of a child is closely related to the family environment he lives in. For example, children may ask their parents if they should help the old man cross the road. If their parents' answer is "No, mind your own business" then, the children may form a fixed cognition and they will not lend a helping hand when

others need help[5]; If parents teach their children to be kind and helpful, the children will help those in need in order to maintain the correct values, even though there may be a certain moral hazard.

### **3. The Method of Cultivating Teenagers' Values with Family Tradition and Education**

#### **3.1 To attach importance on the relationship between family education and socialist core values and clarify educational objectives**

The significance of the family education in modern society has become increasingly prominent, especially at the level of teenagers' values education. In the traditional family education, parents paid more attention to teaching by personal examples as well as verbal instructions, lacking systematic planning. This kind of education does not have a step-by-step rise in children's values education or a process closely integrating with the mainstream values of society, so it has some shortcomings. At the present stage, our country places increasing emphasis on the socialist core values and all social citizens are expected to have a systematic socialist core values in the new era, including patriotism, love for the family, being reasonable and being intellectual. As the foundation of the country and the pillar of the nation, teenagers need to be integrated into this education system as soon as possible. Specifically, it is needed to strengthen the close relationship between family education and the socialist core values at the family level, attach importance to the responsibility of educating teenagers and strictly require them to implement the corresponding requirements of the socialist core values in daily life. For example, it is necessary to enhance traditional social morals in daily chores, such as being thrift, filial piety, respecting for relatives and the elderly, honoring teachers and esteeming truth. When dining with their children, parents should set an example and practice the thrift by not wasting food; at the same time, they can accompany their children to participate in school activities, respect their teachers, live in harmony with their classmates and cooperate with each other, so as to guide young people to develop towards a good direction.

In addition, an important aspect of family tradition and education is educating children to be "reasonable intellectual people". Due to values in modern society, social status and value of a person is often measured based on his money and power and thus there are some people do everything for the sake of fame and fortune, which has obviously polluted the social environment. In family education, first of all, teenager should be taught what a reasonable person is and what an intellectual person is. Being reasonable means a person has the ability to undertake tasks alone in ethics, responsibility and other aspects. Only after being reasonable can a person explore how to become intellectual. Therefore, a good family education requires parents to instill correct concepts in their children and avoid the emergence of "talented villains" in the future.

#### **3.2 To encourage young people to develop themselves**

The self-development of teenagers requires parents not to have too strict constraints on them in some key choices and the long-term direction, and to encourage their free play of their nature. The return of family education for teenagers to childlike innocence will help to realize the creative ability of primary school students. The ability of creating rather than using something blindly is a direct manifestation of creative thinking and also an important aspect to test the overall ability of modern talents. Successful teaching mode can change students' thinking habits and methods of handling things in the process of transferring knowledge, which can enable them to develop different understanding and solutions from ordinary people.

Family education should return to the essence of education and encourage teenagers to develop themselves, so that teenagers can explore as many possibilities as possible on their way of growth. This can remove the constraints imposed on teenagers by the current educational methods to the maximum extent and realize their ability to explore freely and develop independently. Their minds can be sounder with this kind of education, and their understanding of the world and things comes more from their own thinking than from other people's existing views. It is of great importance to the training of modern talents with an ability system more comprehensive. This requires that family education should lay stress on the

cultivation of teenagers' independent personality and free thinking quality. The cultivation of thinking quality involves teenagers' analysis ability of perceptual cognition and rational thinking. Through diversified and in-depth thinking of specific things and materials, teenagers can experience the learning process of understanding things through superficial and in-depth understanding of the nature of things, thereby developing their profound thinking. It can help teenagers to think about things and the way how society works at a wider level, cultivate and train their thinking ability of transferring knowledge, getting the essence and proceeding from the exterior to the interior, which is of great help to their growth and life. Teenagers' individual consciousness can be fully cultivated through the cultivation of thinking quality, and the integrity and logic of their thinking can be also improved. This will be of great help to develop their self-personality and prompt their moral self-cultivation.

### **3.3 To attach importance to the progress of parents' own behavior level and values**

As mentioned above, parents play a leading role in the formation and cultivation of teenagers' values. The behavior of parents and the harmonious degree of family relations unconsciously influence and shape the personality and psychological state of teenagers. The cultivation of their good values is closely related to their parents' behaviors, which highlights the necessity that parents should attach importance to their own behaviors and correct their values. Specifically, parents should abstain from various harmful behaviors that affect teenagers' physical and mental health, such as gambling, alcohol abuse, domestic violence, etc. This is because these behaviors are easily imitated by teenagers in private, making them leave off the track of normal development at a younger age and even slide into the abyss of depravity. Secondly, parents should attach importance to what they say and what they do in daily life and consciously abide by the socialist core values. Some small things, such as not speaking foul language in front of children and actively giving precedence to pedestrians while driving, can have good positive impacts on the minds of teenagers, which is of great significance to cultivate their good values.

## **4. Conclusion**

To sum up, with the progress of society and the development of socialist core values, family tradition and education are playing an increasingly important role in the cultivation of teenagers' values. As the foundation of the society, family is the necessary link for the good operation of the society. Teenagers are the hope of the family and also the foundation for the prosperity of the country and the nation. The change of educational concepts and educational methods should be the start point to play the important role of family education in teenagers' values education. This paper made an in-depth analysis of the relationship between family tradition and education and the cultivation of teenagers' values. The author also pointed out the important relationship between family tradition and education and the forming process of teenagers' values: parents' behaviors and mentality have a subtle influence on teenagers; the harmony of family relations has an influence on teenagers; a good family atmosphere plays a role in purifying teenagers' hearts. At the same time, in order to further improve the quality of family tradition and education and help teenagers to form good values, methods and countermeasures are discussed, with the final purpose to better promote the formation of values of adolescent group.

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