

# The Influence of Family Education on College Students' Academic Success and Career Orientation

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## Abstract

In family education, effective communication ability of parents, parental self-efficacy, and parent-child relationship, these three factors have a great influence on college students' academic achievement and career orientation. However, the importance of parental efficacy to the physical and mental health development of college students is often ignored in today's society. This study explores how college students' learning achievements and career orientation can be influenced by the above three factors. Specifically, this study explores how parents' ability to communicate effectively with their children can improve and influence the current situation of children in many aspects, and also analyzes the reflection of college students' learning outcomes and employment direction under the influence of parents with high or low parental efficacy and different kinds of parent-child relationships. Therefore, this paper studies how college students build their sense of self-efficacy under the influence of three dimensions of parents, and also constructs a reflection of two dimensions of study and career.

**Keywords:** family education, college students, academic achievement, career orientation

## 1. Introduction

As one of the components of broad education, family education is the foundation of the school and social education. Family education is a lifelong education, which starts from the day when a child is born (even can be traced back to the fetus). Family education in the infant period is “the beginning of human” education, which is fundamental to human life. After children enter elementary and middle schools, family education is not only the basis of school education, but also its extension and complement. Before a kid enters society to accept education, its educational objective should be for parents to ensure the child's physical and mental growth and establish a solid foundation so that children can be accustomed to kindergarten or school education. As we all know, family education is the basis and beginning point of an individual's entire education. Indeed, home education is the type of education with the greatest impact on people's lives, which directly or indirectly influences the achievement of children's life goals. In the United States, it is frequently referred to as family life education or mother's knee education. Taking into account the growth of the concept of family education in many nations, referring to the explanation of the concept by renowned scholars, and combining our practical experience in family education, we describe family education as: Family



education is a social activity in which parents exert an educational impact on their children in their daily lives through physical education, living style, emotion and communication, and then family members influence each other for the duration of their lives.

Coleman (2009) postulated that social capital occurs in social structures and encourages the accumulation of human capital. Schmitt and Kleine (2010) noted that the intimate social connection between actors in the educational setting ought to have an independent effect on the academic achievement of children. This research focuses on the influence of parents' effective communication ability, parental self-efficacy, and parent-child connection on the academic achievement and employment in family education of college students. With the progression of time, children are exposed to a variety of things and people, and the home-schooling, two-points-and-one-line lifestyle has long ceased to exist. Where to have fun after school and with whom to interact are no longer restricted by parents and instructors, and children gain maximum social experience. As a result, it is difficult for children to discriminate between praise and criticism for their acquired social experience. Consequently, these children have an incorrect outlook on life and establish a harmful precedent for the future of social life and education. Due to the immense burden of social survival, the majority of parents are occupied with work or their own careers, forgetting the existence of home and communication with their children. Therefore, it is difficult for parents to exert psychological control over their children. Similarly, children are unaware of what their parents believe. Naturally, children will learn one-sided problem-analysis and problem-solving techniques from society, cinema, and television in order to navigate the world. The dilemma then occurs, since tiny things are insufficient to capture the attention of parents; once the truly awful things occur, the parents will discover that the child's response to the issue is seriously extreme.

Nowadays, no matter in western society or eastern society, family education is facing the same problem: family life education lacks scientific theoretical guidance, and many outdated and even wrong family education theories are still the creeds of parents. In recent years, various family tragedies have been reported in the media. For example, some parents blindly pursued high scores and ignored basic survival skills, and some parents spoiled their children, resulting in abnormal personalities. In addition, some teenagers were addicted to the Internet, and some children from divorced families took a wrong step in life. What is more shocking is the children who commit crimes due to a lack of family education. Parental involvement, especially in the form of shaping parental values and aspirations within the family, is a major force in shaping students' achievement and adjustment. The precise details of how values are conceived and expressed are located in the ethnic culture of the family (Charles Desforges, Alberto Abouchaar, 2003). It can be seen that family education plays a very important role in the process of students' growth, and it has a close combination of influence and decision on children's academic achievement and employment direction.

Due to the common social situation of the East and the West, most parents do not pay enough attention to scientific theories in the process of raising their children, which leads to the



poor performance of most children in the development process. Parents' ability to communicate effectively, parental self-efficacy, and harmonious parent-child relationship are extremely important in the process of cultivating children. Every aspect of a child's life needs the scientific guidance of parents, and these abilities of parents are extremely indispensable for children's study and work. Therefore, from the perspective of proper cultivation of children, parents need to pay attention to and improve their own three capabilities: the effective communication with children, the improvement of self-efficacy, and the ability to maintain a harmonious parent-child relationship.

Therefore, this paper is based on these three aspects: effective communication ability, parental self-efficacy, and maintain and repair parent-child relationship ability. Firstly, effective communication refers to the entire process of conveying a message to a communication object and receiving the intended answer. The cornerstones to good communication are empathy, a willingness to share power, and the use of appropriate communication etiquette, such as making a concerted effort to express a clear and direct message, listening attentively, and remaining polite and restrained even when arguments emerge. Firstly, effective communication is essential in the family, intimate relationships, and public spheres. Secondly, self-efficacy refers to the speculations and judgments made by individuals on whether they are capable of completing a certain behavior. Bandura defines self-efficacy as the degree to which individuals are confident in their ability to employ the talents they possess to perform a specific task. A substantial amount of study has been conducted in psychology, sociology, and organizational behavior since the introduction of the notion. Bandura argues that due to the variances between various fields of activity, the requisite competencies and skills vary significantly. The self-efficacy of an individual varies between sectors. Consequently, there is no pervasive sense of self-efficacy. Whenever we discuss self-efficacy, we are referring to self-efficacy associated with a particular domain. Nonetheless, other academics disagree with this viewpoint and seek a general self-efficacy that is independent of the area. The results indicate that the measured general self-efficacy corresponds to an individual's self-esteem and is not a significant predictor of performance. Thirdly, the parent-child relationship refers to the bond between biological parents and their biological, adoptive, or stepchildren. The parent-child relationship is the first human relationship established by children. In this relationship, the personality, upbringing, educational techniques, and attitudes of children in this relationship have a direct impact on the physical and mental development of children, as well as their future interpersonal relationships. The parent-child relationship is an integral component of both individual and social life. In the early development of children, nearly all individual emotions are dependent.



## **2. The relationship between the effective communication ability of parents and the academic success of college students**

### **2.1 The definition of effective communication ability and ways to avoid ineffective communication**

Communication is an extremely vital link in the parent-child relationship. In the process of interpersonal connection, we must frequently communicate with people, yet we cannot always do it successfully. Therefore, communication is imperative in the process of dealing with interpersonal relations. Similarly, this theory is also applied to the parent-child relationship of family education. Communication is the process of exchanging information, thoughts, and emotions amongst individuals or groups in order to reach a consensus on a predetermined objective. In the parent-child relationship, the premise needs to pay attention to three basic elements in order to achieve effective communication. Firstly, we should have clear goals. The so-called clear goals mean that parents should first think about what kind of goals they should achieve with their children before communicating with them. Secondly, parents and children should reach mutual recognition of the consensus. The so-called mutual recognition of the consensus has two meanings, respectively as follows: the first meaning is the agreement reached by parents and children, and children are from the heart of recognition and identification; the second meaning is that the agreement reached by parents and children can be effectively implemented in the current situation and environment. Therefore, achieving these two levels is what we mean by achieving mutually acceptable consensus. Thirdly, we should pay attention to the communication of information, thoughts, and emotions. In general, information can be conveyed through language and words, but ideas and emotions require us to rely on the tone of voice and body language. According to statistics, language accounts for 8% of the communication effect, tone of voice for 37% of the communication effect, and body language for 55% of the communication effect (Mehrabian). Therefore, in the process of communication, voice tone, and body language are essential in the process of interpersonal communication. Only face-to-face communication transmits language, thoughts, information, and emotion with the least amount of loss among other communication methods. As a result, the first condition for effective communication is face-to-face communication. Additionally, the effective communication must address three basic aspects. Firstly, the basic problem of effective communication is the mentality. In the process of communication between parents and children, children may not agree with the ideas put forward by parents or even contradict each other due to their different ages, background knowledge, life experience, and positions held by both sides. At this point, it is necessary for parents to treat each other's views and viewpoints with a good attitude, so as to effectively communicate with their children. Secondly, the basic principle of effective communication is caring. Parents must stand on an equal perspective with a caring attitude to communicate with children so as to achieve effective communication. Parents care for their children at first, which can let the children off guard invisibly and have a good impression on the communication of parents. In the knowledge



system of project management, “demandism” is often mentioned. Requirements refer to the difference between ideal and reality. In the concept of management, only when managers meet the needs of others can they achieve what they want. In other words, this theory is also applicable to the parent-child relationship of family education. Only when parents care about their children at first, can children care about their parents in return. Thirdly, the basic requirement of effective communication is initiative, which means that there may be some misunderstandings and frictions between the children and their parents. At this time, the children usually do not come to communicate with their parents, so the parents should take the initiative to communicate with their children. Because the essence of interpersonal communication is win-win, when parents and children have a successful communication, both sides benefit. Therefore, effective communication needs to solve the above three basic aspects: the fundamental problem of communication is the mentality, the fundamental principle is care, and the fundamental necessity is initiative.

In order to carry out effective communication, it is necessary to further understand how to avoid ineffective communication. Firstly, parents need to learn to put themselves in the other's shoes, empathize with children, stand in the child's point of view, and sincerely communicate with their children, so the contradiction between their children will be reduced and so many problems will be solved. Secondly, parents need to learn how to listen. If parents want to get along well with children, they should pay attention to the communication with children. The way of communication is to be a good listener and learn to speak less at first. As we all know that if you want to be a good talker, be a good listener at first. Thirdly, parents should pay attention to nonverbal communication. Nonverbal communication refers to some non-verbal behaviors that accompany communication, which can affect the effect of communication, such as facial expressions, body postures, and voices (timbre, pitch, volume). These nonverbal behaviors are sometimes more authentic than words. It is very significant for parents to be able to communicate effectively and openly with their children, which benefits not only the children, but every member of the family (Kristin Zolten, Nicholas Long, 2006). In family education, parents must avoid ineffective communication in order to have a more harmonious relationship with their children.

## **2.2 The reason why effective parental communication is so important to college students' academic performance**

Teenagers' academic performance has always been a key issue in the sociology of education. Family is the first place for teenagers to socialize, parents are the first teachers of teenagers, and parenting style plays an important role in children's development. The impact of family education on the development of adolescents, especially in the cultivation of non-intellectual factors, may be far more than school education. Adolescent students not only face physical and psychological changes, but also confront heavy academic burdens. In such an environment, students are prone to a variety of bad emotions in learning and psychology, which have a negative impact on their development. However, if parents can give proper



guidance to teenagers and adopt a more appropriate approach to their children's upbringing, it will be beneficial to their growth and development. The quality of communication between parents and children is a touchstone for family health. When members of a family are unable to exchange thoughts, feelings, thoughts, and ideas, they will become estranged. Setting up an effective exchange of ideas with a child who is academically challenged and resistant to parental criticism can be as challenging as setting up telephone lines in the Himalayas. However, talkative parents, coupled with good listening, make a significant difference in the quality of communication and can give children a sense of happiness. Parent-child communication quality has a significant positive correlation with adolescents' academic performance, and the relationship is mediated by adolescents' self-concept. However, there is no direct or indirect link between the amount of parent-child communication and adolescents' academic performance. The results of this study suggest that improving the quality of parent-child communication and strengthening the relationship between high-quality communication and adolescents' self-concept can promote adolescents' academic development to some extent (Zhang, 2020). Parents' educational attitudes indirectly affect children's academic outcomes mainly through parents' communication styles. Parents who prioritize their children's education are more likely to adopt a proactive communication style that improves their children's academic success (Miao, 2021). Parents with effective communication skills can effectively motivate their children to maintain a positive enthusiasm for learning and promote the improvement of children's learning abilities. On the contrary, if parents make constant verbal attacks on their children, perhaps the intention of them is to urge children to work harder, but the wrong method will make their children lose confidence in themselves and even doubt their parents' love for themselves. This practice will make children lose their sense of family security and lead to a decline in academic performance.

### **2.3 Exploring the relationship between parents' effective communication ability and college students' employment choice**

Family education has continuity. In the process of children's growth, they spend nearly two-thirds of their time in the family and receive their parents' education day and night. This type of education is conducted deliberately and unconsciously, intentionally, and accidentally. No matter in what way and when their children are educated, parents always impact their children with their own words and deeds at any time and place. Communication is of great significance in parent-child interaction, particularly when parents wish to discover a more effective manner to impart essential life lessons to their children so that they may use them to steer their present and the future (Runcan et al., 2012). This type of education exerts a constant impact and demonstration on the children's lifestyle habits, moral behavior, and so on. Some educators refer to parents as lifelong teachers due to the fact that their invisible influence lasts a person's entire life, and that learning is possible at any age. Parents' effective communication mode also has a great impact on their children's future employment. Research shows that, Communications between parents and children, perseverance, and other variables play an



important role in vocational adaptability. In particular, the perseverance and communication between parents and children have a significant impact on career adaptability. Among Them, occupational adaptability (71.9%), perseverance (66.7%), and parent-child communication (71.1%) were of medium level (Wibowo et al., 2020).

### **3. The relationship between parental self-efficacy and college students' academic performance**

#### **3.1 The definition and specific explanation of parental self-efficacy**

Parental self-efficacy originated from Albert Bandura's theory of general self-efficacy. Self-efficacy is defined as people's belief in their ability to produce a specified level of influence on events that affect their lives (Bandura, 1994). Self-efficacy is significant to human functioning because it affects people's emotions, thoughts, motivations, and behaviors. In reality, parental self-efficacy is an extension of Bandura's self-efficacy idea in the realm of family upbringing. It refers to a person's confidence in his or her abilities to become a successful parent so as to foster the beneficial development of their children. It can be divided into self-efficacy of learning and life support, self-efficacy of moral cultivation and self-doubt. Regarding parental self-efficacy, Bandura (1997, In Sanders Woolley, 2005, p. 66) proposed that individuals with high parental self-efficacy are able to guide their children through the developmental stage they are currently experiencing without causing serious problems or excessive tension in their relationship with their spouse or partner. Individuals with low parental self-efficacy may have difficulty in meeting family needs and be at risk for stress and depression. As the earliest and basic executor of children's individual socialization, the family is very important to children's socialization development. Among all the family factors that affect children's development, parental self-efficacy is the most crucial one. However, nowadays, with the continuous improvement of material and spiritual living standards, many parents are still blind and perplexed about how to educate their children, although they pay more and more attention to their children's life, future, and health as they get older. Nowadays, low parental self-efficacy is still very common. Parental self-efficacy is an important variable affecting children's development. High levels of parental self-efficacy indicate high levels of parental competence, which supports excellent developmental outcomes for children. Parents with a low sense of self-efficacy are more likely to engage in ineffective and harmful parenting behaviors, putting their children at risk for negative developmental consequences.

#### **3.2 The relationship between parental self-efficacy and college students' academic achievements**

When we analyze the academic accomplishments of college students, we typically believe that students' cognitive ability, style, beliefs, emotional processes, and personality qualities impact their success and performance. However, parents also contribute significantly in numerous ways to the academic development of their children. Although parental engagement



in a child's education depends on a variety of circumstances, such as the children's demographic status, gender, ethnicity, educational and economic, and social standing, parental attitudes can profoundly influence students' own behaviors both at home and at school. A study has illustrated that successful students have strong academic support from their socially integrated parents (Sheldon, 2009). According to the social cognition theory, this cognition constitutes a context-specific sort of self-efficacy belief and should be regarded as one of the main determinants of successful goal achievement. On the ground of this, parental self-efficacy is associated with parental competence or success in life, since parents who feel more competent in their parental roles often employ constructive and adaptive parenting techniques. Children were more satisfied with parents with high self-efficacy than with parents who rated themselves as less competent. In addition, higher parental self-efficacy and higher parental involvement in their children's school life are often associated with better academic performance. Accordingly, children who perceive their parents as more concerned and involved in their lives also regard themselves as more capable academically and are more inclined to pursue mastery goals associated with more effective learning strategies. Previous research has demonstrated that parents with high self-efficacy are more likely to engage in interactions that indirectly boost their children's mathematics achievement, such as having higher expectations for their children (e.g., Ginsburg et al., 2010; Liu & Leighton, 2021). According to the results, parental self-efficacy is a predictor of academic control and avoidance objectives, whereas parental engagement is a predictor of academic control, mastery methods, and work avoidance goals. These findings support and extend prior evidence regarding the significance of parental participation to children's educational outcomes (Bubić et al., 2020). In the process of learning, you will have more in-depth information processing and higher self-regulation ability. On the contrary, children who believe that their parents are not concerned about them and do not participate in their school life may also not care about their education, which will lead to their general lack of interest in and participation in learning activities, which will also reduce their enthusiasm for learning and lead to lower academic performance. As a result, if parents have higher parental self-efficacy, college students are more likely to achieve higher academic achievement and vice versa.

### **3.3 The relationship between parental self-efficacy and college students' career choice**

Parental self-efficacy plays a significant effect in the mental health of children. Parental self-efficacy is associated with increasing mental health in children (Zohreh Abarashi, Karineh Tahmassian, [...], and Nader Mansoori). In the causal structure of social cognitive theory, parental self-efficacy not only affects parents' own adaptation and change, but also has an influence on children's adaptation and change. In the mechanism of human behavior, no other influencing factor is more powerful than people's perceived self-efficacy. Parents are rooted in core beliefs that one can always influence others through their actions. Therefore, parental self-efficacy is considered to be a key factor affecting college students' career choices and





development. Parents exert the influence on their children's career choices and development mainly through their own self-efficacy evaluation. There are more and more studies and abundant evidence that parents believe that through their own power to affect children's development, they can successfully cultivate children's self-confidence. The family socioeconomic position is indirectly related to children's career trajectory only through the effect on parents' perceived efficacy and academic aspirations. In turn, the influence of parental self-efficacy and ambition on their children's professional efficacy and choice is completely mediated by their children's academic efficacy and ambition. Children's perceptions of their academic, social and self-regulatory efficacy have a direct impact on the types of occupational activities they view as effective, as well as the impact these activities have on their academic aspirations. Perceived professional self-efficacy has implications for children's career pursuits that they seriously consider and dislike throughout their lives (Bandura et al., 2001). In fact, the higher the parental self-efficacy, the higher the parents' own goals and aspirations, and the more confident they are in their beliefs in raising exceptional children. Parents with a high level of parental efficacy have high aspirations to pursue, and their children will also have a high level of self-efficacy under the influence of parents, which will lead to more creative and challenging employment positions or career directions in career choice and development.

## **4. The relationship between the parent-child relationship and college students' academic performance**

### **4.1 The definition of the parent-child relationship and methods of cultivating the benign parent-child relationship**

Parent-child relationship refers to the bond between biological parents and their biological, adoptive, or stepchildren. The parent-child relationships are the earliest human relationships that children create. In the parent-child relationship, the parents' personalities, upbringing, attitudes, and educational modes have a direct impact on their children's physical and mental development, as well as their future interpersonal relationships with children. Parents' attitudes towards adults and siblings in the family contribute significantly to various components of the personality of the child particularly in improving his/her academic performance (Kalimuthu, S, 2018). The parent-child relationship is a pivotal part of individual and social life. Early life is characterized by emotional reliance and a reciprocal relationship between parents and children. Children grow up under the support of their parents, while their physical and mental development affects their parents' behavior. Since children are born, they have to rely on their parents to raise them, so their relationship starts from the "vertical relationship" (from the above and below), which is different from the "horizontal relationship" that refers to the relationship between the husband and wife. However, the parent-child relationship is not always stagnant in the "vertical relationship" and unchanged. As the matter of fact, as the children grow up, the parent-child relationship gradually becomes a "horizontal relationship". When the parents decline in age, the relationship turns into an inverse "vertical relationship" in



which the children take care of the aging parent. When children are young, due to their immature psychological, and physical development and independent economic life, they must rely on their parents who have a deeper influence on children. Parents' moral cultivation, social attitudes, and rearing styles all affect the children's physical and mental development, as well as the interpersonal relationships that children will form in the future. The relationship between parents and children develops continuously as children grow older. If parents understand the psychological characteristics of children, make strict requirements and care more about them, children will respect and be considerate to their parents, and the relationship will develop into a good prospect. If parents do not understand the psychological characteristics of children and have a rough attitude on education, children will be disgusted and hostile to their parents, which leads to a tense parent-child relationship. Studies show that as children grow up, the age difference between parents and children will create a certain generation gap and their relationships will be strained. The parent-child relationship is significant because it influences the child's physical, emotional, social, and attachment development, which in turn shapes the child's future personality, behavior, relationships, and life decisions. In other words, this type of interaction is the foundation for the future success of children (Li, 2022). Therefore, parents need to learn how to cultivate a healthy and harmonious parent-child relationship, which is crucial to the children's physical and mental health development. Firstly, parents should learn more new knowledge, set foot in new fields and stimulate neurons to change through repeated learning, so as to change their thinking mode, mind, and pattern, so that their children's future is full of confidence. The first thing is to have the heart to change, and then persevere it without doubt. By learning and growing up, parents will see the truth of family education, they will become relaxed and wise parents, and the parent-child relationship will be well improved. Secondly, parents should constantly sum up every slight change from stage to stage and learn to accept their children and accept themselves. Because work and other things are not perfect, parents should not deliberately pursue perfection, but should learn to let it go and liberate themselves. Parents are supposed to believe that there are many possibilities for the children's growth and development, all of which can stimulate our motivations and promote the harmonious parent-child relationships. Secondly, the most significant point is that parents should trust their children, respect them, let them be free, try to do what they did not dare to do before, and encourage them to have the courage to challenge and will not be interfered by the outside world. However, some parents cannot see the truth and always try to lock their children in their own thoughts. They tell their children what is right and demand them to do it or tell them what is wrong and how to forbid it. But this way is not education, it is teaching. Some parents who cannot see the truth will punish, disparage and beat their children emotionally in the name of love when they don't live up to their own standards and expectations. This is not education, but a lesson. Teach children, they cannot follow; teach children, they will be rebellious, confrontational, self-abandoned, and then the family will become a battlefield, with parents in ignorance of the pain, tangled in grievance and complaints. Such parents often lock their children's minds, force them to be afraid to speak out ideas, forbid them to put them into



practice, and stifle their imagination. Thirdly, parents should love and accept their children unconditionally with rationality. When parents give love to their children, they will automatically produce something called achievement, which is not urged out by parents, but simultaneously brewed up by children while accepting their parents' love. Parents give love to their children, and children will give love back to their parents. In this way, the parent-child relationship will develop more and more in a good direction, which not only improves their own, but also releases their children, so that children grow healthy in the free world. At the same time, the parent-child relationship is well developed and all parental love becomes real and positive love. In the case of more permission, let children grow up with more possibilities and live in authenticity. A good relationship is better than a lot of education. The key is to start with parents, but many parents are not recognized or appreciated enough. Family is the cell of society, so the harmonious and educational family environment is a kind of happiness for children. The so-called education is purposeful guidance or design. The parent-child relationship is the first interpersonal contact each of us has when we enter the world, and most subsequent interpersonal relationships are derived from this bond. It is essential for the physical and mental wellness of all individuals. Many parents are unaware that their interactions with their children impact their physical and mental health, values, and future accomplishments. The parent-child relationship will affect all facets of a child's development, including the core literacy of their development, such as health literacy, learning literacy, self-management, moral quality, social responsibility, and other literacy. A healthy parent-child relationship has lifelong benefits for children and encourages them to explore their surroundings. However, the terrible parent-child relationship may result in behavioral and even mental health issues. These problems in some cases may be temporarily good, once accumulated to a certain extent, to adolescence and even adulthood, and then many terrible consequences will appear. As a result, a healthy parent-child relationship is even more significant than education.

## **4.2 The relationship between the parent-child relationship and college students' academic performance**

The parent-child relationship is of great importance in the family interpersonal relationship. A good parent-child relationship can not only help students form a healthy character, but also help students improve their learning effects. The parent-child relationship plays an important role in successful academic outcomes (Yuan et al., 2016). But in the actual educational teaching, many teachers and parents have neglected to maintain and cultivate the parent-child relationship, so that the students gradually lose interest in the communication, produce estrangements, and then affect their learning. Therefore, parents must pay attention to the cultivation of the parent-child relationship from each aspect and promote students' learning effects. Based on gender, kind of school, and academic achievements, secondary school students perceive their parents differently on a variety of the parent-child relationship characteristics (Toor, 2018). Although the family structure has changed, parental socialization



that emphasizes sacrifice, dedication, and scholastic goals remains strong. This form of socialization methods instills in their children a sense of gratitude, respect, and emotional intimacy, and is responsible for their high academic aspirations and accomplishments (Park & Kim, 2006). Only with the healthy development of the parent-child relationship, will children be better engaged in learning, which can also help improve their grades. If there are conflicts between parents and children, children's grades will also decline gradually or dramatically. A warm and harmonious parent-child relationship makes children feel their parents' sincere love and respect, and children living in such a family are easy to feel happy, secure, and confident. These children will be full of confidence in the future, will internalize their parents' expectations into their own motivation for learning, and will not shrink back when encountering difficulties, which are psychological factors that are conducive to improving children's academic abilities. As we all know that if a child feels safe at home, it will help him or her cope better with classroom tasks and other problems at school. However, the more punitive, chaotic, and overly harsh elements of family characteristics, the more likely they are to cause behavioral problems in children, which will seriously affect the children's studies. Some parents are not democratic to their children, and their educational methods are simple and rough, which is one of the reasons for the formation of students with learning difficulties. According to a survey of families conducted by the Korea Institute of Education Science, 74.12% of children from families that are supported and cared for by their families have excellent grades, and families with excellent grades are more likely to use democratic parent-child interaction. In a good and healthy parent-child relationship, parents can love and work without concern, and children are able to grow and learn without sorrow and anxiety. Improper love is to use the right name to do the wrong thing, which definitely causes harm to children in the name of helping children. Families with good parent-child relationships are more likely to experience love and happiness for both parents and children. Only a harmonious family can establish a healthy parent-child relationship, promote the children's positive growth and create environmental conditions for children's learning and progress. Children who can feel the happiness of life are easy to learn and enjoy learning. For children who enjoy learning, excellent academic performance is the inevitable result. If today there exists a kind of transcendent idea about the connection between families and schools, it is that a positive parent-child connection increases a child's likelihood of academic success (López Turley et al., 2010). Under the democratic and harmonious parent-child relationship, parents' expectations can be easily transformed into children's learning motivations to stimulate their learning enthusiasm and improve learning efficiency. There is a formula: Successful Learning = Focus on Goals x Scientific Methods x Sustained Effort x Reduction of Distractions. Creating a positive parent-child relationship is one of the most effective ways to reduce distractions because it allows children to learn without the burden and extra stresses. For example, the family which identifies problems and solves them successfully can be regarded as having a good and healthy parent-child relationship. Parents in the process of guiding children's learning, knowing the child's learning problems, can solve them immediately. Parents should



use an equal communication to understand the children's learning desires, which absolutely can know the children's learning problems. In a good and harmonious relationship between parents and children, parents will immediately reflect on themselves and find the problem hidden in their children without blaming kids. Parents will try their best to encourage their children and observe their moods, so as to explore the reasons behind learning problems and guide their children's learning process. In the exam review stage facing anxiety, parents may not think that the efficient review and a good parent-child relationship are the premises of good grades, but the fact is just the opposite. As a result, a good parent-child relationship is the root of education and is the foundation stone to determine the happiness of children's life as well. A good parent-child relationship will give children a sense of security, a sense of belonging, and a sense of happiness and also facilitate their study.

### **4.3 The relationship between the parent-child relationship and college students' employment choice**

The parent-child connection not only influences the academic success of college students, but also profoundly affects their future employment choices. Lloyd's personality theory was put forward in the 1960s. Her idea aims to explain how hereditary variables and early life experiences influence future career behavior. She believes that the development of requirements and satisfaction is closely related to an individual's early family atmosphere and adult career choices. For example, in the process of individual growth, the acceptance and exclusion of parents, the warmth and indifference of the family atmosphere, and the laissez-faire and strict educational style of parents will be reflected in individual career choices. Thus, the parenting styles of individuals in their early years have a great influence on their future career choices. Different families and parents have diverse types of parenting styles. There are three categories of parenting styles, which lead to different career choices and plans for college students. To begin with, the overprotective and over-caring parents of the first type are those who unreservedly satisfy their children's physical needs, but not necessarily their children's needs for love and self-esteem. Even if these requirements can be accomplished, their children may not behave in socially acceptable ways. Therefore, the children who are brought up under this kind of family atmosphere will show more interpersonal dependence tendencies in the future, rather than from the psychological mechanism that comes from defense. However, over-demanding parents tend to attach certain conditions to meet their children's needs. For example, their physical or emotional demands can only be satisfied when their children demonstrate obedience or achievement behaviors that their parents perceive. Children who grow up with high standards from their parents will become perfectionists, will be anxious about not being perfect, and have a harder time making career choices. The second type of parents is avoidant parents. Their experiences of meeting their children's needs are always painful, mainly because they lack the satisfaction of physiological drives or safety needs, let alone the high-level satisfaction. As a result, such children will be afraid of getting along with people in the future, and they would rather rely on their own efforts to get high-level



needs satisfied in their own jobs. The third type is the receptive parents, and their family atmosphere is generally warm. Growing up in a warm and democratic atmosphere, children are able to satisfy all kinds of needs and make independent choices as they grow up. In conclusion, childhood experience has a strong correlation with career choice. Additionally, the quality of parent-child relationships has a bearing on the job choices of young college students. Specifically, young people who possess close relationships are more likely to choose careers that are perceived as more stable than those who possess distant relationships (Chen, 2021). Every family has different ways of raising their children. Due to the discrepancies in ways of raising their children, there are also various ways and degrees of satisfying individual psychological needs. Consequently, the parent-child relationship and parenting style have a significant impact on their children's career decisions. Children should be allowed to develop their own ability tendency and career interest from an early age so that college students can have the correct concepts and competencies to choose their lifelong careers and are willing to bear the responsibilities after making decisions.

## 5. Conclusion

This study examines the effects and perceived significance of parents' ability to communicate effectively, parental self-efficacy, and the ability to maintain and repair the parent-child relationship on college students' academic achievement and career path from both educational and psychological dimensions. Although there have been many studies on the influencing factors of college students' academic performance in the past, there are few studies on the effect of family education on college students' career choices. Therefore, this study solves all kinds of knowledge gaps, combines parents' effective communication ability, parental self-efficacy, and the ability to maintain and repair the parent-child relationship, and then comprehensively studies their effects on college students' academic performances and career choices. From the results of this study, it can be inferred that the better parents do in the above three factors, the better college students will perform in academic success and career, and vice versa. Home education is of high value, so it is believed that the family will inculcate values, codes of conduct, and so on. These elements are beneficial to fostering participants' interests in learning directions and career paths, hence it will influence college students' academic achievements and career choices.

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## The Research Design and Procedures

This study aims to figure out how the three factors of parents' effective communication ability, parental self-efficacy, and parent-child relationship affect college students' academic achievement and career orientation. Based on that, the following three questions are developed.

- 1) What important functions does family education play in the growing process of people?
- 2) What are the relationships between the three factors (effective communication ability, parents' self-efficacy, and parent-child relationship) and college students' grades and career choices?

Aiming to figure out the question, this study principally conducts two research methodologies of qualitative research and literature research. In order to study two core questions, I firstly adopt the qualitative analysis method, which is to use induction and deduction, analysis and synthesis, as well as abstract and summary methods, to process all kinds of datums, so as to take its essence, from the outside to the inside to understand the nature of family education, and help me to reveal the internal law of the influence of family education on college students. Through this way, I mainly explore "What is family education?" and "What main factors have a direct impact on college students' academic performance and employment direction?" two questions. This method helps me analyze the Chinese and western family education concepts and the hidden habits, lifestyles, the conception of thinking and other deep factors from the perspective of behaviors, phenomena or problems. In addition, I consulted a large number of books related to pedagogy and psychology and academic literature in related fields by the method of literature research. Centering on the research topic of this paper, I searched relevant materials through multiple channels and methods. By combing the advanced theories and practices of family education of predecessors and using a scientific analytical framework, I clarified the influence of family education on the growth of children and the formation of various abilities. Furthermore, I also found the current situation of the lack of scientific theoretical guidance in family education in contemporary Chinese and western societies. This method mainly provides a theoretical framework for the research of the paper, as a logical starting point for the research, and lays a foundation for further research.

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