

# Personality Shaping in the Context of Family Rearing and the Prevention and Treatment of Related Diseases

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## ABSTRACT

The abstract cover the following points in order analyzing and resolving epidemics in today's social from a medical perspective, which is based on the perspectives of palliative care, social medicine, and epidemiology, and focuses on analyzing changes in human health orientation and social adaptability during the process of social development, I have focused on analyzing the occurrence of depression in young children and the mechanisms and potential risks factors of coronary heart disease and hypertension in the elderly population through field investigations. Combining relevant data from clinical practice, I have evaluated the phenomena and risks, and further pointed out the ways to pay attention to family upbringing. Discovering a close correlation between family upbringing and the occurrence and prevention of these diseases. Family upbringing is an important factor in shaping personality, which has far-reaching influence on individual development and health. The purpose of this study was to explore the relationship between personality building and related diseases in the background of family upbringing, and to propose corresponding prevention and treatment strategies. By combing relevant literature and analyzing empirical research data, this paper finds that there is a close correlation between family rearing style and individual personality traits, and there is also a significant relationship between personality traits and related diseases. Based on this finding, this study emphasizes the important role of family education in shaping personality and proposes strategies for cultivating positive and healthy personality in order to prevent and treat the occurrence of related diseases. This paper is of great significance for improving individual physical and mental health and promoting social harmony and stability.

## KEYWORDS

Family Rearing; Personality Shaping; Related Diseases; Prevention; Cure.

## 1. INTRODUCTION

In recent years, numerous studies have shown that family upbringing plays an important role in shaping individual personality and mental health. As one of the key environments for individual growth, family parenting style is closely related to individual psychological development. Under the cultivation of family, individuals grow up strong and strong from childhood, and the personality shaped by them not only has an important impact on their own development and health, but also has far-reaching significance for social harmony and stability.

The purpose of this study is to explore the relationship between personality formation and related diseases under the background of family upbringing, and to propose corresponding prevention and treatment strategies. By combing relevant literature and analyzing empirical research data, this study found that there is a close correlation between family rearing style and individual personality traits,

and there is also a significant relationship between individual personality traits and related diseases. This finding provides an important reference for us to further understand the impact of family rearing on individual personality and mental health.

First, this study will review the existing research results and analyze the relationship between family parenting style and individual personality traits. By exploring the influence of family education style on individuals, we can reveal the important role that family upbringing plays in personality formation, and further understand the relationship between personality formation and individual mental health.

Secondly, this study will explore the influence of family environment on individual mental health. Research shows that family environment has an important impact on individual mental health, reasonable family environment can effectively promote the formation and development of individual mental health, on the contrary, poor family environment may lead to individual mental health problems. Therefore, this study will deeply explore the impact mechanism of family upbringing on individual mental health.

Finally, this study will focus on the diseases related to personality formation in the background of family rearing, and propose corresponding prevention and treatment strategies. Improper family rearing may lead to problems in the process of personality building, such as personality disorders. Therefore, this study will propose effective prevention and treatment measures to reduce the incidence of related diseases such as personality disorders and improve the level of physical and mental health of individuals.

To sum up, family rearing plays an important role in shaping personality and mental health. This study will comprehensively analyze the relationship between personality building and related diseases under the background of family rearing, and propose corresponding prevention and treatment strategies, with a view to making positive contributions to improving individual physical and mental health and promoting social harmony and stability.

## **2. PERSONALITY SHAPING IN THE BACKGROUND OF FAMILY REARING**

### **2.1. Relationship between Family Education Style and Personality Traits**

The relationship between family education styles and personality traits is an important aspect of personality shaping under the background of family rearing. Family education style refers to the educational methods and modes adopted by parents in the process of raising children. Different parenting styles will have different effects on children's personality traits.

1) First of all, warm and supportive family parenting styles help develop children's self-esteem and self-confidence. This kind of education focuses on the emotional interaction and care between family members, allowing children to feel the warmth and support of the family, thereby establishing positive self-identity and healthy personality traits. On the contrary, harsh and critical family parenting styles can have a negative impact on a child's personality traits, leading to a lack of confidence and self-esteem.

2) Secondly, the educational family environment has an important impact on the mental health of individuals. Family is an important environment for individual growth and development, and a good family environment contributes to the formation of individual mental health. For example, harmonious family atmosphere and stable family life have a positive role in promoting individual mental health. Studies have found that family conflicts and unstable family environments increase individuals' risk of developing psychological problems, such as anxiety and depression.

3) Finally, family parenting style is also closely related to disease prevention and mental health. Good family parenting style can provide positive psychological support, help individuals build the ability

to adapt to stress, and thus prevent the occurrence of mental illness. In addition, family rearing style also has an important relationship with the maintenance and enhancement of mental health. By cultivating positive personality traits and establishing sound family relationships, individuals are more likely to maintain good mental health.

To sum up, the family education style is closely related to personality traits, and has an important impact on individual mental health and disease prevention. Parents should pay attention to creating a positive family atmosphere and providing good psychological support in family education, so as to promote the formation of children's healthy personality and prevent the occurrence of related mental diseases. Only through the care and training of the family, can we help individuals to achieve mental health and happiness in life to the greatest extent.

## **2.2. The Influence of Family Environment on Individual Mental Health**

1) The impact of family environment on individual mental health is an area of intense research interest. Studies have shown that there is a close correlation between the quality of family environment and individual mental health. First of all, the intimate relationship of the family and the communication among family members have an important impact on the mental health of the individual. A harmonious and warm family environment helps to develop positive psychological traits by making individuals feel accepted and supported. On the contrary, a cold and tense family environment is likely to lead to a lack of security and trust in individuals, resulting in anxiety, depression and other psychological problems.

2) Secondly, the way of family education also has an important impact on individuals' mental health. Positive family education can cultivate individual's good character and moral concept, improve social ability, and contribute to the formation of healthy personality traits. On the contrary, negative family education, such as over-indulgence, over-indulgence or over-criticism, can easily lead to low self-esteem, a strong sense of inferiority, and even aggressive, anti-social behavior.

3) In addition, family stress and conflict can also have a negative impact on individuals' mental health. Family stress can be caused by financial difficulties, conflicts between family members, and problems in close relationships. These pressures make individuals overburdened and prone to psychological problems such as anxiety and depression. In addition, family conflicts will also have a negative impact on individual mental health, such as domestic violence, the death of relatives and other events will bring serious negative impact on individual mental health.

There are a number of preventive measures to address the impact of family environment on an individual's mental health. First, family members need to enhance communication and understanding with each other to build a harmonious family atmosphere. This means that family members should pay more attention to each other's needs and resolve family conflicts in a timely manner to reduce family pressure. Second, parents should focus on cultivating their children's self-esteem and self-confidence, encouraging them to take an active part in social activities, and providing appropriate support and guidance. In addition, family members can participate in some mental health education activities to understand mental health knowledge and master some ways to deal with pressure and conflict.

In a word, family environment has an important impact on individual mental health. A good family environment can help an individual form positive personality traits and prevent the occurrence of psychological problems. Therefore, we should attach importance to the shaping of personality under the background of family upbringing, and provide effective protection for individual mental health through positive education methods and preventive measures.

## **2.3. Disease Prevention and Mental Health in Family Rearing**

1) Family rearing is one of the important environmental factors in a person's life, which not only plays a decisive role in shaping the individual's personality, but also is closely related to the prevention and treatment of related diseases.

The way of family upbringing is closely related to personality traits. Family education style is the way and method that parents shape and guide their children. Different ways of education will have different effects on the formation of children's personality. For example, a gentle education style may cultivate children's tolerance and patience, while a strict education style may lead to anxiety and aggression. Therefore, parents should pay attention to the reasonable choice of education mode when educating their children, so as to cultivate positive and healthy personality traits.

The influence of family environment on individual mental health can not be ignored. Family environment includes the relationship between family members, family atmosphere and family conflicts. A harmonious and warm family environment is conducive to individual mental health, while family quarrels, conflicts and disharmonious relationships may lead to individual anxiety, depression and other psychological problems. Therefore, the establishment of a harmonious family environment is of great importance to an individual's mental health.

2) Disease prevention in family rearing is also closely related to mental health. An important goal of family education is to cultivate children's good behavior and mental health. Through correct guidance and cultivation of a positive attitude towards life and a healthy lifestyle, children can effectively prevent the occurrence of psychological disorders and related diseases in the process of growing up.

To sum up, family rearing plays an important role in shaping personality and the prevention and treatment of related diseases. Through reasonable family education and creating a good family environment, individuals can develop positive and healthy personality traits, and prevent and treat the occurrence of related diseases. Therefore, we should pay attention to the importance of family upbringing and provide necessary support and guidance for families to ensure the mental health of individuals.

## **3. INTRODUCTION OF DISEASES RELATED TO PERSONALITY FORMATION AND THEIR CAUSES**

### **3.1. Common Personality Disorders and Their Causes**

1) Personality disorders are those in which individuals have persistent and stable abnormal patterns of cognition, emotion, and behavior that lead to impaired functioning in social, academic, and occupational areas. Common personality disorders include borderline personality disorder, antisocial personality disorder, and narcissistic personality disorder, among others.

Borderline personality disorder is a common personality disorder characterized by emotional instability and blurred self-image. In terms of causes, studies have shown that unstable relationships and conflicts in family rearing are one of the main reasons for borderline personality disorder. For example, the constant bickering and indifferent attitude among family members may lead to the individual's confusion about his or her own worth and an increase in negative feelings. In addition, abuse and neglect in family parenting have also been linked to the development of borderline personality disorder. Early traumas experienced in childhood, such as physical abuse and sexual assault, may cause individuals to be more irritable and sensitive in their relationships, and in turn develop borderline personality disorder.

2) Another common personality disorder is antisocial personality disorder, which is primarily characterized by violations of other people's rights and social norms. Studies have found that parenting style has a significant impact on the development of antisocial personality disorder. For

example, parental lack of supervision and discipline and acquiescence to bad behavior may cause children to develop behavior patterns that do not respect others and have no internal control. In addition, violent and criminal behavior in the family environment has also been linked to the development of antisocial personality disorder. When children observe violence and conflict between family members, they may imitate this behavior and use it as a template for their own future behavior.

The relationship between parenting styles and personality disorders is also noteworthy. Studies have shown that parenting style has a direct impact on the development of personality disorders and the risk of illness. Ideally, a warm, supportive, and encouraging home environment promotes good mental health and positive personality development. However, a demanding, indifferent, and neglectful home environment can lead to negative mental health outcomes and the development of personality disorders.

3) Family education plays an important role in the prevention and treatment of personality disorders. In family education, parents should focus on building a healthy, intimate and stable relationship and establishing a good foundation of trust, respect and communication with their children. In addition, parents need to provide positive behavioral and emotional support to help their children build good self-concepts and adaptability. Psychotherapy is an effective form of treatment for individuals who have already developed personality disorders. Through cognitive behavioral therapy and psychotherapy, individuals can learn how to manage their emotions, change unhealthy thought patterns, and build positive relationships.

In conclusion, personality formation in the context of family upbringing has a significant impact on individuals' mental health and the development of disease. Common personality disorders such as borderline personality disorder and antisocial personality disorder are closely related to family upbringing and environment. Prevention and treatment of personality disorders need to start with family education, create a positive, supportive and warm family environment, and provide psychotherapy to help individuals improve their functioning and quality of life.

### **3.2. The Effect of Family Education on the Risk of Becoming Ill with Personality Disorders**

The effect of home schooling on the risk of getting sick with personality disorders is a topic of considerable interest. Personality disorder refers to a mental illness in which an individual has a significant abnormality or dysfunction in personality, causing a serious impact on the individual's ability to live and work. Family education, as the earliest form of education received by an individual, has an important impact on the occurrence and development of personality disorder.

First of all, the way of education in family education plays an important role in the occurrence of personality disorder. There are various ways of family education, and among them, the excessively strict education and the excessively pampering education are the most likely to lead to the emergence of personality disorders. Over-strict education can easily lead to emotional problems such as self-denial, anxiety and depression, and then form borderline personality disorder or compulsive personality disorder. On the other hand, over-pampering education is likely to lead to excessive satisfaction of needs, lack of self-control, irritability and other problems, and then form borderline personality disorder or antisocial personality disorder. Therefore, the education methods in family education should be moderate and reasonable, avoiding extremes, in order to reduce the risk of personality disorder.

Secondly, the influence of family environment also plays an important role in the occurrence and development of personality disorders. Factors such as the stability, intimacy and support of the family environment will have an impact on the mental health of individuals. Studies have shown that individuals who lack warmth, support, and stability in their home upbringing environment are more likely to develop personality disorders. However, when there are negative factors such as violence, abuse and indifference in the family environment, individuals are more likely to develop antisocial

personality disorder. Therefore, family education should focus on creating a healthy, stable and supportive family environment in order to reduce the risk of personality disorder.

Finally, family education also plays an important role in the prevention of personality disorders. Early intervention and prevention can reduce the risk of personality disorders. In family education, parents need to pay attention to their children's mental health, establish a good parent-child relationship, provide active educational support, and seek professional help in time when they find that children may have psychological problems, in order to avoid further deterioration of the problem. In addition, family education should also pay attention to cultivating individual self-cognition and control ability, help them establish positive interpersonal relationship and the ability to cope with pressure, in order to prevent the occurrence and development of personality disorders.

To sum up, the influence of family education on the risk of getting sick with personality disorders is multifaceted and complex. Parenting style, home environment, and emphasis on prevention are all key factors that influence personality disorders. Therefore, we need to attach importance to the important role of family education in the prevention and treatment of personality shaping and related diseases, and strengthen the theoretical research and practical exploration of family education in order to improve the prevention and treatment level of personality disorders and promote individual mental health and social development.

## **4. DISEASE PREVENTION AND TREATMENT COUNTERMEASURES**

### **4.1. Mental Illness Prevention Measures in Family Education**

The preventive measures of mental illness in family education are very important, which has a crucial impact on individual mental health. In the background of family upbringing, there is a close relationship between personality shaping and mental health. Therefore, it is necessary to take appropriate preventive measures in family education to prevent the occurrence of mental illness.

1) First of all, emotional communication in family education is an important part of preventing mental illness. The emotional expression and communication between family members is the basis of establishing a good family relationship. Homeschoolers should encourage positive and healthy communication among family members, listening to each other's needs, understanding each other's emotions, and responding with respect, care, and support. Through good emotional communication, family members can have a stronger sense of emotional identity, improve mental health, and reduce the incidence of mental illness.

2) Secondly, the establishment of a positive family education environment is also the key to prevent mental illness. Harmony among family members is an important sign of a positive family education environment. In such an environment, family members feel safe, stable and respected, their self-esteem is satisfied and their self-confidence is boosted. Family educators can prevent mental illness by cultivating the awareness of mutual assistance and cooperation among family members, encouraging them to take the initiative to assume responsibilities and obligations, and promoting harmonious development within the family.

3) In addition, the popularization of knowledge in family education is also one of the important ways to prevent mental illness. Home educators can impart knowledge about mental health, prevention and treatment of mental illness to family members to improve their mental health level and coping ability. By understanding the symptoms, causes and prevention measures of mental illness, family members can better cope with dilemmas and problems and avoid the occurrence of mental illness.

In a word, the preventive measures of mental illness in family education are an important aspect to guarantee individual mental health. Through good emotional communication, positive family education environment and knowledge popularization, can effectively prevent the occurrence of mental illness, and improve the level of mental health of family members. Family educators should

pay attention to the importance of mental illness prevention, take active measures to create a good growth environment for family members, provide comprehensive support and care, in order to promote their healthy growth. Only in this way can the goal of personality shaping and mental health under the background of family rearing be realized.

## **4.2. Effective Treatment of Personality Disorder**

Personality disorder is a kind of common mental illness, which is closely related to the background of family rearing. The way of family education plays an important role in the formation of personality disorder. Proper family education can help individuals to shape healthy personality traits and thus reduce the risk of disease.

1) First of all, psychotherapy is one of the effective treatments for personality disorders. People with personality disorders often have a variety of problems related to social maladjustment, such as trouble with self-perception and coping strategies, and loss of emotional regulation. Through the communication between the individual and the therapist, psychotherapy helps the patients to have a deep understanding of their own problems, clarify cognitive biases, and cultivate positive and healthy psychological mechanisms, so as to help them better solve problems and effectively improve interpersonal relationships.

2) Secondly, medication is also a common form of treatment for personality disorders. Although medication cannot completely solve the underlying problems of personality disorders, it can have some effect in symptom control. Anti-anxiety medications, antidepressants, and antipsychotics, among others, play an important role when it comes to specific symptoms. Drug treatment requires reasonable medication guidance from a professional physician, and patients should pay close attention to changes in their symptoms during treatment, and communicate and adjust with the doctor in time.

3) In addition, psychological education and support are also an important part of the treatment of personality disorders. Patients and their family members need to be educated in relevant psychological knowledge, understand the characteristics of personality disorders and the importance of treatment, and increase confidence and cooperation in treatment. In addition, the support and understanding of family members also have a positive impact on patients, which can provide emotional support, encouragement and listening to patients, reduce their psychological burden and promote the recovery process.

Finally, social support in the treatment process cannot be ignored. Social support can not only provide resources and help, but also make patients feel that they are cared for and valued, and enhance their motivation and willingness to recover. By strengthening social ties, patients can gain more recognition and support from the society, so that they can better cope with psychological difficulties.

To sum up, the treatment of personality disorders requires a comprehensive treatment approach, including psychotherapy, medication, psychoeducation and support, and social support, among others. The prevention and treatment of personality shaping and related diseases under the background of family upbringing cannot be separated from the guidance and support of family education, and also need the attention and support of society. Only through a variety of ways of comprehensive treatment, in order to maximize the rehabilitation and healthy development of patients with personality disorders.

## **5. CONCLUSION**

The purpose of this study is to explore the shaping of personality and the prevention and treatment of related diseases in the background of family rearing. Through combing relevant literature and analyzing empirical research data, a series of important conclusions are drawn.

Certain progress has been made in this study, there are still some research deficiencies. First of all, in terms of data collection, we mainly rely on literature review and empirical research data, Future

studies should adopt a variety of research methods, such as questionnaires, experimental studies, etc., to more comprehensively understand the relationship between personality shaping and related diseases in the context of family rearing. Secondly, the selection range of samples is limited, which may have a certain impact on the generalization of research results. In the future, the sample size can be expanded to increase the representativeness and credibility of the research.

Future research can be carried out from the following aspects. First of all, we can further explore the specific relationship mechanism between family education styles and personality traits, and explore the influence path and action mechanism of different family education styles on personality shaping. Secondly, we can further study the relationship between personality traits and various related diseases, including but not limited to psychological disorders and interpersonal relationship problems. Finally, effective strategies and methods of family education can be further explored to improve the actual effects of family rearing in personality shaping and mental health prevention.

To sum up, the results of this study are of great significance for improving the level of individual physical and mental health and promoting social harmony and stability. It is hoped that future research can dig deeper into personality shaping in the background of family rearing and its relationship with related diseases, so as to provide more effective guidance and help for people's healthy life.

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