

The Influence of Parental Conflict on Adolescent Depression

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Abstract. Harmonious family relationships are significant for adolescent development, and the purpose of this study is to investigate the effects of parental conflict in the family on adolescent depression. Through the study of the effects of parental conflict on depression in adolescents, this study recognizes the link between parental conflict and depression in adolescents, understand the development of their depression, and then provide new strategies for families, communities, schools, and society to improve the mental health on adolescents, to prevent adolescents from depression and provide them with practical methods of guidance. The first part of the study concludes parental conflict has a positive predictive effect on adolescent depression. Then the second part concludes that effective parental conflict resolution has a mitigating effect on adolescent depression. The third part of this paper suggests multifaceted method to rationally play the roles of family and school to reduce parental conflict and ease the tense family atmosphere, which is conducive to the healthy development of adolescents' physical and mental health. The findings of this study contribute to the study of factors influencing adolescent mental health and it is useful for establishing family education interventions based on adolescent mental health.

Keywords: Adolescents; parental conflict; depression; mental health.

1. Introduction

Adolescence is a stage of rapid growth and development in life, in this period, teenagers' physical and psychological development gradually tends to mature, and they begin to have independent thinking and opinions on society, family and self. However, with the development of society and the change of family structure, family contradictions and conflicts are gradually amplified, and affect the healthy growth and development of adolescents. The influence of parental conflict on depressive symptoms of adolescents has become a social problem that families and schools pay attention to. With the psychological development of adolescents at the same time, some mental health problems such as depression symptoms gradually appear, and in recent years has become an increasing trend, teenagers are in the stage of rapid mental development, its psychological problems should be paid more attention to. A study in the United States shows that the incidence of depression in adolescents is about 8.3 percent and depression has become one of the common mental diseases among adolescents today [1] Parental conflict is one of the factors affecting adolescent depression, and it is a manifestation of family disharmony, which increases adolescents' negative emotions, thus increasing the rate of adolescent depression, and increasing the risk of adolescent depression. This topic is to identify the shadow risk factors and prediction of depression in adolescents have important implications for intervention methods in different groups. Domestic research on the impact of parental conflict on adolescent depression such research in recent years to explore a lot, most of the research is the level of mental health of adolescents, but for parental conflict on adolescent self-identity impact research is slightly vacant. Meanwhile, in data collection, questionnaires are mostly used for data collection and recovery, which is a single method. In the future, multiple methodologies can be used to fill the methodological gap, as well as more in-depth understanding of adolescents' self-identity-related knowledge. This study aim of this study was to analysis the influence of parental conflict on adolescent depression, prevent parental conflict and maintain adolescent mental health.

2. The Influence of Parental Conflict Degree and Frequency on Adolescent Depression

2.1. The Effect on Anxiety

Research shows that parental conflict can have a non-negligible negative impact on adolescent mental health [2]. Parental conflict is a verbal argument or physically aggressive behavior between spouses due to disagreement or other reasons. Any form of marital conflict, physical or verbal, covert or overt, can have a negative impact on children. There is a consensus in research that exposure to frequent, intense, and intractable parental conflict can cause adolescents to experience problems in many ways. Anxiety is a prominent issue in adolescent mental health, and anxiety in adolescents is associated with aggressive behavior during parental conflict, which is caused by the threat and insecurity that adolescents feel during parental conflict, causing them to become anxious. The extent and frequency of parental conflict, moreover, affects adolescents' anxiety levels. Adolescents often believe that the cause of parental conflict has something to do with them, which exacerbates their negative feelings and makes them more susceptible to emotional problems that can trigger anxiety issues. Previous research has concluded that higher levels of parental conflict are associated with higher levels of anxiety and depression in adolescents [3]. The intensity of conflict, perceived threat, and content of conflict on the Children's Perception of Interparental Conflict Scale were positively correlated with the Hamilton Anxiety Scale scores of adolescents with anxiety, indicating that the stronger the parental conflict, the greater the perceived threat of the stressful event to the adolescent, and the more pronounced the anxiety [4]. From this, it was learned that the deeper and more frequent the parental conflict, the higher the adolescent's anxiety level. This study concluded that the degree and frequency of parental conflict should be reduced, and a harmonious and favorable family atmosphere should be created to effectively improve the level of anxiety and de-escalate adolescents' emotions.

2.2. The Impact on Rebellious

Psychological depression in adolescents may produce bipolar disorder, which can lead to rebelliousness. Teenagers are in a period of rapid mental development, their cognitive development, high self-consciousness, youthful rebellion is also formed at this stage. If the mother's relationship is not harmonious, the child is very easy to lack of security and thus lead to rebellion. In the growth of adolescents, the lack of love between parents, parental discord or even parental conflict can lead to a lack of discipline and cause their rebellious feelings. Adolescence is a critical period to develop discipline, parents should pay more attention to the psychological development of adolescents, and pay attention to the impact of their own behavior on the child, to the correct way to get along to guide the growth and development of adolescents, led by example, reduce family conflict, family disharmony, the child is prone to psychological imbalance, prone to rebelliousness, confrontational behavior towards those around them, manifesting itself in the form of rejecting the requests of others without any reason, and whose words They don't listen to anyone. They will contradict their parents and teachers, be cold to others, and lack discipline. Most of the adolescents' rebellion is caused by their parents' poor discipline, the parents' conflict ignored the children's feelings, the adolescents feel neglected, loneliness, they may resort to extreme ways such as rebellious feelings, indiscipline to show their own, hoping to get more attention, it can be seen that the degree and frequency of parental conflict will make the adolescents less disciplined, and produce a sense of rebellion to rebel against the indiscipline of behavior.

2.3. The Effect on Suicidal Tendencies

Suicide among adolescents is recognized as the most serious public social problem in the world and, according to data from a WHO survey, is one of the three leading causes of death among adolescents. Contemporary adolescents are under increasing pressure, and good family relationships contribute to the mental health of adolescents, while poor family relationships, especially conflicts, can inhibit their mental health development and leave them lonely and bitter. Empirical studies have shown that families with frequent parental conflict are associated with more aggressive as well as self-injurious

behaviors in their children [5]. In an exploratory investigation of the correlation between parental relationships and suicidal ideation, it was found that adolescents in families with divorced parents were significantly more suicidal relative to adolescents with intact family structures. In addition, families with weak cohesion were characterized by despair and strong suicidal ideation in both male and female adolescents. It can be inferred that families with harmonious parental relationships have lower levels of suicidal ideation among adolescents, and families with poor parental relationships have strong suicidal ideation among adolescents [6]. Emotional safety theory suggests that adolescents who are in long-term family tension will have more psychological problems and undesirable behaviors, which will cause them to suffer from psychological pain, and that there is a limit to an individual's ability to withstand it, and that once the psychological pain is too great for an individual to withstand, he or she will resort to extreme ways such as suicide to end that pain [7]. It can be seen that parental conflict has a positive predictive effect on adolescents' suicidal tendencies, and studies have found that the proportion of adolescents with suicidal tendencies has been increasing in recent years [8]. Adolescent suicide is not only a tragedy for the family, but also a social problem that triggers people's deep thoughts.

3. The Positive Effect of Parental Conflict Resolution on Adolescent Mental Health

3.1. The Formation of Self-unity

Parental conflict is resolved, the family atmosphere will tend to ease, the psychological pressure of adolescents will be significantly reduced, adolescents can better feel the family's concern for their own, to obtain a sense of parental identity, so as to feel a sense of self-identity, which can enable adolescents to establish self-identity faster. Self-identity, or the personification of adolescent sameness, refers to the integration of adolescents' needs, emotions, abilities, goals, values, and other traits into a unified personality framework, with self-consistent emotions and attitudes, self-coherent needs and abilities, and self-constant goals and beliefs. Since the 1960s, research on the problem of the self has increasingly received a great deal of attention from personality psychologists [9]. The relationship between ego functioning and healthy personality has been especially emphasized by psychologists, from which it can be seen that the formation of ego unity in adolescents is very important, that ego unity plays a great role in adolescent growth, and that the development of the ego is the process of realizing ego unity and the development of a healthy personality. Parental conflict resolution contributes to the formation of a healthy psychology in adolescents, and Parental conflict resolution enables adolescents to feel a sense of self-identity as they grow up, so that they can develop good values, the ability to be needed, and have firm goals. If the adolescent fails to reach the establishment of self-identity, there is a risk of causing the spread of sameness or the development of negative sameness. Individuals in the process of self-identity establishment. If it is difficult to endure the lonely state in this process, or let others to grasp their own decisions, or obey the opinions of others, or avoid the conflicts and delay the decision. That will not be able to correctly choose the role of life that is adapted to the social environment. So it can be seen that the establishment of sameness relates to the healthy development of a person, and relates to whether he can better adapt to society and experience his own value and the meaning of life. It can be seen that parental conflict resolution helps adolescents to develop self-identity.

3.2. Impact on Mental Health Development

Mental health is now a key issue in the growth of adolescents, and the development of mental health is closely related to whether parental conflicts are resolved or not, and the quality of parental relationships is extremely critical to the development of children and adolescents' mental health, and good parental relationships can help promote parent-child relationships, form positive qualities, and further contribute to children and adolescents' psychological well-being and reduce their psychological risks; on the contrary, discordant parental relationships make the opposite true; poor parental relationships bring to the fore parent-child problems such as parent-child conflicts, and the

quality of parent-child relationships declines, leading to more psychological problems, especially emotional problems, in children and adolescents. Parental conflict resolution means that the family atmosphere is less tense and more relaxed, and the mental health of adolescents develops, while a large number of previous studies have shown that parental conflict is one of the most important factors affecting the mental health of children and adolescents [10]. Parental conflict resolution contributes to the development of healthy adolescent psychology.

3.3. Impact on Environmental Resilience

Resilience is the process by which an individual adapts well in the face of adversity, trauma, tragedy, threat, or other significant stress, that is, the ability to bounce back from difficult experiences. Resilience has three essential characteristics. First, facing reality head on: calmly accepting the facts in front of you. Second, finding meaning: having strong values and finding meaning in life despite difficult times; Third, flexibility: amazing adaptability, good at utilizing all the resources at hand. As we all know, no one's life can be smooth sailing, everyone in their own growth journey will encounter certain setbacks and difficulties, then different people in the face of these dilemmas will also make different responses. Resilience has an important impact on adolescents. If a young person builds up resilience during adolescence, he or she will have greater self-control in the subsequent years of growth. They will be able to adapt to the development of the society and will not be easy to resist the contradictions in the society. Research has shown that resilience consists of two main factors: intrinsic and extrinsic protective factors. The family environment is an extrinsic protective factor. Specifically, the protective factors in the family environment include warm parent-child relationships, affection and lack of harsh criticism, supportiveness, family cohesion, etc. Good family relationships help adolescents to develop environmental resilience and enhance their ability to cope with setbacks. If a child is in a long-term disharmonious family relationship, it is easy for the child to develop an agitated and violent personality, making the child less capable of self-control. Parental conflict resolution and better communication with adolescents can be effective in improving adolescent resilience [11]. If adolescents are in an indifferent family environment where conflicts arise, they will often choose to escape when facing difficulties and setbacks, not willing to face them and not actively solve problems, so it can be seen that the parents' mode of getting along with each other and the way of education play a very important role in the formation of adolescents' environmental resilience. Parental conflicts are resolved, a positive family climate is created, and adolescents' environmental resilience is enhanced.

4. Suggestions on Optimizing Family Relationship to Promote Adolescent Mental Health

4.1. Strengthen Family Communication

In today's society, there is more and more pressure between people, and the pressure leads to less and less communication, which becomes more and more difficult. However, it is very important to establish a good family communication relationship, which can enhance intimacy, minimize conflicts and improve mutual understanding among family members, and even help to build a healthy psychology among family members. Good family communication can not only ease the tense family atmosphere and increase family happiness, but also enable adolescents to have a good psychological state of mind. Strengthening family communication also requires the following. First, respect for the views and opinions of family members. Everyone has their own ideas and opinions and it is important to respect the views and opinions of family members even if they differ from your own. In communication, attacking and criticizing should be avoided, and problems should be actively explored and solutions sought. Everyone should have the right to express his or her own opinion, and other family members should give serious consideration to their opinions. Second, learning to Resolve Conflicts. Conflict is inevitable in families. However, learning to resolve conflicts is the key to building good communication relationships. When family members are in conflict, they should try to explore the problem and find a solution. In resolving conflicts, it is important to respect each other's views and feelings and to find solutions that are acceptable to both parties. It is also important to remember that

conflict resolution takes time and effort, and requires the cooperation and understanding of both parties. Last, establishment of time and mechanisms for communication. It is very important to establish time and mechanisms for communication. In the family, time and mechanisms for communication can be established in various ways, such as holding regular family meetings, talking to family members individually, and chatting through cell phones or the Internet. These mechanisms can help family members better understand each other's needs and ideas, better coordinate daily affairs, and avoid conflict and misunderstanding. In conclusion, it is very important to establish good communication within the family.

4.2. Create a Good and Harmonious Family Relationship

Teenagers are in the growth stage, for the family atmosphere will be more sensitive, harmonious family atmosphere can make the child physically and mentally happy, doubly relaxed, so that the child to get a sense of security and happiness, conducive to the child's physical and mental health, in this kind of harmony in the family atmosphere of the child tends to grow up cheerful personality, self-confidence and positive. The parents often quarrel, cold war and other bad family atmosphere, will make the child inner insecurity, always in a state of tension and anxiety, resulting in the formation of bad psychology. If the child is in a harsh and tense family atmosphere for a long time, always worried and unable to adjust, it is easy to form a more negative, radical character, and even produce depression [12]. A good family atmosphere helps adolescents to develop a healthy mental state. An important lesson to learn is how to create a good family atmosphere. First, expectations are moderate. It is very important for adolescents to go through puberty, so it is important for parents to moderate their expectations of their children and to guide them with a developmental perspective. For example, don't blame or insult your child too much when things go wrong, solve problems calmly and play a positive role. Second, parents should lead by example. Parents are the first teachers of their children, and their words and deeds have a modeling effect on their children. Good behavior of parents can also positively influence the behavior of teenagers. Teenagers are prone to imitate the behavior of others. If there are more bad behaviors in the family, such as alcoholism, gambling, quarreling or violent behaviors, the teenagers will also imitate or even show these behaviors.

4.3. Home-school Cooperation

In recent years, "home-school cooperation" has attracted much attention in schools, and the core of its educational philosophy is to bring into play the roles of the school and the family as the two pillars of education, so as to help students grow up healthily. Schools should play their corresponding responsibilities to help resolve some family conflicts such as parental conflicts, schools can offer parental conflict resolution related courses, parents voluntarily participate to learn ways to resolve parental conflicts. Based on family education and school education, we can help young people to complete the construction of their own healthy psychology. Based on family education and school education, we can help adolescents to complete the construction of their own healthy psychology. School is an important place for young students to study and live for a long time, and the promotion of the physical and mental health of young students is always an important part of school education. The influence of the family on the physical and mental health of young students is long-lasting and far-reaching. To be fully effective, home-school cooperation should do the following. First. Strengthen communication between home and school, synthesize feedback information and implement education. Second. Home and school discuss education plans and give full play to each other's supervisory role. The last one, through home-school cooperation, the establishment of psychological coordination agencies to strengthen psychological counseling. This effectively enables schools to intervene to resolve parental conflicts.

5. Conclusion

With the thesis of the impact of parental conflict on adolescent depression, this study examined three aspects of parental conflict on adolescent depression, the impact of parental conflict resolution on

adolescent depression, and recommendations for optimizing family relationships for adolescent mental health. Parental conflict has a positive predictive effect on adolescent anxiety. Parental conflict has a positive predictive effect on adolescent rebellion. Increased parental conflict leads to increased suicidal ideation in adolescents. Second, parental conflict resolution facilitates adolescents to be able to better form self-identity. Parental conflict resolution can effectively improve adolescents' mental health. Parental conflict resolution enables adolescents to develop stronger environmental resilience. Finally, parental conflict should be reduced by strengthening family communication, creating a favorable family atmosphere, and cooperation between home and school. In conclusion, the prevention and treatment of psychological problems of contemporary adolescents should not be ignored, and it is also crucial to educate them about mental health, parental conflict will directly affect the level of mental health of adolescents, and in serious cases, it will lead to psychological depression, nowadays families should pay close attention to this kind of problem, give full play to the role of family education, help adolescent students to improve the existing psychological problems, and to prevent the students from the psychological problems that may occur. This study still has some shortcomings, due to the limited time for the research of the topic, the relevant literature collected is limited and the study is not deep enough. Future research can go to the field to collect data to make this research more in-depth, with the support of data can better show the results of the argument, through such empirical research to make a systematic argument.

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