

The Influence of Parental Work Pressure on Family Intimacy in Students' Families ----- The Intermediary Role of Anxiety

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ABSTRACT

With the development of society, work pressure is becoming more serious among adults. The purpose of this study is to explore whether there are intermediary factors in the relationship between work stress and family, such as negative emotions such as anxiety. Methods A questionnaire survey was used to obtain 214 people and analyze the results of the survey. Results: (1) The questionnaire credibility test passed and can be used for further analysis. (2) The validity test of this questionnaire is qualified and can be used for further analysis. (3) The questionnaire designed a total of six psychological state survey related to anxiety, three of which appeared completely intermediary role, three kinds of situation intermediary role is not significant. Conclusion: There is an intermediary between anxiety and other negative emotions between work stress and family intimacy.

Keywords: *family; work stress; intimacy; anxiety;*

1. INTRODUCTION

Family conflicts have always existed in our lives, from marital quarrels to quarrels between children and parents, to mother-in-law conflicts. These contradictions have had a negative impact on our lives, large or small. At the same time, along with social development, adults are becoming more stressed at work. Therefore, whether there are intermediary factors in work stress and family intimacy, which can have a negative impact on family relations and lead to family conflicts. Having a good family relationship can affect the psychological growth of children in the family, so solving the problems of family relationships can help students develop [1]. Many researchers focus on job stress in different occupations and conduct research. Similarly, in the student family relations also have the same different scenarios, basically students as the main research articles, such as student psychological problems, poverty, etc., did not find a combination of parental work pressure and student family relations research literature. Therefore, a new perspective should be introduced to look at the relationship between work stress and student family relationships.

At present, researchers have suggested that people's work is related to their family relationship [2], and that there is a mechanism of relationship between employee

work and family [3], and meet the requirements of psychometrics. So, we can conclude that work stress is linked to family relationships. Stress at work can have a negative impact on people's mental health at work, producing negative emotions such as unhappiness, depression, anxiety, dissatisfaction, and pessimism [4]. For the sake of study, we use anxiety as an intermediary variable to study whether this negative emotion is an intermediary factor in work stress and family intimacy, which can have a negative impact on family relationships and lead to family conflicts. As can be seen from other studies, anxiety leads to other negative behaviors, negative emotional expression by parents, and conflict in family relationships. However, the concept of family relations is too vague to be used as a variable for research. Here we introduce the concept of "family intimacy" to evaluate the emotional connection between family members and measure the degree of emotional connection between members [5]. We can use family intimacy to represent family relationships for easy measurement. Based on the above conclusions, we can make an assumption: work stress affects family intimacy. This study will be based on the above assumption for empirical and discussion, and make recommendations.

2. RESEARCH MATERIALS AND SUBJECTS

This paper through the online questionnaire survey, divided into three parts: the first part, the basic information of the subject's family, the second part, to understand the subjects of the work pressure and anxiety of the degree; The third part, to understand the subject's family relationship with the family. The survey was conducted by parents of families with children who have actual jobs. A total of 261 questionnaires were randomly distributed throughout the country, of which 214 valid questionnaires were recovered and 47 invalid questionnaires were invalid. Of the 214 valid questionnaires, 89 were for men and 125 for women.

3, RESULTS AND ANALYSIS

3.1. Results of the Study

According to the survey results, 36.45 percent of the subjects often felt work stress, 61.21 percent of the subjects had work stress but not serious, and the remaining 2.34 percent never felt work stress. In terms of family relationships, 58.87 per cent of the subjects had quarreled with their families. 5.79 per cent of the subjects had tension with their families, while 90.91 per cent of the subjects believed that their relationship with their spouse or child had deteriorated as a result of work. On the job front, 74.77 percent of people experienced anxiety at work. According to the Family Intimacy Scale, families can be divided into the following categories: loose, free, intimate. In this survey, the proportion of loose type is 5.79 percent, the proportion of free type is 18.42 percent, and the proportion of intimate type is 75.79 percent.

3.2. Data Analysis

3.2.1. Confidence and Validity Test

The first is the analysis of the letter and validity of the questionnaire, which will test the subjects of the subject's work environment, mental state, and family relationship. The specific test results are shown in Tables 1 and 2 [6].

Credibility analysis is used to study quantitative data, especially the reliability and accuracy of the answers to attitude scale questions [7]. First of all, the α coefficient is analyzed, if the value is higher than 0.8, the confidence is high, if the value is between 0.7 and 0.8, the confidence is better. If this value is between 0.6 and 0.7, the confidence is acceptable, if the value is less than 0.6, the confidence is poor, and from Table 1, the confidence coefficient value is 0.839, greater than 0.8, thus indicating the high quality of data confidence in the questionnaire on work stress and family relationship. For the "item deleted α factor", any questionnaire question item is deleted, the confidence factor will not rise significantly, so the questionnaire question item should not be deleted. For "CITC value", the CITC value of the analysis item is greater than 0.4, which shows that there is a good correlation between the analysis items, and also shows that the confidence level is good [8]. In summary, the study data confidence coefficient value is higher than 0.8, which shows that the data confidence quality of this questionnaire is high and can be used for further analysis [9].

As can be seen from Table 2: The common degree value of all the study items is higher than 0.4, indicating that the questionnaire information can be effectively extracted. In addition, a KMO

Table 1. Confidence analysis of the work stress and family relationship questionnaire

name	Corrected Item Total Correlation (CITC).	The item's deleted α coefficient	Cronbach α coefficients
Work Stress Survey 1	0.569	0.821	0.839
Psychological State Survey 1	0.642	0.813	
Psychological State Survey 2	0.492	0.830	
Psychological State Survey 3	0.626	0.813	
Psychological State Survey 4	0.616	0.815	
Psychological State Survey 5	0.488	0.831	
Family Relations Survey 1	0.528	0.826	
Family Relations Survey 2	0.629	0.813	

Standardized Cronbach α factor:0.842

Table 2. validity analysis results

name	Factor load coefficient	Commonness (common factor variance)
	Factor 1	
Psychological State Survey 1	0.715	0.511
Psychological State Survey 2	0.728	0.530
Psychological State Survey 3	0.761	0.579
Psychological State Survey 4	0.765	0.586
Family Relations Survey 1	0.641	0.412
The signature root value (before rotation) is not	2.617	-
Variance interpretation rate % (before rotation)	52.340%	-
Cumulative variance interpretation rate % (before rotation)	52.340%	-
The feature root value (after rotation) is not	2.617	-
Variance interpretation rate % (after rotation)	52.340%	-
Cumulative variance interpretation rate % (after rotation)	52.340%	-
KMO value	0.818	-
Bart spherical value	242.447	-
<i>df</i>	10	-
<i>P value</i>	0.000	-

value of 0.818 is greater than 0.6, which means that the data is valid. In addition, the variance interpretation rate of 1 factor was 52.340%, and the cumulative variance interpretation rate after rotation was 52.340% > 50%. This means that the amount of information in the study item can be extracted effectively. Finally, combine the factor load coefficient to confirm that the corresponding relationship between the factor (dimension) and the study item is in line with expectations, and if so, it indicates validity, which in turn needs to be adjusted again. When

the absolute value of the factor load coefficient is greater than 0.4, the corresponding relationship between the option and the factor is indicated [9].

3.2.2. Intermediary Analysis

Based on the work stress survey in the questionnaire as an argument, the psychological state survey of anxiety in the questionnaire is used as a dependent variable to establish a model as shown in Table 3 [6].

Table 3. Summary of the results of the mediation test

item	c Total effect	a-b		a*b(95% BootCI)	c' direct effect	The conclusion of the test
		a	b			
Work Stress Survey 1 - > Psychological State Survey 1 - > Family Relationship Survey	0.418**	0.355*	0.611**	0.217	0.058 ~ 0.326	0.286 Full mediation
Work Stress Survey 1 - > Psychological State Survey 2 - > Family Relationship Survey	0.418**	0.244	0.224	0.055	-0.027 ~ 0.156	0.286 The mediation role is not significant
Work Stress Survey 1 - > Psychological State Survey 3 - >	0.418**	0.213	0.112	0.024	-0.018 ~ 0.095	0.286 The mediation role is not

Table 3. Summary of the results of the mediation test

item	c Total effect	a	b	a-b mediation effect	a*b(95% BootCI)	c' direct effect	The conclusion of the test
Family Relationship Survey							significant
Work Stress Survey 1 - >							
Psychological State Survey 4 - >	0.418**	0.741**	-0.304*	-0.225	-0.387 ~ 0.021	0.286	Full mediation
Family Relationship Survey							
Work Stress Survey 1 - >							
Psychological State Survey5 - >	0.418**	0.483*	0.320**	0.154	0.020 ~ 0.286	0.286	Full mediation
Family Relationship Survey							
Work Stress Survey 1 - >							
Psychological State Survey 6 - >	0.418**	0.449**	-0.208	-0.093	-0.245 ~ 0.034	0.286	The mediation role is not significant
Family Relationship Survey							

* $p < 0.05$ ** $p < 0.01$

As can be seen from Table 3, of the six psychological state surveys designed in the questionnaire, 1,4,5 showed a complete intermediary role, while the remaining intermediary role was not significant. Among them, 1,4,5 psychological state surveys were associated with the performance of anxiety, such as: depressed at work, uncomfortable at work, and angry at work when they encountered a bad encounter [9].

4. CONCLUSION

4.1. Discussion

As can be seen from the results of Table 3, anxiety has an intermediary role in the relationship between work stress and family, but the intermediary role is not significant in other cases. In 5.79 per cent of the subjects, 5.79 per cent of the subjects had a strained relationship with their family, i.e., family intimacy was loose, while 90.91 per cent of the subjects said that their relationship with their spouse or child had deteriorated as a result of work. It can be determined that work stress reduces family intimacy by triggering negative emotions.

4.2. Problems

There are still some problems in this study. (1) The use of family intimacy meters is mainly divided by families in the specific cultural background of the West. The survey was conducted for families in China and differs from households in Western cultural contexts and can lead to errors [5]. (2) There are some defects in the design of the questionnaire. Anxiety cannot appear directly in the questionnaire topic, only the specific manifestations of anxiety as the topic. This results in differences in the results. (3) In the design of the subjects,

the number of questionnaires was smaller, a total of 214. May cause errors in the data. (4) The gender of the subjects was not discussed separately in this survey, and gender differences may lead to differences in results, requiring follow-up research.

4.3. Recommendations

It has been known that work stress reduces family intimacy by triggering negative emotions. If you want to ensure that family relations remain at a normal level and reduce family conflicts in society, you need to start from the three aspects of work, psychology and family. (1) At work, enterprise units can choose to reduce the work pressure of workers at work. Start at the source and make family relationships unaffected by these factors. (2) Strengthen psychological counseling. If you cannot effectively reduce the pressure of work, you can choose to psychological counseling staff to prevent similar anxiety of negative emotions appear and accumulate. (3) As an individual, reduce your negative emotional expression of your family. As can be seen from the questionnaire, 62.15 per cent of the subjects had vented negative feelings about their work towards family members. Reducing negative emotional expression can be intuitively less likely to worsen family relationships.

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