Study on the Intervention of Satir Family Therapy Model in Young People's Appearance Anxiety

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Abstract. In recent years, the topic related to the network neologism "appearance anxiety" has aroused widespread concern and discussion. Based on the theory of Satir family model, this paper explores the present situation of youth's appearance anxiety and the improvement of Satir family model by using questionnaire, interview and observation. By means of a questionnaire, it was concluded that over 60% of university students had some degree of appearance anxiety, more than 50% of them agreed that "appearance anxiety is influenced by family patterns of origin". An activity design based on the Satir treatment model was developed, which takes five college students as practical cases, uses communication evaluation and other methods to study. It is concluded that the Satir model has high feasibility and applicability in the treatment of young people's facial anxiety, which provides practical materials for Satir model and the treatment of young people's facial anxiety.

Keywords: Stair Family Therapy Model · Appearance Anxiety · Parent-child relationship

1 Introduction

1.1 Research Background

In recent years, "appearance anxiety" has become a problem that puzzles some youth groups. The concept of "appearance anxiety" refers to the anxiety or distress that people experience because they are unhappy with their appearance or body shape. This phenomenon is mostly found in younger age groups, and many university students have varying degrees of anxiety about their appearance. A survey of 2063 college students in China shows that 59.03% of college students have some degree of appearance anxiety. Among them, the proportion of moderate anxiety among girls (59.67%) is higher than that of boys (37.14%)" [1]. Previous studies have pointed out that appearance anxiety is related to social mechanism. Information, network and other media and market propaganda have strengthened social aesthetic culture and consumer social culture, which has created certain aesthetic bias for young people and caused appearance anxiety [2]. In addition to the media propaganda and guidance, is there a certain relationship between youth appearance anxiety and family model? Do parents have certain words and deeds

that make children have negative effects on self-image cognition? This paper hopes to carry out the research on the family pattern to the youth's appearance anxiety from the college students' group and reasonably use Satir's theoretical pattern to carry out some practical application for practical technology.

1.2 Research Significance

Satir model in family education has high practicability and maneuverability, the biggest feature is to focus on improving personal self-esteem, improving communication and helping people live more humanely [3]. The influence of family on youth's appearance anxiety belongs to personal growth and family harmony construction, which belongs to the application field of Satir model. This paper hopes to provide practical materials for theoretical research through the practical application of Satir model in improving family model and relieving youth's appearance anxiety.

2 Present Situation of Appearance Anxiety Among College Students

A network questionnaire survey was conducted on the current situation of youth's appearance anxiety.

2.1 Participants

The participants of this study are 50 college students whose age from 18 to 22 years from different universities in China. The resulting sample on which analyses were based consisted of 25 male college students and 25 female college students. The median age sample was 19.

2.2 Design and Procedure

The questionnaire consists of two section.

In Section A, there are nine questions to determine whether the respondents have appearance anxiety and the degree of appearance anxiety: (1) Always feel that I am not good-looking and look in the mirror repeatedly. (2) Pay great attention to the insignificant appearance defects in the eyes of others. (3) Always think that others will pay attention to your appearance or laugh at you in a negative way. (4) Constantly compare your appearance with others. (5) I want to adjust my face and body shape through plastic surgery. (6) Too keen to know all kinds of cosmetic plastic surgery and other information. (7) Avoid socializing because of appearance. (8)Spend a lot of time on makeup, especially before going out, and make sure again and again. (9) Reject discussing related topics such as appearance with others. The instructions for Section A were as follows: "For each of the items below, please respond using the following scale, where 1 = never, 2 = occasionally, 3 = frequently, 4 = very frequently." If he chooses 3 or 4 four times or more, he is judged to have appearance anxiety.

Students who were judged to have appearance anxiety in Section A completed Section B below. In Section B, There is a question: "Do you think that some words or behaviors of your parents in your daily life have a negative impact on your appearance anxiety? In other words, do you think that one of the sources of your appearance anxiety is family?" Instructions for Section B were as follows: "For this question, please indicate a response of either Yes or No by marking 'Y' for a Yes response or 'N' for a No response." If the answer is "Y", ask participants to answer: "Please write some typical negative words or events that your parents judged your appearance in your past life".

2.3   Data and Analysis

In Section A, 31 out of 50 participants had appearance anxiety among them, 18 are girls and 13 are boys. Therefore, we conclude that in this survey, the proportion of college students' appearance anxiety is 62%, the proportion of girls' appearance anxiety is 72%, and the proportion of boys' appearance anxiety is 52%. 31 participants take part in Section B. In Section B, 18 college students, 58% of the participants, chose the "Y" option. Here are four representative factors based on the answers of 18 students and some of their words.

Factor 1 (Direct parental verbal stimulation).

My parents and siblings gave me the nickname "Little Fat Pig".

I am of medium weight, but sometimes when I eat, my father will say to me:" Don't eat so much. You are too fat and no one will want you after that." It makes me a little anxious about my body.

Factor 2 (Parents ignored child's feelings by expressing their praise for others' appearance in a comparative way on a certain occasion).

My neighbor has big eyes while mine are small. Once we met my neighbor and her parents in the elevator. My mother said to my neighbor: "Your eyes are so big. You are not like my daughter's." This will make me very depressed.

My father would say to me: "Why are you so short? Look, your mother and I are both tall. It's a shame to take your family to see relatives."

Factor 3 (Parents show obvious dissatisfaction and resistance to a certain characteristic of their children).

I often get acne during adolescence. My parents take me to the hospital as soon as they see me get acne.

I remember growing a spot on my face when I was in primary school. First, my mother found it and immediately called my father. They talked for a long time in a nervous tone. Although I don't remember the conversation, I remember how they were dissatisfied with my spot. This made me realize that spots are considered to be a bad-looking manifestation, and I constantly want to hide this "shortcoming" from others in the future.

Factor 4 (Parents" pursuit of beauty affects children's self-dissatisfaction).

My mother has had double eyelid surgery, and I don't think my single eyelids look good. I want to have plastic surgery.

2.4 Result

60% of college students have appearance anxiety, and more than half of them think that parents' speech and acts are one of the causes of their appearance anxiety. The influence of parents' words and deeds on youth's appearance anxiety can be divided into direct and indirect. Direct impacts include direct parental verbal stimulation, parents ignored child feelings by expressing their praise for others' appearance in a comparative way on a certain occasion, parents show obvious dissatisfaction and resistance to a certain characteristic of their children. Indirect impacts were parents' pursuit of beauty affects children's self-dissatisfaction. '

3 Analysis of the Influence of Family Model on the Definition of Individual Appearance

3.1 The Current Situation of the Interviewee

In the 2.1 survey, parents' influence on youth's appearance anxiety was divided into four categories, and one of them was selected from each of the four categories to complete the next practice. We numbered these four groups of parents and children A1, A2, A3, A4 respectively. In addition, we invited a child without appearance anxiety in 2.1 and his parents as control group numbered B. The Table 1 shows the basic information about the participants.

3.2 Parents' Views on Appearance and the Current Situation of Parent-Child Daily Communication on Appearance Topics

Parents' Aesthetics and Views on Children's Appearance
Four parents numbered A agree with the current mainstream aesthetics in China that thin body, white skin without blemishes, big eyes, small nose and smooth face shape are good-looking. Three parents think that being beautiful is helpful to employment, interpersonal communication and social life. When talking about the appearance of their children, Four parents denoted that their children have some characteristics that do not conform to the mainstream aesthetics.

Table 1. Basic information of participants (Image source: drawn by the author)

Number	Address	Age	Education level	Occupation	Sex of children	Children age
A1	Mr.W	48	Undergraduate	Private	Male	19
A2	Mrs.C	39	High school	Stay-at-home mom	Female	18
A3	Mrs.Z	50	Junior college	Clerk	Male	20
A4	Mrs.L	45	Undergraduate	Clerk	Female	19
B	Mrs.T	51	Junior college	Clerk	Female	19

The mother in control group B, however, was committed to a variety of aesthetics and stated that "beauty is different for different people." Her children had the "unattractive" characteristics of the current mainstream aesthetic, such as bucktooth, but she thinks that this is a unique characteristic of child and has not chosen to let her child have her teeth hoop.

Parents' Views on Cosmetic Surgery
Of the 4 parents numbered A, 2 disapproved of cosmetic surgery, 2 agreed with proper cosmetic surgery, and 1 had cosmetic surgery experience. Parents numbered B disapprove of cosmetic surgery.

3.3 Problems Between Parents and Children

Parents need to compare their children's behaviour with their own aesthetic identity. Children are directly and indirectly influenced in their aesthetic identity by the words and actions of their parents, and sometimes receive negative words and deeds. Then children feel some "unattractive" characteristics in themselves have negative thoughts on them. But some parents don't realize this. In a word, parents and children do not understand each other's true thoughts and recognise each other's potential needs.

4 Advantages of Satir Model

4.1 Feasibility

Satir model does not emphasize morbidity and expands psychotherapy into growth-oriented learning process. As long as people who care about self-growth and potential development can gain something from this model learning process. The popular explanation is her dynamic explanation of people and the problems arising from their interaction with family and society. It is precisely because of this characteristic that her theory will not lose its practicality due to the changes of society and culture that it has a very clear guiding value for modern people's life. In the past experiments, Satir model has been used to intervene in the psychological predicament of the eldest child in the second-child family [4], reorganize the family stepbrother-sister relationship [5], and the family communication of college students with left-behind experience [6] has achieved results.

4.2 Adaptability

Figure 1 is a model of Satir iceberg theory. Iceberg theory is an important theory in Satir's family therapy. It means that a person's "self" is like an iceberg, and only a small part of the surface can be seen-behavior, while a larger part of the inner world is hidden in a deeper level just like an iceberg. It includes seven levels: behavior, coping style, feeling, viewpoint, expectation, desire and self. The parents' words and deeds in the above experiments actually reflect their own cognition and views on aesthetics, an expectation and desire for the perfect appearance of their children, and the pursuit of their own beauty.
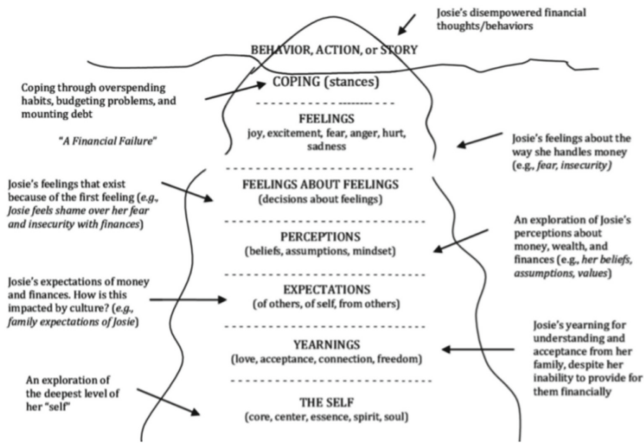
Fig. 1. Picture 1 Satir iceberg model (https://cn.bing.com/images/search)

In Satir's healing belief, "change is possible even if external change is limited, internal change is still possible." "Feelings belong to us. We all have them." "We can't change the events that have happened in the past, only the impact of those events on us." "The goal of holistic humanity is to accept that parents are human beings, not just to get along with them in their roles." "Self-worth is high and low. In the way of coping, the higher their self-esteem, the more humane the way they cope". These six items above are consistent with the purpose of this experiment, which is for parents and children to reflect on their past words and actions and feelings, understand each other's deep needs and realize self-awakening and self-healing.

The experiential component of Satir's treatment model focuses on guiding experiential transformation. The client's past experiences remain in the subconscious and carry with them experiences that affect the present. In the work of Satir therapy mode, the subconscious content will emerge mainly by leading the client to experience the influence of past events through participation in self-awareness. The experimenter should lead the clients to experience in the process, such as behavior, viewpoint, feeling, expectation and desire, etc., to experience that its form is realized in participatory interaction, and to review what burdens and problems they still bear in their growth process can be put down and solved [7]. In this experiment, the experimenter should lead the children to experience their parents' words and deeds from different levels, such as behavior, viewpoint, feeling, expectation and desire, review the negative feelings and influences in their growth process, and try to let go and solve them. On the other hand, the experimenter should lead parents to review their words and deeds, experience their words and deeds from different levels such as behavior, feeling, expectation and desire, and find their true thoughts and pursuits.

Satir's therapy model focuses on positive changes in clients, believes that things are possible, appreciates their resources, helps them reconstruct their views, and listens to their positive information from the desire level, discover and obtain positive energy. The main goals of its treatment include improving the self-worth of clients. In this practice, the practitioner hopes to use Satir therapy model to help children appreciate

themselves and reconstruct their views on self-appearance, listen to positive information and positive ability from parents' desire level, so as to improve self-appearance identity and self-confidence and relieve appearance anxiety.

From the above-mentioned multi-angle analysis, it is concluded that the Satir model can effectively promote the development of this practice and provide effective theoretical support and practical guidance for it.

5   Concrete Practice of Satir Model

5.1   Scheme Design and Logic and Thinking

The practice design focuses on the main lines of intervention from group participation - awareness change - behaviour change. Based on the preliminary interview research to summarise the problems between parents and children, a five-step practice was conducted using the core beliefs and core skills of the Satir Therapy Model as the theory to achieve the goal of alleviating the youth's family-induced appearance anxiety. The specific practice ideas are shown below in Fig. 2.
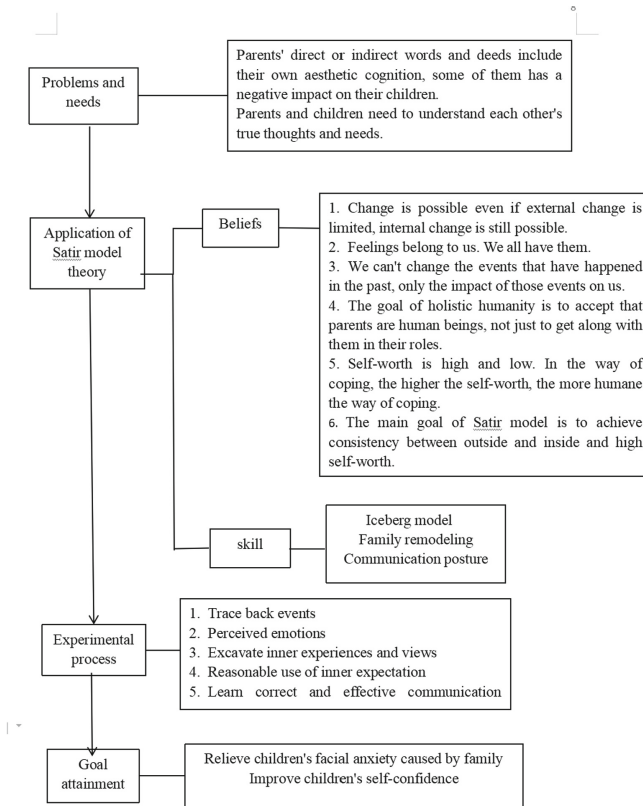
Fig. 2. Picture 2 Practice ideas map (Image source: drawn by the author)

5.2 Process

Course Content

A four-session practicum with five pairs of parents and children over four days, based on Satir's family therapy model. The practice adopts the Satir Family Therapy model, helping the group members to recall the appearance anxiety caused by their family of origin, to clear the negative impact of their family of origin on their perception of appearance, to help the children deal with unmet expectations during their growth, to enhance their self-perception and self-worth, and to rebuild their self-confidence in their appearance. At the same time, through four sessions of practical activities, everyone learns how to better understand each other and the patterns of interaction between each other to achieve an ideal parent-child relationship.

The first section is held on 7 August 2022. Children recalled the events or typical words and deeds that their parents brought about their appearance anxiety, and explained the scenes to their parents to recall together. The section two is held on 8 August 2022. Parents and children know each other's emotions at that time. For children: What were your emotions at that time? How did you deal with your emotions? For parents: Did you realize that the child had emotions at that time? How did you do it? Then guided children to know, accept, deal with emotions, say out his emotions, and let go of resistance. The third section which held on 9 August 2022 was aimed at excavating their inner experiences and views, and sharing with each other. There were three part: (1)parents and children drew their own iceberg map in the scene at that time; (2) Shared iceberg map; (3) Children explored parents' love for themselves. The section four is held on 10 August 2022. Four panels in order: (1) Parents recognized the negative impact of their expectations on their children and learned to be responsible for their expectations. (2) Children realized that the negative influence of family on appearance anxiety came from the mapping of parents' expectations, understood parents' love, let go of past emotions and understanding their own present views. (3) Under the guidance of the experimenter, let go of the knot and learned the correct communication mode. Parents and children set up a new mode of getting along together.

The Transformation of Parents and Children After Completing the Practice

The Change of Self-cognition.

Children: Resistance inferiority---Acceptance appreciate.

Child from Number A: I *was called a little fat pig at home before, but now I put myself in the society to see that my body is above average. In fact, I became stronger after I started exercising. It is a good thing for boys to be stronger.*

Child from Number C: *I used to feel inferior because of the spots on my face and didn't want to be seen as "defects" on my face, but now I find that freckles seem to have a popular trend, and many people still wear freckle makeup!*

Parents: Think that children have physical defects---Recognize that it is the projection of one's own aesthetic viewpoint.

Parent from Number D: *It turns out that I think double eyelids are one of the criteria to measure women's beauty. I used to do double eyelids with single eyelids. But now I realize that my anxiety about my own appearance has not disappeared because of this operation, but has appeared in my pursuit of other appearance characteristics. I'm*

still not completely confident. Maybe this also led to my daughter's dislike of her single eyelid.

Change the Way to Treat Emotions.

Children: Control suppressed---Know how to express emotions.

Child from Number A: *I used to reject my nickname, but I have been suppressing my anger and dissatisfaction. Now I hope to express my emotions by talking directly and calmly with my parents.*

Child from Number B: *I was very dissatisfied with the way my mother compared me with other people in the elevator. I told her on the spot that you can change your daughter. This put my mother, my neighbor and her mother in an awkward situation. Now that I think about it, this rude way is really wrong. I should go home and discuss it calmly with my mother.*

Parents: Not aware of the child's emotions---Perceive the existence of children's emotions and learn to deal with them correctly.

Parent from Number C: *I didn't realize that her father and I would have such a long-term negative impact on our daughter when she was even in primary school. Now I can feel her depression and inferiority complex. I'm sorry and sorry about that.*

Deeper Thinking on the Way of Communication.

Both children and parents: Insulting contrastive accusation---Equality appreciate and praise each other more.

Child from Number D: *In the past, communication between me and my parents was rarely carried out. After these days, I began to realize that communication is very important in parent-child relationship. In the future, I will take more initiatives to communicate with my parents.*

Parent from Number A: *It's really bad to call him a certain insulting nickname at home. I must get rid of this habit from now on. I must communicate with my children in an equal way.*

Children's Appearance Anxiety Has Decreased.

All four children said that they can obviously feel a deeper understanding of themselves, a deeper understanding of their parents and a greater perspective on some specific physical characteristics of themselves. Also, their confidence in themself has also improved a little.

5.3   Evaluation

After the end of the four-day class, every parents and children said that they know each other better and deepen the parent-child relationship more harmoniously. In the future, they will practice the knowledge learned in these four days. From practice and feedback, Satir model is suitable for dealing with appearance anxiety from family, and has strong feasibility and applicability in this field.

6   Conclusion and Reflection

6.1   Conclusion

This paper first points out the background and research significance of youth appearance anxiety. After that, a questionnaire was conducted among 50 college students, and it

was found that 60% of college students had appearance anxiety, and more than half cited family as one of the causes of appearance anxiety. Then classified the causes into four categories. One college student in each category was invited to participate in the four-day practice with his or her father or mother, and one college student without appearance anxiety with his or her mother. The feasibility and appropriateness of the Satir model for dealing with appearance anxiety by adolescent families was analyzed prior to the practice. The practice was divided into four areas: retrospective, understanding of emotion, internal viewpoint, potential needs. After practice, children numbered A and their parents can realize four major changes in self-cognition, treatment of emotions, the way of communication and children's appearance anxiety has decreased. Therefore, it is proved that Satir model plays a certain role in eliminating youth's appearance anxiety. It provides practical materials for the theoretical research of Satir model in this field.

6.2 Reflection

First of all, in the questionnaire stage, only 50 college students' data are used, which is not enough to be convincing.

Secondly, the practice time was short, and there was no follow-up visit to the participating families after a certain period of time, such as one month. Plan to conduct interviews in three aspects: parent-child relationship, family atmosphere and communication style one month later, and invite four children to fill out the questionnaire on facial anxiety again to analyze whether their appearance anxiety has been alleviated.

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