



Improving parent-child relationship based on Satir's iceberg theory: An example of parent-child relationship in Chinese families

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Abstract. With the development and evolution of the times, the importance of parent-child relationships within families has gradually increased internationally. Based on the composition and changes of parent-child relationships internationally, this study will take the parent-child relationships of Chinese families as the object and select four more typical types of poor parent-child relationships for in-depth investigation. At the same time, the causes of bad parent-child relationships and the corresponding solutions will be elaborated from four aspects: children, parents, family and society, based on Satir's iceberg theory.

Keywords: Satir's iceberg theory; Chinese families; parent-child relationship

1 Introduction

In recent years, with the changes of the times, international attention to family parent-child relationships has gradually increased, and many problems and conflicts in parent-child relationships have also been identified. This study uses desktop research as a basis to analyze the parent-child relationship in Chinese families in order to understand the current situation of parent-child relationship in modern Chinese families and to further improve and solve the problems identified. This paper will use the Sativa Iceberg Theory proposed by Virginia Sativa to analyze the causes of the current situation of parent-child relationships in Chinese families, and apply this method to improve the poor parent-child relationships and solve the related conflicts. There are relatively few international studies that use Satir's iceberg theory as a basic research method to improve parent-child relationships. In this paper, the Satir Iceberg Theory is used as the basis for trying to improve and solve the problems and conflicts in parent-child relationships.

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2 Basic concepts and contents of Satir's iceberg theory

Satir's Iceberg Theory is an important theory developed by American psychotherapist Virginia Satir and is used in family therapy. When applied to family therapy, the most important features of Satir's iceberg theory are that it focuses on improving the self-esteem and self-confidence of individuals, improving communication between parents and children, stimulating the growth potential of children, and helping family members to live a more "humane" life. In Satir's iceberg theory, every individual's personality is more or less influenced by his or her family of origin, which may be positive or negative, but either way, it will guide the individual's future development. Positive experiences can make the individual more confident and happy, while negative and unpleasant experiences may lead to certain deviations in the individual's behavior.



Fig. 1. Satir's iceberg theory model

Satir's iceberg theory compares the human posture to an iceberg (as shown in the figure 1), which begins to form from the individual's birth. In this theory, the iceberg is artificially divided into two large parts, the part above the horizontal line that can be directly observed from the outside world and the part below the horizontal plane that cannot be directly observed and that indirectly affects the individual. The part above the horizontal plane is called behavior, which mainly contains actions and story contents. The part below the horizontal plane consists of six main levels: coping styles, feelings, feelings of feelings, opinions, expectations, aspirations, and ego or I am. From the top to the bottom, the first is the coping style, which is a person's survival posture, mainly refers to how a person responds to problems. Then comes feelings, which refers to what a person's emotions are like specifically, for example: joy, excitement, fascination, anger, fear, sadness, etc. And the feeling of feeling refers to the decision of feeling, that is, the decision of what kind of emotion an individual is actually feeling. Perspective,

which includes beliefs, assumptions, preconceptions, subjective reality, and perceptions, is the individual's attitude and cognitive state contained in this level. Expectations, which can come from a number of sources, can be the individual's expectations of himself or herself, or the individual's expectations of others, or the expectations from how others treat the individual. People want to love and be loved, to accept others and to be accepted by others, to be recognized by the public, and to be safe in their subjective and objective environment, to have value and meaning in their existence, and to be free and peaceful in mind and body. The ego or I am, at this most basic level, contains the original vitality and spirit of the individual, representing the spirituality, core and essence of the individual. Each of us is like an iceberg, and we can only know directly what is floating on the surface of the iceberg, so we need to explore indirectly how the parts below the level of the individual are composed, so that we can better understand the personality of each individual, in order to improve the relationship between parents and children[1].

3 The current state of parent-child relationships in China

In China, there are many types of parent-child relationships, both good and not-so-good. In this paper, we focus on the not-good parent-child relationship as the research object for in-depth investigation. In the Parent-Child Relationship Diagnostic Test (PCRR) revised by Zhou Bucheng et al. of the Department of Psychology, East China Normal University, it subdivides the not-good parent-child relationship into five attitudes and ten types (as shown in the table 1) [2].

Table 1. Not-good parent-child relationship division

Attitudes	Types	
The attitude of rejection	Negative	Positive
The attitude of dominant	Strict	Expectant
The attitude of protection	Interfering	Restless
The attitude of obedience	Coddling	Sequacious
The attitude of ambivalence	Contradictory	Inconsistent

The five types of attitudes are specifically: the attitude of rejection, the attitude of dominant, the attitude of protection, the attitude of obedience, and the attitude of ambivalence. The ten types include: negative rejection, positive rejection, strict, expectant, interfering, restless, coddling, sequacious, contradictory, and inconsistent. Specific experimental data further indicate that more Chinese families' parent-child relationships fall into one of the following four categories. Expectant (parents put their own expectations and expectations on their children, ignoring their children's own growth and natural abilities, hoping that their children will act according to their own subjective wishes), Restless (worrying too much about their children's lives, which is unnecessary, and giving them too much help), Coddling (accepting and satisfying their children's needs unconditionally, even if their children's demands are unreasonable, and

trying to do everything possible to satisfy them, and inconsistency (different or opposite parenting styles of the father and mother). The data show that this is more common in adolescent families and that there are different types of father-child and mother-child relationships, but more uniformly, expectant fathers and mothers are at the top of the list. Four different types of relationships are explored in depth below. According to the survey, many Chinese families have a strong and authoritarian education style, and a large part of the reason is that parents are expectant, expecting too much from their children, hoping that they can achieve what they want in their hearts, and even better than what they want in their hearts, which leads to the parents' education form gradually becoming tough, wanting their This leads to the parents' education becoming hardened and wanting their children to completely obey their own arrangements[3]. Secondly, there is the restless parent-child relationship, in which parents worry too much about their children's growth and life, and try to protect their children very well, not wanting them to be harmed at all. Therefore, their parenting style tends to be tolerant, understanding, and protective. They list all the situations that may happen and are not good for the child's growth, and plan and solve these possible situations for the child in advance. In the long run, it is difficult to let the child grow and develop[4]. This type of parent is often overly protective of their children, and they will care for their children without hesitation, whether or not their children's requests are reasonable and within their capabilities, they will agree to do so, even if some of their children's requests are unreasonable, they will do everything they can to get their children's requests met[5]. This results in many families where the parent-child relationship looks peaceful and friendly on the surface, but the reality is that there are often conflicts and clashes within the family. The reason for these situations is that parents are overly affectionate and cater to the needs of their children. The last typical case is the inconsistent type, which is often the case of parents who have opposite attitudes and emotions towards their children. The other parent is very tolerant and generous and can take better care of the child's emotions. Such parents tend to lead to two extremes in the child's emotions, being able to live very easily and naturally at some times and becoming cautious, scared and worried at other times [6].

4 Causes of bad parent-child relationships

There are many reasons for bad parent-child relationships, which can be divided into internal psychology and external environment. However, no matter which perspective is interpreted, the root cause lies in the antagonistic thinking between parent-child relationships, which can continuously lead to conflicts and contradictions. Based on the above, this paper will conduct an in-depth study based on four types: expectant, restless, doting, and inconsistent, at four levels: child, parent, family, and society. Of course, parent-child relationships that become distant and discordant do not necessarily arise from a specific situation, but may also be the result of a combination of factors.

4.1 From the child's perspective

Depending on the parenting style, children will behave and respond differently. As adolescents, they are at the time of their lives when they face the most interpersonal and complex relationships. During this period, children are very concerned about their own growth and development as individuals, which makes them psychologically eager to become independent and socialized at the same time, which results in new behavioral goals. At the same time, during adolescence, children are in a transition stage from child to adult society, so they tend to communicate and interact with their peers in the same situation, and have less and less contact and communication with their parents. This creates a gap between parents and children. On the one hand, children want to improve their independence, but on the other hand, they cannot do without the care, love, understanding and coordination of their parents[7]. In this situation, four different types of poor parent-child relationships emerge and affect the child in different ways. First, there is the expectant parent-child relationship, in which parents have expectations that cannot be fulfilled by themselves, so they transfer these expectations to their children, hoping that their children will strive to achieve their desired goals. This gives rise to a mentality of "hope for the son to become a dragon and the daughter to become a phoenix. When this mentality emerges, the externalized behavior of parents tends to put pressure on their children to better achieve their ideas. However, the greater the expectations set by the parents, the more difficult it is to achieve them, and the more pronounced the deviations in the child's behavior. The child may exhibit aberrant social behavior and behave in a manner that does not comply with social norms of morality. At the same time, the child will specifically present two forms, one with internalized problem behaviors such as emotional anxiety and depression, while the other with externalized behavior problems[8]. Parental expectations are translated into pressure directly or indirectly exerted on the child thus making the overall situation depressing and the child becomes emotionally stressed, anxious, depressed, irritable, irritable, etc. In terms of behavior, the child has a tendency to be violent and is more likely to get into fights and commit illegal acts. The main reason for the unsettled child is that the parents interfere too much in the child's development. Although they are trying to care for the child out of good intentions, their excessive involvement can make the child feel uncomfortable and resentful. This makes the child may feel disgusted with the parents' behavior towards him or her, which may lead to rebelliousness, a kind of resistance to external persuasion, typically three kinds of situations: overreaction, self-worth protection rebellion and forbidden fruit rebellion. These psychological situations are all based on an uneasy relationship. Of course, a coddling parent-child relationship may also cause the above-mentioned situation, where parents are overly concerned and caring for their children, spoiling them so much that they will do their best to meet their children's demands, regardless of what they ask for and whether they are reasonable. This kind of behavior is not a positive guidance for the child who is forming his or her three views, but will make the child think that his or her parents treat him or her as a matter of course and that others should treat him or her in the same way, with the end result that the child will form wrong values and views of life. Inconsistency is an unhealthy family relationship for a child who prefers one parent over the other, whether

it is the father or the mother. The main reason for this preference is the difference in the way each parent treats the child, which makes the child prefer and love the one who respects his or her personality development and alienate the one who treats him or her seriously and harshly. This situation is not conducive to the formation of a healthy family.

4.2 From the parents' perspective

Both parents play a crucial role in the development of their children as guardians and guides during the developmental stages. Whether it is the parenting style of each parent, i.e. the subject effect, that will have an impact on the child, the shared parenting style between parents, i.e. the object effect, will also change the child's behavior. According to a survey, most parents habitually educate and raise their children as children, even though they have grown up. Parents are not able to keep up with their children's growth psychologically, so they are unable to solve a series of problems that arise during their children's growth. Parents take care of all aspects of their children's lives "in the name of love" and fail to allow their children to aspire to develop their independent personalities, which makes conflicts between parents and children more and more frequent. Not only do parents lack attention and support for their children, but the majority of the time, parents and children are reluctant to communicate with each other. One is that it is difficult for parents to teach their children in a way that is acceptable to them, which in the long run makes them reluctant to continue to discuss and communicate with each other in depth. The second reason is that parents' attitudes are sometimes more forceful and can feel preachy to children, who are unwilling to share more with their parents from the bottom of their hearts[9]. In expectant parent-child relationships, parents often transfer their own unmet expectations to their children, hoping that their children will fulfill their wishes soon. Parents who are unsettled are often too protective of their children, not wanting them to be hurt, and wanting to solve all the difficulties and dangers of their children's lives in the future. Even though the parent's intention is good, but the corresponding behavior is more excessive, which will also lead to the child feel free to be restrained, thus creating problems and conflicts. The biggest problem with spoiled parents is that they want to meet their children's needs regardless of whether they are within their means or whether they are reasonable. They always want to give their children everything they have, even what they don't have, and try to get it for them. In the long run, the child will feel a sense of entitlement, and when the child's needs are not met, disagreements and arguments will easily arise. Inconsistent family relationships, where the father and mother treat their children differently or very differently, tend to create preferences in children and are not conducive to the construction of a harmonious family.

4.3 From the atmosphere of the family

The common parenting style between parents also affects the communication and exchange between parents and children. The atmosphere of a family plays a vital role in the development of a child. As a child is in the developmental stage, the parent-child

relationship plays a guiding role for the child, leading a child's growth and development. A combination of the four types of expectations, restlessness, doting and inconsistency, either of which can cause a child to develop certain behavioral deviations. When a child fails to meet the expectations of his or her parents, it is easy for the child to become stressed, anxious, impatient, and irritable, and the relationship with the parents is "on fire". If the child is restless, he or she may feel that his or her freedom is being restricted and restrained, and that the parents are in charge of him or her, thus creating conflicts with them. A coddled family relationship can lead to a child believing that his parents will meet all his needs regardless of what he wants, and can sometimes be unreasonable. Inconsistent parent-child relationships lead to a preference for the parent who treats the child well and meets his or her needs, and aversion, dislike and hatred for the parent who treats him or her badly. In this situation, it is not easy to raise a child with a healthy personality, and at the same time, parents and children will have different degrees of quarrels, which is not conducive to the establishment of a harmonious and loving family.

4.4 From the social environment

Changes in the social environment can directly or indirectly affect the relationship between parents and children in the family. Due to the characteristics of modern society, bad parent-child relationships are becoming more and more frequent, and there are more and more types of reasons for bad parent-child relationships. In the modern era of increasingly competitive society, it is more and more difficult to have a slightly better life. This is especially true for teenagers who are in the midst of "in-rolling". Parents have long been aware of these problems, and because they want their children to be better off than they are, they feel a lot of pressure, stress and anxiety, and so they externalize their behavior to make their children move toward their goals. The expectation-based parent-child relationship is born. Second, contemporary society is full of difficulties, challenges, temptations, and dangers. However, in some families, parents are overprotective and instead of helping their children to cope with the adverse situations in life, they solve all the problems instead of their children and do not let their children face any adverse situations. This leads to an uneasy parent-child relationship. Again, in a fast-paced life, it is advocated that parents should give their children full freedom and try to meet their children's needs in order to help them build their personal integrity. There is nothing wrong with such a viewpoint, but some families are overly affectionate and spoiled and do not have any bottom-line achievements for their children. This is the reason for the coddling parent-child relationship. Of course, there is also a kind of inconsistent family parent-child relationship, which is due to the different social environment in which the parents grew up, the different education they received, and the great differences between their respective upbringings, resulting in the different personalities of the two, which will be directly expressed in the way the parents treat their children.

5 Using Satir's Iceberg Theory to Improve Parent-Child Relationships in Chinese Families

The application of Satir's iceberg theory in family education aims to effectively stimulate children's life motivation. Its most important features are to improve self-confidence and self-esteem, to improve and harmonize the poor relationship between parents and children, and to help people to live more "human". In the perspective of Satir's iceberg theory, the main way to achieve a harmonious parent-child relationship is to enhance parental competence and effectively meet the psychological needs of children. Based on Satir's iceberg theory, this paper will improve the parent-child relationship in Chinese families by looking at behavioral styles above the level of the iceberg and coping styles below the level of the iceberg, feelings, feelings of feelings, opinions, expectations, desires, and self.

5.1 Helping children build and refine their personalities

From the child's point of view, the first task is to develop and improve his or her personality and self-awareness system under the guidance of parents. To communicate with parents in a friendly and peaceful manner, to respect each other, to understand that parents are the closest people, to control their emotions and behavior rationally, to take parent-child relationship seriously and to learn to deal with conflicts and contradictions reasonably. We should try to be caring, loving, understanding and tolerant to our parents, not to take their love for us for granted, and not to be unscrupulous and demanding from our parents just because we are children. A healthy interpersonal relationship is based on equality. Starting with the formation of the bottom of the iceberg, a child's ego is very important, and its inner vitality, spirit, spirituality, core and essence have a significant impact on the child's own growth[10]. Therefore, it is very necessary to help shape a child's inner world for good. The longings common to all human beings, and of course children are no exception, include: to love and be loved, to accept and be accepted, to identify and be identified, etc. With the help of their parents, they can have a sense of belonging and security, understand the meaning of life, discover what they value, and have a certain and moderate amount of freedom. In addition, they have moderate expectations of themselves, their parents, and others. In particular, you should not expect too much from your parents and others, and you should not expect more than you are capable of, nor should you have inappropriate expectations for yourself. As a child, the main task is to have the right beliefs and positions, to build relationships with people with respect for objective reality, to gradually perceive yourself and the world around you, and to build your own outlook on life and values. Of course, it is also important to learn to control their emotions and express them rationally, which will indirectly affect the way they deal with the world and their survival posture in the future and show it through their behavior. As children, they are very malleable and therefore need to develop into an independent individual with the help of their parents.

5.2 Parents should change the way they treat their children

As a parent, you should first understand that your child, as an individual, has his or her own growth pattern. It is important to learn more about the growth characteristics of children at different ages, respect the growth characteristics and laws of children, and on this basis, provide reasonable and appropriate guidance to children. When your child shows obvious rebelliousness during adolescence, respect your child's behavior and learn to let go. There is no need to be overly detailed in all aspects of your child's life, as this may interfere too much with your child's own development. Not only that, but sometimes the parents' arrangements may conflict with the child's own wishes, making it difficult to establish a good and harmonious family relationship. The right approach is to actively communicate and guide the child to help him or her achieve his or her goals in life. Throughout the process, parents need to pay attention to whether their own attitudes and behaviors are acceptable to their children, not to preach too much to them, but to show up and lead by example. Be equal in dialogue and communication with your child and try to create a harmonious parent-child relationship. Do really accompany your child and pay more attention to the growth and development process of your child. Parents should not have a hierarchical relationship with their children, but rather an equal, "friend"-like relationship. Positive parenting and emotional support for the child. Pay attention to your own feelings as well as your child's feelings and emotions, and see if your child is feeling depressed, sad, grief-stricken or otherwise negative. Have an understanding perspective and try to reach out and understand your child's views and thoughts. Do not hold excessive expectations of your child. From an iceberg perspective, excessive expectations of your child can cause your child to become stressed and sad, and more likely to become depressed. Therefore, parents need not hold excessive expectations of their children, but should care more about the process of their children's development. Parents need to inform their children of their love and affection without reservation, but at the same time show it in their actions, so that their children can feel a sense of belonging and security and understand the meaning of life. Not to restrict the child's freedom too much, but to satisfy the child's ego and respond to his or her vitality. Educating and nurturing children with a greater understanding and respect will make their growth more effective.

5.3 Building good family relationships and healthy parent-child relationships

Create a harmonious family relationship and avoid conflict between parents and children whenever possible. Minimize negative emotions and negative responses to children in front of them. Parents should give their children enough emotional support and inject warmth and love into the parent-child relationship, so that both parties can benefit from the relationship. In addition, studies have shown that a harmonious and happy relationship is conducive to parent-child relationships, while a conflicted relationship can lead to a difficult parent-child relationship. Parents act as role models for their children, and the way they get along with each other directly affects the way they behave in the world. As a parent, you should have a comprehensive understanding of your child's abilities and tendencies, understand your child's special talents and inter-

ests, and give them some respect and acceptance, not blindly deny them, which is not conducive to their positive and optimistic growth and development. More communication in family relations can avoid many misunderstandings, contradictions, prejudices and conflicts. Talk with sincerity, mutual respect and tolerance and acceptance. Adjusting inappropriate parenting concepts and methods, each person reflects on their own problems and strengthens self-improvement while contributing more to the establishment of harmonious family parent-child relationships[11].

5.4 Promoting a good social atmosphere

Family relationships and parent-child relationships in a family are also influenced to some extent by the social environment. Therefore, promoting a good social climate also helps to build a harmonious and happy family and parent-child relationship. Teach children how to communicate with their parents on an equal footing in their daily lives. Know that each family has different ways and methods of education, and that you should not blindly compare your parents with other parents. Guide children to grow and develop in a healthy way with their parents and appreciate the difficulties of parenting. Parents should be taught how to create a good family atmosphere, learn how to build a peaceful family and parent-child relationship, get to know their children well, and try to understand that children and parents think differently from each other. It is important to follow the important principle of leniency and strictness in the parent-child relationship and to establish "boundaries" to effectively maintain a good parent-child relationship. There must be enough communication with the child to minimize misunderstandings, conflicts and contradictions. Promote a positive social climate of mutual understanding and achievement between children and parents.

6 Conclusion

There are many reasons for poor parent-child relationships in families, including children themselves, parenting style, family atmosphere and social environment. Using Satir's iceberg theory, we also propose solutions from the above four perspectives and try to improve and solve the bad parent-child relationship. Specifically, the study aims at guiding children and parents to understand each other, allowing parents to understand their children's way of thinking and behavior, assisting in the formation of a happy, harmonious and peaceful family atmosphere, and how to improve the poor family environment from a social perspective.

Finally, this study is based on Satir's iceberg theory and proposes solutions from four perspectives to improve poor parent-child relationships in families. However, there are still some shortcomings in this study. There are other aspects that may lead to poor parent-child relationships in families, and there are other ways to address these poor parent-child relationships. In addition, the main object of this paper is the poor parent-child relationship in Chinese families, and its generalizability has yet to be proven. It is hoped that more scholars will pay attention to and study the problem of bad parent-child relationships, and use the Satir iceberg theory to conduct more in-depth and

detailed research from more aspects and perspectives, and also hope that other groups can be selected as research subjects in the future to further investigate whether the findings of this paper are universal.

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