



Family Influence on Adolescent Values and Identity in Modern China

La influencia de la familia en los valores y la identidad de los adolescentes en la China moderna

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ABSTRACT

The purpose of the study was to identify the main criteria for raising adolescents in a Chinese family and its role in this process. The study employed a mixed-methods approach, including questionnaires and interviews, involving 800 adolescents and 700 parents. Statistical analysis was conducted using descriptive and inferential methods to interpret the data. Grounded in the theoretical framework of Confucian values and social learning theory, the study revealed that the family significantly influences adolescents by shaping their values, attitudes toward learning, and social norms. Traditional family values continue to play an important role, but there is a growing desire for independence among adolescents. The practical significance of the study lies in the fact that the results can be used in educational programs and family policy development to create effective strategies for interaction between parents and adolescents, taking into account current socio-cultural changes in China.

Keywords: Cultural traditions; Human behaviour; Sociocultural factors; Technological development

RESUMEN

El propósito del estudio fue identificar los principales criterios para la crianza de adolescentes en una familia china y su papel en este proceso. El estudio empleó un enfoque metodológico mixto, que incluyó cuestionarios y entrevistas, con la participación de 800 adolescentes y 700 padres. Se realizó un análisis estadístico utilizando métodos descriptivos e inferenciales para interpretar los datos. El estudio reveló que la familia influye significativamente en los adolescentes al moldear sus valores, actitudes hacia el aprendizaje y normas sociales. Los valores familiares tradicionales siguen desempeñando un papel importante, pero existe un deseo creciente de independencia entre los adolescentes. La relevancia práctica del estudio radica en que los resultados pueden utilizarse en programas educativos y en el desarrollo de políticas familiares para crear estrategias eficaces de interacción entre padres y adolescentes, teniendo en cuenta los cambios socioculturales actuales en China.

Palabras clave: Tradiciones culturales; Comportamiento humano; Factores socioculturales; Desarrollo tecnológico

INTRODUCTION

The peculiarities of raising adolescents in a Chinese family are deeply rooted in traditional culture and modern social changes. Historically, the Chinese family has played a key role in shaping adolescents' moral values, social behaviour and responsibility. One of the main features is the emphasis on collectivism, where the family, rather than individual needs, is a priority. From an early age, adolescents are taught to respect their elders, obey and value family traditions. Today's China is undergoing significant changes due to economic globalization, urbanization and technological advances. This affects the structure of upbringing, forcing parents to adapt their methods to new realities. The family remains a key factor in the upbringing process, shaping adolescents' values, and attitudes towards education, career and social behaviour.

Chinese families often maintain strict control and high expectations of performance, which can put pressure on adolescents. Parents want to secure their children's future by raising them to be responsible and to achieve high levels of performance. However, with the influence of Western culture and individualism, more and more adolescents are seeking personal freedom, which creates a conflict between traditional and modern approaches to education. The relevance of this topic is determined by the rapid socio-cultural changes taking place in China.

The family as the basic social unit is undergoing transformation, which affects the upbringing of adolescents and the formation of their identity (Shapran et al., 2025). Modern teenagers face new challenges, such as intense competition in raising, the influence of social media and technology, which requires new approaches to raising (Chengjia Zhao et al., 2024). The topic of raising adolescents in a modern Chinese family needs to be studied, as it allows us to understand how social changes affect adolescent psychology and development, which is critical to ensuring the harmonious development of the younger generation in a globalized world.

Studies on the role of the family in the upbringing of adolescents in China confirm that active parental involvement in children's lives has a significant positive impact on their school achievement. In particular, Suha Al-Hassan et al. (2024) found that parental support for learning increases adolescents' academic performance. Xiaojie Cao and Xinqiao Liu (2023) showed that positive parent-child relationships contribute to the development of important personality traits such as conscientiousness and neuroticism, indicating the importance of psychological comfort in the family. Participation in social protection programmes has a positive impact on adolescents' upbringing aspirations, highlighting the importance of social support for academic success, and was explored in the article by Xuan Huo et al. (2023). The influence of ethnic identity on adolescent upbringing was analysed by Hor-Yan Lai et al. (2023) found that ethnic factors significantly affect the process of socialization.

In particular, the impact of family involvement on the socio-emotional development of adolescents was emphasized by Qianfeng Li et al. (2023), noting the importance of parental support during the transition to secondary school. The study by Lidan Lyu et al. (2023) highlighted the diversity of family influences on adolescent development in a nationally representative sample. Haoling Ma et al. (2023) found that family socioeconomic status and parental involvement correlated with adolescent problem behaviour, indicating the importance of economic stability for behavioural outcomes. The results of the research by Yanwen Ouyang et al. (2023) showed the influence of parental expectations on adolescent behaviour, highlighting the importance of realistic goals. Qingfeng Yang et al. (2023) pointed to the relationship between self-compassion, social support, and negative behavioural outcomes in adolescents, confirming the importance of family support for emotional development.

The impact of structural shifts like urban migration and technological innovation on adolescent psychological and social development is under-researched. Work-related parental absence, translocational parenting, and increased digital media complexities

complicate family life, particularly in urban centers. These dynamics may exacerbate stress or alter support and control within households. This study addresses this gap by focusing on the evolving role of the family in shaping the upbringing of adolescents in modern China. Unlike prior research that predominantly emphasizes either traditional family values or academic achievement, this study investigates how families currently balance conventional expectations with emerging challenges, including urban displacement, reduced parental presence, and the growing integration of digital communication in everyday parenting.

The purpose of the study is to identify the key dimensions of family influence on adolescent upbringing in the context of modern social transformations. Specifically, this research aims to elucidate how traditional parenting practices are adapted or challenged by structural and technological developments, and how these transformations affect adolescents' psychosocial development.

The objectives of the study were:

1. Analyse the prevailing parenting practices in Chinese families across different socio-economic and regional contexts.
2. Examine how families influence adolescents' psychological and social identity formation amid urbanization, migration, and technological change.

MATERIALS AND METHODS

The study was conducted between April and June 2023 and involved three distinct stages, each focusing on different aspects of the role of the family in the upbringing of adolescents in China.

Determining the Role of the Family

The first stage involved determining the role of the family in the upbringing of adolescents in China in modern conditions using criteria such as assessing the impact of traditional family values (respect for elders, family support and unity, parental responsibility for raising children, adherence to traditions and cultural heritage, and moral standards). These values form the basis of moral and social development of an individual, which is especially important in the context of modern changes in society. Studying the impact of modern social changes, analysing indicators of successful upbringing (Kase & Endo, 2023). These criteria were used for a comprehensive analysis of the role of the family in the upbringing of adolescents in modern China. The assessment of the influence of traditional family values revealed how strong the role of cultural heritage remains in the upbringing process. The study of the impact of modern social changes helped to clarify how urbanization, globalization and technological progress are changing

parenting practices and adolescents' attitudes to family norms. The analysis of the indicators of parenting success made it possible to assess how effective these approaches are in ensuring academic success and social adaptation of adolescents in modern Chinese society.

Survey of Families and Adolescents

The second phase of the study involved a survey of families and adolescents to gain a deeper understanding of the role of the family in raising in modern China. The survey involved 800 adolescents, of whom 400 were boys and 400 were girls, aged 12 to 18. A total of 700 parents were interviewed, of whom 300 were male parents and 300 were mothers. In some cases, grandparents were raising the adolescents, and other caregivers such as uncles, aunts, foster parents, stepfathers, and stepmothers (100 people). The survey was conducted online. The Wenjuanxing platform was used to collect data. This approach made it possible to collect a variety of data on the peculiarities of raising adolescents in families, taking into account the different socio-economic conditions and cultural characteristics of different regions of the country. The survey was conducted on the basis of anonymous questionnaires that included questions for both adolescents and their parents (see Table 1). To calculate the statistics of Chinese families, SurveyMonkey was used to create online surveys.

Table 1. Questions that were in the survey

Questions for teenagers	A question for parents
How often do you discuss your personal difficulties and plans for the future with your parents?	What values are you trying to instil in your children?
What expectations do you think your parents have for your academic and career success?	How often do you supervise your child's daily activities (learning, communication, leisure)?
Do you feel pressured by your parents' expectations? If so, how does this affect your well-being?	How important do you think academic success is for your child's future?
To what extent do you consider your family's approach to education to be traditional or modern?	Do you use modern technology (e.g., social media) to communicate and raise your children?
Do you have the ability to make personal decisions on your own, such as choosing hobbies, friends, or a course of study?	How do you respond to your child's desire to be more independent?

Determining the Main Criteria for Raising Adolescents

The third stage of the study was to determine the main criteria for raising adolescents in Chinese families, focusing on the formation of their personality and the influence of parents on the upbringing process. Particular attention is paid to how

family relationships affect the level of adolescents' independence in decision-making, their academic success, and how modern social and cultural changes affect the upbringing process. These criteria allowed us to assess how traditional methods of education are combined with modern requirements for personal development in China.

RESULTS

Parental Expectations and Academic Pressure

Survey data revealed that 80.2% of adolescents reported high parental expectations for academic and career success, while 99.6% indicated feeling pressure, with 39.8% associating it with stress or anxiety. Among parents, 50.2% emphasized academic success as paramount. These findings suggest a dominant culture of performance-oriented parenting.

The family serves as the fundamental social context in which adolescents assimilate core beliefs, cultivate moral principles, and establish social identities (Spytska, 2024). It serves a fundamental function in emotional development, offering the support and security essential for cultivating self-esteem and confidence (Siau et al., 2024). Parents, as primary role models, shape behavioural norms and life choices, and their involvement in the adolescent's education significantly impacts academic performance (Cixin Wang et al., 2024). Adolescents raised in families marked by open communication and support have elevated autonomy and social competence, underscoring the family's lasting influence on psychological well-being (Spytska, 2023).

Moreover, traditional familial values - such as reverence for elders, collectivism, and familial harmony - continue to be paramount in numerous Chinese households, notwithstanding the increasing impact of Western principles. These values not only direct daily interactions but also delineate greater societal expectations, such as academic diligence and compliance. In this context, the family serves as both a conduit for cultural history and a facilitator of teenagers' adjustment to external pressures, including technological advancements and scholastic stress (Zhou & Chen, 2024).

In order to explore in depth, the role of the family in the upbringing of adolescents in contemporary China, it is important to examine different families as they shape various aspects of upbringing and value transmission (see Table 2). Each family has unique traditions, levels of control, and ways of integrating contemporary social changes that affect adolescent behaviour and development (Buniak, 2024). Research on individual families has provided a better understanding of how cultural traditions are intertwined with modern influences such

as urbanization and technological developments, and how these factors affect parenting. For example, research on families in urban areas can show how globalization and access to new technologies affect levels of control and discipline. At the same time, studying families in rural areas helps to understand how traditional family values are maintained in less urban environments.

Table 2. Answers of the survey participants

Questions for teenagers	Answers of adolescents	Questions for parents	Parents' responses
How often do you discuss your personal difficulties and plans for the future with your parents?	69.8% regularly discuss these issues, 30.2% rarely	What values are you trying to instil in your children?	59.3% support independence, 40.7% believe that children should follow family rules
What expectations do you think your parents have for your academic and career success?	80.2% indicated high expectations, 19.8% moderate expectations	How often do you supervise your child's daily activities (learning, communication, leisure)?	89.7% supervise daily, 10.3% supervise occasionally
Do you feel pressured by your parents' expectations? If so, how does this affect your well-being?	99.6% feel pressure, of which 39.8% feel stress or anxiety because of it	How important do you think academic success is for your child's future?	50.2% consider it important, 49.8% - less important
To what extent do you consider your family's approach to education to be traditional or modern?	49.6% consider their families to be traditional, 50.4% - modern	Do you use modern technology (e.g., social media) to communicate and raise your children?	49.9% use technology, 50.1% avoid it
Do you have the ability to make personal decisions on your own, such as choosing hobbies, friends, or a course of study?	39.8% have freedom, 60.2% say their decisions are controlled by their parents	How do you respond to your child's desire to be more independent?	69.8% consider the combination important, 30.2% are inclined to preserve only traditional values

The data presented in the Table 2 reveals a number of important trends in the upbringing of today's adolescents in Chinese families, including the level of communication between parents and children, as well as expectations for academic success and independence. One of the most important findings is that most parents are focused on traditional family values, such as respect for elders, responsibility and honesty, which is reflected in the fact that a significant proportion of adolescents (about 49.6%) consider their families to be traditional. At the same time, a significant percentage of young people adhere to individualistic approaches in family upbringing, indicating gradual changes under the influence of modern social and

cultural conditions. The frequency of communication between parents and children has also revealed certain trends: most adolescents discuss their personal problems and plans with their parents, which indicates relatively open relationships in families. However, a significant proportion of young people (30.2%) rarely communicate with their parents, which may indicate some difficulties in mutual understanding. Regarding expectations for academic performance, most adolescents reported that their parents have high expectations for them, which is often accompanied by feelings of pressure, stress, or anxiety (Yean Wang et al., 2024).

A significant factor affecting parental expectations and adolescent development is the continuation of gender norms inside the home. The survey indicated that, despite a prevailing inclination towards contemporary parenting methods, notable disparities persist in the manner parents establish expectations for males and girls. Qualitative interview results revealed that male teenagers were more often anticipated to pursue occupations in science, technology, and finance, mirroring conventional links between masculinity and competitiveness as well as economic provision. In contrast, female teenagers were frequently urged to emphasise diligence and compliance, particularly in relation to academic success in the humanities or service-oriented disciplines. Parents of girls endorsed educational achievement but frequently linked autonomy with potential hazards rather than developmental prospects, resulting in increased limitations on personal freedoms, including choices regarding social circles and extracurricular activities. The results indicate that parental expectations about career trajectories and autonomy are not evenly distributed, but are instead influenced by culturally ingrained gender stereotypes. Differentiated expectations may exacerbate gender disparities in psychological stress, particularly as girls reported elevated anxiety levels related to managing academic responsibilities and adhering to familial expectations, corroborating findings by Yongxiang Xie et al. (2023) and Linxiao Zhang (2024). This highlights the necessity of considering the interplay between traditional family values and gender socialisation when examining educational and developmental outcomes in Chinese adolescents.

Communication and Adolescent Independence

Regarding intra-family communication, 69.8% of adolescents reported regular discussions of personal issues with parents, indicating relatively open relational dynamics. However, 30.2% noted limited communication. In terms of independence, 60.2% of adolescents stated that parents still made personal decisions for them, while only 39.8% enjoyed autonomy. Parents were split, with 59.3% promoting independence and 40.7% favouring adherence to traditional norms. Interview narratives confirmed a gradual shift toward autonomy, especially in urban families, though traditional obedience still guided many interactions.

The formation of an adolescent's personality is a complex process, where the family is only one of many influential factors. At the same time, it often lays the foundation for further development by providing emotional support, moral principles and cultural values that help a teenager develop in a harmonious way. Other sources of influence, such as school, friends and social media, form the external environment that, along with family values, shape adolescents' behaviour, self-esteem, and life goals.

Urban vs. Rural Family Structures

In China, the family has traditionally played a key role in raising children, but modern social conditions are significantly changing approaches to raising adolescents. Raising adolescents in modern Chinese families has a number of distinctive features that reflect both ancient traditions and modern trends, such as socio-economic changes, urbanization, and the impact of globalization. One of the key features is the preservation of Confucianism, which promotes values such as respect for elders, collectivism, and discipline. Teenagers in modern Chinese families are often brought up to respect their parents and older family members. Family harmony and conflict avoidance are important, reflecting the desire to maintain collective unity. In the Confucian tradition, the family is the foundation of the social order, and therefore special attention is paid to maintaining strong family ties. Parents expect their children to be responsible, obedient, and diligent in their studies. Chinese parents have always given priority to their children's academic achievements, and this remains one of the key features of raising teenagers in modern families. Parents often put pressure on their children to achieve high results at school and enter prestigious universities. This is due to the Chinese upbringing system, which has high standards and competition for places in the best upbringing institutions. The gaokao system is the national university entrance exam, which is an important event in the life of every Chinese teenager, resulting in constant pressure from parents and society. Parents often invest significant resources in extra classes, tutors, and after-school courses to help their children pass the exam.

In addition, the growing influence of modern Western ideas, particularly those related to individualism and personal development, is leading to certain changes in parenting methods. Some Chinese parents are beginning to recognize the importance of developing creative thinking and social skills in adolescents, given the global changes in society and the economy. Parenting, which used to focus on obedience and academic achievement, is now being complemented by the development of emotional intelligence and social competence. Due to China's rapid economic development, many families are moving to large cities, where parents often work long hours (Mishchenko et al., 2025). This leads to the fact that grandparents are increasingly involved in raising adolescents, who adhere to traditional approaches to

upbringing, which can cause certain conflicts between generations. Many adolescents are growing up in one-child families due to the one-child policy that was in place until 2015. According to the 2010 census, about 30 per cent of adolescents in China grew up in one-child families as a result of the one-child policy that was in place from 1979 to 2015 (Kunytskyi, 2021). This policy had a significant impact on family structure, parenting culture and social adaptation of young people. Scientists have found that children raised in such families often received an increased academic workload and had fewer opportunities to develop social skills due to the lack of siblings. This has created a generation of “little emperors”, where the only child receives maximum attention, and parents are often overprotective of their children or demand excessive responsibility from them (Liang Zhao et al., 2024).

Use of Modern Technology in Parenting

Parents were surveyed regarding their utilisation of current technologies for communication or child-rearing purposes. The phrase ‘modern technology’ includes several digital tools beyond social media, such as educational applications, online tutoring services, and communication platforms including messaging applications and video conferencing. These tools can facilitate education, track academic advancement, and ensure consistent communication with youngsters. For example, educational applications might furnish supplementary learning materials, whereas online tutoring services deliver individualised academic assistance. Messaging applications and video conferencing facilitate parental connectivity with their offspring, particularly when parents are absent due to professional obligations or other commitments.

Nevertheless, whereas contemporary technologies provide several advantages, they also present hazards of addiction or reliance. Parents can achieve a balance in technological involvement by establishing explicit boundaries and standards for digital usage. This entails setting screen time restrictions, advocating for regular intervals of rest, and fostering offline pursuits such as physical exercise, familial interactions, and hobbies. Transparent discourse regarding the possible hazards of excessive technology usage and instructing youngsters on responsible online conduct are vital. By cultivating a balanced strategy, parents may enable their children to harness the advantages of technology while mitigating its possible disadvantages.

At the same time, modern technologies, such as the Internet and social media, are influencing the process of raising teenagers in China. Teenagers are actively using digital technologies for learning, communication and entertainment, which creates new challenges for parents (Temirbolat et al., 2025; Aviv, Leiba et al., 2024). There is a problem of dependence on gadgets and social media, which causes parents to worry about the impact of the virtual world on the psychological

health of adolescents. At the same time, modern technologies are becoming an important tool for the development of adolescents if used correctly. Raising adolescents in modern Chinese families is a complex process that combines traditional values with the challenges of the modern world, as parents seek to preserve the heritage of Confucian culture.

Simultaneously, digital technologies and social media have emerged as potent influencers, transforming communication dynamics within families and impacting the identity development of adolescents. Although several parents' voice apprehension regarding excessive screen time and its possible psychological ramifications, others are increasingly embracing these devices as instruments for parenting and education. The dual nature of digital exposure, providing both developmental advantages and emerging hazards, highlights the increasing necessity for families to navigate teenagers' online experiences with supervision and critical awareness (Ying Li et al., 2023; Zhang, 2024).

The role of the family in the formation of the psychological and social identity of adolescents is extremely important, especially in the current conditions faced by society. During the period of adolescence, which is characterized by the search for self, development of self-awareness and personality formation, the family is the main factor in which this process takes place. Changes in the social, economic, and cultural environment affect family relationships, which in turn shape the identity of adolescents (Murtezaj et al., 2024; Aviv, Svetinovic et al., 2024). The family is the main place of socialization, where adolescents learn basic values, behavioural norms and models of interaction with others (Zhang et al., 2023). In the process of upbringing, parents pass on cultural and social traditions to their children that influence their identity. Parents' example, expectations, parenting style and emotional support play a key role in shaping adolescents' self-perception. In today's fast-paced world, adolescents often face uncertainty about their place in society. A family that maintains open dialogue and understanding can provide a solid foundation for adolescents in their search for self (Kostruba & Kostruba, 2024).

Family structures are becoming more and more diverse in today's context. Many adolescents are brought up in single-parent families or in families with non-standard models (e.g., single-parent families or families with mixed cultural traditions). This leads to adolescents being exposed to different models of behaviour and values that influence their world-view and self-image. However, this diversity can also cause confusion and internal conflict for adolescents as they try to find their place in a rapidly changing society. The socio-economic challenges faced by society, such as unemployment, economic hardship or changes in the political context, affect family relationships and the psychological climate within the family. Adolescents who

experience difficulties in their families may experience stress and anxiety, which negatively affects their self-esteem and ability to adapt to social situations (Barbagallo et al., 2025; Efremov, 2025). In such cases, it is important for parents to provide support and assistance to their children, as the emotional resilience of the family can help adolescents cope with external challenges (Blikhar, 2024). In particular, there is an increasing influence of digital technologies and social media on the formation of adolescents' identity. Many of them actively use the Internet for communication and self-education, which opens up new opportunities but also creates new risks, such as cyberbullying, social media addiction, or the spread of misinformation. In this context, the family should support adolescents by helping them navigate the digital environment, teaching them critical thinking and developing a healthy relationship with technology.

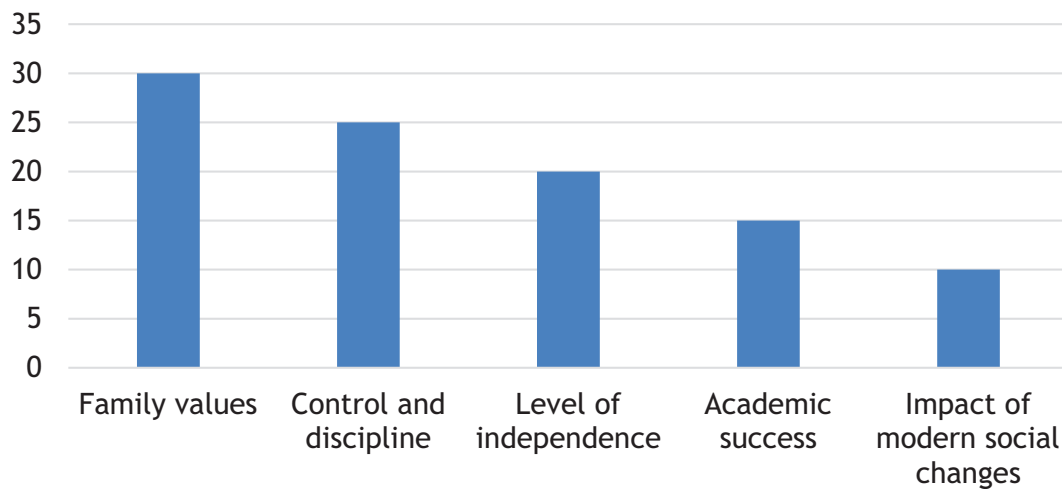
Emotional attachment to parents and other family members also plays an important role in the formation of adolescents' identity. Support, understanding and unconditional love create a favourable environment for the development of psychological resilience and self-confidence. Adolescents who feel emotionally comfortable in their families are more likely to develop positive self-esteem and social skills that help them interact effectively with their peers and society (Dufynets et al., 2024). Therefore, the family plays a key role in shaping the psychological and social identity of adolescents, especially in the face of modern challenges. Supportive, open dialogue, emotional care and healthy family relationships contribute to the formation of a strong identity for adolescents, helping them to successfully adapt to the world. At the same time, families must be prepared to adapt and change their parenting practices to meet the needs and challenges faced by today's adolescents.

Traditional family values, while still important, are gradually changing under the influence of modern social changes. It has been found that adolescents in urban areas are increasingly exposed to globalization and technological innovations, which is leading to a change in their views on family values. For example, in the context of urbanization, young people are becoming less dependent on family traditions and more focused on individuality and autonomy. Families that adhere to traditional values tend to demonstrate better results in their children's academic performance. At the same time, families that actively incorporate modern technologies into their upbringing may have difficulty establishing effective communication with their adolescents, which can have a negative impact on their socialization. Combining traditional values with modern social practices can have a positive impact on the upbringing of adolescents. This creates the necessary conditions for their social adaptation and successful integration into modern Chinese society. The main factors of family influence on adolescent children include several criteria. The first is the influence of traditional values, which includes an assessment of the extent to which traditional values such as

respect for parents, family unity and family responsibilities influence the upbringing of adolescents. The second criterion relates to contemporary social change, looking at how urbanization, globalization and technological advances are changing parenting approaches and shaping adolescents' attitudes to family norms. The third criterion is indicators of parenting success, which analyse adolescents' academic performance, social adaptation and psychological well-being to assess the effectiveness of parenting practices.

The traditional model of parenting in China is based on control, which gives parents the ability to shape children's behaviour and teach them values. For example, in many Chinese families, parents prefer strict standards that ensure discipline, which in turn helps to improve children's academic performance. Many parents raise their children with an emphasis on the importance of the family, which is considered the foundation of society. This is manifested in daily practices where children learn to interact with family members, respect their opinions and uphold family traditions (Xiaowen et al., 2023). These values give children a sense of belonging to their family and culture, which is considered important in Chinese society. Modern parents are increasingly aware of the importance of developing their children's independence and are trying to find a balance between control and freedom (Tyshchenko et al., 2019). Teenagers who have the ability to make their own decisions show greater self-confidence and better social adaptation skills. This is especially true in the context of globalization, when young people face new challenges and opportunities. As technology advances and social media becomes more popular, parents face new challenges. For example, access to information and the ability to interact with peers online can have both positive and negative effects on children. Parents should be prepared to discuss these changes with their children, helping them to adapt to new realities.

In particular, parents demonstrating a high level of control over their children may indicate a desire to ensure their success and responsibility. However, the study found that a significant proportion of parents already use modern technologies to communicate with their children, while almost half avoid such approaches, remaining faithful to traditional methods of upbringing. The question about the degree of independence of adolescents showed that a significant proportion of parents support their children's desire to be more independent, while less than half believe that children should strictly follow family rules. This suggests that even in modern society, there is a tendency to preserve traditional approaches to upbringing, which is likely to affect the balance between freedom and control in family relationships. Therefore, the main areas of adolescent upbringing and their priority remain important aspects of the family's role, as shown in Figure 1.

Figure 1. Key criteria for raising adolescent children in Chinese families

Structuring the criteria for raising adolescents in Chinese families allowed us to see the key aspects that determine the effectiveness of educational practices. Family values, especially respect for elders and collectivism, play a primary role in upbringing. These are the foundations that shape children's moral guidelines, ensure social cohesion and influence their behaviour in society. Preserving these values is critical, as they determine the strength of ties between family members and influence children's social adaptation. Control and discipline are second in importance. They provide structure in a teenager's life and are the key to achieving sustainable academic success. Parental support, combined with controlled requirements, helps to develop responsibility in a teenager (Oliinyk & Babak, 2024). The third place is taken by the degree of independence, as modern adolescents need a certain amount of freedom in decision-making, which helps them develop autonomy and responsibility. Giving them more freedom to choose their hobbies, friends or upbringing path allows them to develop as individuals and be prepared for adulthood. Academic achievement comes in fourth place. Although raising is an important aspect of adolescents' lives, it should be considered in conjunction with emotional and social development. Pressure from parents to achieve high results can have a negative impact on the emotional state of adolescents, so it is important to maintain a balance. The impact of modern social change is the last on the scale.

Although urbanization, globalization and technological developments are influencing educational processes, these changes are relatively new and have not yet become the basis for upbringing in Chinese families. Family cultural values include love and respect, trust and honesty, respect for elders and traditions, unity and cooperation, and play an important role in shaping the health and

psychosocial well-being of adolescents across cultural groups such as Latin Americans and Asians (Meca et al., 2023). Adherence to these values leads to reduced drug use, improved academic performance, and better mental health. At the same time, an excessive burden of family responsibilities can cause stress and negatively affect young people's academic performance, especially in the context of strained family relationships. However, the increasing role of modern factors in the upbringing of adolescents cannot be ignored, and it will gradually affect traditional family values and practices. The study found that raising adolescents in China is a complex process that combines traditional values with the demands of the modern world, and requires parents to adapt their parenting methods to the new conditions. However, family factors that influence adolescent personality development, including parenting style, emotional support, communication, family values, parents' role as role models, and socioeconomic status are all extremely important. Parenting style determines how adolescents perceive authority, set boundaries and learn to take responsibility. Emotional support provided by relatives helps build self-esteem and self-confidence, while open dialogue between family members builds trust and the ability to express thoughts and feelings. Family values are passed down from generation to generation, shaping the moral principles that influence adolescents' behaviour in society. The role of parents as role models is important, as children often copy the behaviour and attitudes of their parents. The socioeconomic status of the family also plays a significant role, as it can affect access to resources, raising and development opportunities, which in turn determines the life prospects of an adolescent. Together, these factors shape an adolescent's personality, influencing their attitude towards themselves and the world around them.

Despite significant social changes, such as urbanization and technological advances, traditional family values, such as respect for elders and collectivism, play a key role. Parents seek to maintain discipline and control, often accompanied by high expectations of their children's academic and career success. However, modern changes also contribute to a certain transformation of family relationships. Individualism and freedom in making life decisions are becoming more important, giving adolescents more opportunities to develop independence. At the same time, pressure from parents due to high expectations can cause stress and anxiety in young people. Many parents are adapting modern approaches to parenting, for example by using technology to communicate with their children. However, traditional approaches are still dominant, and the family continues to be central to the upbringing of adolescents, striking a balance between support, control, and autonomy in the complexities of contemporary Chinese society.

DISCUSSION

Key Findings

The study found that the role of the family is one of the key factors influencing the upbringing of adolescents in modern China. In particular, the analysis of the results showed that parental support and interaction play a crucial role in shaping the emotional and social well-being of adolescents. This is consistent with previous research, in particular with the observations of Ruijun Song et al. (2023), who noted the influence of family orientations and priorities on the upbringing ambitions of Chinese adolescents. The importance of the family as a social institution in the context of globalization and technological development is also emphasized in the works of other researchers who have analysed similar aspects in other countries. The main conclusion of the study was that the quality of the relationship between parents and adolescents is an important predictor of their emotional and behavioural development. For example, the results showed that active parental support reduces the level of problem behaviour among adolescents, which is consistent with the findings of Haoyang Zhang and Jennifer Glick (2024), who analysed differences in parental expectations and the impact on adolescents' mental health. In particular, it was found that parents who set clear expectations for their children's success contribute to the development of adolescents' sense of responsibility and discipline.

Comparisons with Previous Studies

The study found that the socio-economic status of the family has a significant impact on the upbringing of adolescents. Jing Zeno and Yuebin Xu (2024) noted that low family income can lead to the development of depressive symptoms in adolescents, especially in urban areas. This underscores the importance of studying the links between parental involvement and socioeconomic conditions, as they can have a significant impact on children's development. The results of our study are consistent with the findings of other authors, such as Ziyu Wang and Xin Tang (2024), who proved that active parental involvement contributes to the development of adolescents' mathematical abilities in China. This suggests that parental support covers not only emotional aspects but also academic assistance, which directly affects students' performance. However, according to a study by Wei Wu et al. (2024), excessive parental pressure can lead to aggression and bullying among adolescents. Similar patterns of behaviour were found in our study, when control and pressure from parents caused negative emotions in children and hindered their socialization. This highlights the need for a balanced approach to parenting that combines support with autonomy for adolescents. In terms of gender, physical appearance and self-esteem significantly affect students' academic

achievement. This is especially evident in adolescent girls, who are more likely to be subject to societal pressures that negatively affect their self-esteem and academic performance.

Despite the general consistency of our results, some aspects do not coincide with previous studies. For example, the study by Weizhen Zhan and Zhenwu You (2024) showed that family communication patterns influence the formation of prosocial behaviour on the Internet, and adolescents who had closer relationships with their parents were less likely to engage in online activities related to prosocial actions. This difference may be due to various cultural contexts and the degree of influence of social media on adolescents in different regions of China. Another discrepancy was found when analysing the impact of parental autonomy. For instance, a study by Ruibo Xie et al. (2024) found that parental autonomy support had a positive impact on families' adaptation to the 'double-down' policy, which refers to the Chinese government's policy aimed at reducing the academic burden on students by limiting after-school tutoring and homework, but our study indicated that excessive autonomy can also lead to a loss of control over adolescents, especially in urban environments where access to the Internet and information resources is becoming more widespread.

Implications

The findings of the study open up several areas for further in-depth analysis and research. It is worth paying more attention to the cultural aspects of parents' influence on adolescent upbringing in China, as there are significant differences between various regions of the country. This is especially true in urban and rural areas, where different socio-economic conditions and cultural norms can significantly change the role of parents in the educational process. In rural areas, in particular, traditional family values are often important, while in urban areas there is a greater inclination towards modern approaches to parenting. Ethnicity and place of residence can have a significant impact on how adolescents perceive their parents' support and control. For example, in certain ethnic groups, the importance of traditional values may be more pronounced, which in turn affects attitudes towards discipline and academic performance. This underscores the importance of taking such cultural differences into account in future research, especially when it comes to implementing general approaches to adolescent education at the state level. Another important area for further study is the impact of digital technologies on adolescent education. According to Huaxin Wang-Lu et al. (2024), the active use of social media during the COVID-19 pandemic had not only positive but also negative effects, such as an increase in cyberbullying and difficulties in adapting to distance learning. This points to the

need to study the impact of the Internet and modern technologies on parent-child interactions, as well as the role of parents in promoting the safe and responsible use of Internet resources.

Future Research

Based on the analysis, it can be concluded that the role of the family in the upbringing of adolescents in modern China is multidimensional and depends on a number of factors. These factors include socio-economic status, cultural and ethnic characteristics, gender aspects, and the active use of digital technologies. The findings confirm the key role of parental support in the emotional and academic development of adolescents, but also point to the need to take into account cultural and social differences when formulating government policy in the field of raising and upbringing.

CONCLUSIONS

This study has confirmed the importance of the family's role in the upbringing of adolescents in contemporary China. Family values, such as respect for elders and collectivism, remain the foundation of parenting practices in Chinese families, even amidst current social changes. The majority of parents continue to emphasize the importance of these values in their upbringing, which shows the strong influence of cultural heritage.

Control and discipline play a pivotal role in ensuring the success of adolescents in both their education and social adaptation. However, at the same time, the degree of independence of children is growing, giving them more opportunities for self-development and independent decision-making. Many parents are beginning to adapt their parenting approaches to take account of modern trends, such as urbanization and technological developments. This confirms the importance of a balance between traditional values and new approaches in raising adolescents.

The study also showed that many Chinese families are adapting to modern social and cultural changes. The impact of urbanization, globalization and technological progress is leading to a transformation of parenting practices, particularly in large cities. Parents are beginning to use modern technologies more actively to communicate with their children and to control their daily lives. This confirms that modern trends are becoming an important part of the educational process in China, although traditional family values remain dominant. Adolescents, in turn, are beginning to gain more freedom in making their own decisions, especially in terms of education and career. However, most of them are still strongly influenced by their parents' expectations. This can lead to additional psychological

pressure, especially if the expectations of parents do not coincide with the interests and aspirations of adolescents. The study also found that adolescents who feel supported by their parents in making independent decisions demonstrate higher levels of academic and social success. The findings confirm that the family continues to play a key role in the upbringing of adolescents in China. Despite the impact of modern changes, there is a strong link between traditional values and modern approaches.

The family is central to the lives of adolescents in China, as it shapes their values, world-view and social skills. The upbringing of adolescents in Chinese families emphasizes collectivism, respect for elders and responsibilities to family. In addition, the influence of Western values in urban families is gradually changing traditional approaches, which contributes to the development of individuality and personal growth of adolescents. The results showed that the majority of adolescents recognize the significant influence of their parents on their life choices, particularly in matters of career, education and social relationships. At the same time, the study found that some adolescents face pressure from their parents, which can cause stress and anxiety.

A limitation of this study is the number of survey participants, which may not fully reflect the situation in all regions of China. The study did not take into account in detail the cultural differences between rural and urban families. Further research could focus on a detailed study of the role of the family in adolescents' lives in a larger sample, taking into account possible behavioural changes influenced by external and internal factors.

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Zhao Zhulin: software, methodology, resources, software, writing - review and editing.

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CITATION FORMAT

Zhulin, Zhao; Karabalaeva, Gulmira; Yutian, Zhu; Long, Huang & Zhenfei, Wang. (2026). Family Influence on Adolescent Values and Identity in Modern China. *Quaderns de Psicologia*, 28(1), e2280. <https://doi.org/10.5565/rev/qpsicologia.2280>

EDITORIAL HISTORY

Received: 5-2-2025

1st review: 6-5-2025

Accepted: 9-6-2025

Published: 25-04-2026