

A study on the association between anxiety level and family parenting styles of university students in the eastern coastal region of China

Duanyue Qiu^{1,*}

¹School of Mathematical Science, Suzhou University of Science and Technology, Suzhou, 215000, China

Abstract. In today's society, psychological problems are frequent among university students, especially anxiety. Family of origin is inextricably linked to a person's mental health. Parents often have different parenting styles in the process of educating their children, and different parenting styles have different impacts on children's psychological development. This research explores the correlation between college students' anxiety and their family parenting styles by taking college students in the eastern coastal region as an example. This paper investigates how to prevent and alleviate college students' anxiety by improving family parenting styles. The Chinese version of the Short-form Parenting Style Scale (S-EMBU-C) and the Self-Assessment Scale for Anxiety (SAS) were used to survey university students in Jiangsu. Family parenting style and anxiety level of university students in Jiangsu were analysed by the statistical software SPSS. The following conclusions were obtained in this study: The anxiety level of male students is higher than that of female students. Boys' families are more likely to develop a parental rejection type of family parenting, and girls' families are more likely to develop a parental emotional warmth type of family upbringing. The College student anxiety was positively correlated with the following factors: the rejection factor and the overprotection factor on the father and mother scales. The effect of paternal and maternal rejection on college students is actually the most important of all parenting styles. In the case of only children and non-only children, parental rejection is more likely to develop in families with only children.

1 Introduction

1.1 Research background

The family is very important to the psychological development of individual human beings, and according to the ecosystem theory, the family is the most important microenvironment for children's development. Parenting style is the parents' parenting attitude, parenting behaviour and values for children's development in daily life. Nowadays there are also studies showing that parenting styles have a wide and far-reaching influence on adolescents' developmental adaptation.

College students are in the process of transitioning from adolescence to adulthood, with significant psychological changes, and if they are psychologically unhealthy due to bad parenting styles during adolescence, it is likely that they will carry over to college. College is an important turning point in one's life stage, and poor psychological factors can affect students' physical and mental health as well as their daily lives.

Anxiety disorders, as a common psychological disorder in modern times, are also the most common in psychological counselling on Chinese university campuses. Researchers have also shown that family parenting styles have a significant impact on adolescents'

anxiety, and that inappropriate family parenting styles can easily cause anxiety in children. Although there is no specific research on college students, it is not difficult to find that family parenting style has a profound influence on people, and its impact on college students' anxiety cannot be ignored.

Due to the vastness of China's territory, the distribution of universities is mostly concentrated in the eastern coastal region, and previous studies have shown that anxiety is obvious in the social mentality of the eastern coastal region in terms of mental health. Therefore, it is particularly important to study the anxiety of university students in this region.

1.2 Purpose and Significance of the research

According to previous studies, apprehension is evident in the social mindset of the eastern seaboard region, and as a concentrated area of Chinese colleges and universities, there has been little research on anxiety among college students. As a concentrated area of Chinese universities, the survey is also representative. With the rapid economic growth and the increase in the number of college students, the society should pay attention to the psychological problems of this part of the population.

* Corresponding author: eborden60906@student.napavalley.edu

This paper focuses on the correlation between the anxiety level of college students and their family upbringing styles, and explores what types of family upbringing styles increase the anxiety level of college students, what types of family styles alleviate the anxiety level of college students. The comparison of the anxiety levels of different grades as well as genders is also detected. The purpose of this study is to explore the current situation of college students' anxiety under the conditions of economic and social development in the eastern seaboard region, and the above study gives suggestions on how to alleviate college students' anxiety. The results of the study also give some ideas on how parents can raise their children and how to alleviate college students' anxiety by improving family parenting styles.

2 Literature review

In Chinese research, it is pointed out that parenting style refers to the combination of behavior tendency, behavior patterns and parenting attitudes held by parents in the process of raising and educating their children [1]. Research has shown that children with democratic parenting styles generally develop the best personalities [2]. Parenting style is the sum of attitudes, emotions and behavior patterns presented by parents in parenting their children. It includes both specific target behaviors related to parental responsibilities and non-verbal messages displayed by parents during parent-child interactions, such as gestures, tones and emotional displays [3].

Anxiety is an individual's unpleasant and complex psychological state of tension, uneasiness, apprehension, worry, and other unpleasant psychological states arising from an impending situation that may pose a danger or threat, i.e., anxiety is a negative emotional experience arising from the inability to cope with a perceived threatening stimulus [4]. Anxiety theories and mechanisms have been studied in depth abroad, and it is agreed that anxiety is a psychological state manifested through different degrees of emotional reactions under the stimulation of a certain cognitive environment. Therefore, anxiety is subject to individual cognitive evaluation ability, personality tendencies and other physical and mental factors, and is manifested in defense or avoidance behaviors by worrying as the basic feature [5]. Chinese studies have also pointed out that anxiety is the result of trauma, frustration and failure suffered by individuals in childhood due to their psychosocial development, so parenting styles have a non-negligible impact on children's anxiety or personality formation. Parents should work together to adjust their parenting styles to improve their children's healthy growth and healthy personality formation.

Chinese research has been conducted on the correlation between parenting styles and children's anxiety levels. It has been found that maintaining a harmonious and intimate relationship between parents and children, and being able to respect and understand each other, has a great effect on children's mental health,

and at the same time can alleviate children's anxiety. On the contrary, parents who worry too much about their children's health, intervene in their children's affairs, and punish their children severely when they make reasonable requests, and other inappropriate parenting styles are likely to cause anxiety in their children [6].

The relationship between family parenting style and social anxiety has also been suggested in national studies. Secondary school students with positive parenting have low levels of social anxiety. This reveals that parents should give appropriate emotional warmth to their children in their daily upbringing and reduce negative as well as rejecting behaviors towards their children [7]. In foreign studies, it has been suggested that anxiety and stress play a mediating role between some mothers' parenting styles and depression in female students, and that daughters may be more susceptible to their mothers' parenting styles [8]. Certainly, there have been studies showing the relationship between parenting styles and psychological symptoms in college students; the more emotionally warm and understanding parents are, the more outgoing and cheerful their children are. The more negative emotions such as harsh parental punishment, refusal to deny, and excessive interference and protection, the lower the level of mental health of children, the more withdrawn, and the more emotionally unstable they are [9].

Chinese studies have proposed that relative to the inland regions of the central and western parts of China, the eastern coastal regions of China have more prominent economic achievements and a faster rate of modernization and transformation. A study in Shandong Province for example found that the social mindset imbalance in the eastern coastal region of China was generally manifested at five levels, namely, the five levels of needs from low to high, such as physiology, safety, respect, belonging and love, and self-fulfillment, were not fully satisfied. There is a consensus that the income gap in the relevant region is too large, and the relevant people have obvious worries and low happiness [10].

3. Research subjects and research methodology

3.1 Research subjects

For undergraduate college students in Jiangsu region, a total of 236 questionnaires were collected by snowballing sampling. Among them, 60 participants are freshmen, 60 participants are sophomores, 57 participants are juniors, 59 participants are seniors.

3.2 Questionnaire selection

In this paper, the Chinese version of the Short-form Family Parenting Styles Questionnaire (s-EMBU-c) and Anxiety Self-Rating Scale (SAS) were selected.

The Chinese version of the Short-form Family Parenting Styles Questionnaire (s-EMBU-c) was revised

by Chinese scholars Jiang et al. (2010) on the basis of relevant foreign questionnaires and in accordance with China's national conditions. There are 21 questions in total, divided into father's and mother's versions. The questionnaire contains three dimensions: rejection, emotional warmth and overprotection. Emotional warmth is regarded as a positive factor, while rejection and overprotection are regarded as negative factors. Where emotional warmth is seen as a positive factor and rejection and overprotection are seen as negative factors. The Cronbach's alpha coefficient for this study was 0.807. The Cronbach's alpha coefficient for the father's rejection dimension was 0.841, the Cronbach's alpha coefficient for the mother's rejection dimension was 0.824, the father's emotional warmth Cronbach's alpha coefficient was 0.889, the Cronbach's alpha coefficient for the mother's emotional warmth was 0.882, the Cronbach's alpha coefficient for the father's overprotective dimension was 0.686, and the mother's overprotective Cronbach's alpha coefficient was 0.702. The anxiety level of college students was measured using the Self-Assessment of Anxiety Scale (SAS). The internal consistency coefficient of the SAS was 0.767, and the equal-length Sperman-Brown split-second reliability coefficient was 0.724, and the Gutman split-second reliability coefficient was 0.720, with the three reliability coefficients ranging between 0.700-0.800, indicating that the overall internal consistency reliability of the anxiety self-rating scale is in the acceptable range. The scale includes three sub-dimensions: Rejection, Emotional and Over Protection [7].

The Self-Assessment Scale for Anxiety (SAS) is suitable for adults with anxiety symptoms and has wide application. Foreign studies have concluded that SAS can better reflect the subjective feelings of psychiatric helpers with anxiety tendencies. And anxiety is a more common emotional disorder in counselling clinics, so in recent years SAS is a self-assessment tool for understanding anxiety symptoms in counselling clinics [11]. The internal consistency coefficient of the Self-

Assessment Scale for Anxiety was 0.767, and the equal-length Sperman-Brown split-half reliability coefficient was 0.724, and the Gutman split-half reliability coefficient was 0.720. The three reliability coefficients all ranged from 0.700-0.800, which indicated that the overall internal consistency reliabilities of the Self-Assessment Scale for Anxiety were in the acceptable range. The Pearson correlation coefficient of the Anxiety Self-Rating Scale was 0.621 ($p < 0.01$) [12]. Scoring and Interpretation: 1. The ratings were scored on a 1-4 scale 2. The scores of the 20 questions were summed to obtain a total score, and the standardised score was obtained by multiplying the total score by 1.25 and rounding to the nearest whole number. 3. The decomposition value of the anxiety assessment is 50 points, 50-59 points for mild anxiety, 60-69 points for moderate anxiety, 70 points or more for severe anxiety, the higher the score, the more obvious the tendency to anxiety.

3.3 Variable analysis

In this paper, descriptive statistical analysis was used to calculate the mean and variance of the gender distribution of anxiety levels and the grade distribution; independent samples t-tests were used to analyse the variability of gender and anxiety, the variability of only children in different family upbringing styles, and the variability of gender in different family upbringing styles. One-way ANOVA test was applied to analyse the variability of different grades and anxiety levels, and Pearson correlation analysis was applied to analyse the degree of correlation between family upbringing styles and anxiety. In addition this study used linear regression to analyse the linear regression between the mean values of family parenting styles and anxiety standard scores.

4.Result

4.1 Statistical results of demographic variables

Table1. Anxiety level gender distribution table

Anxiety Level	Male(quorum)	Female(quorum)
Normal	18(17.48%)	57(42.86%)
Mild Anxiety	32(31.07%)	37(27.82%)
Moderate Anxiety	29(28.16%)	19(14.29%)
High Anxiety	24(23.30%)	20(15.04%)

Table 2. Anxiety level grade distribution table

Anxiety Level	Freshman	Sophomore	Junior	Senior
Normal	9(15%)	17(28.33%)	24(42.11%)	25(42.37%)
Mild Anxiety	18(30%)	20(33.33%)	15(26.32%)	16(27.12%)
Moderate Anxiety	22(36.67%)	12(20%)	6(10.53%)	8(13.56%)
High Anxiety	11(18.33%)	11(18.33%)	12(21.05%)	10(16.95%)

As can be seen from Table 1 and Table 2, A total of 236 questionnaires were collected, of which 103, or about 43.64 percent, were from boys. For female students, 133 (about 56.36 per cent) were collected. Stratified sampling was adopted for the grades, 60

participants are freshmen , accounting for about 25.42 per cent, 60 participants are sophomores, accounting for about 25.42 percent, 57 participants are juniors, accounting for about 24.15 percent, and 59 participants are seniors. accounting for about 25 percent.

4.2 Tests for differences in anxiety on demographic variables

Table 3. Table of differences in gender and anxiety levels

Gender	Anxiety standardized score mean	T	Significance
Male	62.50		
Female	55.48	3.202	.002**

Note. **, $p < 0.01$

As can be seen from Table 3, there is a significant difference ($p < 0.01$). Further comparison of means revealed that the standard score of anxiety was higher in boys than girls, then it shows that boys are more anxious than girls.

Grade	Mean	SD	Intergroup F	Intergroup Significance p
Freshman	62.21	14.500		
Sophomore	58.58	17.352	1.382	0.249
Junior	56.95	17.605		
Senior	56.82	16.196		

As can be seen from Table 4, there is no significant difference between the groups between different grades ($p > 0.05$), indicating that there is no relationship between the anxiety level of college students and the difference in grades.

4.3 Tests of differences in family parenting styles on demographic variables

Table 4. Differences in anxiety levels by grade

Table 5. General table of family parenting styles

	N	Min	Max	M	SD
Father refused	236	1.00	3.83	2.1511	0.77931
Mother refused	236	1.00	4.00	2.2331	0.79408
Emotionally	236	1.00	4.00	2.6326	0.62803
Warm father					
Emotionally	236	1.00	4.00	2.7990	0.61526
Warm mother					
Overprotective father	236	1.00	3.88	2.4248	0.59343
Overprotective mother	236	1.	3.88	2.4820	0.53609

Table 6. Differences in gender across family parenting style test table

	Male	Female	t	P
Refused Father	2.4531±0.61	1.9173±0.82	5.773	<0.001***
Refused Mother	2.5502±0.65	1.9875±0.82	5.925	<0.001***
Emotionally	2.55334±0.51	2.6782±0.70	-1.711	<0.001***
Warm father				
Emotionally	2.6782±0.70	2.8926±0.64	-2.689	0.008**
Warm mother				
Overprotective father	2.5024±0.54	2.3647±0.62	1.777	0.077
Overprotective mother	2.5231±0.53	2.4502±0.56	1.017	0.310

Note: * indicates a difference at a significance level of 0.05, ** indicates a difference at a significance level of 0.01

From the above table 5 and table 6, it can be seen that there is a significant difference between the father rejection factor in father's scale and mother rejection factor in mother's scale both at 0.01 level of significance and there is a significant difference between the father emotional warmth factor in father's scale and mother emotional warmth factor in mother's scale both at 0.01 level of significance. From the mean values, it can be seen that the mean value of parental rejection factor is greater for boys than for girls, indicating that parental rejection parenting style is more likely to be raised in boys' families, and the mean value of parental emotional warmth factor is greater for girls than for boys,

indicating that parental emotional warmth parenting style is more likely to be raised in girls' families, and parental rejection parenting style is more likely to be raised in boys' families.

Analysis of results: Boys' families may have parents who are more likely to be "free" and less concerned about expressing their emotions, and therefore are more likely to develop a rejecting parenting style. In girls' families, parents may be more concerned about the need to express themselves politely and delicately, so they are more likely to develop an emotionally warm parenting style.

Table 7 shows that the correlation coefficient between the standardised score of anxiety and the mean value of father's rejection is 0.582, and the correlation coefficient between the mean value of mother's rejection is 0.573 ($p < 0.01$), thus indicating that there is a significant positive correlation between the standardised score of anxiety and the mean values of father's and mother's rejection factors, i.e. the father's and mother's rejection types of the family rearing styles and the college students' level of anxiety are significantly positively correlated. Similarly, there is no correlation between the anxiety standardised score and the mean

values of the paternal and maternal emotional warmth factors, i.e. there is no correlation between paternal and maternal emotional warmth in family upbringing styles and college students' level of anxiety. There was a significant positive correlation between the anxiety criterion score and the mean values of the father and mother overprotection factors, i.e., there was a significant positive correlation between the father's and mother's overprotection type of family upbringing style and the level of anxiety of university students.

Table 7. Pearson's correlation analysis table between family parenting style and anxiety level

	Anxiety standard score	Father refused	Mother refused	Emotionally Warm father	Emotionally Warm mother	Overprotective father	Overprotec tive mother
Anxiety standard score	1						
Father refused	0.582**	1					
Mother Refused	0.573**	0.792**	1				
Emotionally Warm father	0.105	0.040	0.001	1			
Emotionally Warm mother	0.008	-0.081	-0.115	0.694**	1		
Overprotecti ve Father	0.452**	0.583**	0.536**	0.186**	0.134**	1	
Overprotecti ve mother	0.451**	0.478**	0.478**	0.262**	0.167*	0.708**	1

Note: * indicates a difference at a significance level of 0.05, ** indicates a difference at a significance level of 0.01

There is a significant positive correlation between mother's rejection factor and father's rejection factor. That is, there is a significant positive correlation between mother's emotional warmth type and father's emotional warmth type in family parenting style. There is a significant positive correlation between the mean value of mother's overprotective factor and the mean value of father's overprotective factor, i.e., there is a significant positive correlation between mother's overprotective and father's overprotective types in family upbringing styles. The correlation between parental rejection and overprotection and the mean value of anxiety, as well as the correlation between parental factors, is consistent with the findings of Liu, Wu, and Wang.

Analysis of results: The above results indicate that college students' anxiety shows a significant positive correlation with the rejection and overprotection factors in the father's scale and a significant positive correlation with the rejection and overprotection factors in the mother's scale. The reason for the above may be that parents sometimes leave their children cold in the process of child rearing, and even use some methods to punish their children that the children can not bear, and the children who grow up in this way don't have the support of their parents when they encounter difficulties, and tend to fall into anxiety more easily, especially in the university, where the pressure of competition is more often than not borne by one person, and are more prone to be anxious. Another situation is that parents are overly disciplined, meddling in everything and overly

concerned about their children. Children growing up in such a family will easily hate their parents' discipline and will rely too much on the plans made by their parents, Once they fail to complete them, they will be under great pressure, which will also easily lead to anxiety. There is

also a correlation between the mother's parenting style and the father's parenting style, with the two influencing each other in terms of emotional warmth and overprotection.

Table 8. Table of results of linear regression analyses of family parenting style and anxiety criterion scores

	B	Nonstandard factor Standard error	Beta	t	p
A constant(math.)	16.508	5.315		3.105	0.002**
Father refused	6.427	1.880	0.304	3.419	<0.001***
Mother Refused	5.033	1.795	0.242	2.804	0.005**
Emotionally Warm father	2.547	1.920	0.097	1.326	0.186
Emotionally Warm mother	-0.952	1.937	-0.036	-0.491	0.624
Overprotective Father	0.606	2.198	0.022	0.276	0.783
Overprotective mother	4.670	2.260	0.155	2.066	0.040*
R2	0.405				
F	25.993				p=0.000

From table 8 it can be seen that $R^2=0.405$, then it means that these factors can explain the anxiety standard score i.e. the level of anxiety to the extent of 40.5%.

Eventually the specific analysis shows :

1. Father's rejection mean value $p<0.001$ which means that its mean will have an impact relationship on anxiety standard score.

2. mother's rejection mean value $p=0.005<0.01$ means that its mean will have an impact relationship on anxiety standard score.

3. father emotional warmth mean value $p=0.186>0.05$ implies that its mean value does not have an impact relationship on anxiety standard score.

4. $p=0.624>0.05$ for mother emotional warmth mean implies that its mean does not have an effect relationship on anxiety standard score.

5. $p=0.783>0.05$ for father overprotection mean implies that its mean does not have an effect relationship on anxiety standard score.

6. $p=0.04<0.05$ for mother overprotection implies that its mean does have an effect on anxiety standard score. Relationship.

Analysis of results: The results mean that father's rejection and mother's rejection are actually the most important among all parenting styles for college students and can have a greater impact on children's anxiety, followed by mother's overprotection. When the parents' attitude towards their children is most of the time reluctant to care, emotionally unstable, and lose their temper to their children from time to time, it will be depressing for the children and there will be more stress and anxiety. For the protection of mothers, the parenting style in the family is still mainly dominated by mothers, and fathers are also affected by the parenting style of mothers. So if mothers over-discipline their children, it is bound to have a certain impact on the child's anxiety.

Table 9 Differences in only child's upbringing in different Family parenting styles test table

	Only child	Illegitimate child	t	p
Father refused	2.2439±0.78	2.0250±0.77	2.148	0.033*
Mother Refused	2.3284±0.77	2.1033±0.82	2.169	0.031*
Emotionally Warm father	2.6513±0.60	2.6071±0.67	0.532	0.595
Emotionally Warm mother	2.7941±0.58	2.8057±0.67	-0.143	0.887
Overprotective Father	2.4733±0.60	2.3588±0.58	1.470	0.143
Overprotective mother	2.5175±0.56	2.4338±0.522	1.165	0.245

Table 9 shows that there is a significant difference between the rejection factors of only children and non-only children in both the father's scale and the mother's scale at the 0.05 level of significance, and the mean

values of rejection of fathers and mothers of only children are larger than those of non-only children, which shows that it is easier to form a parental rejection of the parental rejection of the parenting style of only children's families. The results are consistent with the results of Deng's (2023) study of junior high school students.

This result is consistent with the results of the difference in the parental rejection factor of only-children. Analysis of results: In families with one child in the eastern coastal area, due to the economic pressure and the development of economic level, modern people devote more time to work, and parents may not invest much energy in raising children. Compared to a family with many children, less time and energy is put into taking care of the children. Also, since there is only one child, they may be strict with their children, and sometimes they may punish their children for the slightest mistake, etc., which is more likely to cause anxiety in their children. This result was analysed with reference to Wu (2012) in her study of the relationship between interpersonal relationships and family parenting styles and coping styles of Korean junior high school students in Yanbian region.

5. Discussion

5.1 Summary analysis

The results of this study led to the following conclusions:

(1):Boys are more likely to have anxiety in college and are more likely to have a rejectionist type of family upbringing in their families. There may be the following reasons: firstly, male students are more likely to tend to be permissive in their families. Especially for college students, there is less discipline in the family, and they are more likely to receive coldness and inappropriate punishment from their parents. In girls' families, parents are more concerned about expressing themselves politely and delicately, caring more, and it is easier to develop an emotionally warm family upbringing style. Therefore, the parents of boys' families, especially college students, should give more love and care.

(2):College students' anxiety shows a significant positive correlation with the rejection factor and overprotection factor in the father's scale, and a significant positive correlation with the rejection and overprotection factor in the mother's scale. If parents are often cold to their children and do not give them companionship and education, the children do not get support from their parents when they encounter difficulties. They tend to doubt themselves and have difficulty in digesting their own selves, and thus they are also prone to anxiety. Another situation is that parents are overly disciplined, meddling in their children's affairs and imposing their own thoughts on them. For college students who already have their own thoughts, they will not only hate the parental discipline but also rely too much on the plans made by their parents, thus easily generating pessimism, which will also easily lead to excessive anxiety. Since mothers are the main educators

in the family, the mother's parenting style is related to the father's, and the mother's parenting style and the father's parenting style will affect each other. So, educationers should pay more attention to college students instead of being cold, and they should not give them tasks or impose inappropriate punishments in a stereotypical way.

(3): Father's rejection and mother's rejection are the most important of all parenting styles for college students, and have a greater impact on children's anxiety. Secondly, mother's overprotection also has a greater impact on college students' anxiety. This can be seen in the fact that it is important for parents to be there for their children and their attitudes, to give more care and not just leave them alone because they are already in college. For some mothers, there is an inability to let go of their children, and they continue to over-involve themselves in their children's affairs even when they are already in college. Mothers' parenting styles also affect fathers' parenting styles, so it is important for parents to be able to let go of their children while still being understanding and supportive.

(4):In families with only child in the eastern coastal area, only child families are more likely to cause anxiety, which may be different from the results of the traditional concept of education. The reason for this result may be due to geographical reasons and economic and social development. Due to the economic pressure as well as the development of economic level in the eastern coastal area, modern people devote more time to work and care less about their children. One-child families, with only one child, devote less energy to their families than parents of large families. This also refers to Wu Qiaoying's conclusion. Therefore, parents should not ignore their only child, they should still devote more time to accompany and educate their children.

5.2 Limitations and prospects

This paper only studied the data of one region, and there are more colleges and universities in the region, so it is not possible to achieve complete coverage. There are some limitations in the data analysis. The methodology used for data analysis is more basic and the analysis may be shallow.

In order to solve the shortcomings of this study, this paper proposes the future development direction: firstly, expand the sample capacity to conduct more in-depth research. Second, improve the representativeness of the data to make the research results more instructive.

6 Suggestions

(1):Boys are more likely to have anxiety, so college students need to pay attention to their emotional changes when studying at school, especially boys, and need to seek help in time if they have mental health problems. And boys are more likely to have parental rejection family upbringing in their families. Girls are more likely to have parental emotional warmth family upbringing in their families.

(2):There is a significant positive correlation between the anxiety level of college students and the rejecting and overprotective types of parenting styles. Parents should pay attention to the way they get along with each other when dealing with their children in general, and should not be too disciplined, impose their own views on their children, and set tasks for them that they must complete. In university, there is a lot of pressure to study, so an overprotective family parenting style is more likely to cause anxiety in children. Secondly, it is important to be supportive of the child and not dismiss them or ignore them. As the transition period between adolescence and adulthood, the university stage should give children more support and reliance. If a child does not have the family to rely on, he or she will be more prone to anxiety. It is also important to pay attention to more care and support for the families of boys, and more emotional care in the families of girls, and pay more attention to the emotional changes of the children. Finally, both mothers and fathers need to pay more attention to their own parenting styles as it may affect the other's parenting style.

(3):This study found that only children are more likely to develop parenting styles that are rejected by their parents. So families with only one child should not demand too much from them because they have only one child and should not punish them for the slightest mistake often. They should also have more care and patience for their children because they are only children and may face the problem of having no one to talk to in their university lives. Parents should learn to listen to their children's worries more and give more support to their children's life and study.

7 Conclusion

The research theme of this paper is to give some suggestions for alleviating college students' anxiety from the family perspective by studying the relationship between college students' family upbringing style and anxiety level, alleviating the problem of college students' anxiety, and thus promoting college students' mental health. Due to the vast area of China, this study mainly focuses on the eastern coastal region, taking Jiangsu as an example. This paper collects the scores of anxiety self-assessment scale and the Chinese version of the short-form family upbringing style questionnaire from undergraduate college students in Jiangsu region by questionnaire survey method, and uses descriptive statistical analysis, independent samples t-test, one-way ANOVA test, Pearson correlation analysis, and linear regression analysis to study the data, and draws the following conclusions:

(1):In the group of college students, male students have a higher level of anxiety. Rejection type of family upbringing is more likely to be formed in the families of male students and emotional warmth type of family upbringing is more likely to be formed in the families of female students.

(2):College students in rejecting and overprotective family upbringing styles are more likely to develop anxiety.

(3):Fathers and mothers influence each other on the emotional warmth factor and the overprotective factor and show a positive correlation.

(4):Rejecting family parenting style has the greatest degree of influence on children's anxiety, and mother's overprotective parenting style also has some influence on children's anxiety level.

(5) One-child families are more likely to develop a rejection type of family parenting style than non-one-child families.

References

1. T. Jing. J. Shaanxi Pre-school Teachers Coll. (07), 84-94. (2023).
2. Z.P. Deng. A study on the relationship between family parenting style, social support, coping style and test anxiety of junior high school students. Master's thesis, Xining, 2023
3. S. H. Liu, X. C. Wu, & X. Y. Wang. Psychol. Dev. Educ. (05), 673-682. (2023).
4. C.X. Zhang. Modern Psychology Shanghai: Shanghai People's Publishing. House
5. J. D. Kassel, M. Bornovalova, & N. Mehta. Behav. Res. Ther., **45**(5), 939-950. (2007).
6. X. Wang, X.W. Su, Y. Wang, X. Liu, Y.X. Song, L. Ren. Chin. J. Ment. Health(05), 344-345. (2000).
7. X. Zhang, & S. N. Xiao.. Chin. J. Health Psychol. (06), 925-930. (2023)
8. A.L. Patton, & M. S. Kirtley. Am. J. Coll. Health, 60(1), 21-26. (2012).
9. H.R. Zhao. Psychological adaptation of college students: the influence of family of origin. Doctoral Thesis, Suzhou, (2017).
10. C. Y. Xia, & Y. Q. Wang. Heilongjiang Soc. Sci.(04), 70-78. (2018).
11. Y.A. Zhou. Evaluation research on the application of anxiety self-assessment scale among college students in China, Master's thesis, Guangzhou, (2012).
12. Q.Q. Duan, & L. Sheng. (2012). Chin. J. Ment. Health, (09), 676-679.