

The Application of the Traditional Chinese Theory of the Five Elements' Generation and Restraint in Family Education

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Abstract: The traditional Chinese theory of the Five Elements, encompassing Wood, Fire, Earth, Metal, and Water, offers profound insights into various aspects of life, including family education. This paper explores how the principles of generation and restraint inherent in the Five Elements can be applied to family education to promote balanced and harmonious development of children. By aligning educational practices with these ancient philosophical concepts, parents and educators can foster an environment that nurtures children's physical, emotional, and intellectual growth. The study delves into practical applications, such as balancing discipline and encouragement (restraint and generation), and cultivating a holistic approach to learning and personal development. The findings suggest that integrating the Five Elements theory into family education not only enhances the overall well-being of children but also strengthens family bonds, creating a supportive and nurturing home environment.

Keywords: family education, traditional culture, effectiveness.

I. INTRODUCTION

The Five Elements Theory [1] originated in ancient China and is a philosophy used to explain the changes in the world and the relationships between all things learning system. The Five Elements refer to the five fundamental elements of metal, wood, water, fire, and earth, which are considered the basic substances that make up all things in the universe. And it is believed that there is a symbiotic relationship between these elements. The theory of the Five Elements can be traced back to the Spring and Autumn Period and the Warring States Period, and has been systematically expounded in classic works such as the Book of Changes and the Yellow Emperor's Inner Canon. [2] The theory of the Five Elements is widely applied in fields such as traditional Chinese medicine, feng shui, fortune telling, and education.

The theory of the Five Elements' generation and restraint is not only used in traditional Chinese medicine for diagnosing and treating diseases, but also applied in feng shui to layout residences, and in fortune telling to calculate human destiny. It has had a profound impact on Chinese culture, philosophy, science, education, and other fields. [3] The theory of the Five Elements' generation and restraint embodies human observation and summary of the interrelationships between natural phenomena, and is an important component of traditional Chinese culture. His theoretical foundations mainly include the theory of yin and yang (closely related to the theory of the five elements and yin and yang, emphasizing the unity and interaction of opposites in things) and the view of nature (ancient people discovered the relationship between the five elements through observing changes in the natural world, which led to the overall understanding) Formulate this theory) [4].

After the establishment of the People's Republic of China, education reform underwent multiple adjustments. After the reform and opening up in 1978, China reopened its doors and introduced a large number of Western educational concepts and models. [5] In recent years, with the deepening of globalization, the rise of Sino foreign cooperative education and

international schools, as well as a large number of Chinese students studying abroad, have further promoted the dissemination and application of Western educational concepts in China.

The introduction of Western education models in China has brought many new educational concepts and methods, but at the same time, it has also produced some drawbacks. [6] Firstly, there are cultural conflicts and differences in values, resulting in a lack of respect for traditional culture. Western education emphasizes individuality and creativity, while traditional Chinese culture emphasizes collectivism and etiquette. This difference may lead to a decrease in students' sense of identification with traditional culture and values. In addition, students may experience confusion in their values when receiving education from different cultures, making it difficult to balance the contradictions between traditional culture and modern concepts. Parents and society have high expectations for Western education, but in reality, not all introduced Western education models can achieve the expected results. This gap may lead to disappointment and confusion for both parents and students. Conflict of educational concepts: Parents may encounter conflicts with traditional family education concepts when accepting Western educational concepts, which can affect family harmony and children's mental health. In summary, although the introduction of Western education models in China has brought many positive changes, it has also produced a series of drawbacks. This study aims to coordinate the integration of Chinese Five Elements theory with modern family education, providing comprehensive solutions for family education, combining traditional Chinese Five Elements theory with modern family education, and consolidating the theoretical framework supporting this field.

II. LITERATURE REVIEW

The research on the theory of the Five Elements' generation and restraint involves multiple fields, including philosophy, medicine, education, management, and so on. Here is an overview of some relevant literature and research:

2.1 The Huangdi Neijing is one of the ancient Chinese medical classics, which elaborates in detail on the application of the Five Elements theory in traditional Chinese medicine and proposes the corresponding relationship between the Five Elements and the organs of the human body. The Yellow Emperor's Inner Canon emphasizes the restraint of the five elements and explains the mechanisms of human health and disease occurrence.

2.2 Many modern studies have explored the application of the Five Elements theory in traditional Chinese medicine diagnosis and treatment, such as the regulation of different constitutions and treatment plans for different diseases. For example, Wu Zhongxu et al. systematically summarized the application and development of the Five Elements Theory in modern Chinese medicine research in their book "Modern Research Progress of the Five Elements Theory in Traditional Chinese Medicine".

2.3 In 2005, the renowned Chinese scholar, cultural critic, and writer Nan Huaijin published "The Book of Changes and Modern Life". This book is not only an in-depth analysis of the classic Book of Changes, but also a wise guide that closely integrates traditional culture with modern life. The Five Elements and Eight Trigrams are the fundamental elements of the Book of Changes, and through research, explore the philosophy and applications behind them. The book provides modern people with rich life wisdom and practical decision-making methods, which have important cultural value and practical significance.

2.4 "The Wisdom of the Book of Changes" was written by Professor Zeng Shiqiang, a renowned management expert and expert in the field. The book combines the ancient classic of the Book of Changes with the concepts of modern life and management, presenting the profound philosophy of the Book of Changes to readers in a simple and understandable way. The book provides a detailed explanation of the basic concepts, five elements, and symbolic meanings of the 64 hexagrams in the Book of Changes, as well as how to apply these wisdom in daily life and work. Applying the philosophy of the Book of Changes to modern management, decision-making, and personal growth fields provides specific methods and examples, enabling readers to apply these ancient wisdom in practical life and work.

2.5 "Five Elements in Chinese Medicine" - Author: Helen Xiao Mei Wu

This article explores the application of the Five Elements in traditional Chinese medicine and analyzes how the theory of the Five Elements affects the diagnosis and treatment methods of traditional Chinese medicine.

2.6 "The Concept of Five Elements in Modern Chinese Medicine" - Work

Author: Lixing Lao, Brian M. Berman This article explores the evolution and application of the Five Elements theory in modern traditional Chinese medicine, as well as its practical effects and scientific basis in treatment.

2.7 "The Role of the Five Elements in Modern Chinese Culture" - Work

Author: Xiufeng Xu This article analyzes the status and influence of the Five Elements theory in modern Chinese culture, and explores its applications in cultural identity, aesthetics, and philosophy.

2.8 "Philosophical Foundations of Five Elements Theory" - Author:

Wen Ching Wu's article explores the theoretical basis of the Five Elements theory in Chinese philosophy and analyzes its relationship with the Yin Yang theory and Taoist philosophy.

2.9 "Applications of Five Elements Theory in Modern Psychology" - Work

This article investigates how the Five Elements theory is applied in modern psychology, exploring its potential and practical applications in psychotherapy and personality analysis.

In summary, the theory of the Five Elements, as an important component of Chinese philosophy, is used to explain the laws of change and development of all things in the universe. This idea has also influenced the moral concepts and behavioral norms of the Chinese people. The theory of the Five Elements is not only one of the core ideas of ancient Chinese philosophy, but also an indispensable and important component of the entire traditional Chinese cultural system. It provides an important ideological tool for people to understand the world, regulate behavior, and maintain harmony through in-depth observation and summary of the natural world and human life. Applying the Five Elements theory to family education and combining traditional theory with modern education is in line with the continuation of Chinese culture and national conditions, and will also be the direction of future Chinese education.

III. METHODS

In order to comprehensively and systematically evaluate the effectiveness of the "Five Elements" teaching method in improving difficult points in family education, and determine the factors that affect its effectiveness, we analyzed it from three dimensions: course learning difficulty, whether educational goals can be effectively formulated, and the evaluation of students' effectiveness after receiving education. This study mainly adopts two research methods: interviews and questionnaire surveys. These methods are used to develop interview outlines and survey questionnaires from different perspectives, including the child's parents and other family members.

The content of the survey questionnaire mainly includes five aspects: evaluation of the effectiveness of educational goal setting, assessment of course learning difficulty, evaluation of student learning outcomes, participation and feedback from parents and other family members, and factors affecting the effectiveness of teaching methods. Further adjustments and extensions will be made based on the specific research objectives and characteristics of the subjects. Ensure that the problem design is clear and covers the core issues and variables of research concern.

This method aims to identify and evaluate the effectiveness of the "Five Elements" teaching method in improving difficult points in family education. Various aspects of sexuality provide insights into the perspectives of stakeholders involved in the process. Using qualitative and quantitative data collected from interviews and surveys, the aim is to conduct a comprehensive analysis of the effectiveness and impact of this teaching method.

IV. RESULTS AND DISCUSSION

This section serves as the focus of the research, particularly emphasizing the clarification and explanation of quantitative results derived from the study. Here, the results of quantitative analysis are carefully presented and dissected based on the research question and objectives. The purpose is to comprehensively understand the effectiveness of the "Five Elements" teaching method, especially to conduct in-depth research on the core factors that affect its success. By rigorously synthesizing these quantitative results, this section aims to provide valuable insights into family education in the new era, thereby making significant contributions to the existing discourse on its future trajectory.

Table 4.1 illustrates the effectiveness of the "Five Elements and Overcome" teaching method in setting educational objectives. Overall, The weighted average score for setting educational goals is 3.49, indicating that the use of the "Five Elements Shengke Teaching Method" significantly improves the effectiveness of parents in customizing their children's educational goals.

This discovery demonstrates the lack of parental guidance on setting educational goals for families in the past, and after understanding the methods of angle goal setting, there is a strong tendency to use this approach. They show a strong desire to improve their educational abilities, enhance their educational cognition, and actively explore children's behaviors through this learning method Resolve relevant educational issues. These results indicate that parents have strong learning motivation and believe that the "Five Elements" teaching method is very beneficial for their children's growth.

Table 1: The effectiveness of the "Five Elements" teaching method in setting educational goals

Effectiveness (using the teaching method of "Five Elements and Overcoming")	weighted mean	Effectiveness
I have chosen this teaching method to clarify the child's training objectives.	3.66	Very effective
I won't randomly enroll my child in extracurricular classes anymore.	3.00	Very effective
My family's educational atmosphere has become much more harmonious.	3.09	Very effective
The time I have devoted to family education is more reasonable.	3.60	Very effective
I am no longer anxious about family education.	3.30	Very effective
weighted mean	3.49	Very effective

The research results in Table 4.1 provide insights into the effectiveness of the "Five Elements" teaching method in setting educational goals a comprehensive understanding. These results indicate that after using the "Five Elements" teaching method, parents' clarity of goals and the resulting harmonious family atmosphere are sufficient to demonstrate the effectiveness of the "Five Elements" teaching method in practical use. Parents are willing to devote time to studying the curriculum seriously to improve their personal educational abilities, and have achieved good results in using teaching methods. These improvements highlight the lack of systematic teaching methods in our previous field of family education. The high scores related to motivation such as investing time more reasonably (3.60) and not being anxious (3.30) are emphasized Parents hope to solve their children's family education problems in less time, as their children's family education can bring anxiety to parents. In addition, the harmonious atmosphere of family education (3.09) indicates that setting reasonable goals for family education is beneficial for the harmony and stability of the family.

These findings have enlightening significance for parents. In the process of learning and applying the Five Elements education method, parents can enhance their educational literacy and abilities, and become more professional and intelligent family educators The comprehensiveness and systematicity of the "Five Elements" teaching method theory can help parents support their children's comprehensive development in intelligence, emotions, social skills, physical fitness, and lay a solid foundation for their future growth.

Table 2: The effectiveness level of children's family behavior transformation after parents adopt the teaching method of "Five Elements and Frustration"

Changes in Family Behavior	weighted mean	Effectiveness
Communication between children and parents is more intimate.	3.13	Very effective
The child has a clear understanding of their own mistakes.	3.31	Very effective
Children can draw lessons from their own mistakes.	3.13	Very effective
Children can recognize the mistakes of others.	2.93	Effective
Children have a better understanding of their parents.	3.72	Very effective
weighted mean	3.24	Very effective

These results indicate that the weighted average score is 3.24 points, reflecting the effectiveness of the "Five Elements" teaching method. The effectiveness of children's behavior transformation. The research results in Table 4.2 provide insights into the effectiveness of the "Five Elements" teaching method after its use. The weighted average score of 3.24 points indicates that the use of the "Five Elements and Overcoming" teaching method has a significant effectiveness in promoting positive changes in children's behavior. Participants believe that the use of the "Five Elements" teaching method resulted in significant positive changes in children's behavior.

This result indicates that the "Five Elements" teaching method has significant effects in helping parents and educators guide children's behavior, cultivate good habits and morals. The score reflects the recognition of the overall effectiveness of the "Five Elements" teaching method by parents and educators, including direct observation and feedback on the improvement of children's behavior. Through this teaching method, parents and educators can develop educational strategies more systematically, intervene in children's specific problems, and achieve good educational results.

These findings have significant implications for parents and children. Good family education provides children with a solid foundation, cultivating their moral values, sense of social responsibility, and independent thinking ability. It not only helps children achieve academic success, but also shapes their sound personality and positive attitude towards life. The impact of family education is profound, as it can help children establish confidence, self-discipline, and good interpersonal relationships, ultimately promoting them to become citizens who contribute to society. At the same time, good family education can enhance understanding and communication among family members. The use of the "Five Elements" teaching method can effectively help parents and children build the most harmonious and warm family atmosphere.

Table 3: The effectiveness level of the "Five Elements" teaching method in improving children's performance in school

On campus performance improvement	weighted mean	Effectiveness
Can gladly accept the homework assigned by the teacher and complete it independently.	3.08	Very effective
Better relationship with classmates.	3.51	Very effective
After class, you can proactively ask the teacher for any questions they encounter.	3.25	Very effective
In the process of encountering difficulties in learning, no longer throw tantrums.	3.34	Very effective
More respect for teachers.	3.60	Very effective
weighted mean	3.29	Very effective

Overall, the weighted average score of 3.29 indicates that the "Five Elements" teaching method is effective for children in school. The effectiveness level of performance improvement. The research results indicate that the use of the "Five Elements" teaching method has significantly improved children's performance in school. Especially in terms of etiquette, sense of responsibility, and learning ability, there has been significant progress. This fully demonstrates the significant improvement of the "Five Elements" teaching method in children's understanding of learning, school, and teachers' cognition.

By integrating the theory of the Five Elements into modern educational practice, not only have teaching methods been enriched, but also new perspectives and ideas have been provided for students' moral education and cognitive development. The successful application of this teaching method indicates that the wisdom contained in traditional culture still has important inspiration and value for modern society.

These influences indicate that it is necessary to continue supporting and encouraging parents to adopt this teaching method, and to be able to adjust their family education method deviations in a timely manner. Continuously monitor and adjust the effectiveness of children's family education and growth through group discussions and sharing.

Table 4: Participation and feedback from other family members after using the Five Elements Shengke teaching method

Other family members	weighted mean	Effectiveness
Have you noticed any changes in your child's morality or values?	2.95	Effective
Do you think the family atmosphere is more harmonious?	2.83	Effective
Have you observed that the child is more relaxed?	3.48	Very effective
Have you noticed the etiquette and behavioral norms of children at home Significant improvement?	3.60	Very effective
Have you observed an increase in the child's sense of responsibility and participation?	3.35	Very effective
weighted mean	3.16	Very effective

The weighted average score is 3.16 points, indicating that positive feedback from other family members after using the Five Elements Shengke teaching method suggests that the teaching method is effective.

The Five Elements Teaching Method has been effectively applied in family education, significantly improving children's behavior, etiquette, sense of responsibility, and learning ability. This teaching method has been proven to be feasible and effective in practice, and can bring positive educational effects. The overall quality of children in the family environment has been improved, including being polite to others, taking responsibility, and actively participating in family activities. The improvement of comprehensive quality indicates that the Five Elements Shengke teaching method can comprehensively promote children's growth and development, not only making progress in academics, but also significantly improving their morality and behavior. The progress of children has driven positive changes in the family atmosphere, and interactions between family members have become more harmonious and harmonious. This indicates that the Five Elements teaching method is not only beneficial for individual children, but also promotes the improvement of the entire family environment, enhances the quality of relationships and communication among family members. The high feedback from other family members on the child's progress indicates their recognition and support for the Five Elements teaching method. This recognition helps to further promote and apply the teaching method, enhancing the consistency and consensus of family members on educational concepts.

In short, Tables 4.1 to 4.4 comprehensively reveal the various aspects after using the "Five Elements" teaching method. The effectiveness of the surface. They demonstrated the effectiveness of strong goal setting (Table 4.1), the effectiveness of children's family behavior transformation (Table 4.2), the effectiveness of children's behavior transformation in school (Table 4.3), and the effectiveness of feedback from other family members (Table 4.4). These findings emphasize the significant effectiveness of this teaching method in promoting children's comprehensive development and family harmony. It not only improves the comprehensive quality and behavioral performance of children, but also enhances the family atmosphere, gaining widespread recognition and support from family members. These positive feedbacks provide a solid foundation for further promoting and applying the teaching method of "Five Elements and Overcoming".

V. CONCLUSION

Exploring the influence of the "Five Elements" teaching method reveals the integration of a country's civilization and modernity. Traditional culture was once our history, and we will be the history of future generations. Through this study, the importance and continuity of traditional culture in modern education are demonstrated. Although times are advancing, people's virtues of kindness, bravery, law-abiding, willingness to learn and explore, and honesty have not changed. This is an educational goal that we should always pursue. By combining traditional Five Elements theory with modern educational methods, we can cultivate the next generation with comprehensive development. In this process, the role of family education is particularly crucial. Parents and family members are not only companions for children's growth, but also their moral values. A guide for quality and behavioral habits. This study not only provides new perspectives and methods for family education, but also valuable references for the formulation and implementation of education policies. We believe that through continuous research and practice, we can further optimize and improve the Five Elements teaching method, enabling it to play a positive role in more families and contribute to achieving educational equity and improving educational quality.

VI. SUGGESTIONS

The Five Elements Teaching Method, as a traditional and wise educational approach, can play an important role in modern family education. In order to better integrate this teaching method into family education, the following are several suggestions:

6.1 Sharing of educational philosophy: Family members should jointly learn and understand the basic theories of the Five Elements, ensuring that each All members understand the core idea of this teaching method and its application value in family education.

6.2 Integration of Family Culture: Incorporating the concept of the Five Elements' generation and restraint into family culture, making them members of the family Common values and codes of conduct to be adhered to.

6.3 Role allocation and collaboration: Based on the characteristics and abilities of family members, assign roles and responsibilities within the family, Promote effective communication and collaboration among family members.

6.4 Regular Evaluation and Feedback: Regularly evaluate the application effect of the Five Elements Shengke teaching method in family education, and collect data from families Feedback from court members and timely adjustment of educational strategies.

6.5 Balance between Emotions and Cognition: Pay attention to the emotional and cognitive development of children, and ensure that the Five Elements teaching method is effective Simultaneously meeting the development needs of both aspects.

6.6 Daily implementation of educational practice; Integrating the teaching philosophy of the Five Elements into all aspects of daily life, not only Limited to study time, including activities such as games and travel.

6.7 Respect individual differences Although the Five Elements teaching method provides overall guiding principles, attention should be paid when applying it Respect each child's personality and characteristics.

6.8 Resource Integration: Integrate resources from both inside and outside the family to create richer opportunities for the implementation of the Five Elements Shengke teaching method Items and environment.

6.9 Continuous Learning and Improvement: Parents and family members should continue to learn the latest research and practical results of the Five Elements Shengke teaching method, and continuously improve and optimize family education strategies.

By implementing the above suggestions, the Five Elements Shengke teaching method can be more effectively integrated into family education, providing a solid foundation for children's comprehensive development and supporting the establishment of closer and more harmonious relationships among family members.

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