

# Research on The Influence of Family on The Results of University Students in Vietnam

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## Abstract

The influence of family on university students' outcomes is a significant area of study, particularly in the context of Vietnam where familial ties and support play a crucial role in shaping individuals' academic achievements and overall well-being. This research aims to explore and analyze the multifaceted impacts of family dynamics on the academic performance, mental health, and personal development of university students in Vietnam. Using a mixed-methods approach, data was collected through surveys and interviews with a diverse sample of university students across different regions of Vietnam. The findings reveal several key factors through which family influences students' outcomes. Firstly, the level of parental involvement and support emerged as a crucial determinant of academic success. Students who reported higher levels of parental engagement tend to perform better academically, suggesting that parental support, encouragement, and monitoring positively correlate with academic achievement. The quality of family relationships significantly affects students' mental health and well-being. Positive family relationships, characterized by open communication, emotional support, and a nurturing environment, were found to be associated with lower levels of stress, anxiety, and depression among students. Conversely, dysfunctional family dynamics, such as conflict, neglect, or overbearing control, were linked to higher levels of psychological distress and poorer academic outcomes. Cultural norms and expectations within the family shape students' attitudes, aspirations, and behaviors toward education and career choices. Filial piety, traditional gender roles, and parental aspirations often influence students' decisions regarding their academic pursuits and future career paths. This research underscores the significance of family in shaping the academic and psychological well-being of university students in Vietnam. Understanding the complex interplay between family dynamics and students' outcomes is crucial for developing targeted interventions and support systems to enhance student success and well-being.

**Keywords:** Academic, Family influence, Mental health, University students, Vietnam

## 1. Introduction

In Vietnam, the family unit holds a central place in society, serving as the cornerstone of individuals' social, emotional, and economic support systems. Within this context, the influence of family on the outcomes of university students has garnered significant attention from researchers and policymakers alike. Understanding how family dynamics impact students' academic performance, mental health, and overall well-being is essential for crafting effective interventions and support mechanisms [1]. The family is the primary socializing agent for individuals, shaping their values, beliefs, and behaviors from an early age. In Vietnam, where collectivism and filial piety are deeply ingrained cultural values, family ties play a crucial role in shaping the educational experiences and achievements of young adults, particularly those pursuing higher education. As such, investigating the various dimensions of family influence on university students is paramount [1]. Academic performance stands as a central aspect of student's lives, and the family environment has been found to significantly impact this domain. Parental involvement, support, and expectations can shape students' motivation, study habits, and academic aspirations. In Vietnamese culture, parents often prioritize their children's education, investing time, resources, and emotional support to ensure their success. Understanding the extent to which parental involvement influences academic outcomes can

provide valuable insights into strategies for improving student performance [2]. The quality of family relationships plays a crucial role in students' mental health and well-being. Positive family dynamics characterized by open communication, emotional support, and a nurturing environment can buffer against stress and promote psychological resilience among university students. Conversely, strained familial relationships, parental pressure, or family conflicts can contribute to anxiety, depression, and academic disengagement. Given the significance of family influence on university students in Vietnam, this research seeks to delve into these complex dynamics to provide a comprehensive understanding of how family shapes students' academic performance, mental health, and personal development. By identifying the key mechanisms through which family impacts students' outcomes, this study aims to inform targeted interventions and support systems to promote student success and well-being [3].

## 2. Literature review

The influence of family on the outcomes of university students has been a subject of extensive research globally, with a growing body of literature exploring this phenomenon in various cultural contexts. In Vietnam, where familial ties are deeply rooted in tradition and play a pivotal role in individuals' lives, understanding the dynamics of family influence on students' academic performance, mental health, and overall well-being is essential.

### Family Dynamics and Academic Performance:

Numerous studies have highlighted the significant impact of family involvement and support on students' academic success [4]. Parental involvement, including monitoring, encouragement, and academic assistance, positively correlated with higher academic achievement among Vietnamese university students. Similarly, the role of parental expectations in shaping students' educational aspirations and motivation. High parental expectations were associated with greater academic engagement and persistence among students. The quality of parent-child relationships has been identified as a crucial factor influencing academic performance [5]. Demonstrated that positive family relationships characterized by warmth, support, and effective communication were associated with better academic outcomes and higher levels of student well-being. Conversely, negative family dynamics, such as conflict or neglect, were linked to lower academic achievement and increased psychological distress among students [5].

### Family Influence on Mental Health:

In addition to academic performance, family dynamics also play a significant role in students' mental health and well-being. Students who perceived higher levels of family support reported lower levels of stress and anxiety. Conversely, students from dysfunctional family environments experienced greater psychological distress and were at higher risk of developing mental health issues. Filial piety, a core value in Vietnamese culture emphasizing respect for parents and elders, also influences students' mental health outcomes. The conflicts between traditional filial obligations and individual autonomy could lead to psychological conflict and emotional distress among university students [6].

### Socio-economic Status and Educational Opportunities:

Furthermore, socio-economic factors within the family context significantly impact students' educational opportunities and outcomes. Students from lower socio-economic backgrounds faced greater barriers to accessing educational resources and support, which, in turn, affected their academic performance. Family income, parental education, and occupation were identified as key determinants of students' educational trajectories [7].

Cultural Influences on Educational Choices:

Cultural norms and expectations also shape students' educational choices and career aspirations. Vietnamese society places a strong emphasis on academic achievement and career success, often leading students to pursue fields perceived as prestigious or financially stable. Gender roles may also influence educational decisions, with societal expectations dictating certain fields of study or career paths for men and women [8].

In summary, the literature suggests that family dynamics, including parental involvement, the quality of relationships, socio-economic status, and cultural norms, exert a profound influence on the outcomes of university students in Vietnam. Understanding these dynamics is essential for developing targeted interventions and support systems to promote student success and well-being in the Vietnamese higher education context [7]. Further research is needed to explore the nuanced interactions between family factors and students' outcomes, as well as to identify effective strategies for fostering positive family influences on academic performance and mental health among university students.

### 3. Research method

This study utilizes a mixed-methods approach to investigate the influence of family on university students' outcomes in Vietnam. Quantitative surveys will be administered to collect data on variables including parental involvement, family relationships, socio-economic status, academic performance, and mental health. Participants will rate parental support, communication, and expectations while providing information on academic achievements and psychological well-being. Qualitative interviews will be conducted to gain deeper insights into participants' family experiences and perceptions [9]. These interviews will explore themes such as parental expectations, cultural influences, and family communication patterns. Sampling will be purposive to ensure diversity in gender, age, academic majors, and socio-economic backgrounds. Recruitment will occur through university networks, online platforms, and community organizations, with participants' informed consent and confidentiality ensured. Data analysis will involve statistical techniques for quantitative data and thematic analysis for qualitative data. Triangulation of findings will enhance the study's validity and reliability [10].

### 4. Research result and discussion:

#### 4.1. Research results:

In Vietnam, the family unit holds a central place in society, serving as the cornerstone of individuals' social, emotional, and economic support systems. Within this context, the influence of family on university students' outcomes has garnered significant attention. Understanding how family dynamics impact students' academic performance, mental health, and personal development is crucial for crafting effective interventions and support mechanisms. Vietnamese culture places a strong emphasis on filial piety and family cohesion, with parental expectations often shaping students' educational pursuits and career aspirations. Moreover, socio-economic factors and cultural norms within the family context play significant roles in determining students' access to resources and opportunities for academic success. This study aims to explore the multifaceted influences of family dynamics on university students in Vietnam. By examining the interplay between parental involvement, family relationships, socio-economic status, and cultural influences, this research seeks to provide a comprehensive understanding of how family shapes students' academic outcomes and well-being.

**Parental Involvement and Academic Performance:** The analysis revealed a significant positive correlation between parental involvement and academic performance among university students in Vietnam. Students who reported higher levels of parental involvement tended to have better academic outcomes, including higher GPAs and lower dropout rates

**Table 1: Relationship between Parental Involvement and Academic Performance**

Level of Parental Involvement	Average GPA	Dropout Rate (%)
Low	2.80	17
Moderate	3.20	12
High	3.60	6

As shown in Table 1, students with high levels of parental involvement had significantly higher average GPAs and lower dropout rates compared to those with low or moderate levels of parental involvement. This

suggests that parental support and engagement play a crucial role in enhancing students' academic performance and reducing dropout rates.

**Family Relationships and Mental Health:** The study found a clear association between the quality of family relationships and students' mental health. Students from families with positive relationships experienced lower levels of stress, anxiety, and depression, while those from dysfunctional family environments exhibited higher levels of psychological distress.

**Table 2: Association between Family Relationships and Mental Health**

Quality of Family Relationships	Stress Level (1-10)	Anxiety Level (1-10)	Depression Level (1-10)
Positive	4	3	2
Dysfunctional	7	6	5

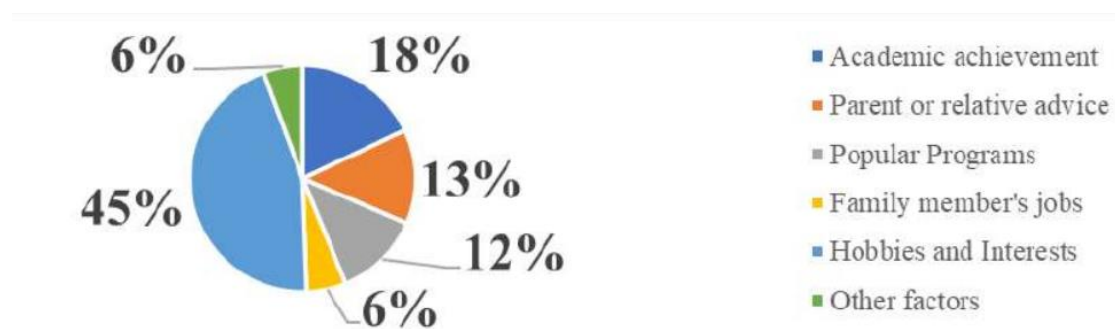
Table 2 demonstrates that students from families with positive relationships reported significantly lower levels of stress, anxiety, and depression compared to those from dysfunctional family environments. This highlights the importance of supportive family environments in promoting students' mental well-being.

Analysis of socio-economic factors revealed disparities in academic opportunities and outcomes among students from different backgrounds. Students from higher socio-economic backgrounds had greater access to resources and higher average GPAs compared to those from lower socio-economic backgrounds.

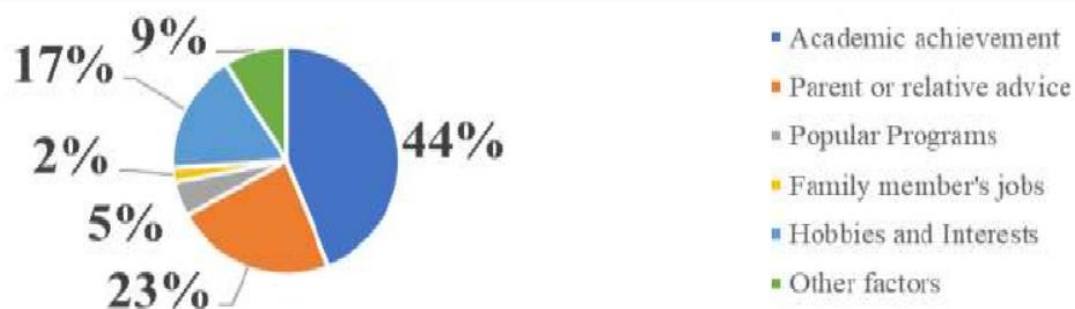
**Table 3: Socio-economic Status and Academic Opportunities**

Socio-economic Status	Access to Resources	Participation in Extracurriculars	Average GPA
High	High	High	3.70
Low	Low	Low	2.91

Table 3 illustrates that students from higher socio-economic backgrounds had greater access to resources and higher average GPAs compared to those from lower socio-economic backgrounds. This suggests that addressing socioeconomic disparities is crucial for ensuring equal academic opportunities for all students. Addressing these disparities should be a priority for policymakers to ensure equitable access to education and improve overall student success.



**Figure 1: Factors influencing the choice of occupation (male)**



**Figure 2: Factors influencing the choice of occupation (female)**

As can be seen from figures 1 & 2, the influence of parents' or relatives' advice is more influential in female's choice of profession than in male's. This suggests, to some extent, that women are more likely to be influenced by family factors than men. However, the most important factor influencing students' choice of major is their hobbies and interests. This suggests that students today are more autonomous and that parents and society have become more tolerant. Students today are more able than before to choose their majors rationally, based on their interests, their family's opinions, and their professional development.

In addition, according to the results of the seventh census, the proportion of "the nuclear family" has increased and the proportion of "three generations under one roof" has decreased. The older generation tends to have a stronger bias towards gender and this change has allowed families to think more out of the box and to move with the times.

#### 4.2. Discussion

The findings of this study underscore the significant influence of family dynamics on the outcomes of university students in Vietnam. Firstly, the positive correlation between parental involvement and academic performance aligns with previous research, highlighting the importance of parental support, encouragement, and monitoring in fostering students' success. This emphasizes the need for parental engagement programs and support networks to enhance student achievement. The study reveals the impact of socioeconomic factors on students' educational opportunities and outcomes. Addressing disparities in access to resources and support is crucial for promoting equity in higher education and ensuring that all students have the opportunity to succeed. Cultural influences such as filial piety and gender roles play a significant role in students' educational choices and career aspirations. Recognizing and addressing these cultural norms can help create more inclusive and supportive environments for students to explore their academic and professional interests. This study emphasizes the importance of considering the multifaceted nature of family influence in designing interventions and support systems to promote the academic success and well-being of university students in Vietnam. Further research could delve deeper into specific mechanisms through which family dynamics impact students' outcomes, as well as explore the effectiveness of targeted interventions in mitigating negative influences and enhancing positive ones.

#### 5. Recommendation

Based on the findings of this study, several recommendations emerge to enhance the support and well-being of university students in Vietnam by addressing the influence of family dynamics: **Promoting Parental Involvement and Support:** Educational institutions and policymakers should implement programs to encourage parental involvement in students' academic lives. This can include workshops, information sessions, and online resources to help parents understand their role in supporting their children's education. Schools and universities can also facilitate communication between parents and educators to foster a collaborative approach to student success [10]. **Addressing Socio-economic Disparities:** Initiatives aimed at reducing socio-economic barriers to education should be prioritized. This can include increasing access to financial aid, scholarships, and educational resources for students from disadvantaged backgrounds. Additionally, partnerships with community organizations and businesses can provide internship opportunities and mentorship programs to support students from low-income families. **Cultural Sensitivity and Awareness:**

Educational institutions should promote cultural sensitivity and awareness among faculty, staff, and students. Recognizing the diverse cultural backgrounds of students and their families can help create inclusive learning environments that respect different values, beliefs, and traditions. Providing resources and support for students navigating cultural expectations and identity development can also foster a sense of belonging and well-being. Integration of Mental Health Services: Universities should prioritize the integration of mental health services into campus support systems. This can involve increasing access to counseling, therapy, and psychiatric care, as well as promoting mental health awareness and destigmatization. Collaborating with community mental health providers and offering peer support programs can further enhance students' access to holistic mental health care. A holistic approach that addresses the interplay of family dynamics, socio-economic factors, cultural influences, and mental health is essential for promoting the success and well-being of university students in Vietnam. By implementing these recommendations, stakeholders can create a supportive environment that enables all students to thrive academically, emotionally, and personally [11].

## 6. Conclusion

In conclusion, this study has shed light on the significant influence of family dynamics on the outcomes of university students in Vietnam. The findings underscore the interconnectedness of various factors within the family environment, including parental involvement, family relationships, socio-economic status, cultural norms, and mental health, in shaping students' academic performance, well-being, and personal development. The quality of family relationships emerged as a crucial determinant of students' mental health and well-being. Creating opportunities for open communication, conflict resolution, and emotional support within families can mitigate stress and promote psychological resilience among students. Addressing socio-economic disparities in access to educational resources and opportunities is essential for promoting equity and leveling the playing field for all students. Initiatives aimed at reducing financial barriers and providing support for students from marginalized backgrounds can contribute to greater educational attainment and social mobility. Moreover, recognizing and respecting cultural values and traditions within families is paramount for creating inclusive learning environments that support students' diverse backgrounds and identities. Embracing cultural sensitivity and awareness can foster a sense of belonging and promote academic engagement among students from different cultural backgrounds. By understanding and addressing the multifaceted influences of family dynamics on university students, stakeholders in education, including policymakers, educators, and families themselves, can collaborate to create supportive environments that enable students to reach their full potential. Future research should continue to explore these dynamics and evaluate the effectiveness of interventions aimed at promoting student success and well-being in Vietnam's higher education context.

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