Causes and Solutions of Parents’ Educational Anxiety under the Background of “Double Reduction”

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Abstract: From spoon-feeding education to chicken-baby education, Chinese parents’ educational anxiety has not been resolved but intensified. With the implementation of the “double reduction” policy, students’ burden reduction has achieved remarkable results, but parents’ educational anxiety still exists. Through careful analysis, the article believes that parents’ educational anxiety comes from the following aspects: first, the traditional concept of “excellence in study leads to official” is deeply rooted; Second, parents themselves lack of information screening ability; Third, illegal operation of off-campus training institutions; Fourth, students waste their spare time seriously. In order to relieve parents’ anxiety about education, the paper puts forward the following suggestions: first, encourage multi-channel employment and break the traditional cognition of “excellent students will lead to official”; Second, strengthen the “double reduction” policy analysis, improve the information screening ability of parents; Third, unite various forces to prevent the violations of off-campus training institutions. Finally, create a harmonious family atmosphere, cultivate a good parent-child relationship, do a good job of after-school time management and allocation.

Keywords: “Double reduction” policy, Parents, Education anxiety.

1. Introduction

Chinese parents generally attach great importance to education. In the process of their children’s learning and growth, they are not optimistic, but full of anxiety, which is also known as educational anxiety. To effectively reduce the compulsory education stage student (students) work burden and external training, build the good education ecology, in May 2021, the general office of the central committee of the communist party of China, the State Council issued “about further reduce the compulsory education stage student’s opinions on homework burden and off-campus training (hereinafter referred to as the)” ShuangJian “policy.” The document points out in the work target, within one year, the excessive homework burden of students and the burden of off-campus training will be effectively alleviated, and the educational expenditure of families and the energy burden of parents will be smoothly reduced. Since the “double reduction” policy was issued, the disorderly expansion of off-campus education and training institutions has been curbed, and the workload of students has also been gradually reduced. To some extent, the educational anxiety of some parents has been alleviated, but a considerable number of parents still have educational anxiety. The anxiety caused by parents’ educational problems not only affects their own work and life, but also directly affects their children’s mental health.

2. Attribution Analysis of Parents’ Educational Anxiety in China

Since the founding of the People’s Republic of China, the policy of “reducing the burden” has been accompanied by the educational reform of primary and secondary schools. Educational anxiety has gradually become the most common psychological problem of Chinese parents, and runs through the whole process of educational activities. After the introduction of the “double reduction” policy, a series of actions, from the purchase of school district housing to crowdfunding private education, from spoon-feeding education to chicken-baby education, have become the true portrayal of domestic parents’ education anxiety. Anxiety refers to negative emotional reactions and psychological states such as anxiety, fear, tension and discomfort when individuals perceive potential dangers. Educational anxiety refers to the tension, anxiety, annoyance and other complex emotional states reflected in the educational level caused by the uncertainty of the educational process and results. Where does our parents’ educational anxiety come from? The article will be discussed from the following aspects.

2.1 The Traditional Cultural Concept of “Excellence in Study Leads to Official” Is Deeply Rooted

From ancient times to now, “all are inferior, but reading is high”, “reading is the only way out”, “scholar agriculture and industry” and other traditional cultural concepts have a profound impact on Chinese people’s views on reading. In China’s feudal society, people were divided into four levels, namely scholars, peasants, workers and merchants. Scholars represented the intellectuals at that time and enjoyed the highest social status and treatment. Only scholars could become officials and have the chance to succeed. Therefore, everyone is eager to change their social class through reading, so as to change their poverty-stricken living conditions, so Fan Jin has become a tragic portrayal of this phenomenon. In modern society, whether it is buying a school district house or hiring a one-to-one private teacher, it reflects the excessive educational anxiety of Chinese parents. Although some families are not well off, parents spare no effort to let their
children enjoy high-quality educational resources. What is driving parents so crazy? The answer is self-evident. A child’s improved academic performance means not only a secure, decent, well-paid job after graduation, but also a social rise, thus making the class jump. According to the statistics of China education Finance Family Survey in 2018, the rate of after-school training for primary and secondary school students is as high as 48.3%, and the average annual cost is about 2,697 yuan. Among them, 5% families with the highest annual consumption expenditure spend 14,372 yuan per student on off-campus training. It can be seen that the cost of out-of-school training alone accounts for a large part of family education expenditure. Reading and learning for a long time leads to an increasingly high rate of myopia in primary and secondary school students, and parents’ excessive educational anxiety leads to frequent psychological problems in primary and secondary school students. After the introduction of the “double reduction” policy, the amount of homework of students is significantly reduced, the burden of students is reduced, but the parents are anxious, whether the children really master the knowledge, whether the children can get good grades, for parents all this has become unknown. Especially with the popularization of education diversion system, domestic parents’ education anxiety is not reduced but increased. After the diversion of education, talents will be trained in different directions, which means that the threshold of university will be higher and higher. Students who fail in the gaokao will no longer be allowed to repeat the exam, and those who fail will be assigned to different vocational schools to receive vocational education based on their scores. In addition, schools do not publish rankings of students’ academic performance, so parents cannot judge their children’s academic performance and make a correct decision based on the actual situation. Most parents still cling to the belief that reading is the only way out and say the tension caused by the current situation is like “unpacking a blind box”.

2.2 Parents Themselves Lack of Information Screening Ability

Weak information screening ability of parents can easily lead to misreading of national policies. In the era of big data, the Internet provides a social platform for the public to express their opinions freely. All kinds of information are spreading at an unprecedented speed, but the authenticity, effectiveness and accuracy of its content need to be further considered. For a long time, the wrong idea not only didn’t get the correct and timely interpretation, also widely circulated in society, caused the domestic parents concern about “ShuangJian” policy, they are worried about their children lose at the starting line , they are worried about their children to be the policy of “victim”, they even at the cost a lot of resources and energy, Seeking to make every effort to let children receive high-quality education resources, the crazy “roll-in” phenomenon in the education circle is still continuing. Statistics show that parents who do not know about the “double reduction” policy show more educational anxiety than those who do. The tendency of short-sighted and utilitarian education runs through the whole process of family education in China. Parents fall into the vicious circle of “unclear—pseudo-clear—less clear” in educating students, and their emotions become more anxious from anxiety, forming the “Mobius circle” of educational anxiety cycle. Therefore, parents’ ability of information interpretation and screening is particularly important.

2.3 Illegal Operations of Off-Campus Training Institutions

In order to prevent the phenomenon of “reducing the burden on campus and increasing the burden on off-campus”, the “double reduction” policy clearly states that off-campus training institutions are not allowed to use the rest days stipulated by national laws to organize any discipline training. On the surface, the disorderly expansion of large-scale after-school training institutions has been effectively curbed. Educational institutions no longer openly sell anxiety, and the burden of after-school training for students has been initially eased. At present, our country each big media institutions continue to publish news, such as “external training would be built huge fines system lifetime off-limits mechanism”, “strengthening the external training administrative law enforcement”, “building off-campus training social supervisors team” and so on, this a series of actions, the purpose is to solve the trouble back at home of parents, thoroughly and burden for the students, This not only reflects the state’s attention to the rectification of after-school training institutions, but also shows the implementation of the “double reduction” policy of determination. However, it is worth noting that the state issued a series of bans, reflecting from the side that the phenomenon of illegal operation of off-campus training institutions still exists. According to the public, some off-campus training institutions “sell dog meat”, under the guise of interest courses, actually carry out secret subject training, but also take the opportunity to inflate the fee standard and make high profits. The school has reduced the amount of homework for students, which many parents find difficult to accept as their children still face fierce competition in the high school entrance and college entrance exams. Quite a number of parents worry about their children’s academic performance, and privately enroll their children in academic cram schools. In addition, under the “double reduction” policy, more and more parents enroll their children in various after-school classes regardless of economic pressure. Under the bad induction of some training institutions, interest classes are “changing taste”, showing the characteristics of exam-oriented education. “Interest in learning” changed to “assessment and comparison”, deviating from the original intention of quality education and training. Under the condition of market competition, training institutions must have the good performance to attract more parents to sign up, lead to deformity development training institutions, from the “cake” into “textual research” class, distinction, the textual research has to be almost all the content, skill, creativity, have “customers-want,” lost “aura”, make programmes will kill the real interest. The burden on students has not been eased in a real sense, but has caused serious educational anxiety among parents in China.

2.4 Unreasonable Allocation of After-School Time

In the “double minus” context, students do most of their written work at school, which means more free time. In the past, there was more homework, more training, and always not enough time. Now that children have more free time, parents are starting to worry. Some parents reflect that
children spend more time with computers, game consoles and other electronic equipment as companions, parent-child war is imminent. In addition, the Internet has successfully captured the psychological inertia of end users, constantly pushing interested content to them in the way of mutual chain of information, locking users firmly in front of the screen. Primary and middle school students love to play, self-control is poor, once addicted to the network world, it is difficult to cut off contact with the Internet, if parents strongly prevent, will also lead to the escalation of family conflicts. The original intention of the “double reduction” policy was to allow primary and secondary school students to participate in appropriate physical exercise, reading and literary activities in their spare time, so as to realize the all-round development of morality, intelligence, physique, beauty and labor. However, due to the improper management of parents, the waste of their children’s spare time is quite serious, and parents are therefore very anxious.

3. The Construction Path to Relieve Parents’ Educational Anxiety

Based on the above reasons, parents’ education anxiety is not formed overnight. It is a complex and repeated social problem, and its formation is restricted by many factors. When discussing the solution of educational anxiety, we should not generalize, but consider from multiple perspectives, so as to realize the real sense of “reducing the burden” of students and parents.

3.1 Break Traditional Perceptions and Encourage Multi-Channel Employment

In recent years, in order to build a strong modern socialist country, training high quality technical personnel is the top priority in China’s education work. Vocational education is the foundation for training professional and technical personnel, promoting employment and promoting high-quality development of China’s manufacturing and service industries, Li said. With the implementation of the “double reduction” policy, the class consolidation caused by elite education has been restrained by the restriction of private tutoring, and the gap between the rich and the poor has been further widened in the medium term. With relatively equal educational resources, more children from poor families will have the potential and opportunities for development. At present, vocational education is constantly changing. Since 2019, vocational and applied undergraduate colleges have started the pilot work of “diploma + Several vocational skill certificates” (“1+X”) system, which means that vocational colleges and undergraduate colleges will have a better development in the future. The inherent channels of social advancement are fundamentally breaking the ice, and the diversified channels of class rise make the students of vocational and technical colleges become “golden collar” in the future. Represent future advanced nature, new social class, social organization will emerge ceaselessly. High-quality people with real skills will stand out from more and more flexible channels. It will help ease the fierce competition by informing Korean parents about the future employment situation and breaking the traditional perception that education is the only way out. At the same time, parents should establish a forward-looking educational concept and respect their children’s hobbies and interest development needs. Let the child choose, as long as the child is interested in, like, children can get happiness and happiness in learning is the best choice. Therefore, to break the traditional cognition, encourage multi-channel employment, let parents know the future employment trend of Our country, and popularize relevant employment knowledge to parents will effectively alleviate the educational anxiety of parents.

3.2 Strengthen the “Double Reduction” Policy Analysis, Improve the Information Screening Ability of Parents

Parents’ ability of information screening is related to their children’s educational choice. Therefore, the paper proposes the following suggestions: First, schools should encourage parents to obtain educational information from formal channels, such as CCTV news, Learning Power APP, the official website of Ministry of Education, PRC and other reliable platforms. Second, schools can regularly organize online parent learning exchanges to publicize correct education concepts and interpret the latest education policies. Third, it is suggested that the community carry out activities to analyze the “double reduction” policy, popularize the “double reduction” knowledge to the community residents, improve the information screening ability of domestic parents, and prevent being cheated.

3.3 Coordinating Various Forces to Standardize the Behavior of Off-Campus Training Institutions

To regulate the illegal operation of out-of-school training institutions, it is necessary not only to coordinate school, government and family, but also to start from the out-of-school training institutions themselves. First, schools should build a scientific education evaluation system and break the theory of only score. We should make schools and teachers treat quality education correctly and not regard scores as the only goal. The school’s requirements for quality education of students should not be too high. Applying for several interest classes and taking an examination of several certificates can be regarded as extra points, but can not be regarded as a compulsory examination, so as to effectively stop the phenomenon of anxiety selling in off-campus training institutions. Second, relevant government departments should shoulder the responsibility of qualification examination and routine spot check of extracurricular education counseling institutions, strengthen the supervision and accountability system, and severely deal with violations, so as to ensure that primary and secondary school students can receive good quality cultivation. Third, both government policy guidance and school quality assurance belong to “external” governance, which fundamentally needs to be promoted by the internal subject of family. Therefore, in the face of educational anxiety and extracurricular tutoring problems should not be limited to the external path, but also must strengthen the family internal governance—their own capacity building. Finally, training institutions themselves should focus on cultivating interest, supplemented by textual research, to improve children’s creative ability.

3.4 Cultivate Harmonious Parent-Child Relationship, Do a Good Job of After-School Time Allocation
Build harmonious family atmosphere, cultivate harmonious parent-child relationship, help to improve the status and prestige of parents in children’s heart, so as to help children better allocate their spare time. The policy of “double reduction” advocates quality-oriented education and pays attention to the all-round development of primary and secondary school students. Therefore, during the winter and summer holidays, parents should pay attention to cultivating children’s habits of loving labor and sports, encourage their children to do housework within their power, accompany their children to participate in outdoor sports activities, and enhance parent-child communication and close parent-child relationship in the process of accompanying. In spare time, parents should pay attention to cultivating their children’s interests and hobbies rather than signing up for remedial classes in various subjects, respect their children’s interests and hobbies, and do their best to support their development of interests and hobbies. In addition, parents should strictly control the time their children spend using electronic products, and be sure to set the electronic products in juvenile mode to prevent their children from becoming addicted to the Internet and losing themselves. Finally, parents should prevent their children from having too high expectations, for the emphasis on academic performance to the neglect of other education will hinder their children’s overall physical and mental development.

References


