

Investigation and Countermeasures of Parents' Pressure Status

-- Take the Parents of Primary and Secondary School Students in Zhenjiang as An Example

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Abstract

Since ancient times, education has always attracted much attention. People also focus on children under education, but with the rapid transformation and rapid development of society, the current education for parents is more of pressure and anxiety. Parents are an important part of the school's teaching and training of talents, and they are also a very important group in society. Paying attention to the practical problems faced by school education and family life, reducing the psychological pressure of parents, is conducive to the improvement of students' self-quality, the development of teaching work, and the improvement and development of parents themselves. At the same time, parents should do a good job of self-psychological adjustment, the whole society should give parents and friends more tolerance, and parents should get more care and understanding. The author selects primary and secondary schools in Zhenjiang area as the main research objects, and uses analysis software such as SPSS to analyze the data through pressure scale, variance analysis, factor analysis and other methods. According to the data results, describe and evaluate the specific level of parents' stress, and then make suggestions for improvement of parents' occupational stress, family life stress and physical health.

Keywords

Parents; Stressor; Social competition; Parental pressure.

1. Analysis of Parental Stress Status

The needs of the development of modern society put forward higher requirements for parents. Parents undoubtedly shoulder the heavy responsibility of education while nurturing their children. In today's society, parents not only take care of their children's daily life, but also create a good educational environment for their children. At the same time, they need to deal with their own work and bear the pressure of their elders. Since parents are an important force in the development of the entire school, the role of parents is becoming more and more important. The trend of economic globalization will not only accelerate the development process of my country's social economy, legal system, and cultural construction, but also have a great impact on the education field. The reform has created more space for children to develop their thinking. At the same time, parents are faced with greater challenges and pressures. The development of education puts forward a series of new requirements for parents. Modern society increasingly requires parents to have higher scientific and cultural qualities, a certain degree of artistic accomplishment, a good family environment, and good economic ability. These higher requirements put a lot of pressure on parents' psychology.

Studies have shown that parents are facing education problems, work problems, and life problems. These series of problems have caused parents' pressure and tension. A large number of survey data show that parents are indeed a "high-stress occupation." Excessive pressure will make people form a negative mental state, lack of work and life passion, low work efficiency,

seriously affect and restrict the healthy development of children, and even affect the development of school work and affect the education of students. Therefore, how to reasonably require parents to cooperate with school work, effectively relieve the pressure of parents, and provide psychological relief and guidance, and better promote the healthy development of children and parents, is an issue that cannot be ignored by the entire society.

2. Analysis of the Source and Cause of Parental Stress

In 2021, we investigated the current situation of parental pressure of primary and secondary school students in Zhenjiang City. Among the 200 parents surveyed, we obtained a data analysis histogram as shown in the figure below.

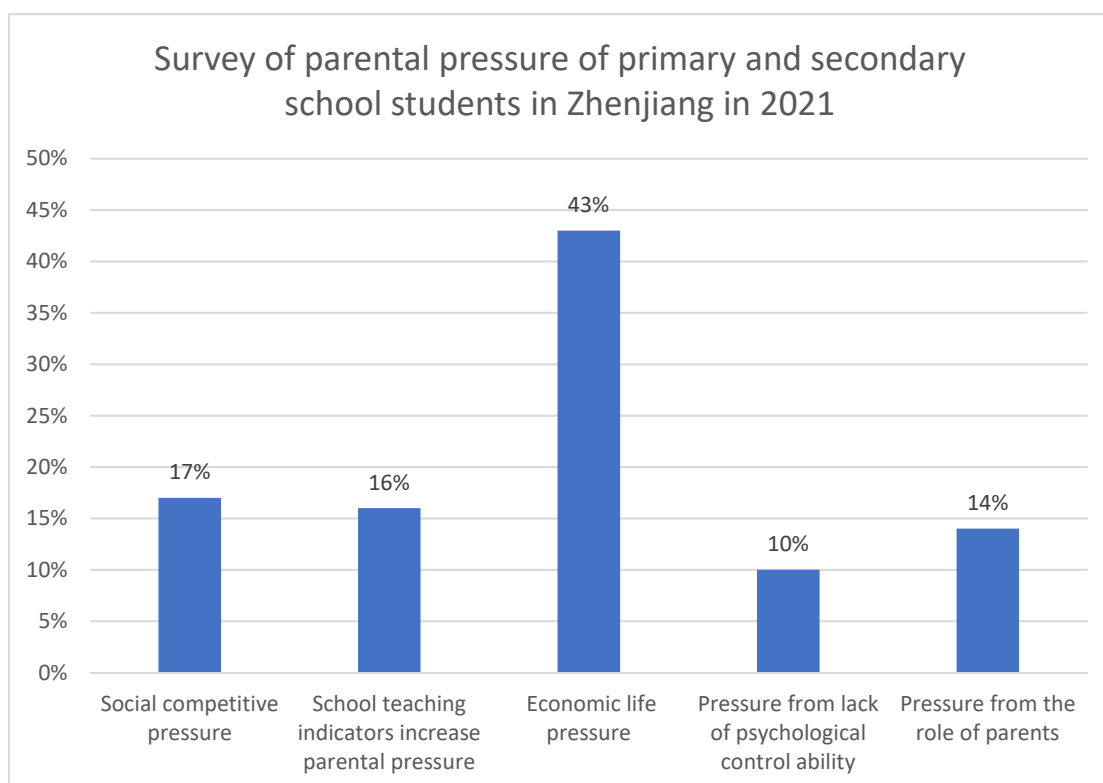


Figure 1. Survey of parental pressure of primary and secondary school students in Zhenjiang in 2021

2.1. Parents' External Stressors

2.1.1. Social Competitive Pressure

Parents' anxiety and pressure are essentially caused by the fierce social competition in China and the uneven distribution of social education resources. Parents want their children to gain an advantage in social competition through reading. Parents' pressure and anxiety seem to make their children enter a good school. But the essential purpose is to make one's own children stronger than other children, and want them to seize the commanding heights of the future social resource allocation through education. China's education is fairly fair and worthy of a lot of input from all families. When one's own family does not have sufficient resources compared with other families, pressure will follow.

2.1.2. School Teaching Indicators Increase Parental Pressure

The task faced by many parents is to pay attention to the dynamic notifications issued by various groups in the school and their children's homework and respond in time; all kinds of online learning and online answering tasks arranged by the school should be completed with

their children; young children, Parents must also go to school to clean up; attend parent meetings on time. Now parent meetings are basically held on working days. Parents can only ask for leave to participate. Children make mistakes or the school requires parents to be there on call. Some of these unreasonable requirements have increased the burden on parents.

Recently, the Taiyuan City Education Bureau has issued the "Implementation Opinions on Further Doing a Good Job in Reducing the Burden of Primary and Secondary School Students", which strictly prohibits asking parents to correct homework, clean classroom hygiene, like and forward all kinds of information, etc. Previously, The Ministry of Education has clearly ordered that teachers are not allowed to assign homework through mobile phone WeChat and QQ, and hand over the task of correcting homework to parents, so as to avoid the phenomenon of "burden reduction for schools, burden for society, burden for teachers, and burden for parents." As far as parents are concerned, they should abide by the rules, be considerate of the teachers' difficulties, and pay attention to the law-abiding and civilized speech in the group.

2.1.3. Economic Life Pressure

With the improvement of the material standard of living, the consumption and expectations of the family are also higher and higher. At the same time, parents have to face the burden of housing, medical care, and children's education. In particular, the younger parents are under greater financial pressure. However, the wages of most parents cannot fully satisfy the family's expenditures and expectations. In order to increase income, many parents increase their workload by working overtime or part-time in order to obtain high returns. Among the parents surveyed, 43% of the parents have to face great economic pressure. Therefore, under the pressure of life, parents must not only go out to work, but also take care of the family. They may also need to tutor their children with homework after get off work, which will undoubtedly bring a lot of pressure on their body and mind.

With the ever-increasing pressure of competition in today's society, in order to prevent children from losing at the starting line, parents have higher and higher education requirements for their children. Starting from choosing schools for their children, in order for their children to enjoy good educational resources, parents try their best to get their children into good schools, buy school district housing, relocate their families, and settle their children in relatives' houses. Up. Then enroll children in various extracurricular tuition classes and interest classes. In order to cultivate children's comprehensive development of "ethics, intelligence, physical, beauty, and labor", in addition to learning cram schools, they must also be enrolled in various interest classes. The financial pressure of the family has increased significantly, but the financial pressure has increased at the same time the psychological pressure has also increased, and parents must always worry about their children's academic performance.

2.2. Internal Stressors of Parents

2.2.1. Pressure from Lack of Psychological Control Ability

As the backbone of the family, parents are burdened with heavy burdens and face anxiety in all aspects of life. Parents are accustomed to bear the pressure alone, so the maintenance of their mental health is easily overlooked. Parents lack suitable ways to vent their pressure, and parents themselves lack correct psychological adjustment methods. They are in a high-pressure environment for a long time and have nowhere to vent, which will easily cause psychological problems. Therefore, the psychology of parents needs to arouse public attention.

2.2.2. Pressure from the Role of Parents

For a long time, our understanding of the concept of parents is incomplete, and we have not fully considered the various needs of parents. It should be fully realized that parents also need personal and mental health care, rather than thinking that parents should take all

responsibilities as they should. Parents also have physical needs, safety needs, social needs, respect needs, and self-realization needs. However, in the face of a market economy society with diversified values, the diversification of parents' needs has been neglected, causing parents' pressure and aggravating psychological problems.

3. Research on Parental Pressure Adjustment Countermeasures

3.1. Regulate the Internal Environment of the Home

3.1.1. Common Beliefs and Common Values in the Family

"Common belief" is the belief that two people agree on, that is, they have the same view on "what should be how". "Common value" is the value pursued by the two of them. As parents of children, we must first establish a common belief and unite in the methods and methods of educating children. Parents should not make similar scenes of quarrels and quarrels in front of their children. When parents have common beliefs and common values, they can be more handy in educating children, and children will grow up in a better environment.

3.1.2. Parent-child Relationship

In the traditional Chinese teaching child model, the common beliefs and common values between parents and children are very insufficient. Parents treat their children with an attitude of "authority", "knows everything" and "you are under my control". The children are required to be "obedient". The children are completely passive and it is difficult to establish sufficient self-worth (confidence, self-love, self-esteem). Since the responsibility of parents is to help children grow up well, so that they have enough ability to stand in their own environment, so it is extremely important for them to develop sufficient self-confidence, self-love and self-esteem. Parents should use love, encouragement and support instead of criticism, reprimand and opposition to promote children. Parents should also help children establish a set of good beliefs, values and rules. That is, parents need to give their children an equal position in order to have the so-called common beliefs and common values.

3.1.3. Relationship with the Elderly

In the new era, some young parents often don't have time to take care of their children independently, so the parents of young parents will pick up and take care of their children. At the same time, young parents will have conflicts with their children's grandparents, which leads to education. The discord of ideas. At this time, young parents need to correct their mentality, actively solve the problem of mental deviation, and actively communicate with their children's grandparents. At the same time, they must also do their parents' responsibilities. This creates an environment that is also conducive to the children. Growth.

3.2. Perform Self-regulation

3.2.1. Physiological Adjustment

The first is the deep breathing method. You can find a quiet place where no one is crowded, sit down in a comfortable position, close your eyes, and take a deep breath in the following way. The second is the physiological balance method. This method comes from the latest research results on the physical health of the East and the West. You can sit or stand while doing it. The third method is the withdrawal method. This method is most suitable for situations where you cannot leave the scene but want to calm down. The method is: Whenever your bad mood rises and you want to restore peace in your heart, imagine yourself looking down at the scene in the air and seeing yourself and everyone on the scene.

3.2.2. Relieve Tension

(1) Arrange time for one person to be alone. If the tension in the family is not changed in a short time, and the pressure of life and work is continuous, parents will feel afraid of going home.

Parents of single-parent families are particularly prone to this situation. Rather than wait until you can't stand it and feel resistance, evasion, or disgust, it is better to arrange some ventilation opportunities in advance to enable you to sustain yourself, such as regularly arranging independent and peaceful activities: going to the sea or countryside, visiting museums, exhibitions, etc. , The library, and participate in some activities of personal interest, including finding friends for a meal, listening to a concert, and participating in a dance party. The goal is to establish a third type of life in addition to work and family, which can be breathable.

(2) Improve yourself by learning. Participate in some classes that can improve your abilities. Simply increasing the learning of knowledge or skills may generate additional stress. However, learning some courses that enhance mental ability, such as NLP, brain training, emotional intelligence, etc., can enhance a person's ability to deal with environmental pressures, and thus be more capable Cope with the psychological and spiritual challenges that arise every day.

(3) Change lifestyle. There are tens of thousands of possibilities for changing lifestyles, depending on one's imagination and creativity. One parent changed the time of washing dishes to the next morning, and every night there was a lot of precious time to communicate with his family; another parent moved to the suburbs to live in, more fresh air, less rent, more The time spent with the family is eliminated, and there is less noise and noise.

3.2.3. Other Effective Decompression Methods

(1) Exercise. Exercise is actually one of the best ways to decompress, because stress causes the body to produce a lot of harmful substances such as adrenaline, which leads to endocrine changes, and exercise can rebuild the balance of all aspects of the body.

(2) Listening to music or singing. Music is actually the easiest way to balance the left and right brains. Singing can also reduce or eliminate the negative emotions in the body.

(3) Any activity that can make you laugh. Laughter can drive the body's endocrine and immune system to make many positive changes, which can quickly improve the physical and psychological state of the whole person.

(4) Massage. Emotions are stored in the entire body. A good massage can change the physical condition of the body, thereby greatly reducing the emotional pressure remaining in the body.

The issue of parental pressure has become a hot topic in society, but it has not attracted enough attention. The development of parents also plays a pivotal role in the long-term development of the entire society. For the parents of elementary and middle school students, there is appropriate pressure, which to a certain extent is conducive to the conversion of motivation to encourage children to study and take care of their children. However, when there is too much pressure, pressure will cause parents' psychological burden and even affect their physical health. Which has a negative impact on all aspects of life. Therefore, it is necessary to pay enough attention to the current situation of parents' pressure, and through appropriate methods, alleviate the pressure of parents and cultivate a positive and optimistic attitude to face children's educational problems.

Acknowledgments

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