

# Educational Anxiety: Essence and Relief

Wei Fan<sup>1</sup>

1. Jiangxi Normal University, School of Education, Nanchang City, Jiangxi, China

---

**Abstract:** Current education problem of anxiety is a common problem, reflected in such aspects as children enrollment, studying, admission to schools of a higher level, and education originated in reading anxiety to change the fate of the traditional thought, the education resource supply and distribution imbalance, education evaluation system of simplification, the influence of education marketization, etc, under the background of “ShuangJian” policy, we should face up to the phenomenon of educational anxiety in the period of social transformation, relieve the social educational anxiety by means of ideological transformation, mechanism innovation and environment construction, and do our best to safeguard educational fairness.

**Keywords:** Education anxiety; Off-campus training; Relief

---

## 1. Introduction

In recent years, education has become a central focus of social concern, and education issues have always touched people's nerves. Every year, key words such as "reducing the burden", "college entrance exam" and "education fairness" cause heated discussions in the news and social media. The fact that "schools district housing", "accompanying students" and "high school migration" have become social buzzwords shows how much money and energy Chinese parents invest in the education of their next generation. At the same time, the "education anxiety" has arisen, which is not only fall on the children's side, but also on the parents' side. Moreover, children's anxiety is to a large extent a product of parents' anxiety, and it also stimulates parents' anxiety to further increase<sup>[1]</sup>. Education anxiety is not only found in urban areas, but also in rural areas, and it is a social problem that exists on every stage from a child's enrollment to schooling.

## 2. The essence of the problem of educational anxiety

Educational anxiety is a widespread social phenomenon, and the existence of this phenomenon is not only related to parents themselves, but also stems from the entire social environment and the transformation and changes in society. Therefore, to discover its substance, we need to analyze its causes from multiple perspectives.

### 2.1 The idea of reading to change one's fate

Since ancient times, China has had the idea of "learning and being a good scholar" and "reaching and helping the world", and at the same time the traditional idea of "expecting one's son to be talent" and "glorifying the ancestors" had a profound influence. It is believed that if you study well, you will be able to come to the fore and achieve the goal of "leaping from a carp to a dragon". After the founding of New China in the era of planned economy, having a good academic performance will be able to enter the university, and the state will assign jobs to graduates. You can have the status of "cadres", to eat the "royal food", the "state rice bowl". Therefore, education carried the heavy responsibility of improving living conditions, upgrading social status and changing family destiny. Parents either lose confidence in their children's education in the face of the difficulties of college students' employment and large investment in education, and take "the theory of uselessness of studying" as the guideline of life; or under the influence of utilitarian education concept, they invest in education for their children regardless of the cost, and when their children's academic performance is poor or employment pressure is high, parents will have education anxiety<sup>[2]</sup>. Thus, traditional thoughts and concepts have given more utilitarianism to education and increased people's expectations for education to achieve class mobility and change their fate.

## 2.2 Homogenization of the education evaluation system

For a long time, under the guidance of the utilitarian tendency of education, the phenomena of "score-only", "promotion-only" and "diploma-only" have narrowed the goal of education. The goal of education is directed to "one-way people". The practice of education and teaching put too much emphasis on intellectual education, "points" is more important than educating people. Getting high scores and getting into a good school are taken as the core goals of students' growth. The tendency and practice of "politicizing academic performance" is obvious. The "first grade rate," "985 rate," and "Beiqing rate" have become hard indicators for the government to evaluate the education department, the education department to evaluate schools, and the schools to evaluate teachers<sup>[3]</sup>. Under such an orientation, people's goal of education is more to get high scores and attend better universities as a way to build a better employment base. As a result, many parents and students are bent on pursuing higher scores and neglecting other aspects of development, especially in the context of the current separation of vocational and general education, such score competition is advanced to the compulsory education stage. Therefore, the secondary school examination becomes the "watershed" for children. The singularity of the educational evaluation system neglects other aspects of student development and puts students and parents in the midst of comparing scores and rankings. Naturally, students and parents set the goal of education as getting better scores and going to a better university. In order to pursue this goal, they can give up other things and spend time and money to improve their scores from various aspects such as in class and after school.

## 3. Relief of educational anxiety

The emergence of education anxiety not only increases the learning pressure of children and the ideological and economic pressure of parents, but also increases the anxiety and impatience of the whole society, which will not be conducive to the long-term healthy development of the society in the long run. Therefore, we should face the phenomenon of education anxiety in the social transition period, and relieve the education anxiety of the society by means of ideological change, mechanism innovation and environment creation.

### 3.1 Change of mind: return to the original intention of education

"Culture is the activity of the mind, the granting of beauty and noble feelings. Fragmented information or knowledge has nothing to do with culture. A person who is merely knowledgeable is just the most useless and annoying person in the world. We want to create people who have both culture and expertise. Expertise lays the foundation for their beginnings, while culture, like philosophy and art, leads them to the profound and profound"<sup>[4]</sup>. As Whitehead pointed out, we need to learn professional knowledge, but also cultural literacy, our education should not only teach students how to get high marks and how to go to a good university, the education itself should be to enrich people and make them become a complete and capitalized person. The original intention of education is to nurture people, to change the utilitarian tendency, to return to the original intention and mission of education.

To relieve educational anxiety, the most important thing is to achieve a change in thinking, on the one hand, the government, especially some local governments and education authorities should reverse the concept. They should try to break the only score, only the rate of Qingbei, only the rate of "educational performance concept", and do better education for all with heart and soul. From the perspective of integrated urban and rural development, small rural schools should not only be preserved and restored, but also developed with high quality. In the current economic context, small rural schools are one model among a variety of school development forms<sup>[5]</sup>. At the same time, we see the role of education in the long-term development of regional development. With the continuous optimization of the educational environment and the expansion of educational investment, we promote the fair investment of educational resources and achieve high-quality and balanced development of education. On the other hand, parents should pay attention to family education, which should implement the fundamental task of establishing moral education, respect the laws of physical and mental development and individual differences of children, so that each child can get the development they deserve.

### 3.2 Mechanism Innovation: Encouraging Students' Diversified Development

There is more to a person's development than just scores. Scores may determine which school to attend and what kind of college to attend in the short term, but they cannot be fully equated with a person's development. For a long time, we have been promoting quality education and advocating all-round development, which is to encourage students to achieve diversified development. We should make efforts to break the evaluation system that is only based on scores, and we should diversify the evaluation of students, teachers and schools, and develop a reasonable evaluation mechanism from different perspectives. In addition to, we also can encourage students to decide their future development according to their interests and strengths, and

give them multiple choices. In the background of the general high school and vocational high school, we should make efforts to provide good vocational education, so that students can make a career in their field of interest and become talents that society really needs.

To relieve educational anxiety, every child should be given the opportunity to become a success. Breaking away from the past thinking of "judging heroes by their scores". As an educator, we should adhere to the fundamental task of establishing moral education, follow the laws of education, enrich the campus culture constantly, stimulate the potential of children in a sustainable environment, and cultivate good behavior, so that every child has the opportunity to become a success.

## References

- [1] Wu, Champion. The post-human condition and Chinese educational practice: The end of education or lifelong education? -- Philosophical Reflections on Education in the Age of Artificial Intelligence[J]. Journal of East China Normal University (Education Science Edition), 2019, 37(01):1-15+164.
- [2] Cui Baoshi, Deng Youchao, Wan Zuofang, Li Jianmin, Huang Xiaolei, Qin Lin, Weng Qiuyi, Cao Peijie, Du Yunying. Reversing the tendency of utilitarianism in education[J]. Education Research, 2020, 41(08):4-17.
- [3] Wu Xinying. The causes of educational anxiety and the way to relieve it[J]. People's Forum, 2019(24):138-139.
- [4] Wu Xinying. The causes of educational anxiety and the way to relieve it[J]. People's Forum, 2019(24):138-139.
- [5] Cui Baoshi, Deng Youchao, Wan Zuofang, Li Jianmin, Huang Xiaolei, Qin Lin, Weng Qiuyi, Cao Peijie, Du Yunying. Reversing the tendency of utilitarianism in education[J]. Educational Research, 2020, 41(08):4-17.
- [6] (English) AlfredNorthWhitehead, translated by Xu Ru Zhou, The purpose of education [M]. Sanlian Bookstore, 2002, P1.
- [7] Chu Hongqi. Educational change in the process of urbanization-what kind of educational reform is needed for new urbanization[J]. Education Research, 2015, 36(11):4-13+24.