

The Family Response and Impact of the "Double Reduction" Education Reform in Chinese Compulsory Education

Abstract: "Reducing the burden" has always been a hot topic in the reform of basic education, and it has been also one of the issues that parents focus on. The "Double Reduction" policy clearly requires that schools, teachers, and parents must reduce the homework burden and extracurricular training burden of students in the compulsory education stage, and shall not assign homework that exceeds the level of the national curriculum standards; must not assign homework to parents or assign homework in disguise; shall not require parents to check and correct homework; teachers shall not participate in paid tutoring outside of school, etc. Although the "Double Reduction" policy is related to the transformation of family education in every family, there is still a lack of research on the family reaction and impact of the "Double Reduction" in education in Henan Province. This study conducted a survey on the implementation status, satisfaction, influencing factors and outstanding problems of students in two districts, two cities, and two counties of Xuchang City, Henan Province using SPSS 26.0 for quantitative questionnaire analysis (n=450) and NVivo 12 for qualitative interview text transcription research.

This study found the following four main aspects: 1) The degree of understanding of the "Double Reduction" policy among family members in Xuchang, Henan Province; 2) The reaction of family members in Xuchang, Henan Province to the "Double Reduction" policy and the focus on investigating the basic information of family members in Xuchang, including gender, parental titles, age, family income, and parents' and children's educational backgrounds; 3) The impact of the "Double Reduction" policy on family members in Xuchang, Henan Province, including changes in children's grades, changes in parenting styles, parent-child companionship and communication, investment in hobbies, investment in subject education, and leisure time arrangements; 4) Changes in parenting styles in Xuchang, Henan Province under the "Double Reduction" policy.

This study is conducive to understanding the inner voice of contemporary students, providing a practical basis for improving students' all-round development and releasing social vitality, improving the quality of education, strengthening the role of school education as the main battlefield, ensuring that more families reduce economic pressure, and reducing the homework burden and off-campus training burden of students in compulsory education.

Key Words: Double Reduction; education reform; compulsory education; homework design

1 Introduction

The implementation of the "Double Reduction" policy is one of the core concerns of the country's compulsory education. The "Double Reduction" has very important value and significance for the growth of minors. [01] [02] School administrators, education practitioners, parents and all sectors of society are required to attach importance to the "Double Reduction" and actively respond to it. In Chinese education sectors, the "Double Reduction" refers to effectively reducing the excessive homework burden and off-campus training burden of students in the compulsory education stage. [03] In 1955, the Ministry of Education issued the first burden reduction document entitled, "Instructions on Reducing the Excessive Burden of Primary and Secondary School Students". [04] Since then, the burden reduction policy has been issued many times and has been continuously strengthened. This shows that the problem of academic burden has a long history and underscoring the fact that the burden reduction problem is a difficult one.

In 2021, the document of "Opinions on Further Reducing the Burden of Homework and Off-campus Training for Students in Compulsory Education" was issued, requiring all regions and departments to implement it conscientiously in light of their actual conditions. [05] In August of the same year, the Office of the State Council Education Supervision Committee issued a special notice, proposing to report the progress of the implementation of the "Double Reduction" work in each province twice a in a month. Compared with the past, the "Double Reduction" policy this time has the following distinctive characteristics: First, the internal circulation has been brisk as the stakes are high, and the introduction of supporting policies such as the "Family Education Promotion Law" has attracted widespread attention from the society. Second, detailed provisions have been made on the content of burden reduction, and a mechanism and implementation measures for improving homework management have been proposed; third, a supervision strategy has been systematically formulated, and provinces and cities have successively issued targeted implementation documents, covering by the entire provision. In October 2021, the National People's Congress stated that the "Double Reduction" is intended to be clearly included in the law to avoid increasing the burden on students in compulsory education. On 3rd November, the State Administration for Market Regulation and other eight departments issued the policy on "Notice on Doing a Good Job in the Control of Off-campus Training Advertisements", resolutely preventing the publication of off-campus training advertisements on billboards and advertising spaces in subways, bus stations, etc. In March 2021, the Ministry of Education issued the

"Sleep Order" and in July of the same year, the "Double Reduction" policy was introduced. Data available on these policies shows that after the sleep order and Double Reduction policy, 60% of primary and secondary school students have increased their sleep time to varying degrees, among which 9.41% have increased their sleep time by more than 2 hours; 21.66% have increased their sleep time by 1 to 2 hours; and 28.88% have increased their sleep time by 0 to 1 hour. [05] [06]

On 5th January, 2022, the General Office of the Ministry of Education issued the "Notice of the General Office of the Ministry of Education on Carefully Carrying out the 'Double Reduction' Work during the Winter Vacation". On February 8, 2022, the Ministry of Education released the 2022 work points on its official website, a total of 35 items. "Double reduction" is still the "top priority" of the Ministry of Education's work in 2022. [07] The Ministry of Education specifically proposed to guide local governments to distinguish non-disciplinary training institutions, reflect public welfare attributes, realize normalized supervision, and prevent new barbaric growth. It has been a year since the General Office of the CPC Central Committee and the General Office of the State Council issued the policy of "Opinions on Further Reducing the Burden of Homework and Off-campus Training for Students in Compulsory Education". [08]

Over the past year, Xuchang City has taken coordinating and promoting, highlighting key points, home-school co-education, and strengthening publicity as the starting point for improving the quality of schools, and improving the system and mechanism, focusing on supervision and rectification, updating parents' concepts, and strengthening platform construction as the focus of off-campus governance, realizing the linkage between "improving the quality of schools" and "off-campus governance", effectively reducing the excessive homework burden and off-campus training burden of students in the compulsory education stage, and handed in a brilliant "report card". First, to promote "Double Reduction", Xuchang City started with homework management. The Xuchang Municipal Education Department has improved and perfected the homework management mechanism and publicity system, strictly controlled the amount of homework for primary and secondary school students, and ensured that there is no written homework for the first and second grades of primary schools, and the daily written homework for other grades of primary schools is controlled within 60 minutes, and no more than 90 minutes for junior high schools. It also established a "no homework day" and homework negative list system, resolutely overcome mechanical and ineffective homework, and eliminate repetitive and punitive homework. It established a homework fuse mechanism to ensure "three times", namely necessary sleep time, school schedule, and bedtime at night, to ensure that students get enough sleep and grow up healthily.

At the same time, Xuchang City has paid close attention to improving the quality and efficiency of schools, and took the lead in the province to issue the "Xuchang City Compulsory Education Primary School Chinese and 12 Subjects Homework Design and Implementation Guidance (Trial)", which improves the level of homework management and homework quality, reflecting the distinctive characteristics of the school stage and disciplines. [09] In the selection of excellent cases of homework design in the compulsory education stage in Henan Province in 2022, Xuchang City won 7 first prizes, 21 second prizes, and 38 third prizes. Secondly, while standardizing homework management, Xuchang City's compulsory education schools have fully implemented after-school services with "one school, one case". According to the "5+2" model, the after-school service time has reached the standard rate of 100%, achieving two "full coverage" (full coverage of compulsory education schools and full coverage of students in need), and 265,112 primary and secondary school students have participated in after-school services, with a participation rate of 92.84%; the satisfaction rate of students and parents is above 97%. Since the beginning of this year, 5 schools in District 1 of Xuchang City have been selected as demonstration areas and demonstration schools for after-school services in the compulsory education stage of Henan Province. [10] Afterwards, Xuchang City continued to summarize and refine, excavate advanced models, and gather a strong synergy to further promote the "Double Reduction" work. The Xuchang Urban-Rural Integration Demonstration Zone has formed a homework management model of "one management, three precisions, and one guidance" through the "Huawei Cloud" precision teaching cloud platform, using informatization to reduce students' homework burden and ensure that the burden is reduced without reducing quality. It was selected as a typical case of "using information technology to strengthen homework management" by the Ministry of Education. The No. 1 Middle School of the City has formed a "345" working model in the "Double Reduction" work, building a solid education main position, and was selected as a typical case of the fifth batch of schools implementing the "Double Reduction" by the Ministry of Education. The above two cases have been promoted by the Provincial Department of Education to the whole province. Finally, since the start of the "Double Reduction", Xuchang City has simultaneously strengthened teacher management. On 31st March, Xuchang City issued the "Notice on Strictly Prohibiting the City's In-service Primary and Secondary School Teachers from Participating in or Disguisedly Participating in Teaching in Off-campus Training Institutions", which regards whether teachers participate in illegal teaching as an important basis for annual assessment, professional title evaluation, job recruitment, and implementation of rewards and punishments. Teachers in the city have signed more than 20,000 responsibility letters. Moreover, while strengthening the management within the school, the supervision of off-campus training

institutions has never been relaxed in Xuchang. Since the beginning of this year, Xuchang has established a coordination mechanism for the "Double Reduction" work, strengthened supervision, formed a joint force, carried out comprehensive supervision and inspection of off-campus training institutions in the city, and further regulated and standardized the licenses, teachers, and courses of off-campus training institutions in the city. Through the governance of off-campus training institutions, the off-campus training pressure of students in Xuchang and the economic burden of family education have been significantly reduced, and the education ecology has been further optimized. In the context of the deep integration of education and society today, "Double Reduction" is no longer a task that can be accomplished by any one party alone, family, school, or society, but a common responsibility of the three. [11]

Literature review has revealed that there is still a blank survey on the implementation of the "Double Reduction" policy in Xuchang City, Henan Province. Xuchang, formerly known as Xuzhou, is a prefecture-level city under the jurisdiction of Henan Province. It is a regional central city of the Central Plains Urban Agglomeration approved by the Henan Provincial Government, a transportation and logistics hub city in the Central Plains Economic Zone, an important national advanced manufacturing base, and a historical and cultural city of the Han and Wei Dynasties. It is located in the central part of Henan Province, bordering Zhoukou City to the east, Luohe City to the south, Pingdingshan City to the west, Zhengzhou City to the north, and Kaifeng City to the northeast; it has 2 districts, 2 cities (county level), and 2 counties under its jurisdiction, with a total area of 4,996 square kilometers. According to the data of the seventh census, as of 1st November, 2020, the permanent population of Xuchang City was 4,379,998. [12] Therefore, studying the family response and impact of the "Double Reduction" in Xuchang City, Henan Province, has positive practical significance for reducing the burden on primary and secondary school students in Xuchang City, Henan Province. From an academic perspective, compulsory education is one of the important topics of pedagogical and sociological research. The investment in compulsory education and burden reduction measures are related topics for research. By adopting scientific qualitative and quantitative research, we can gain a comprehensive understanding of the current status of the implementation of the "Double Reduction" policy in Xuchang City, Henan Province, and provide data and practical support for educational decision-making and management.

2 Research Design

2.1 Research subjects

The subjects of this survey are family members in two districts, two cities and two counties of Xuchang City, Henan Province (including: Xuchang City including Weidu District, Jian'an District, Yuzhou City, Changge City, Yanling County and Xiangcheng County).

2.2 Research questions

1) How well do family members in Xuchang City, Henan Province currently understand the “Double Reduction” policy?

2) What is the current reaction of family members in Xuchang City, Henan Province to the “Double Reduction” policy?

3) What is the impact of the “Double Reduction” policy on family members in Xuchang City, Henan Province?

4) How has parenting style changed in Xuchang City, Henan Province under the “Double Reduction” policy?

2.3 Methodology

Through quantitative electronic questionnaire survey, family members in two districts, two cities and two counties of Xuchang City, Henan Province (including: Xuchang City including Weidu District, Jian'an District, Yuzhou City, Changge City, Yanling County, Xiangcheng County) studied the family reaction and impact of Henan Province's education "Double Reduction" (including the above four research questions). Using SPSS 22.0 data analysis software, through single sample analysis and correlation analysis, the reaction and impact of the "Double Reduction" policy on Xuchang citizens were analyzed. This study designed an online electronic questionnaire through Questionnaire Star, and collected 461 questionnaires, of which 450 were valid questionnaires.

Through qualitative analysis, interviews were conducted by visiting, face-to-face interviews and telephone interviews with 20 households in two districts, two cities and two counties of Xuchang City, to investigate the reactions of family members in Xuchang City to the "Double Reduction" policy and the changes in family education methods (including research questions 2 and 4). The audio recordings were transcribed and compiled, and the themes were coded using the qualitative research software QRS NVivo 8.0 to analyze the impact of the "Double Reduction" policy on family education in Xuchang City.

3 Research Findings

After conducting an online questionnaire survey, 450 valid questionnaire survey data (n=450) were imported into SPSS 22.0 for data analysis, and the text data and interview materials were transcribed and

imported into the qualitative analysis software QRS NVivo 8.0 for coding, node coding and tree diagram coding. The research findings are as follows.

1) Parents who spend more time with their children have a better parent-child relationship.

In an online questionnaire of 421 Xuchang family citizens, 55.90% of them said that "compared with before the 'Double Reduction', they are more willing to accompany their children, and the time they spend with their children is significantly longer. Correspondingly, after the "Double Reduction", parents organize more time to participate in their children's learning and growth, and the activities are more abundant. In the questionnaire survey, the respondents are parents of compulsory education. Surprisingly, among the 610 parents interviewed, 57.05% said that "compared with before the 'Double Reduction', they spend more time with their children", and 47.38% chose "the parent-child relationship is better than before the 'Double Reduction'". Correspondingly, after the "Double Reduction", parents make more time to participate in their children's learning and growth, and the activities are more abundant. Moreover, "learning should not only happen in the classroom and school, learning is everyone's lifelong lifestyle. However, we should pay more attention to the cultivation of inner qualities and the construction of family traditions. Only with a stable mentality and adherence to educational concepts can children grow up with fewer twists and turns and take the right path.

2) The number of students participating in subject-based extracurricular training institutions has dropped significantly.

According to official data, offline after-school training institutions have been reduced by 83.8%, and online after-school training institutions have been reduced by 84.1%. Some of the remaining subject training institutions have been converted into non-profit institutions, implemented government guidance prices, and provided public welfare services; those that are not suitable for "transfer from business to non-business" will be further deregistered.

50.74% of parents are satisfied with the "burden reduction". In implementing the "Double Reduction" work, the Xuchang Municipal Government has strengthened the "three improvements": improving the level of homework management, improving the level of after-school services and improving the quality of classroom teaching, focusing on reducing the burden on one hand and improving the quality on the other hand, and promoting the "Double Reduction" work to achieve significant results. The results of reducing the burden in school are beginning to show, and the homework burden has been significantly reduced. Children's grades have improved significantly.

3) Students' sleep quality is effectively guaranteed and their free time is significantly increased.

The study found that after the implementation of the "Double Reduction" policy, 49.91% of students slept for 8-9 hours, and 25.91% of students slept for 9-10 hours. It can be seen that the quality of students' sleep has improved slightly, but at the same time, the "Double Reduction" policy has rectified various forms of educational institutions in society. In the past, students' winter and summer vacations, weekends and various holidays were all arranged by their parents. However, after the off-campus training institutions were rectified and restricted, these times were freed up, and children had more and more free time. The original intention of educational institutions is also to let children make good use of their free time and ensure adequate sleep every day. Conform to the growth laws of children and ensure the physical and mental health of each student.

The extra free time is naturally much-needed for students, but it has also become a new problem for parents. In the past, children spent most of the day in tutoring classes, but now they can only stay at home. Parents not only have to take care of their children's food, clothing, housing and transportation, but also have to shoulder the responsibility of tutoring homework. However, some parents have limited cultural level, so it is difficult for them to tutor junior high school students' homework. This makes parents extremely worried, fearing that it will affect their children's academic progress.

4) The "Double Reduction" policy reduces depression among teenagers and increases parental anxiety.

The study found that in the year after the implementation of the "Double Reduction" policy, adolescent depression symptoms decreased by 78.6%. This is mainly attributed to the reduction of academic burden caused by reducing or even not allowing homework, the increase in parenting time caused by parents turning to home education, and the significant relief of test anxiety caused by not allowing exams or rankings. The effect of the "Double Reduction" has begun to show.

But what makes parents more anxious is that in the past, if their children did not do well in school, they could choose extracurricular training. Many parents believed that they could get rewards by paying money, "as long as they enrolled in classes, their grades would improve." With the implementation of the "Double Reduction" policy, the range of choices for extracurricular training institutions is shrinking. More parents who need "make-up lessons" can only choose more expensive one-on-one tutoring, which puts a lot of pressure on the family economy. "Double Reduction" is not just a matter of the education system. Children are connected to their parents, and parents are connected to their society. Education has always been a major issue related to the national economy and people's livelihood, and it is a field that is highly related to the needs of the country

and the people. The whole society should care about education so that children can improve their abilities in their thirst for knowledge, instead of spending a lot of time on "brushing questions" and enduring high-intensity and long-term training. This can return the essence of education so that children can develop comprehensively in morality, intelligence, physical fitness, aesthetics, and labor, and build a strong physique and a tenacious spirit. It also lets parents have enough time to invest in family education, so that children can get company and care, and create a harmonious family and social atmosphere.

5) Parents' educational approach has shifted from focusing on knowledge to cultivating quality.

Through visits, we found that since the introduction of the "Double Reduction" policy, parents have paid more attention to the comprehensive quality development of their children, and no longer evaluate their children based on scores. Children are active learners who constantly form cognition and construct experience in the process of interacting with the surrounding environment, things and people. The learning process is generative and open, and it is to understand and apply new problem situations based on existing cognitive experience. It not only follows certain general scientific laws, but also presents strong personalized experience. "Double Reduction" is to liberate children from single and narrow book learning, and get rid of boring memorization exercises, highlighting the role of individual life feelings, emotional experiences, and practical actions in learning, and promoting the value of direct experience to indirect experience, so that children's initiative can be demonstrated and they can truly become the masters of learning.

Family life is full of continuous, vivid, natural, random and intrinsically related educational opportunities. Parents should have a deep understanding of the laws of children's learning, abandon excessive emphasis on knowledge and skills, capture children's curiosity and learning interest, create problems and challenges, encourage hands-on and brain-based exploration experiments, improve their ability to comprehensively apply the knowledge they have learned to solve complex problems, and achieve immediacy, fun and usefulness of learning. At the same time, children should be allowed to take on specific tasks in family life and affairs, and forge the necessary qualities to adapt to future learning and life.

6) There is a clear polarization in student performance.

Research shows that families who focus on improving their children's self-learning ability will teach their children step by step to reflect on their own situation, learn from their strengths and overcome their weaknesses. Children with self-learning ability will subconsciously accumulate good words, sentences and structures in the process of reading, and will easily find solutions when doing exercises. Their internal motivation is constantly improving. However, those parents who rely on tutoring classes and do not pay

attention to their children's grades have seen their children's academic performance decline significantly. In the past, children's weekends were filled with tutoring classes, but now there are no tutoring classes, and children have a lot of free time. Some parents take their children to exercise, cultivate interests, practice calligraphy, read, and study on weekends and holidays, while some parents take their children to play games, play with mobile phones, and watch TV.

The Ministry of Education's official website wrote: "The Double Reduction will test parents' responsibility. Being an excellent parent does not depend on the level of education or cultural literacy, but on whether one has a sense of responsibility. Guidance is a parents' responsibility, in much the same way as raising is a responsibility, and setting an example is a responsibility. Fulfilling parental responsibilities means being responsible for the lives of children."

The family is the main avenue for children's growth, and family education is the most important education for children's welfare. The real excellent parents are not about how many classes they have their children enrolled in, but whether they are truly involved in nurturing them.

7) Concerns about whether education can help children achieve social mobility

In the era of knowledge economy, education plays a vital role in class mobility and is regarded as the most stable and reliable tool to achieve class leap, stimulating people from all walks of life to increase their investment in their children's education in order to achieve class leap or maintain their status. Parents with capital advantages in social, economic, and cultural aspects expect their children to receive a good education in order to inherit their existing social status. Most parents benefit from education through their own efforts and can fully appreciate the positive significance of education for individual development. However, as the various types of capital currently owned by these families are not inheritable, they increasingly expect their children to achieve class leap through education, or at least not to miss the opportunity to be well educated. In addition, parents with relatively weak social, economic, and cultural capital have also realized the importance of education. They even have higher expectations for their children's education, expecting to achieve class leap through education and change their current living conditions. In short, people from all walks of life have great expectations for education. In an environment of increasingly fierce social competition, education is seen as the most effective way to achieve social class advancement. It has therefore become imperative that parents help their children to pursue education to the highest level possible. However, due to the lag in the effectiveness of education itself, parents are often concerned about whether education can help their children to achieve social class advancement.

4 Conclusion and Recommendations

This study comprehensively analyzed and studied the family reactions and impacts of family members in two districts, two cities, and two counties in Xuchang City, Henan Province (including: Xuchang City including Weidu District, Jian'an District, Yuzhou City, Changge City, Yanling County, and Xiangcheng County) on the "Double Reduction" in education in Henan Province through quantitative and qualitative research methods. The study found that since the "Double Reduction" policy, parents in Xuchang City, Henan Province have spent more time with their children. The parent-child relationship has become more harmonious, and the number of students participating in subject-based extracurricular training institutions has dropped significantly. Students' sleep time has been guaranteed, and adolescent depression has also been reduced significantly. However, the polarization of academic performance has also largely increased parental anxiety.

The "Double Reduction policy" is a major national and family undertaking, and it is also a double competition between the quality of parents and the ability of children. Parents should give their children time to have apples hit their heads; give their children the experience of looking up at the stars; and give the country and schools the opportunity to return education to its essence.

First, related government departments should work together to ensure the implementation of the policy. They shall explore the construction of a new system for evaluating the comprehensive quality of students, abandon the ranking-based learning evaluation, and build a "good body, high emotional intelligence, and excellent learning ability" training model. [13] They also need to accelerate the construction of a collaborative education mechanism between home, school, and society, innovate collaborative methods, and provide family education guidance, consultation, and counseling to parents through online and offline forms, guide parents to master scientific educational concepts and methods, rationally plan the future development direction of their children, and maintain a rational attitude towards their children's growth expectations, and form a consensus on "burden reduction". All parties should work together to form a joint force in grasping the "five managements", deepening education evaluation, and reforming the education system, continuously strengthen the role of schools as the main position for education, and promote the implementation of "Double Reduction". [14] They need to establish a scientific education concept to alleviate family education anxiety. Education departments and schools should guide parents to pay more attention to the cultivation of the moral character, scientific exploration spirit, and innovative consciousness of minors in the content of family education, as well as the cultivation of good learning habits, behavioral habits, and living habits; in terms of family education

methods, it is important to guide parents to establish correct family education concepts, improve family education capabilities, and create a good family environment for the healthy growth of minors. Parents are encouraged to reasonably arrange the time for minors to study, rest, entertain and exercise, avoid increasing the learning burden of minors, and prevent minors from being addicted to the Internet. It is essential to establish a good parent-child relationship in the family, let children develop healthily under high-quality companionship, and truly pay attention to the communication and exchange of children's inner growth, which is the most valuable investment. "Double Reduction" frees children and parents from endless homework, exercises and exams, so that parents can pay more attention to and empathize with their children's daily emotional feelings in a relaxed state, have open discussions around the confusion he encounters, and support him to try to solve problems through reflection. [15] Fourth, increase high-quality educational resources and promote the balance of compulsory education. It is necessary to expand high-quality educational resources through various measures such as actively promoting group schooling, building and renovating schools, and optimizing existing school districts. [16] They shall actively strive for central and provincial financial support, guarantee after-school service funds through financial subsidies and service charges, and promote after-school services by hiring teachers, purchasing third-party services, and introducing volunteers to further meet students' personalized needs. [17] The compulsory educational departments shall strengthen and improve free online learning services at the provincial and municipal levels, provide learning resources covering all grades and subjects, and expand the utilization rate and coverage of high-quality educational resources.

Secondly, education-related entities should establish reasonable test evaluation concepts, change the single-indicator evaluation orientation of score supremacy, weaken the competitive role of education, and promote the transformation of student evaluation from "score-based" to "health-based" and "literacy-based" under the background of quality education and the implementation of the "Double Reduction" policy, so as to promote the transformation of school education from "education for scores" to "education for people", and truly turn the orientation of education evaluation to the correct track of promoting the all-round development of students' morality, intelligence, physical fitness, aesthetics and labor, and truly give play to the educational value of evaluation. [18] Then, we should advocate the diversification of test evaluation content, build an evaluation system for comprehensive examination of morality, intelligence, physical fitness, aesthetics and labor, and promote the all-round development of students. In the reform of test question setting, weakening the role of test-taking skills can reduce the dependence of parents and students on subject-based off-campus training institutions to a certain extent, thereby further compressing the living space of subject-based

off-campus training institutions and truly weakening parents' demand for off-campus training. This is the key to whether the burden can be truly reduced.

Finally, parents should also improve themselves by consciously participating in family education training activities. As the first teacher of their children, parents should also be "certified" to work like teachers. First of all, parents should establish the main responsibility awareness of family education, consciously learn scientific family education concepts, actively change their self-identity positioning, light psychological upbringing and "grade first" concepts, and complete the concept change from "hands-off shopkeeper" to "partner", from material upbringing to psychological upbringing, and from "grade first" to "growth first". Parents should actively participate in family education guidance and training activities organized by government departments, family education guidance institutions and schools, make full use of courses, lectures and other resources provided by the family education guidance platform, read family education readers, and master scientific and systematic family education methods. Parents should not only learn to communicate actively with the class teacher in an appropriate way, obtain the child's school situation in a timely manner, cooperate with the class teacher to carry out effective family education work, but also be able to provide high-quality companionship for the child, attach importance to psychological communication and dialogue, pay attention to the child's emotional changes, and help the child build self-confidence from the bottom of their hearts. [19] [20] In short, parents should take the initiative to continuously improve their own quality through training, consultation and reading, actively participate in family education, use correct family education methods such as setting an example and teaching by words and deeds to guide their children to grow up healthily, consciously establish a democratic, healthy and good family environment, and provide practical guarantees for the comprehensive, diverse and healthy development of their children.

This survey also has certain limitations, such as the tight time and heavy tasks, limited number of survey participants, insufficient number of interviews, and the fact that this survey was mainly conducted in Jian'an District, lacking surveys of households in all regions of Xuchang City. Therefore, the conclusions of this study have certain limitations. However, this research group adopted scientific quantitative and qualitative research methods, actively designed questionnaires and interview questions, and actively organized and analyzed the collected data in a scientific way. The conclusions of the survey and research are in line with the methods and procedures of scientific research and have certain scientificity. In future research, the number of samples for quantitative research can be further increased to improve the reliability and validity of the research

conclusions, so that the research conclusions can better provide a basis for the formulation of work guidelines and policies by the party and government organs of our province.

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