

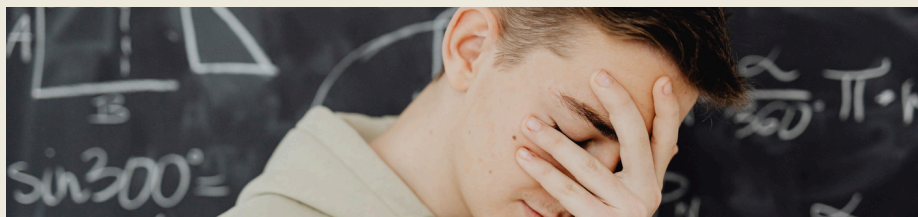


Big Idea

Current educational policies in Jiangsu Province have significantly contributed to academic pressure, negatively impacting student mental health.

Introduction (Why This Issue?)

Academic stress among students in Jiangsu Province has become a pressing issue, with local education policies inadvertently amplifying mental health challenges. The “Double Reduction” (“双减”) policy was implemented to reduce student workload and regulate extracurricular tutoring, but the effectiveness and consequences of this policy require further exploration.



Research Focus

- **Initial Focus:** Understanding how academic policies contribute to stress.
- **Refined Focus:** Based on peer feedback, the focus narrowed to assess the psychological outcomes of the Double Reduction policy, including the impact on student well-being.

References

- Central Committee of the Communist Party of China, 2021. About further reducing the workload of compulsory education students and managing off-campus tutoring. Beijing: Government Printing Office.
- China Youth Mental Health Report, 2022. Adolescent Mental Health in China. Beijing: China Mental Health Association.
- Jiangsu Education Department, 2023. Survey on Mental Health of Students in Jiangsu Province. Nanjing: Jiangsu Education Reform, 23(4), pp. 45-57.
- Liu, Y. & Wang, M., 2022. Impact of Educational Policies on Student Wellbeing in Jiangsu Province. Journal of Educational Reform, 23(4), pp. 45-57.
- Smith, J., 2023. The Costs of Academic Pressure: A Look at Student Mental Health. Educational Psychology Review, 31(1), pp. 12-20.
- Xinhua, 2022. 'Double Reduction Policy Progress Report'. Xinhua News Agency, 15 March. Available at: www.xinhua.net.
- Yangtze Evening Post, 2023. 'Mixed Success of Double Reduction Policy in Jiangsu'. Yangtze Evening Post, 10 April. Available at: www.yangtzeep.com.
- Zhang, T. & Li, F., 2021. Evaluation of Double Reduction Policy in Jiangsu: Challenges and Gaps. Policy Studies Journal, 29(3), pp. 88-104.
- Weibo User A, 2023. 'Student Responses to Double Reduction'. Weibo. Available at: www.weibo.com.

Key Literature and Insights

1. **Smith (2023):** Increased governmental intervention in student workload correlates with rising anxiety and depression rates among high school students.
2. **Liu & Wang (2022):** Insights into local community reactions, highlighting successes in reduced workload and challenges in achieving balanced development.
3. **Jiangsu Province Mental Health Survey (2023):** Approximately 30% of students in Jiangsu reported anxiety and depression (Jiangsu Education Department, 2023).
4. **Zhang & Li (2021):** Analysis of the implementation of the Double Reduction policy, identifying gaps between policy intentions and outcomes, particularly between urban and rural schools.

Educational reforms must prioritize student mental health to ensure a balanced approach to academic success." — Deng (2024)

Policy Overview and Impact

- **Double Reduction Policy:** Aimed at reducing academic workload and extracurricular tutoring to alleviate student stress. Official statements claimed a reduction in homework time, but media coverage shows mixed reactions.
- **Impact Analysis:** Mixed results indicate that while workload decreased for some, students in competitive environments continue to feel pressure, especially in urban schools.

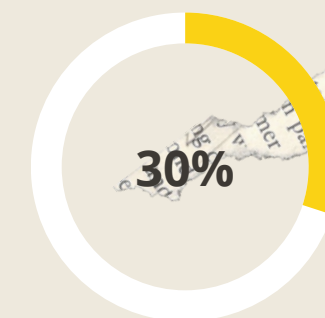
Quote: “The price of academic success is often paid in the currency of student well-being” (Smith, 2023, p. 14).

Media Perspectives

- **Mainstream Media:** Emphasizes the goal of fostering well-rounded development, though often positively biased (Xinhua, 2022).
- **Social Media Feedback:** Mixed opinions from students and parents; stress from family expectations still persists (Weibo User A, 2023).
- **Local Media:** Highlighted mixed success; some students benefit, others rely on additional tutoring (Yangtze Evening Post, 2023).

Student Mental Health Data

- **Survey Data (2023):** 30% of middle and high school students reported experiencing anxiety and depression (Jiangsu Education Department, 2023).



2023 Mental Health Status of Middle and High School Students in Jiangsu Province

- **National Data (2022):** Nationwide rise in mental health issues, with increased reports of anxiety, depression, and sleep disorders (China Youth Mental Health Report, 2022).