Study on the relationship between learning stress and parents' satisfaction with education among Chinese middle school students

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ABSTRACT

In order to understand the current learning pressure of middle school students and parents' satisfaction with middle school education, through questionnaire survey and interview, the research group conducted a survey on the parents of middle school students, and analyzed and tested the data obtained by SPSS22.0 software. Through the research, it was found that the difficulty of examination, the stage of education, the cost of after-school tutoring, students' burnout, and the situation of quality courses were closely related to the degree of students' learning pressure. However, parents' satisfaction was closely related to the difficulty of examination, the cost of after-school tutoring, students' learning pressure and students' burnout.

Key words: China, middle school students, Learning pressure, satisfaction.

INTRODUCTION

With the continuous improvement of the level of social and economic development in China, parents' expectations for their children are also getting higher and higher, which leads to increased competition among students and increased learning pressure. This problem has attracted the attention of many domestic scholars (Wang Tian et al., 2019; Lu Haidong, 2008). In order to understand the current study pressure of middle school students and parents' satisfaction with middle school education, find out the problems existing in the current middle school education and put forward counter measures, the research group carried out special studies. In line with the requirements of objectivity and practicality, combined with the current curriculum burden of middle school students and parents' views on the current middle school education, we designed a survey questionnaire on the study pressure of middle school students and parents' satisfaction on middle school education. In order to make data statistics more convenient and accurate, reduce errors caused by manual statistics, keep track of the filling and distribution of questionnaires, reduce paper waste and save manpower and material resources, we chose to conduct research through the questionnaire star and distribute the designed questionnaires to designated groups through the questionnaire star. In order to improve the reliability of the survey, we sampled parents of middle school students as the survey objects, and divided the survey objects into 22 survey groups. We surveyed parents of middle school and high school students in different regions of mainland China, and finally integrated and analyzed the data. A total of 518 valid questionnaires were received. The parents of junior and senior high school students accounted for the same proportion, and the grades were evenly distributed.

ANALYSIS ON THE INFLUENCING FACTORS OF MIDDLE SCHOOL STUDENTS' LEARNING PRESSURE

The research group used SPSS partial correlation analysis to eliminate the interference of other factors and to also investigate the variable correlation relationship among these factors. The results show that the test difficulty has the strongest correlation with students' learning pressure, and the more difficult the test is, the more the students' learning pressure. Education stage is positively correlated with students' pressure. Students’ learning pressure increases with the continuous growth of grades. The cost of out-of-school tutoring is positively correlated with the
degree of learning pressure. The higher the cost of tutoring, the greater the pressure. Students' burnout is positively correlated with the degree of learning pressure. The more burnout students have, the greater their learning pressure. The opening of music, fine arts, physical education and other literacy courses is negatively correlated with the degree of learning pressure. The better the development of such courses, the lesser the pressure on students.

**Test difficulty has the strongest correlation with students' learning pressure**

Table 1 shows the test difficulty and education stage, and remediation costs outside the sound body beauty such as curriculum development, learning, mood and stress level, the student is tired of the education system in the absolute value of correlation coefficient between satisfaction with the degree of 0.2 or so, its significance P values were 0.000 < 0.01, significant correlation between these factors and exams.

As can be seen from the absolute value of the correlation coefficient in Table 1, the test difficulty has the strongest correlation with students' pressure and satisfaction with the education system.

On this basis, one-way ANOVA was carried out, taking the exam difficulty as the independent variable and the student pressure degree as the dependent variable. The score of the dependent variable was set as: 1.There is no pressure, 2. There is little pressure, 3. Normal pressure, 4.A lot of pressure, 5. Extreme pressure. The results shown in Figure 1 indicates that the relationship between exam difficulty and students' stress is consistent with the results of partial correlation analysis, showing a positive correlation, that is, the more difficult the exam is, the more students' corresponding stress is. This result also suggests that schools should match the exam difficulty with the courses that students are learning, so as to avoid excessive pressure caused by the high exam difficulty, which is not conducive to students' physical and mental health and learning progress.

**The cost of off-campus tutoring is positively correlated with the degree of learning pressure**

The partial correlation analysis results shows that, students and off-campus remediation cost pressure level and sound body beauty course to carry out the situation, the satisfaction degree of the correlation between the education system is stronger, and univariate analysis results also confirmed this point as shown in Table 3, outside the remediation costs between these three factors and the significance level of 0.000 < 0.01, and the correlation coefficient absolute value is higher, at 0.3 or so. Moreover, it is positively correlated with the degree of stress of students, and negatively correlated with the other two.

In order to further verify the correctness of the correlation analysis results, an analysis of variance is required. The cost of off-campus tutoring is taken as the independent variable, and the other three
Figure 1: Correlation between exam difficulty and study pressure.

Table 2: Correlation between education stage and students' stress degree.

<table>
<thead>
<tr>
<th>Education stage</th>
<th>Kendall tau_b</th>
<th>Pearson</th>
<th>Spearman Rho</th>
</tr>
</thead>
<tbody>
<tr>
<td>The correlation</td>
<td>188 **</td>
<td>211 **</td>
<td>222 **</td>
</tr>
<tr>
<td>Sig. (Double Tail)</td>
<td>000.0</td>
<td>000.0</td>
<td>000.0</td>
</tr>
<tr>
<td>The case number</td>
<td>518</td>
<td>518</td>
<td>518</td>
</tr>
</tbody>
</table>

**. At the level of 0.01 (double-tailed), the correlation was significant.

Figure 2: Correlation between educational stage and students' stress level.

Factors are taken as the dependent variables for the analysis. Among them, the development of music, sports and beauty courses is respectively assigned as: 1. Actually only teach exam subjects 2. Often occupied 3. Occasionally
Table 3: Correlation of expenses for off-campus tutoring.

<table>
<thead>
<tr>
<th>Extra tuition fees</th>
<th>Student Stress Level</th>
<th>The development of music, sports and beauty courses</th>
<th>Satisfaction with the education system</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pearson correlation</td>
<td>334.0**</td>
<td>-317.0**</td>
<td>-299.0**</td>
</tr>
<tr>
<td>Sig. (Double Tail)</td>
<td>000.0</td>
<td>000.0</td>
<td>000.0</td>
</tr>
<tr>
<td>The case number</td>
<td>518</td>
<td>518</td>
<td>518</td>
</tr>
</tbody>
</table>

Figure 3: Correlation between the cost of off-campus tutoring and students’ stress.

occupied 4. Normal teaching. From the results of single factor analysis of variance as shown in Figure 3, and correlation analysis show that the relationship is consistent, students after-school tutoring fees and stress levels were positively correlated, the higher the cost of remediation, the greater the stress level of students, participation in the tutorial did not only create constant pressure to the students from the cost, it also increased the challenge to the students and made the pace of life more difficult.

Moreover, the worse the quality courses such as music, physical education and fine arts are carried out, the higher the cost of after-school tutoring will be as shown in Figure 4. This indicates to some extent that the occupation of music, physical education and fine arts by examination subjects brings no positive influences on students’ study, but make students have more need for after-school tutoring. Further interviews show that parents of contemporary middle school students pay more attention to the cultivation of students' comprehensive quality. Because of the poor development of art and sports courses in school, parents have to spend a high price to participate in extracurricular tutoring. Paying high tuition fees also causes serious pressure on students.

Students’ burnout is positively correlated with the degree of learning pressure

Taking Stress level as the dependent variable to the student, the student tired mood as the dependent variable, the results shown in Figure 5 indicates that the students' stress levels were positively correlated to the former, students’ pressure, the more intense the feeling of fatigue, it is also the influence of a two-way relationship between them,
Figure 4: Correlation between the cost of off-campus tutoring and the development of music, sports and beauty courses.

Figure 5: Correlation between burnout and learning pressure.

The ways students treat the burnout pressure will follow, so students and parents should attach great importance to students' pressure comfort, to find a way to eliminate students listless mood, the learning process should be more active.

The establishment of literacy courses is negatively correlated with the degree of learning pressure

Taking the development of music, physical education, art and other literacy courses as the independent variable and students' pressure as the dependent variable, the results show that the better such courses are carried out, the less students' pressure is as shown in Figure 6. This shows that the development of literacy courses can release the pressure of students to some extent, and the fast pace of learning requires appropriate entertainment to make life more full and vivid.

ANALYSIS OF INFLUENCING FACTORS OF PARENTS' SATISFACTION WITH EDUCATION

Through questionnaires and interviews, this study found that the difficulty of the exam was closely related to
parents' satisfaction. The more difficult the exam was, the less satisfied the parents were. The cost of out-of-school tutoring is negatively correlated with parents' satisfaction. The higher the cost of out-of-school tutoring, the less satisfied the parents are. Students' learning pressure is negatively correlated with parents' satisfaction. The more intense children's learning pressure got, the less satisfied parents were with the education system. Students' burnout is negatively correlated with parents' satisfaction. The less children love learning, the less parents were satisfied with the education system.

**Figure 6:** Correlation between the development department of literacy courses and learning pressure.

**Figure 7:** Difficult correlation between examination and parents' satisfaction.

**Test difficulty is negatively correlated with parents' satisfaction**

Taking the exam difficulty as the independent variable and the satisfaction with the education system as the dependent variable, the score is set according to the satisfaction level: 1. Very dissatisfied, 2. Not very satisfied, 3. Generally satisfied, 4. According to the results shown in Figure 7, the difficulty of examination is negatively correlated with parents' satisfaction with the education system, which is consistent with the negative value of partial correlation.
coefficient. The results show that, from the perspective of data assignment, the more difficult the exam was, the less satisfied parents are with the education system, which also provides the direction for further improvement and efforts of the education system.

**Off-campus tutoring expenses are negatively correlated with parents’ satisfaction**

Figure 8 show that the higher the cost of out-of-school tutoring, the less satisfied parents are with the education system. The high cost of tutoring and the increase of student pressure are both important reasons for parents’ dissatisfaction with the education system.

**Students’ learning pressure is negatively correlated with parents’ satisfaction**

There is a negative correlation between the pressure of students and the satisfaction of parents as shown in Figure 9. The greater the pressures of students, the less satisfied parents are with the education system. Excessively high...
pressure and words from students will make parents question the current education model and reduce their satisfaction accordingly.

**Students' burnout is negatively correlated with parents' satisfaction**

The results of univariate correlation analysis show that students' burnout is highly correlated with parents' satisfaction with the education system as shown in Table 4. Single factor variance analysis showed that between them (Figure 10), students need more intense learning pressure, the parents for the less satisfaction with the degree of education system, students' burnout or indeed with the student's own interest in learning, personality and other factors, but the parents view as regards the education system is very important.

**CONCLUSION**

This study found that the difficulty of examination, the stage of education, the cost of after-school tutoring, students' burnout, and the situation of quality courses are closely related to the degree of students' learning pressure. However, parents' satisfaction is closely related to the difficulty of examination, the cost of after-school tutoring, students' learning pressure and students' burnout. At the beginning of the questionnaire design, the research group assumed that labor and physical exercise would be correlated with various factors such as student stress, but the results showed that the P value of labor and physical exercise with all factors was greater than 0.01, and there was no significant correlation. As a result, the student's exercise may indeed be or not between these factors and not as big as we imagine, but it may also be because, in the process of filling out questionnaire, most parents ideas did not tally with that of the students, this questionnaire needs to be adjusted.

**REFERENCES**


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