

“Hurried child syndrome: A review”

ABSTRACT:

Hurried child syndrome is a condition in which parents over-schedule their children's lives, push them hard for academic success, and expect them to behave and react as miniature adults beyond his or her mental, social, or emotional capacity. Due to this, there has been a 50% rise in childhood obesity, a tripling in suicide and murder rates, 15-20% of young children are "flunking" kindergarten and millions of children are medicated in order to make them more 'controllable' at home and in school over the last 20 years. notably typical symptoms are headaches, diarrhea, hyperactivity, cramping in the muscles, insomnia, digestive issues, and bedwetting. drug and alcohol dependency is currently the most prevalent cause of death among adolescents, moreover, suicide incidents are also rising. About 70% of teenage girls will not be virgins by the time they reach adulthood, and 40% of those who are sexually active will become pregnant. The main thing is to watch the child carefully, and try and understand his/her specific needs and knacks. It's wonderful if a child loves education and engaging in extracurricular activities, but if they are having difficulty or are resistant, it's best to step back and give them space to learn as much as they can on their own pace.

Key Words: Hurried child syndrome, Review

INTRODUCTION:

This generation is all about the speed, instant result, fast services and fast regulation and orientation of all things. It is very difficult to lead a slow pace life in relevance to the current growing rapid and faster growth of the generation.^{1,2} As a result, most of the people are following the faster current, this faster lifestyle is growing rapidly in parents' mindset leading to a problem globally mainly for the children's known as "the hurried child". The concept of this Hurried Child was firstly proposed by Prof. David Elkind (1981) used to work at the tufts university, Medford, United State.³ Elkind's research suggests that activities of the students and the relationship they bind with their parents are the greater indicator for academic

success. Nowadays there are too many caretakers for the children's performing as parents and due to this children's aging from 2-8 feel rejected because of being left with others. If the goal which is set for the child is unobtainable for him/her then he may feel frustrated and fear may arise in him for being rejected by his parents not being able to fulfil his parents dreams. Dr. Hamden explains that kids may be aggressive, they may be defiant, agitated or irritable, can lack concentration or have memory problems, lack interest in socializing, cry easily, experience sleep disturbance or changes in eating habits.⁴ Hurried child syndrome is a stress related behavioural syndrome in which the children's life are overscheduled in the aspect of academic success and are expected to perform beyond his or her mental, social or emotional abilities. Hurrying Children does have become a trend globally. The parents are exposing their child to extreme pressure and are pressurizing them to upgrade academically which in turn leads to low self esteem of the children, teenage pregnancy, and also teenage suicide. If we look back for the children's who were born in 80s or 90s, life was kind of carefree for them as I feel technological advancement was not as present at those times so children's used to give much preference to the outdoor activities. Comparisons between children's in the basis of academics and marks was also very less. Nowadays because of the parental peer pressure and overbooked schedules children's are not able to pursue their hobby because of the less time they get due to their academics.^{2,3} According to the recent studies, antidepressants are routinely getting prescribed to millions of stressed and anxiety in children's. According to some data's, by the time they reach adulthood, 70% of the young girls will not remain virgin, 40% of those who are sexually active will become pregnant. The substance abuse is elevating among the teenagers becoming the greatest cause for the death among teenagers, even suicidal cases among the teenagers are on the peak. Every year almost 5000 teenagers take their own life.⁴

1. Factors responsible for the emergence of hurried child syndrome:

Individual Parents and Working Families: the single parents or the working families leave their child in the nursery or kindergarten or with the caretakers which mainly develops a feeling of rejection and unworthiness in the mindset of the child.

Making kid's super kid is a goal: The parents pressurises their children to become miniature or premature adults in order to make them overly competitive.

The super baby phenomenon: The parents wants their child to be best among all forgetting about their capabilities of taking things. Nowadays, in order to make the children's super

baby they are sent for early learning, early math, early computers and early sports. The parents develop much more hope on their child forgetting about their capabilities which lead their child to anxiety, depression and mainly stress.

Societies influence on raising a hasty child: Media plays a very important role in perceiving life nowadays. This parent wants their child to be same as what is being portrayed in the social media. This TV shows, movies, reality shows, advertisement, and industry creates a huge impact in the development of child.

The Pseudo-sophistication: The kids may have nice verbal command and many other talents like acting as models, mature adult, filmy star but does not have that much of maturity to face the real conflicts of the world. Because of which the children's feel panic when they are said to face the real world with the uncomfortable and undesirable situations.

Stress from anxiety loneliness and insecurity: The stress of divorce and single parenting, the stress of living in a time of rapid change and impermanence all this leaves little or no energy for good and enthusiastic child development.^{4,5}

2. Consequences of hurrying up the child:

Neurobiological Changes: The life which we have experienced earlier has a lot of impact on how children develop neurologically, behaviourally, and psychologically. Earliest childhood experiences of chronic or extreme stress often known as early life stress, childhood adversity, child maltreatment or childhood trauma have long lasting or widespread effect on child's development.

Physical Effects: The physical changes which the hurried child might experience are headache, insomnia, ulcers, stomach aches, stammering, muscular twitching, hyperactivity, and shortened attention span.

Psychological Effects: Stress children's show anger, they will go through anxiety, will have difficulty in making friends and will also have stress for fulfilling parents expectations if not fulfilled may go through rejection. In addition, children will experience sadness, suicidal ideas, etc.^{3,4-5}

Prevention of Hurried Child Syndrome:

- Allowing kids to play freely mainly the outdoor games.
- Encouraging their participations in group activities.
- By stopping to compare their children with others.

- By determining kids capability and responsibilities needs to be given.
- Try to know about specific demands and talent of kids.
- Technologies should be kept out of reach of children's.
- Children's problem solving abilities must be strengthened by parents or caretakers showing them that once their issue is identified it should be resolved.
- Parents should let their children do according to their own capabilities.
- Parents should let their children to socialize and make friends in by their own in order to develop interpersonal skills and problem solving abilities.^{3,6}

Conclusion:

Hurried Child Syndrome is a growing but preventable issue. It is essential that teachers, parents, and other caregivers are aware of this syndrome. To allow the child to experience normal growth and development, it is equally crucial that societal pressures and excessive media exposure be avoided. Parents should be conscious of their children's needs and raise them accordingly, allowing them to outdoor play and enjoy, which is the favourable way of learning during childhood years. Future studies should prioritize verifying and investigating whether and why Hurried Child Syndrome is linked to increased stress and worry, as well as understanding further important pathways of Hurried Child Syndrome in causing stress and stress-related mental health problems. It's time to back off and let him/her do as much as they can on their own schedule.

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