

# Practical Promotion of Basic Education to Reduce Burden and Improve Quality of Thinking and Suggestions

Yuqi Chen

School of Education, Faculty of humanities and social sciences, The university of Queensland, Australia

**Abstract:** How to effectively implement the work of reducing the burden of basic education has been concerned by people. By using the knowledge of game theory, this paper analyzes the behavioral goals of the relevant subjects in reducing the burden of basic education, and puts forward some suggestions. We should change the "focus" to "characteristics" and guide the diversified development of primary and secondary education. By adjusting the matching degree of various levels of education, the pressure of entering school can be reduced. Through social reform, the interests of different classes were adjusted and the residual negative influence of imperial examination culture was eliminated, so as to successfully remove the stumbling block of "excessive academic burden" in the educational reform of the new era and create conditions for cultivating a large number of outstanding talents needed for national development and national rejuvenation.

**Key words:** Basic education; Burden; Game; Revelation

**Publication date:** February, 2021

**Publication online:** 28 February, 2021

**\*Corresponding author:** Yuqi Chen, yuqi.chen1@uq.net.au

## 1 Introduction

"Reducing burdens", as the abbreviation of "reducing the academic stress of primary and middle school students", has become a hot word in the field of education policy. In the process of education reform, we have made persistent efforts to solve the special educational problem of "academic burden". From the

Ministry of Education's "Instructions on Reducing the Overburden of Primary and Secondary School Students" in 1955 to Mao Zedong's Spring Festival Talk on "Educational Revolution" in 1964 and his instructions on the letter from the principal of Beijing No.2 Railway Middle School, "burden reduction" has become an important topic in the field of education policy in China<sup>[1]</sup>.

### 1.1 Helpless parents of students

The education department advocates to reduce the burden of primary and secondary school students, which is conducive to the development of students' physical and mental health and the improvement of students' comprehensive quality, which our students' parents all know. But why do not they support lightening the load? This is mainly due to the scarcity of higher education resources in China. Access to these scarce resources will have a huge impact on the future development of students<sup>[2]</sup>. Access to these scarce resources means better jobs, higher salaries and more career development opportunities in the future. Additionally, the state has been implementing the college entrance examination system since 1978 in the allocation of higher education resources, that is, the allocation of higher education resources according to students' scores in the college entrance examination. Faced with this assignment rule, what kind of decision will parents make? In order to make the children have a good development prospect, we must increase their probability of winning in the examination competition. To this end, on the one hand, parents will spare no effort to provide the best possible conditions for their children's learning; On the other hand, they will urge students to redouble their efforts, that is, to invest more time and energy

in their studies, and still follow the exam-oriented education path. Even if the students' parents know that doing so is detrimental to their children's overall development, there is nothing else they can do<sup>[3]</sup>.

## 1.2 Teachers in a quandary

The teacher has been in a quandary. On the one hand, teachers are most aware of the heavy burden of students, and they can also hear students' demands to reduce the burden, but they also have to bear the great trust placed by parents and the realization of the school's goal of entering a higher school. If teachers give students more spare time, students' academic pressure will be less. Once students' academic performance and enrollment rate decline, teachers will have to face parents' resentment and school punishment. For this, the teacher can shout to reduce the burden at the same time and in a dilemma to walk on the road of exam-oriented education.

Under the new situation of the new era, the anomie in the production of reform discourse driven by the pursuit of political achievements leads the education reform to get lost and trapped, which is also an important reason for the protracted but little effect of "reducing the burden". Its performance mainly includes two aspects: on the one hand, when school enrollment rate and test scores become the achievements of relevant officials, "lightening the burden" will inevitably become an empty slogan and sham in education reform. Some schools want to reduce homework, but parents often have objections, for fear that it will affect their children's admission to higher education. Some government leaders and even heads of education departments often take the enrollment rate as the sole criterion for evaluating whether a school is running well, which causes great pressure on administrators. The pressure from government leaders and heads of education departments is often more direct and cannot be ignored than that from parents. This tendency to regard the graduation rate as a political achievement is also one of the important causes of the overburden of primary and middle school students in China. On the other hand, when "burden reduction" itself becomes a political achievement, it also mutates from a real reform action to a kind of empty discourse production that creates the bubble of education reform. This is a new phenomenon which is increasingly evident in the educational reform in

recent years. As the Party and the state attach great importance to reduce the primary and secondary school students' academic burden, "burden reduction" itself has in turn become a few local government leaders and education department heads in the eyes of important political achievements.

## 1.3 Risky schools

For schools, on the one hand, in the case of increasingly limited students, enhancing the influence of the school and expanding its social reputation can guarantee the quality and quantity of students, while good quality of students can enable the school to produce qualified products in line with the society at a small input cost, which is completely in line with its basic interests. On the other hand, the society evaluates the school mainly by the examination result and the enrollment rate. Whether a school can do well in the year-end examination, and how much disposable resources the school will have in the future, are directly linked to students' test scores and enrollment rate. This puts the school at risk of being criticised by the education authorities and possibly the dismissal of its leader. Because they know, occupy students' spare time, give students more pressure to make up for lessons, as long as they can get good results to improve the rate of enrollment, not only won't get the criticism of superior leaders, but also get a lot of advantage resources.

## 1.4 The ineffective educational administrative departments that carry the banner of "lightening the burden"

As the main executor and supervisor of reducing the burden of basic education, what is the attitude of the educational administrative department? First of all, reducing the burden of basic education is a national education reform policy. As a civil servant, conscientiously implementing the policy belongs to his/her own duty, and the quality of the implementation will also affect his/her performance assessment level. Therefore, it should be said that the education administration is the best implementer of this policy. But what is the truth? As we know, many counties (cities, provinces) have made it an important part of their plans to build strong education counties (cities, provinces). But in the concrete operation, because the operability of the education evaluation index is not strong, make many places take the local college entrance examination enrollment rate, the

student ratio of famous university, key university as the main index of the local education strength. China's regional economic differences are large, the investment in education is also very different, which makes the education of students in the weak areas at a significant disadvantage. If they want to compete for higher education resources on the same exam platform as students from better-educated areas, they must spend more time taking the exam. In this process, the educational administrative departments of the relatively weak areas will not completely stop exam-oriented education in order to make the local area more "golden phoenixes". Nor will better-educated regions "stand idly by" to prevent being overtaken by others

## 2 Suggestions

In this new era of socialist construction, based on past experience of the education reform and the future of our country's education reform and the new situation and new tasks' development, we should terminate the simple as soon as possible "burden" of extensive reform, find the crux of the problem, targeted to take the corresponding education reforms, which relieves the primary and middle school students' academic burden. In general, we should start from the following three aspects:

### 2.1 Change "focus" to "feature" to increase the diversity and selectivity of courses

Additionally, the focus of college entrance examination reform will be shifted from examination reform to college admission system reform to guide primary and secondary schools to take the road of diversified development<sup>[4]</sup>. The historical experience of "burden reduction" reform for more than half a century tells us that the existence of key schools and the resulting problems of school choice are one of the critical reasons for the heavy academic burden of primary and middle school students. Judging from the current reality, it is obviously impractical to simply remove the emphasis. Taking a balanced development path through collectivization is not only difficult to achieve, but also does not meet the needs of national and individual development. Not everyone can train to be a scientist, and the country needs more than just scientists. The more feasible and reasonable way should be to change the "key point" into "characteristic", and regard the training of top-notch

talents in science and technology as the same as the training of senior craftsmen and senior agricultural workers, and gradually eliminate the key points in the characteristics.

In line with the educational reform of "running characteristics", we should carry out a new round of curriculum reform with the theme of "providing the most suitable education for every student" in primary and secondary schools across the country, so as to enrich the curriculum system of primary and secondary schools in China, especially in the high school stage, and greatly increase the diversity and selectivity of the curriculum. Additionally, it is necessary to launch a comprehensive teaching reform in primary and secondary schools to stimulate students' interest in learning. Have interest, have no burden. Stimulating students' interest in learning should be regarded as the central task of classroom teaching, and students should be guided to study actively by stimulating their interest.

As coordinated reform, should will shift the focus of the reform of college entrance examination in college enrollment system reform, requirements of different specialties in colleges and universities according to the need of talent cultivation to determine admission to see what subjects of the university entrance exam, determine the weight fraction of different subjects, professional admission criteria are formulated, and in the national unified admission network platform to publish to the society. At the same time of announcing the admission standards, it also publicizes the talent training direction of the major and graduates' employment orientation. Only through college enrollment reform, can we truly guide China's basic education reform to gradually become diversified and optional, so as to expand the free space for the development of young students' creativity, lay the foundation for the enhancement of national innovation ability, and make education play a better cornerstone role in the historical process of national rejuvenation.

### 2.2 Adjust the matching degree of educational development scale at all levels

A large number of comprehensive high schools should be set up, the difference between general occupation should be diluted, and career selection and major selection should be combined in the stage of college entrance examination. Historical

experience tells us that the pressure of entering school is the main cause of the overburden of primary and secondary school students. As far as the current actual situation is concerned, the low enrollment of ordinary senior high school students is the main factor leading to the pressure of entrance examination<sup>[4]</sup>. We must admit that most parents in our country hope that their children can study in regular senior high schools. This is an objective social reality and a part of China's national conditions. Changing this social status quo will not happen overnight. We should pay attention to such national conditions and carry out educational reform according to the situation. Additionally, the adjustment and upgrading of China's industrial structure also put forward higher requirements for the cultivation of industrial workers. In the face of such new requirements of the new era, we should vigorously develop comprehensive senior high schools on the basis of retaining a certain number of vocational high schools and secondary vocational and technical schools with good running conditions, dilute the difference between general occupation in senior high schools, and put the choice of occupation and major into the college entrance examination. Through such reform, not only can alleviate the pressure of the examination of entrance, reduce the academic burden of junior middle school students, and the rich variety of courses in high school can make students choose to find their interests and aspirations, promote students to consciously career orientation and personalized development, which to a certain extent, reduce the academic burden of high school.

### **2.3 Adjust class interests through social reform and broaden social mobility channels**

Break through the negative influence and restriction of the imperial examination culture on the educational reform in the aspect of social psychology. Educational reform should never be separated from social reform and development. In some cases, social supporting reform can often determine the success or failure of educational reform. Years of "burden reduction" reform experience tells us that the low attractiveness of vocational high schools is also one of the important reasons for the high academic pressure and academic burden of primary and middle school students in China. The main reason why parents are reluctant to send their children to vocational schools is that most of the children who enter the vocational

education track go to the lower classes. In order to solve this problem, we should re-establish and further improve the national system of skilled workers' rank, formulate the assessment standards and minimum wage standards for skilled workers at all levels, and stipulate that the minimum wage standard for skilled workers at the highest level in the country should be equal to the minimum wage of senior engineers or university professors. The idea of "broadening channels for social mobility" does not mean that everyone should become scientists or senior officials. Rather, it means that people of all social strata and occupations can share in the dividends of reform and lead a decent life. Once the remnants of the thought of "nine qualities in the right", which divided people into three, six and nine classes, were thoroughly eliminated, the negative impact of the imperial examination culture of "excellence in study makes an official" on the education reform would naturally be gradually resolved, and the reform goal of "reducing the burden" would probably be truly achieved.

The heavy academic burden of primary and middle school students is an old and difficult problem that has troubled the reform and development of basic education in China for more than half a century. It is not only a stumbling block on the road of our education reform, but also a major stumbling block affecting the training of top-notch innovative talents and excellent workers in all walks of life needed for national development and national revitalization. Looking back on the history of education reform in the past 70 years and summarizing the experience and lessons, we can clearly see the main causes of the academic burden of primary and middle school students at the policy and institutional level. In the process of the future education reform, as long as we grasp the main contradiction, closely focus on the causes of the problems, and make up our minds to further deepen the education reform, we will be able to solve the problem of the overburden of primary and secondary school students and give young students a lively, lively and free space for active development.

### **2.4 Improve teachers' quality and ability**

Solving the heavy schoolwork burden of primary and middle school students is a problem of social system, which needs the concerted efforts of relevant social aspects. But any problem to solve the need to find its key and core, and as a breakthrough, to achieve



the problem. The reasonable and effective solution. By improving teachers' quality and ability, teachers can build solid knowledge, which is conducive to the implementation of high quality and light burden classroom teaching. This is because teachers' ideals and beliefs, moral sentiment and benevolence will play a certain catalytic role in the practical application of teachers' knowledge in classroom teaching. Firm ideal and faith, the heart of the noble moral sentiment and love will enhance the knowledge of teachers classroom teaching effectiveness, additionally will make the rational response to the teaching of the difficulty and the setback, motivate teachers through various channels to perfect their knowledge system, promote teachers' knowledge on the practice of classroom teaching and students learning guidance, to ensure the quality of teachers in improving classroom teaching and optimize their teaching process and students' learning process, effectively reduce the students' schoolwork burden, to achieve "high quality, and the negative light" classroom teaching. Therefore, it is necessary to perfect and establish a teacher knowledge guarantee system that "improves quality and reduces burden", and a certification access system

that "the talented person has a place".

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