

The Hurried Child Syndrome: An Overview

Mr. Vishal Ghorpade^{1*}, Mr. Satish N Salvi², Mr. Gaurav Gurudatta Awate¹, Mr. Samson Wilson Kamble¹

¹Clinical Instructor, Bharati Vidyapeeth (Deemed to be University) College of Nursing, Sangli, Maharashtra State, India

²Assistant Professor, Bharati Vidyapeeth (Deemed to be University) College of Nursing, Sangli, Maharashtra State, India

DOI: [10.36348/sjnhc.2022.v05i10.002](https://doi.org/10.36348/sjnhc.2022.v05i10.002)

Received: 23.08.2022 | Accepted: 30.09.2022 | Published: 07.10.2022

*Corresponding author: Mr. Vishal Ghorpade

Clinical Instructor, Bharati Vidyapeeth (Deemed to be University) College of Nursing, Sangli, Maharashtra State, India

Abstract

A syndrome described as "hurried child syndrome"—a combination of stress-related behaviors—may develop when a child's parents expect performance levels much above his or her mental, social, or emotional capacity. In essence, parents overbook their children's calendars, put pressure on them to succeed academically, and expect them to act and react like young adults. The current situation of trade is another factor. Many people that market to children today are aware that their parents no longer have complete control over what their children eat, wear, or engage in for entertainment. The consumerist economy is taking advantage of this reality, and it affects children. The following statistics serve as an example of the "hurried child syndrome": The suicide and homicide rates have increased by three times over the previous 20 years, childhood obesity has increased by half, and 15 to 25 percent of young children are "failing" kindergarten, according to recent research on the effects of rushed kid syndrome. In an effort to "manage" them better at home and at school, millions of children take drugs. According to recent data, 70% of virgin girls will not remain virgins by the time they reach maturity, and 40% of adolescent girls who engage in sexual activity will become pregnant by then. Addiction to drugs and alcohol is the main cause of death for young people today, but suicide rates are also rising. Every year, 5,000 teenagers take their own lives.

Keywords: Hurried Child Syndrome, antidepressants, children, adolescents, stress-related behaviour.

Copyright © 2022 The Author(s): This is an open-access article distributed under the terms of the Creative Commons Attribution 4.0 International License (CC BY-NC 4.0) which permits unrestricted use, distribution, and reproduction in any medium for non-commercial use provided the original author and source are credited.

INTRODUCTION

Most children in the modern world miss critical developmental milestones or misunderstand them because they are rushed through them. They've experienced and witnessed far too many awful situations. Parents and society as a whole are pressuring this generation to become immature mini-adults.

The kids get problems and ailments as a result of their irritation and tension. Parents and society must act to safeguard their children's mental health in addition to becoming aware of it.

When we reflect on our past, it is clear that we lived in a carefree period where we spent much of our time playing in parks and learning new things. Later, when we were at home with our siblings, we picked up a lot of knowledge through play and, at the same time, we were preparing to take on adult responsibilities. When we were growing up, our parents did not try to make us change who we were; instead, they just let us be. But why do we demand of our children a sense of

urgency, a sense of time management, and a concern for doing tasks quickly? A lot of the time, quantity triumphs over quality. As a result, the child is under pressure.

Millions of fearful children are frequently prescribed antidepressants, despite our mistrust. According to research done for the Frontline public affairs documentary series on public television in the nation, six million people in the United States watch it.

What is Hurried Child Syndrome?

- It is conditions in which parents over-schedule their children's lives, push them hard for academic achievement, and expect them to act and react like miniature adults.

There are Several Elements that Affect the Development of "Hurried Child Syndrome," Including:

- **Working Families and Single Parents:** These kids experience daily pressure that is identical to the pressure they experience from within. When

these young children are left in a nursery, kindergarten, or with a caregiver, they feel rejected and unworthy.

- **Making Children "Super Kids" is a Goal:** In an effort to turn their children into "super kids," parents frequently encourage their children to behave excessively maturely and to be fiercely competitive. But when they get older, they see how reckless and cruel their parents were.
- **Unrealistic Parental Expectations for a Child's Academic Performance:** Children who fall short of their parents' expectations become so stressed up that they are unable to perform better in the future.
- **The Occurrence of "Super Babies":** Because every parent wants their child to become a superhero when they grow up, young children are under pressure to participate in early reading, arithmetic, computers, sports, and beauty pageants. These kids feel apprehensive and tense because of their parents' high expectations for them. Education would be impacted by these feelings that were repressed.
- **Raising a Hasty Child under the Influence of Society:** Television, movies, reality television, marketing, and the entertainment business are just a few of the media that have an impact on a child's development. The parents want their child to follow in the footsteps of super heroes from popular culture.
- **Pseudo-Sophistication:** Young children are unprepared for serious disagreement, even when they have outstanding communication skills and other qualities like the ability to act like a supermodel, an adult, or a movie star. Despite the fact that some parents train their children to be superheroes, other children are not yet mature enough to undertake adult duties. In the modern world, they experience fear when faced with a difficult situation.
- **Anxiety, Loneliness, and Insecurity-Related Stress:** Stress is caused by a combination of fear, loneliness, and uncertainty. Parents' passion for fervently raising their children is sapped by tensions associated to divorce and single parenting, as well as the stress of living in a time of rapid change and impermanence. Parental stress is another factor that contributes to a rushed child.

Hurrying the Child will have the Following Effects:

1. Hyperactivity, poor concentration, stomachaches, ulcers, stammering, lack of sleep, headaches, and insomnia are some of the physical impacts on these kids.
2. Psychological effects: These children will primarily suffer stress as a result of the first consequence. They will exhibit symptoms such as social anxiety, a desire for solitude, difficulties establishing friends, stress from trying to live up to their parents' expectations and fear of rejection if the expectations are not

reached, sadness, suicidal thoughts, and other symptoms.

Avoid Rushing a Child by Doing the Following:

- Parents should encourage children to play freely outside rather than inside in order to create guys who are unhurried.
- Identify the child's strengths and shortcomings.
- Recognize that each child grows and develops in their own unique way.
- Encouraging your kids to participate in group activities.
- Prevent children from accessing electrical devices.
- Assess children's readiness before assigning them any duties.
- Parents only need to urge and act as good role models for their kids.
- Keep an eye on the child and learn about any special needs or abilities.
- Socialization time with parents and other kids should be balanced, and symptoms should be monitored. By figuring out the sources of their child's stress, parents can help them cope with it.
- Establish realistic goals for yourself. When selecting after-school activities, keep youngsters from overcommitting or under committing.
- Encourage them to relax by getting active through sports, dance, and other activities. You should be cautious not to increase the kids' stress levels when recommending this.
- To aid in the development of children's problem-solving skills, demonstrate to them that once the source of an issue is identified, it must be remedied.
- Stop playing video games and watching TV. Experiment with various outdoor activities.
- Keep an eye on the kids without troubling them; make sure they're all having fun without being intrusive. Obviously, consider their safety. While older kids might require some alone time, younger kids should be constantly observed to keep them from wandering off or harming themselves.
- Do not regret what you did. Even though it may not feel like you are parenting, creating a safe environment where your children can process what they have learned, learn new things, and apply what they have learned to their everyday life is just as crucial as classroom time.
- Let children play and learn at their own pace, learning from their own blunders, insights, and triumphs.
- Explain to them the limitations imposed by reality as well as their own talents and weaknesses.

- Recognize and appreciate their efforts, regardless of outcome. Parents have a greater responsibility to show thanks.
- Instills patience in children and helps them control inappropriate conduct.
- Host a gathering with your neighbors - Children like playing with their pals. Playing imaginatively with other children might help your child grow in his or her ability to interact with others and solve problems.

CONCLUSION

"Hurried child syndrome" is a term used to characterize stress-related behavior. The rushed boy is what happens when parents push their children past their cognitive, social, psychological, and emotional boundaries. The rushed child syndrome occurs when parents overbook their children's schedules, pressure them to do well in school, and expect them to act and react just like little adults. It will have a big impact on how kids grow in the future. The best way for young children to learn is through play outside, therefore parents should be mindful of their kids' requirements and raises them accordingly.

REFERENCES

- Dr. Gail Gross (internet). The Effects of Hurrying Children Through Childhood available on http://www.huffingtonpost.com/dr-gail-gross/the-effects-of-hurrying-children-through-childhood_b_3824197.html
- Ghorpade, N. K. (2022). A Brief Review on Hurried Child Syndrome. *Saudi J Nurs Health Care*, 5(9), 182-184.
- <https://timesofindia.indiatimes.com/life-style/relationships/parenting/the-hurried-child-syndrome/articleshow/20393458.cms>
- <https://www.kindredmedia.org/2007/09/the-hurried-child-syndrome/>
- Karen Iley. Hurried Child Syndrome. [Internet]. 2009 [cited 2019 Sep 14] Available from: <https://www.timeoutdubai.com/kids/features/5245-hurried-child-syndrome>
- Mendagudli, V. G., & Sarawad, S. S. (2021). Hurried child syndrome-A review. *Asian Journal of Nursing Education and Research*, 11(3), 422-424. doi: 10.52711/2349-2996.2021.00101
- Sandra, L. H., David, A. K., & Janet, S. D. (2008). Maryland Population Research Center, The —Hurried Child: Myth vs. Reality.