

## A Brief Review on Hurried Child Syndrome

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### Abstract

When a kid's parents demand performance levels much beyond his or her mental, social, or emotional capacity, the result might be a syndrome known as "hurried child syndrome"—a collection of stress-related behaviors. In essence, parents overbook their kids' calendars, pressure them to do well in school, and demand that they behave and respond like small adults. Another factor is the state of trade at the moment. Nowadays, a lot of people that market to children are aware that their parents no longer control what kids consume for food, clothing, or entertainment. This reality is being exploited by the consumerist system, and it has an impact on kids. The hurried child syndrome is represented by the following statistics: Recent research on the effects of rushed kid syndrome shows that the suicide and homicide rates have tripled over the past 20 years, childhood obesity has grown by 50%, and 15–25% of young children are "failing" kindergarten. Millions of children receive medications in an effort to "manage" them better at home and in school. According to recent statistics, 40% of adolescent girls who engage in sexual activity will become pregnant by the time they reach maturity, and 70% of virgin girls will not be virgins. The leading cause of mortality for youths today is drug and alcohol abuse, but suicide rates are also rising. Five thousand youngsters commit suicide each year.

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

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### INTRODUCTION

The majority of youngsters in today's world skip through or confuse important periods of development because they are hurried through it. They've seen and been in far too many unpleasant circumstances. This generation is being pressured by their parents and society as a whole to develop into immature mini-adults.

Because of their annoyance and stress, the children experience issues and disorders. In addition to becoming aware of their children's mental health, parents and society must also take action to protect it.

While we look back on our lives, we can see that it was a carefree time during which we learned most things by playing in parks. Later, when we were at home with our siblings, we learned many things through play, and in the meantime, we were getting ready to assume adult responsibilities. Our parents did not force us to change who we were at the time and instead let us be who we were. But why do we expect our kids to be time-oriented, time-regulated, and

concerned with getting things done quickly? Quality frequently loses out to quantity. The child is therefore rushed for time.

Despite our scepticism, millions of anxious kids are regularly offered antidepressants. Six million people in the United States watch public television, according to a report done for the Frontline public affairs documentary series on public television in the country.

#### 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.

#### The Emergence of "Hurried Child Syndrome" is influenced by a Number of Factors, Including

- **Individual Parents and Working Families:** These children are exerted just as much pressure as they exert on themselves on a daily basis. These young children experience feelings of rejection and

unworthiness when they are left in a nursery, kindergarten, or with a caregiver.

- **Making Kids "Super Kids" is a Goal:** Parents often urge their kids to act too maturely and be extremely competitive in order to make them "super kids." As they mature, though, they realize how rash and abusive their parents were.
- **Unrealistic Parental Expectations for a Child's Academic Performance:** When kids fall short of their parents' standards, they become so stressed out that they are unable to do better in the future.
- **The Super Baby Phenomenon:** Young children are pressured to participate in early reading, math, computers, athletics, and beauty pageants because every parent wants their child to grow up to be a superhero. Due to their parents' heightened expectations for them, these kids feel anxious and tense. These suppressed feelings would affect education.
- **Society's Influence on Raising a Hasty Child:** A child's development is influenced by a variety of media, including television, movies, reality television, marketing, and the entertainment industry. The parents desire for their child to become a super hero like those in the media.
- **Pseudo-Sophistication:** Despite having good communication skills and other traits like the capacity to act like a supermodel, an adult, or a movie star, young children are unprepared for severe conflict. Although parents may raise their kids to be superheroes, some kids lack the maturity to handle adult responsibilities. When faced with a challenging circumstance in modern life, they feel frightened.
- **Stress from Anxiety, Loneliness, and Insecurity:** Fear, isolation, and uncertainty all contribute to stress. Tensions related to divorce and single parenting, as well as the strain of living in a time of rapid change and impermanence, sap parents' energy for passionately raising their children. Another element that contributes to a rushed child is parental stress.

#### The Consequences of Hurrying Up the Child

- **These Children's Physical Effects:** include hyperactivity, a short attention span, ulcers, stomach aches, stammering, sleeplessness, headaches, and insomnia.
- **Psychological Consequences:** Stress will be the main psychological impact these kids will experience. They will display social anxiety, a desire for solitude, difficulty making friends, stress from attempting to live up to their parents' expectations and fear of rejection if the expectations are not met, unhappiness, suicidal thoughts, and other symptoms.

#### Prevent Hurrying a Child

By following these steps:

- Allow kids to play freely outside rather than inside; this is what parents should do to raise rushed-free boys.
- Recognize the youngster's assets and weaknesses.
- Be aware that every child develops and grows in a different way.
- Encouraging participation in group activities by your children.
- Keep electrical devices out of kids' reach.
- Before giving kids any responsibilities, determine their level of readiness.
- All parents need to do is insist and set an example for their children.
- Keep an eye on the infant and get to know his or her specific demands and talents.
- 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, a parent can help them manage it.
- Make realistic goals for yourself. When selecting after-school activities, try not to over-program or rush kids.
- Encourage them to let off steam by participating in sports, fitness, and dance. You should be cautious not to increase the kids' stress levels when recommending this.
- Show children that once the root of a problem is found, it needs to be fixed in order to help them develop their problem-solving abilities.
- Stop watching TV and stop playing any video games. Play around with different outdoor activities.
- Monitor the children without bothering them; make sure they are all having a good time without hovering over them. Naturally, keep their security in mind. While smaller children should be continuously watched to prevent them from running into the streets or hurting themselves, older youngsters may need time alone.
- Don't feel bad about what you did. Even while it may not seem like you are parenting, providing a secure setting where your kids may reflect on what they have learned, discover new things, and apply what they have learned to their daily lives is just as important as classroom time.
- Enable kids to play and learn at their own rate, gaining knowledge from their own errors, understanding, and successes.
- Inform them about their own strengths and weaknesses as well as the constraints imposed by reality.
- Acknowledge and value their efforts, regardless of success. Parents have a bigger obligation to express their gratitude.
- Teaches kids to have patience and supports them in reining in inappropriate behaviour.
- Organize a get-together with your neighbours - Kids like to play with their friends. Your youngster

can develop relationships and problem-solving skills by playing imaginatively with other kids.

## CONCLUSION

Stress-related behavior is referred described as "hurried child syndrome." When parents push their kids to succeed over their cognitive, social, psychological, and emotional limits, the result is the hurried boy. In the case of rushed child syndrome, parents overbook their kids' schedules, push them hard to succeed in school, and demand that they behave and respond just like little adults. It will significantly affect how children develop in the future. Parents should be aware of their children's needs and raise them accordingly, allowing them to play outside, which is the best way for young children to learn.

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