

# *Research on Practical Path of Basic Education under Double Reduction Policy*

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**Keywords:** Double Reduction Policy, Educational Concept, The Relief

**Abstract:** The implementation of the "double reduction" policy is a major decision made by the CPC Central Committee and The State Council. It is related to the implementation of the Party's educational policy and the education that the people are satisfied with. The policy calls for reducing the total amount and duration of homework, reducing students' heavy homework burden, enforcing strict governance, and comprehensively regulating off-campus training activities.

## **1. Implementation Background of Double Reduction Policy**

The heavy schoolwork burden of primary and secondary school students has always been a hot topic concerned by schools, parents and students. The heavy schoolwork burden not only seriously affects the physical health of students, but also causes the psychological burden of students, which brings educational anxiety to parents and also restricts the all-round development of students. In August 2013, the "Ten Regulations on Burden Reduction for Primary School Students" explicitly prohibited illegal make-up lessons, and public schools and teachers should not organize or participate in the holding of after-school cultural lessons, so as to avoid the phenomenon of "school burden reduction, society burden reduction" and "teachers burden reduction, parents burden". Reducing the burden is not only a matter for the school, but also requires the joint efforts of relations and the community. [1] In December 2018, the Ministry of Education and other nine departments issued the Notice on Measures to Reduce The Burden of Primary and Secondary School Students. At the same time, the family should fulfill the responsibility of educational guardianship and strengthen the management and supervision of the government. [2] It strengthens the duty of schools and parents in educating children and lightening the burden of students, and calls for the administration to play a principal role, further clarifying and strengthening the responsibilities of all parties. With the increase of government investment in education, the income level of urban and rural families has increased, and the shortage of education resources has gradually eased. However, the demand for higher quality education is also expanding, and the contradiction between education supply and demand is still sharp.

## **2. The Double Reduction Policy has Problems at the Present Stage**

### **2.1. Out-of-school Training Institutions are not Standardized**

The disorderly development of off-campus training seriously affects on-campus education and has obvious external negative effects. It not only infringes on the rights and interests of consumers, but also sharply enlarges the profit-seeking market, which aggravates the unfairness of education and makes the market mechanism fail[3]. In the face of the negative effects caused by market failure, the government needs to correct them. After the promulgation of the double reduction policy, it is necessary to adhere to the governance according to law, do a good job in the legislation, interpretation, law popularization and law enforcement of the governance of out-of-school training, and create a legal market through legal thinking and legal methods, so that out-of-school training can step into a virtuous development cycle. It can be seen that the after-school training institutions and their industries could not really satisfy the people to some extent before the "double reduction" policy was introduced [4].

### **2.2. Parents' Anxiety**

Some scholars summarized parents' "education anxiety" as: the continuous deviation of the education system from the normal, often accompanied by the imbalance of educational function, purpose, value and so on. [5] Academic achievement anxiety became the main manifestation of parents' educational anxiety, and academic evaluation anxiety was further strengthened and expanded. Investigate its fundamental, can foster "learning" and other traditional cultural concept rooted in family education cause mobility concerns, student evaluation mechanism is not sound to parents is difficult to balance the relationship between short-term interests and long-term development, in the subject class training institutions to limit and control may not bring high quality education resources rich, the specification in education career. The main causes of parents' anxiety in education are the scarcity of subjective educational resources, the weakness of parents' information discrimination ability and the cognitive misunderstanding caused by their

### **2.3. Heavy Homework after Class**

Service is a livelihood project, after class is to reduce the burden of the parents and strengthen the important measure of education service ability, to improve the satisfaction of the people for education, but can not be isolated service after class, in view of the "ShuangJian" policy should be put "ShuangJian" policy and service work after class to deepen the reform of the education of big background, design, to meet in the big change. [6] In the face of heavy workload, students bear heavy psychological pressure, lack of interest in learning, passive learning, not only low efficiency, but also will form a distorted psychology, taking learning as a means of competition, taking classmates as competitors, lack of ability to resist setbacks. The quality monitoring report of Compulsory Education in China shows that students are weak in comprehensive application ability.

## **3. The Implementation Path of the Double Reduction Policy**

### **3.1. Optimize the Education Evaluation System**

Educational evaluation refers to the process of scientific judgment of various educational activities, educational processes and educational results by using certain techniques and methods under the guidance of certain educational values and according to established educational objectives.

Educational evaluation plays a guiding role in education and teaching. An excellent evaluation system can help the growth of students, while a bad evaluation system may interrupt the teaching rules and have adverse effects on teaching and learning. [7] We will standardize nongovernmental participation in education governance, and establish and enhance mechanisms for nongovernmental participation in school management and education assessment and supervision. [8] To make the policy of double reduction sustainable, it must be different Aspects of joint efforts. But anyway, the improvement of teaching quality should be put in the first place, which is the lifeline of education, is the main school education. The embodiment of body status. The establishment of formative evaluation system and learning community can enable teachers and normal university students to establish new mechanisms for collaborative development to improve the quality of school education in the new era. Quality control is not about performance accountability in the traditional sense, it is used for periodical assessment of teachers' teaching to find problems existing in students' learning.

### 3.2. Relieve Parents' Anxiety

"Inrolling" was first proposed by The American anthropologist Geertz. It refers to the phenomenon that a social or cultural model stagnates or cannot be transformed into another advanced model after reaching a certain form at a certain stage of development. [9] Guide parents to form an equal career concept, gradually change the parents Vocational education to eliminate the prejudice of parents on manual labor employment and occupation Industry discrimination, build respect for skilled talents, pay attention to the thick vocational education Thick atmosphere. Parents should be guided to change the misunderstanding of "double reduction" policy District, all levels of family education guidance service institutions should "double reduction" policy. We should carry out active publicity to help parents avoid the negative impact of disordered media communication. Family education guidance should strengthen parents' study of laws and regulations related to family education, guide parents to clarify their own legal subject responsibility, and reverse their wrong idea of transferring education responsibility to school and society. In addition, the guidance of family education should further guide parents to establish a scientific concept of family education. Set up a comprehensive development view, correct the purpose of education, maintain reasonable expectations for children's development. Parents should fully respect the differences and particularities of children's development, cultivate their broad interests and hobbies, healthy aesthetic pursuit and good learning habits, and enhance their spirit of scientific exploration, innovative consciousness and ability.

### 3.3. Improve Teachers' Homework Design

Strengthening the main role of school education, improve the quality of teachers' classroom teaching Quantity, homework design level, organization teaching and research staff in-depth The basic level of the school to carry out special teaching and research investigation, guide teachers to design personalized Homework, improve the level of teacher's homework design. Stratification for primary and secondary school teachers Carry out special subject individualized homework design training, so that teachers can design relevant after-school homework according to students' different levels, and reduce students' homework burden After-school service is the fundamental way to meet the diversified needs of students, and after-school education system should be based on meeting the personalized, differentiated and practical learning needs of students. [10] Homework design can not only help students to master the existing knowledge, but also directly reflect teachers' disciplinary accomplishment and professional ability. The homework trouble of students is closely related to the problem, quality, total amount and length of homework, and is also closely related to the insufficient supply of high-quality educational resources, the intensification of social competition

and the resulting educational anxiety.

#### 4. Conclusions

We should raise the level of basic education, narrow the gap between urban and rural education, promote the balance between urban and rural education, and improve the supply and quality of education. The imbalance of urban and rural, regional and inter-school education in China mainly stems from the imbalance of educational resources, and information technology can solve the problem of unbalanced delivery of educational resources to a certain extent by improving the exchange and sharing of information resources and network interaction. [11] Parents, stakeholders of the policy, resolve education anxiety, help parents adhere to the correct education concept, teachers constantly improve teaching level, improve after-school service quality of students. Off-campus training institutions should transform in time to standardize school running. "Double reduction" is a systematic project involving many interest groups. Faced with the problems of the double decrease policy, it is necessary to build a policy collaborative innovation mechanism led by the government and participated by multiple parties. To establish a collaborative mechanism of supervision and administrative law enforcement to reduce the burden of education in accordance with the law and strict supervision; We will establish a value-driven and demand-driven policy communication mechanism throughout the process. Optimize the supply of public education resources through diversified cooperation and mutual benefits.

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