

# *The Pressure and Anxiety of Contemporary Young People*

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**Abstract:** Nowadays, the public's pursuit of a high-quality life unintentionally increases personal stress factors. Employment difficulties, housing problems, children's education issues, elderly care issues, and pressures from the workplace and social media all make the public feel uneasy about their identity and anxious. Faced with this issue, we need to resolutely implement comprehensive deepening reforms and help promote social harmony in the direction of social cooperation; We also need to accelerate the reform of the social security system and intensify the construction of the social psychological service system, in order to drive the mutual beneficial effect of economic development and the improvement of people's livelihoods.

## 1. Introduction

If there is no extrusion, the oil well is difficult to produce oil, if there is no pressure, life is empty. Every modern man, without exception, may carry either a huge or a babbling pressure. This is due to the need for each of us to access the necessary lives of society and the resources and opportunities needed for development. We are inevitably under pressure from all sides in our society, because these resources and opportunities are not easily accessible. In particular, the major conflicts in Chinese society have become the people's increasing demand for a quality of life and the unbalanced and inadequate social development. People not only have higher expectations for the material culture of life, but also their demands for democracy, rule of law, fairness, justice, security and environmental protection are also slowly increasing. It is no exaggeration to say that people's pursuit of a good life imperceptibly increases the weight of pressure. In today's era, the process of social transformation and urbanization is accelerating, and the rate, scale and intensity of social mobility, differentiation and reorganization have exceeded any period in history, and the normal state of society has become fragmentation and atomization. When in the "community of strangers" city, the original social support system in gradually retreat and even dissipate, all kinds of oppression from the workplace, family and society seems to cover everyone, many people cannot bear the "heavy as mount tai" pressure, even because of the "overpressure environment" and makes the emotional disintegration. In fact, this is usually a kind of anxiety and tension caused by people in their social life when they cannot meet their expectations due to various factors. The ideal is always beautiful, but the reality is often ruthless, the greater the gap between the ideal and the reality, the heavier the social pressure we will bear."

## **2. Difficulties such as finding a job, buying a property and the pressure of children's education all increase the life pressure of the younger generation**

First and foremost, we should not ignore the challenges of job-hunting. Although China's economy still maintains a strong and forward development momentum, the national employment situation is not satisfactory in an environment of increasingly stringent development requirements such as transformation and upgrading, structural adjustment and innovation-driven development. Statistics released by the Ministry of Education show that the number of college graduates nationwide is expected to reach 8.34 million in 2019, up 140,000 from 2018 and setting a new record, highlighting the problem of structural unemployment. Moreover, those who have successfully obtained jobs must also cope with the social and psychological stress due to competition<sup>[1]</sup>.

In addition, the steps of buying a house are full of various challenges. According to the traditional view, most Chinese people deeply believe in the idea that "a house, a home". In addition, housing can bring a variety of benefits, such as education, elderly care services and social services, making it more difficult to "find the ideal housing source". In the past, although the government has adhered to the policy of "giving priority to housing needs and leading investment", and despite some market pressure from local governments to limit purchases, limit loans, and strengthen affordable housing, housing prices have been rising, exceeding the affordability of ordinary workers. In global sense, the reasonable ratio of house prices and income is 3-6, however, the ratio in Shenzhen, Beijing, Xiamen, Shanghai, Fuzhou, Guangzhou, Tianjin and Hangzhou is a staggering 20-30. The high cost of accommodation (including house prices and rents) has added to the living burden of the younger generation. Ultimately, education is also a hurdle. Historically, Chinese parents have insisted let their children receive high-quality education to improve their social status. In recent years, although China's investment in education has increased, the distribution of educational resources among cities, regions and schools is still unequal. Take preschool education as an example. According to the 2017 national education development statistics, there are 255,000 kindergartens in China, and the enrollment rate of preschool education is 79.6 percent. This means that there are still some children who cannot find a suitable kindergarten.

In addition, the phenomenon of "large class size" in cities has become a problem for parents during compulsory education. With every effort to choose the best kindergarten, primary and middle schools for their children, Chinese people have paid great energy to this. Admittedly, excessive expectations for children's education increase the life pressure of young parents.

## **3. Difficulties in retirement and the stress of the workplace and social activities trigger relatively widespread feelings of anxiety**

According to the prevailing global standard, the higher the proportion of the population aged 16 to 64 in the total population, which means a large proportion of labor force, prominent population advantage and less social pressure. However, China is moving towards the aging society at a high speed, and the so-called "poor and old problem" appears, and the trend of aging is increasingly acute, which constitutes a heavy pressure on the pension mechanism, national finance and social consumption. According to the announcement of China's National Bureau of Statistics, at the end of 2018, China's population aged 60 and above had reached about 249 million, accounting for 17.9 percent of the total population, while the population aged 65 and above was about 167 million, accounting for 11.9 percent of the total population. From the perspective of pension alone, about 3.6 workers are currently needed to support an elderly person over 60 years old. Moreover, with the decrease of family size and the continuous growth of the elderly population, the pension pressure will further expand<sup>[2]</sup>.

Young people not only need to resist the pressure of pension problems, but also need to fight in the fields of career, social and social changes. This actually reveals the huge impact of social stress on an individual's body and mind. In the past years, with the deepening of comprehensive reform, the adjustment of national policies, the transformation of profit distribution, the intensification of competition, the growth of social problems and disturbances, the rapid improvement of the pace of life and work and other factors, have doubled people's mental pressure. The emerging middle class, the new college graduates, and the new generation of migrant workers, in the socialist market economy in the increasingly fierce social competition, fear that they may become a decadent member, causing a wide sense of identity panic, unease, and a growing sense of crisis in the workplace. If this is ignored, it may lead to the "solidification" of social class and the "slowing down" of social mobility, thus reducing the progressive force of social weakness, reducing the efficiency of social resources distribution, and may even pose a threat to the society, harmony and stability.

#### **4. Unknown potential risks due to undue stress need to be avoided**

There is no denying that pressure is everywhere whenever and wherever, and how people face pressure becomes the decisive key. From one side, moderate social pressure can motivate people and motivate them to improve their living environment and make positive progress; however, the high intensity of social pressure may weaken people's morale and may cause great damage and even obstacles to their daily life and development. Therefore, maintaining a moderate level of stress can promote the development and progress of individuals and society; meanwhile, we should alert the potential hazards caused by excessive stress, such as environmental conflicts triggered by NIMBY effects. At your age, too much social pressure is likely to reduce the fertility rate and increase the age of marriage. The more you decide to marry later or not, or decide to have fewer children or not to have children. Therefore, we must avoid falling into the "low desire society" similar to Japan, as well as psychological distress such as emotional control, depression and even suicide. According to the data of the National Bureau of Statistics and the Ministry of Civil Affairs, the marriage rate in China has been shrinking since 2013, declining for five consecutive years. The marriage rate has decreased from 9.9 % in 2013 to 7.2 % in 2018<sup>[3]</sup>. The traditional concept that "men should get married and women should marry" is gradually being replaced by the new concept that "men do not have to be married, and women can choose not to marry". At the same time, we need to note that although the marriage registration rate reached a record low in 2018, the divorce rate has increased year after year since 2002, reaching 38 percent in 2018 and 63 percent in some provinces. Even though the factors of marriage and divorce are complex and diverse, the high-priced real estate market still has a significant impact on the willingness to marry and have children. With the increase of a series of social pressures, such as pressure on employment pressure, housing burden (or rent), breadwinner and education, more and more young people choose to marry late and have fewer children. According to China's National Bureau of Statistics, the number of births in 2018 was 15.23 million, down 630,000 from 2016 and 2 million in 2017. Undoubtedly, this is closely related to the high cost of raising children, education costs and other factors. Close relationship.

#### **5. We will unswervingly advance the reform comprehensively and promote social stability with the help of social cooperation**

Although everyone in social life will experience different degrees of pressure, the ability of each social group to achieve their own expectations and goals is different due to the gap in the distribution of social resources and opportunities. Therefore, we should pay attention to all kinds of shaping and psychological pressures encountered by young people in the pursuit of high-quality

development. We need to uphold the concept of people-oriented development, unwaveringly promote the comprehensive deepening of reform, always ensure and improve the quality of life of the people in the process of development, promote social justice and fairness, and drive modernization through shared prosperity. We need to rely on the joint efforts of the country, society and individuals to create a positive interaction between economic growth and the improvement of people's livelihood, and to achieve harmonious coexistence between society and people.

In the challenge of pursuing advanced development, we need to unwaveringly carry out all-round reforms and strive to improve the quality of people's lives on the road of development. The impact of people's lives is strong, so we need to pay special attention to infrastructure projects such as employment skills training, children's teaching, housing security and medical services, and to address structural problems in the labor market and to promote the realism of employment-led strategies. Similarly, we should also explore the direction of population flow and urbanization development, expand the supply of urban education services, substantially reduce the difficulty of learning and effectively promote the transformation of floating population into citizens. We need to optimize the path of social mobility, eliminate problems such as separation in systems and mechanisms, identity barriers and solidification of social hierarchy, break the "glass ceiling effect" in career development, and provide more and better fair opportunities for upward mobility for social disadvantaged groups. It is possible for every young person to make their life more wonderful, realize their dreams and gradually change the social structure from a similar "melon gourd type" to an "olive type". In response to future challenges in seeking efficient development, we need to advocate social union and promote social harmony. We live in a prosperous era, which also awakens people's pursuit of a better life.

Marx once put forward: "Every person's struggle, in fact, is to realize their own interests." For this, we need to establish a fair benefit distribution system in the whole society, smooth expression of interests, the interests of the fair adjustment way, and to implement the government-led multiple subject interest negotiation strategy, create a everyone to the interests of social cooperation environment, fundamentally reduce the interest disputes between people, reduce the invisible psychological pressure, in order to promote the harmonious development of social groups.

## **6. We will rapidly promote the reform of the social security system, and strengthen the construction of the social psychological service system**

Under the pressure of pursuing high-quality development, we need to make deeper improvements to the social security mechanism, establish a development-oriented security system that can benefit everyone, and easily comfort people, especially young people, in the process of entrepreneurship and hard work. On the one hand, for the groups that cannot be covered by the current social security system, it is necessary to formulate appropriate policies to fill these gaps, and at the same time, further expand the coverage of the current security system to ensure that all the people should be guaranteed. On the other hand, we also need to gradually improve the quality and fairness of social security, so that every member of society can enjoy a basic and dignified life and appropriate public services through the national security program. On this basis, we need to establish a dynamic adjustment mechanism for the level of social security, which can be adjusted according to the living standards of citizens, the financial situation of the country and the changes in the price index, so as to ensure that all members of society can share the fruits of reform and development. Fairness and justice are the core elements of China with socialist characteristics. Therefore, we need to immediately build a social equity protection system based on the fairness of rights and interests, opportunities and rules according to the joint efforts of the whole people and the sustainable development of society and economy, and strive to create a fair social environment

to ensure everyone's equal participation and development rights. At the same time, we need to guide everyone to adapt to this expectation, think and set up sharing policies under the principle of putting strength first, according to the level of social and economic development, and constantly refine and optimize the social security system to reduce everyone's tension and anxiety.

To cope with the pressure we encounter in the pursuit of high-quality development, it is necessary to improve our social psychological service system and shape a rational, tolerant, positive and optimistic social attitude. In the past few years, the change of wealth and social class has triggered a continuous impact on social psychology, and triggered a lot of negative emotions in Chinese society. Some people have formed lost, aimless and unsafe emotions, and the anxiety and pressure of the collective and young people are particularly prominent. Therefore, we need to pay more attention to the mental health education of the whole society and provide scientific psychological guidance to the whole society. We need to establish early warning , response mechanism for social psychological crisis , to improve our response and guidance to social psychological danger; we need to form a comprehensive, multi-level psychological adjustment and emotional processing mechanism, to give full play to the functions of professional social workers, colleges, psychological counseling institutions and league member organizations in social psychological assistance, to assist the whole society to cultivate rational, tolerant and positive social attitude, to alleviate the social pressure of "psychological vulnerable groups", and to realize the harmonious development of individuals and society.

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