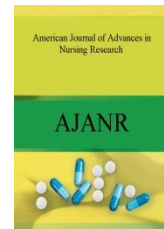




# AMERICAN JOURNAL OF ADVANCES IN NURSING RESEARCH

Journal homepage: [www.mcmed.us/journal/ajanr](http://www.mcmed.us/journal/ajanr)



## HURRIED CHILD SYNDROME

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### Article Info

Received 25/10/2018

Revised 15/11/2018

Accepted 17/11/2018

**Key word:** Hurried Child Syndrome, children's, Antidepressants.

### ABSTRACT

If we look back to our life it was a kind of carefree time, where we learned most of the things by playing in streets, after that at home with siblings and learned many things by only play and meanwhile we prepared to take up responsibilities in adulthood. The parents at our period were given freedom to be as we are and they didn't hurry us to grow. But why are we hurrying our children to be time-oriented and time-regulated, which gives more emphasis on speed, and quick results. Very often more importance is given to quantity than quality. This is resulting in a hurried child. We may think that it may not be true but Millions of stressed-out children are now medicated with antidepressants. Six million, according to a study done for the Frontline public affairs documentary series on U.S. public television.

### INTRODUCTION

#### What is hurried child syndrome?

It is a Condition in which parent's over-schedule their children's lives, push them hard for academic success, and expect them to behave and react as miniature adults [1].

#### Statistics related to hurried child syndrome

According to recent statistics on the effect of hurried child syndrome,

- A 50% increase in obesity in children over the last 20 years
- A tripling of suicide and homicide rates over the last 20 years
- Around 15-20% of young children are 'flunking' kindergarten;
- Millions of children are being medicated to make them more 'tractable' at home and at school

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- The most recent statistics suggest that 70 percent of teenage girls will not be virgins by the time they leave their teens—and 40 percent of those sexually active will get pregnant.
- Drug and alcohol abuse is now considered a leading cause of death among teenagers, but suicide is increasing rapidly. Five thousand teenagers commit suicide each year [1].

#### The causes for hurried child syndrome

**Working families and being single parent:** These children are pushed as hard as they pushed themselves in their daily life. When these children left them in the nursery or kindergarten or with care taker, they develop feelings that they are unworthy and rejected.

**Seeking to child be "super kids,":** parents often pressuring their children to become premature adults and making them overly-competitive. But when they become adolescents, they see they were hurried and misused by their parents

**Unrealistic expectation on children about academic**



**performance:** When children fail to live up to their parents' expectations, the children become so anxiety-ridden that they cannot perform better in future.

**The super baby phenomenon:** Every parent wants their child to be super baby, because of that, the small kids are pushed for early reading, early math, early computers, early sports, and early beauty contests. These parents will have more hopes on child, therefore these kids develop anxiety and stress. These reserved emotions will have impact on school education.

**The impact of society on raising a hurried child:** TV shows, cinema, reality show and advertisement and industry have a huge impact on the development of the child. The parents want their child be super baby as portrayed in media.

**The pseudo-sophistication.** The small kids may have great verbal command and many other skills like acting as super model, mature adult, filmy star but they are not prepared for real conflicts. Parents may raise their kid as super baby but these kids don't have maturity to face the real world. They feel panic when they confront with undesirable situation in day today life.

**The stress of fear, loneliness, and insecurity:** The stress of divorce and single parenting; the stress of living in a time of rapid change and impermanence – all this leaves little or no energy for enthusiastic child-rearing. Parental stress is another cause for rising hurried child [2].

#### **The impact of rising hurried child**

▪ **Physical impact:** It includes stress-related diseases such as ulcers, sleep disorders, bed wetting, stomach ache, diarrhoea, nervous twitches, headaches, hyperactivity, stammering, muscle tension and bed-wetting

▪ **Psychosocial impact:** The children today have too many caretakers performing as parents. When this situation occurs between the ages of 2 to 8, children feel rejected because of being left with others. Deprivation of play in kids leads to lack of empathy and rise in narcissism among the children. The child may addict to drugs and alcohol abuse. Suicidal thoughts and depression common in young children. Children develop lack of social skills and social values. Teenage pregnancy and School crime are often seen in hurried child.

▪ **Learning skill** has blocked due to the anxiety of memory lapses and increased fear of failure. Inferiority feeling, doubt, and fear of failure among children [3].

#### **How to prevent hurrying a child**

The Role of parents in raising a hurried free child are

- Allow children to outdoor play unconditionally instead

of indoor play

- Know child's strengths and weakness
- Know that each child's growth and development is not same
- Encourage children to involve with others
- Avoid giving gadgets to children
- Assess children ability before giving any tasks
- Watch the child carefully and understand his/her specific needs and knacks.
- Parents just need to insist and show by example.
- Need to be balanced with time spent socially engaged with parents and other children.
- Be alert for symptoms. By identifying the sources of stress promptly, a parent can help to reduce stress in their child.
- Set reasonable goals. Try not to over program, or hurry children when choosing after-school activities.
- Encourage children to let off steam through dance, sports, exercise, and other activities. Be careful not to pressure children further when suggesting this.
- Work with children to develop problem-solving skills by teaching them that once the source of a problem is identified, it must be managed.
- Ditch the TV and computer games
- Supervise without orchestrating
- Playtime during childhood- how it would help in preventing hurried child
- Through play children learn about themselves, others and the world.
- Through playing children learn different values like co-operation, persistence, compassion etc.
- Teaches children about their own powers and abilities.
- Makes them understand the limits and the constraints of reality.
- Teaches them to be tolerant and help to control aggressive behavior [4].

#### **CONCLUSION**

Hurried child syndrome is a stress linked behaviour. Parents raise the hurried child when they expect their child to perform well beyond his or her level of mental, social, psychological and emotional capabilities. Basically, in hurried child syndrome, parents overschedule their children's lives, push them hard for academic success, and expect them to behave and react as miniature adults. It will have drastic impact on child growth and development in future. The parents should understand child needs and rear the child as per his/her developmental needs and allow him to enjoy the outdoor play which is best mode of learning during childhood.



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