

HURRIED CHILD SYNDROME -AN OVERVIEW

R. K. Mahadevaswamy^{1*} and H. S. Manasa²

¹Senior Nursing Tutor, JSS School of Nursing, Mysuru, Karnataka, India.

²Nursing Tutor, JSS School of Nursing, Karnataka, India.

Received date: 08 August 2021

Revised date: 29 August 2021

Accepted date: 19 September 2021

*Corresponding author: R. K. Mahadevaswamy

Senior Nursing Tutor, JSS School of Nursing, Mysuru, Karnataka, India.

ABSTRACT

Hurried child syndrome is a set of stress-related behaviours that develop when a child's parents expect him or her to perform well beyond his or her mental, social, or emotional capabilities. In essence, parents overbook their children's schedules, push them to excel academically, and expect them to act and react like little adults. The current situation of trade is also a consideration. Many people that sell to children nowadays understand that their parents no longer dictate what they eat, dress, or watch. The consumerist economy is taking advantage of this reality, and it is affecting children.

The following are some statistics about the hurried child syndrome: According to recent study on the impact of rushed kid syndrome, childhood obesity has increased by 50% in the last 20 years, suicide and murder rates have tripled in the last 20 years, and roughly 15-20% of young children are "flunking" kindergarten. Medications are given to millions of children in order to make them more 'controllable' at home and in school. According to recent data, by the time they reach adulthood, 70% of young girls will not be virgins, and 40% of those who are sexually active will become pregnant. Drug and alcohol addiction is now the greatest cause of death among teenagers, but suicide is also on the rise. Every year, 5,000 teenagers take their own lives.

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

INTRODUCTION

The bulk of children in today's world are rushed through childhood, bypassing or blurring crucial stages. They've been exposed to and experienced far too many bad situations. Parents and society as a whole are pressuring this generation to mature into mini-adults who aren't.

The youngsters develop problems and disorders as a result of their irritation and strain. Parents and society must not only become aware of their children's mental health, but also take control of it.

Looking back on our lives, we can see that it was a carefree period during which we learnt most things by playing in parks, then at home with our siblings, where we learned many things through play, and in the meantime, we prepared to take on adult responsibilities. Our parents allowed us to be who we were at the time and did not put any pressure on us to grow up. But why do we expect our children to be time-oriented and time-regulated, with a focus on speed and quick results?

Quantity frequently takes precedence over quality. As a result, the child is pressed for time.

Antidepressants are routinely prescribed to millions of stressed-out children, despite our disbelief. The number of people who watch public television in the United States is six million, according to a report performed for the Frontline public affairs documentary series on public television in the United States.

What is Hurried child syndrome?

It is a condition 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.

Several variables contribute to the development of hurried child syndrome.

Working families and single parents: These youngsters are pushed just as hard as they pushed themselves in their daily lives. When these children are left in a

nursery, kindergarten, or with a caretaker, they face feelings of unworthiness and rejection.

Trying to make children "super kids": In order to make their children "super kids," parents frequently push them to become premature adults and overly competitive. However, as they get older, they see how hasty and abused their parents were.

Children's unrealistic academic achievement expectations: When children fail to satisfy their parents' expectations, they get so stressed that they are unable to do better in the future.

The super baby phenomenon: Because every parent wants their child to grow up to be a superhero, young children are pushed to participate in early reading, math, computers, athletics, and beauty pageants. These children are anxious and stressed as a result of their parents' higher expectations of them. These repressed emotions would have an impact on education.

The Impact of Society on Raising a Hasty Child: Television shows, movies, reality shows, marketing, and the entertainment sector all have an impact on a child's development. The parents want their child to grow up to be a super hero, as portrayed in the media.

Pseudo-sophistication: Small children may have good communication skills and a number of other qualities, such as the ability to act like a supermodel, mature adult, or movie star, but they are unprepared for serious confrontation. Although parents may train their child to be a superhero, some children lack the maturity to deal with the real world. They become scared when confronted with an unfavourable situation in modern life.

Fear, loneliness, and insecurity stress: Stress is caused by fear, solitude, and uncertainty. Divorce and single parenting tensions, as well as the stress of living in a time of rapid change and impermanence, sap vitality for enthusiastic child-rearing. Parental stress is another factor that contributes to a rushed child.

The consequences of hurrying up the child.

1. Physical affects in these youngsters include headaches, insomnia, ulcers, stomach aches, stammering, muscular twitching, hyperactivity, and a shortened attention span.
2. Psychological effects: The most significant psychological consequence these children will suffer will be stress. They will exhibit anxiety of getting along with people, a desire to be alone, trouble socialising, stress from trying to match their parents' expectations and fear of being rejected if the expectations are not reached, sadness, suicidal tendencies, and other symptoms.

Prevent hurrying a child: by following these steps.

- Allow children to play freely outside rather than inside, as this is the duty of parents in growing a rushed free lad.
- Identify the strengths and shortcomings of the youngster.
- Recognize that each child's development and growth is unique.
- Encourage your kids to take part in group activities.
- Keep electronic devices out of the reach of children.
- Assess the ability of children before assigning them any chores.
- Keep an eye on the baby and get to know his or her special demands and abilities.
- All parents need to do is insist and set an example for their children.
- The amount of time spent socialising with parents and other children must be balanced, and symptoms must be kept track of. A parent can assist their child in reducing stress by identifying the sources of stress.
- Set attainable goals for yourself. Try not to over-program or rush youngsters while choosing after-school activities.
- Encourage them to burn off steam by engaging in activities such as dancing, sports, and fitness. When recommending this, be careful not to add to the kids' stress levels.
- Help youngsters improve their problem-solving skills by demonstrating that once the source of an issue is identified, it must be addressed.
- Turn off the television and any video games you're playing. Experiment with a variety of outdoor activities.
- Keep an eye on the kids without troubling them—ensure that they're all having fun, but don't stand over them. Keep their safety in mind, of course. Older children may require alone time, while younger children should be closely observed to avoid running into the streets or causing harm to themselves.
- Feel no sorrow for what you've done. While you may not appear to be parenting, creating a safe environment for your children to process what they've learned, absorb new information, and apply what they've learned to their life is just as vital as time spent in a classroom.
- Allow youngsters to play and learn at their own pace, learning from their own mistakes, comprehension, and triumphs.
- Teach them about their own talents and weaknesses, as well as the limits and constraints of reality.
- Recognize and appreciate their efforts, even if they were unsuccessful. Parents have a greater responsibility to communicate their gratitude.
- Instills patience in them and helps them to control offensive behaviour.
- Invite your neighbours over for a visit - Children enjoy playing with their peers. Through imaginative

play with other children, your child can learn how to form relationships and solve problems on their own.

CONCLUSION

Hurried child syndrome refers to stress-related behaviour. Parents raise the hurried boy when they demand their children to perform well above their cerebral, social, psychological, and emotional capabilities. In rushed child syndrome, parents overbook their children's lives, push them hard for academic success, and expect them to act and react like miniature adults. It will have a major impact on children's future development. Parents should recognise their children's requirements and raise them to meet those needs, allowing them to engage in outdoor play, which is the best mode of learning during childhood.

REFERENCES

1. Veerabhadrapa G Mendagudli, Shivaleela S Sarawad. Hurried Child Syndrome - A Review. *Asian Journal of Nursing Education and Research*, 2021; 11(3): 422-4. doi: 10.52711/2349-2996.2021.00101.
2. <https://timesofindia.indiatimes.com/life-style/relationships/parenting/the-hurried-child-syndrome/articleshow/20393458.cms>
3. Raghu V A and Priyadarshini L B. Hurried child syndrome. *American Journal of Advances in Nursing Research*, 2019; 6(1): 1-3.
4. <https://www.kindredmedia.org/2007/09/the-hurried-child-syndrome/>
5. Sandra LH, David AK, Janet SD. Maryland Population Research Center, The —Hurried Child: Myth vs. Reality. February 25, 2008,
6. 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
7. Karen Iley. Hurried Child Syndrome. [Internet]. 2009 [cited 2019 Sep 14] Available from: <https://www.timeoutdubai.com/kids/features/5245-hurried-child-syndrome>.