



Research on the Implementation Strategies of the Double Reduction Policy

Wuyihong Ding^{1,*}

¹School of Management, Beijing Union University, Beijing, China, 100101

*Dingwu529@126.

Abstract. The "double reduction" policy is based on reducing students' workload, improving the quality of school education so as to build a good educational environment, and putting forward an important measure, promoting the return of compulsory education fairness. The heavy burden of primary and secondary school students has become the most obvious embodiment of education reform. The compulsory education stage is an important stage in establishing the education concept of teenagers. In order to solve the problem of education rolls, the government issued the "double reduction" policy, which made the public pay more attention to the education equity of higher quality. This paper adopts the method of literature reading and analysis to put forward suggestions for solving the difficulties in the implementation, implementation and implementation of the "double reduction" policy. It can be concluded that in the process of implementing this policy, the government should adhere to people-oriented, ensure education fairness, establish a long-term mechanism, improve the quality of compulsory education, establish and improve the education system, and ensure the comprehensive and healthy development of more young people.

Keywords: "double reduction" policy, education internal volume, reduce burden and improve quality, treat both symptoms and root causes

1 Introduction

Education is a national priority and concerns every family. In recent years, with the development of the social environment, the phenomenon of students' excessive academic burden has had a long-term impact on the healthy development of the quality of compulsory education in China. Moreover, the stage of compulsory education is a key period to train teenagers to establish correct values, which is of great significance for the positive growth of teenagers. In July 2021, the General Office of the CPC Central Committee and the General Office of the State Council issued the Opinions on Further Reducing the Homework Burden and Off-campus Training Burden of Students in Compulsory Education (hereinafter referred to as the "double reduction" policy), which clearly pointed out that the quality of school education and teaching should be greatly improved to ensure that students learn enough and well in school

[1]. As soon as the policy was announced, it sparked widespread concern and sparked heated debate from people from all walks of life. It has now been some time since the policy was introduced. What is the implementation situation in various places? What are the problems in implementation? How should we continue to perfect the measurement? This study intends to put forward suggestions on the implementation strategy of the "double reduction" policy.

2 Background and significance of "double reduction" policy

2.1 The background of "double reduction" policy

In order to further implement the fundamental task of building moral education and cultivating people, the central government and governments at all levels have promulgated the "order of reducing burden" many times to promote the development of compulsory education and guide the reform of education mode. Some results have been achieved, but there are still some problems to be solved in the stage of compulsory education. First, the compulsory education stage students' academic burden is too heavy, affecting the quality of students' development. Second, off-campus training institutions prevail, and the dominant position and authority of school education are impacted. Third, the competition of compulsory education is too strong, which seriously affects the implementation of all-round development.

2.2 The significance of "double reduction" policy

The great significance of the policy is to better solve the above problems, better implement the fundamental task of building morality and cultivating people, and correctly set up the values of teenagers. It is of great significance to introduce the policy of "double reduction". First of all, the "double reduction" policy is conducive to strengthening quality education, so that education really returns to education itself. Secondly, the "double reduction" policy promotes improved teaching quality and efficiency, allowing compulsory education to return to the majority of schools. Finally, the "double reduction" policy is conducive to helping get rid of the ethos of "internal" education, making compulsory education return to rationality, and ensuring the fair development of education.

3 Challenges in the implementation of the "double reduction" policy

Since the implementation of the "double reduction" policy, schools, parents, society and educational concepts have gradually undergone positive changes, leading to the positive development of national youth education. However, there are still some difficulties and challenges in the implementation of the policy.

First, the distribution of educational resources is uneven. The factors affecting the uneven distribution of basic education resources are complex, which leads to the typical Mattei effect of education resources. In other words, in areas with sufficient distribution of basic education resources, more attention is paid to basic education, which leads to the acquisition of more and better quality education resources, forming a positive interaction; otherwise, it is easy to form a vicious circle [2].

Second, some parents are still worried and anxious. Parents' anxiety leads to their lack of confidence in the unified teaching plan and progress, and they always try to "increase" and "jump start" as the guarantees to surpass others and win the first chance [3]. Therefore, parents' anxiety about education is also one of the challenges facing compulsory education at present.

Third, it is difficult to guarantee the quality of after-school services. First of all, the theoretical nature of the classroom is strong, and the practical nature of education needs further exploration and improvement [4]. Secondly, the introduction of the "double reduction" policy has set higher standards for teachers. Finally, the focus of after-school services should stay on assistance and supplement, rather than aggravating "educational internalization". That is, how to adopt the right way to promote and protect after-school services has become the "double reduction" policy to face formidable difficulties.

4 Further implementation strategies of compulsory education under the background of "double Reduction" policy

The implementation of the "double reduction" policy is a long-term and complex project, and it is inevitable that difficulties will be encountered in the process of implementation and implementation, which requires the cooperation of various parties and a positive attitude, in order to solve the difficulties as soon as possible, and help the implementation of the "double reduction" policy.

4.1 People-oriented Mode

Adhering to people-oriented and anxiety-relieving psychology are to return compulsory education to the nature of education for people's overall development, which is the breaking point in resolving the "double reduction" policy dilemma. The core task of people-oriented is to ensure that students are the primary object of compulsory education, formulate systematic and scientific courses and exercises suitable for students' age groups, arrange the teaching schedule reasonably, and promote students to master the use of knowledge and practical ability. At the same time, teachers should ensure that students speak freely, so as to listen to students' demands, in order to avoid subjective education methods and truly understand what students want to learn. Likewise, students will be more willing to learn, increasing their motivation to learn. People-oriented classrooms should also try to change the classroom education model, put an end to grades as the classification standard, reduce the amount of teaching, and

put students' mental health education in the first place. And the idea of people-oriented education still needs to run through the whole society, school and family. Through parent-child interaction, home-school linkage and other forms to help parents reduce anxiety, as long as parents themselves let go of anxiety, no longer blind comparison, students are likely to grow up in a harmonious atmosphere. Only when people are treated as equals can the sustainable concept of basic education be fundamentally penetrated, and healthy competition can be promoted and psychological anxiety can be alleviated from the overall social atmosphere [5].

4.2 High Quality and Efficient Mode

Based on the fair development of compulsory education, adopting scientific and reasonable ways to promote the quality and efficiency of compulsory education is the way to solve the dilemma of the "double reduction" policy.

First of all, paying attention to high quality development is the first key point in the development of contemporary compulsory education. The goal of high quality education means that one of the "double reduction" policies is not to blindly reduce the burden but to reduce the burden and improve the quality at the same time. That is, to design a more specific logic system on the original teaching content, so as to ensure that students keep improving the learning content. At the same time, a high-quality education system may introduce more educational forms that are convenient for students to learn, including cloud classrooms, online live courses, and other ways to realize resource sharing and strive to achieve full coverage of resources.

Secondly, the pursuit of efficiency should not be ignored while paying attention to efficient learning. The policy of "double reduction" emphasizes "reduction", which is to emphasize reducing the amount of useless work in the process of learning, so as to achieve efficient learning in effective learning practice. We should deepen education reform, innovate education and teaching methods, optimize homework management, and do our best to ensure that every student is eager to learn and learns well.

Finally, the implementation of the compulsory education reform through the "double reduction" policy lies in the promotion and implementation of educational equity. That is, the equity of compulsory education is a favorable guarantee to avoid education internalization, and is the basis to improve quality and efficiency. On the one hand, the equality of compulsory education in different regions requires the support and supervision of the state and the government to ensure that the educational resources, teachers and learning interests in relatively backward regions are not backward. Measures that can be taken include increasing support policies, sending students to the countryside, encouraging outstanding educators to communicate with villages and towns, and safeguarding the educational rights of young people in accordance with laws and regulations. On the other hand, compulsory education in the same area can strengthen the communication between teachers, students and schools. At the same time, a flow system of educational resources can be adopted to strengthen mutual teaching within a reasonable range, promote the sharing and collision of educational resources, and maximize the further promotion of the "double reduction" policy.

4.3 long-lasting mode

First of all, it tries to alleviate the pain points and difficulties of the "double reduction" policy by trying to verify the classification of multiple points. It can gradually explore the most effective way to implement compulsory education by comparing different regions and different methods. Secondly, there may be problems and mistakes in the process of promoting the "double reduction" policy. Therefore, it is necessary to establish a sound supervision mechanism to assist in the implementation of the policy. At the same time, with the implementation of the beneficial compulsory education reform pilot, the effect of the compulsory education reform has been consolidated through the incentive mechanism. On the contrary, the punishment mechanism is needed to constrain the general direction of policy implementation.

5 Conclusion

Through the analysis and research of the "double reduction" policy, this paper puts forward suggestions for solving the difficulties in the implementation, promotion, and implementation of the "double reduction" policy. In implementing this policy, the government should put people first, ensure equity in education, establish a long-term mechanism, improve the quality of compulsory education, and establish a sound education system to ensure the comprehensive and healthy development of more young people. The "double reduction" policy is a fierce medicine to promote the positive development of education, but at the same time, it still needs the cooperation of the country, society and educators to solve the temporary difficulties in the process of development. Faced with the challenges of more "double reduction" policies, the research content of this paper is not deep enough. In the future, we will continue to explore how to accelerate the cultivation of new educational talents to adapt to the new era, so as to lay a solid foundation for promoting the globalization of education.

6 References

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