



High School Students' Education Involution: Characteristics, Causes and Countermeasures

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Abstract. This study reveals the severity of the phenomenon of "involution" among high school students, and divides the involution performance of high school students into three categories: enjoyment involution, utilitarian involution, and coercion involution. Anxiety symptoms are the explicit and influence of high school students' involvement. In this study, the questionnaire of the survey group was distributed to 70 high school students, and the degree of involution and anxiety of high school students was counted, and the positive correlation between involution and anxiety was found. The analysis shows that the causes of high school students' involution include insufficient allocation of high-quality social resources, utilitarian school education evaluation system, parents' expectation of their children and students' serious comparison psychology. The corresponding solutions to enrich the educational resources of society, improve the evaluation system of the school, establish reasonable expectations of parents and students focus on their own growth. Call on all parts of society to pay attention to the problem of high school students' involution and work together to solve it.

Keywords: involution; educational Inside Volume; lie flat; high school education; anxiety

1 Introduction

1.1 Definition of Involution

The involution in history is the internal friction in the full sense, and the involution now is more of a low-efficiency competition. When it cannot be expanded outward, it will move inward and strive for excellence at a low level [1]. In recent years, the word 'involution' has quickly become popular on the Internet. Hou Jiajing et al. mentioned that in September 2020, the word "involution" was used to describe the behavior of a Tsinghua "volume king" student who "rides while using a computer" to learn too hard, and then goes out of the ring [2]. Fu Qianqian and others believe that involution is the slack of self-refining and over-dense development under the pressure of social individual competition. The "involution" competition means irrational competition, which is a dilemma for people and becomes a more normal way of life [3].

1.2 Literature Review and Commentary

In the study of involution, Qin Xinyuan and others mentioned that the social mentality of contemporary youth presents a contradictory pattern of "involution," "Buddhism" and "lying flat," which reflects the weakening of youth's desire to participate in social competition and the implicit shift of youth's spiritual needs [4]. Fu Qianqian believes that 'involution' expounds the more objective social development model, which is a kind of network subculture, an entertainment expression of young people trapped in the dilemma of social reality, and sinks into the group carnival characteristics of subculture [3]. Mao Yifeng and others believe that the 'involution culture' emphasizes the white-hot competition and internal friction between youthful people, as well as the inequality between ideal and reality, input and output, pay and return [5]. The manifestation of college students' involution is false all-round development, futile time investment and tasteless interpersonal relationship. The harm of involution is manifested as the sub-health problem caused by the pressure of college students, the bad competition triggering the bad currency to expel the good currency effect, and the excessive involution causing the quality crisis of college education [6].

In the field of education, in the second half of 2020, an article titled "Top Universities: Breakthrough in Life under Performance Assessment" quickly became

popular, and "Education Involution" gradually became popular [7]. Wang Weihua et al. believed that the essence of education involution was that competition and evaluation for the purpose of screening or selection replaced education [8]. Yang Lei et al. believed that the involution of education is characterized by excessive education intensity, fierce education competition, and excessive anxiety. The phenomenon of educational involution is actually the anxiety of education for all under extreme education utilitarianism [9]. Yang Dongping et al. believe that the involution of the education system refers to a systemic degradation, and that the direct cause of the sharp deterioration of the education ecology is the competition for school choice [10]. Zheng Bingruo believes that the cause of the education involution, in the meso, is the "double-decrease" policy under the structural competition within the reference group of the knot; in the micro, is due to the uneven level of parental education quality [11].

The above research on involution mainly describes the current situation and causes of youth's involution, and explains the youth's "involution" mentality and solutions with words such as "lying flat," including the phenomenon, causes and strategies of involution in the field of education. However, in the field of sociology, there is little research on the phenomenon of "involution" in the special group of high school students.

2 High School Students' Performance of Involution and Its Influence on Anxiety

2.1 Three Types of Involution Performance

Nowadays, the phenomenon of high school students' involution is more and more serious. According to the existing research and our empirical investigation, it is found that involution can be divided into three categories. One is the enjoyment involution, which refers to the group's active participation in competition [4]. Most of these students have excellent grades and are often praised by teachers and admired by classmates. They are 'children of others' in the eyes of parents. For example, Xiao Liu from Shandong Experimental Middle School is the 'king of involution' in the class. He enjoys his self-discipline and the results of involution, and can gain positive emotional value from it. This kind of student is a minority in the class.

The second type is utilitarian involution, which means that the group actively participates in the competition from the perspective of their own interests [4]. The results of such students are mostly concentrated in the middle and upper reaches. They participate in the competition in their own interests in order to obtain the praise of teachers, the admiration of classmates or the expectations of parents. Most of them do not enjoy the process of involution, but they will also make a lot of efforts to get involved in their own interests. Taking the Xiaobi student who participated in the interview as an example. Her academic performance remained at about twenty in grade. Xiaobi student will stay up late to study in the early morning every day, so they often lack sleep. These students generally have relatively large psychological pressure, and the excessive consumption brought by the involution may have a negative impact on their physical and mental state.

In addition, the vast majority of students in high school life belong to the third category, wrap-type involution, which refers to the relatively passive blind following of the group [4]. Most of these students' scores are located in the middle and lower reaches, and they do not have the initiative to participate in the involution. Most of them see the desperate efforts of the students around them, resulting in anxiety and guilt, and forced to participate in the involution. Taking Xiao Li of a middle school in Shandong as an example, a period of time before the senior high school entrance examination, Xiao Li 's classmates were sent to the Olympic mathematics tutorial class, and even a considerable number of students began to learn high school physics. During that time, she got up early every day to study and forced herself to go involved. 'During that period of time, I was tired of rolling this thing. It 's really exhausting to roll around every day, and there will be a lot of internal friction emotions every day. 'The learning effect caused by excessive efforts is beyond the means, which leads to the anxiety and internal friction of the students, and is harmful to their physical health.

2.2 The Influence of Involution on Anxiety

In addition to a very small part of the students enjoying the involution, the involution brings psychological anxiety to the vast majority of high school students, which will have a negative impact on physical, mental and learning. A total of 70 questionnaires were released and 70 valid questionnaires were returned. The number of respondents was 70.27% female and 29.73% male. The number of respondents was

67.57% of senior one students, 17.57% of senior two students and 14.86% of senior three students. In addition, the questionnaire shows that within the group of high school students, the higher the degree of students' involution, the higher the degree of anxiety. For example, No.70 students who filled in the questionnaire, except for the length of study in school every day, studied for more than four hours, which belongs to the students with a high degree of involution. The questionnaire of this student shows that his recent physical condition is not good, and he often can not control his emotions, which is a serious manifestation of anxiety. Similarly, the student No. 64 who filled out the questionnaire only spent 30 minutes a day on extra study, did not suffer from insomnia, did not worry about interpersonal relationships, and was in good physical condition. Yang Qiguo mentioned in the study that involution, competitive consciousness, anxiety and competitive behavior constitute a closed loop [13]. Therefore, it is speculated that involution makes the relationship between anxiety and competition more and more close. Involution and anxiety promote each other and promote each other. The anxiety and involution of high school students also have similar correlation, and the higher the degree of involution of high school students, the higher the degree of anxiety.

3 Analysis of the Causes of High School Students' Involution

3.1 Social Level: Uneven Distribution of High-Quality Resources and Fierce Competition in School Selection

The problem of uneven distribution of resources caused by limited social wealth and limited resources has always existed in China, so the phenomenon of "involution" has not been fundamentally solved. The phenomenon of "involution" of high school students is a reflection of unreasonable distribution of social resources. The gap between the conditions and levels of high school schools is too large, and the number of university admissions for high-quality educational resources is also limited. It is destined to cause some students to lose their right to choose and be assigned to universities with relatively general educational resources. There is even no opportunity to go to university. Therefore, 'involution' has become a means for high school students to aspire to win in the school choice competition. I think it is a natural choice, the university will screen out excellent people, and we can only make ourselves a little better through involution. ' Xiao Li interviewed said this when he

mentioned the reasons for the involution. In addition, among the students who participated in the questionnaire, seven students mentioned that the reason for their involutory was the pressure caused by examinations and additional studies. Therefore, the fierce competition in school choice caused by the uneven distribution of high-quality social resources is an important reason for the phenomenon of "involution" of high school students.

3.2 School Level: Evaluation Criteria Utilitarian and High-Pressure Competitive Atmosphere

Nowadays, most schools in the country have the problem of unreasonable education evaluation standards. Even though this has changed in numerous schools, the "results are everything" mentality has been profoundly etched into the school system. Sun Yuantao and others mentioned that the intensification of education involution is due to the promotion of the merit system, and the 'talent selection' function of education is gradually overriding the value of 'educating people'. According to the students, a school in Shandong Province divided the graduating students into A, B and C grades according to their grades, and reassigned the class to assign teachers to teach. In this case, students will be eager to achieve a higher level and have better resources through 'involution'. In addition, some schools will distribute bonuses based on the scores of the classes carried by teachers, which will enable teachers to create an overly competitive atmosphere in the class in order to achieve utilitarian performance goals, so that students' involution 'is serious. In the questionnaire, thirteen students mentioned that the reason for their involution was anxiety due to school rankings. Therefore, if the school education evaluation standard is not improved, the degree of " involution " of high school students will be further deepened.

3.3 Parent Level: The Psychology of Looking Forward to the Success of the Child and Blind Education Anxiety

Wangzi Chenglong, Wangnv Chengfeng make every Chinese parent expect their children. But this heavy expectation will become a rope to tie their children 's wings, so that they are deeply bound and lose their freedom. Among the questions in the questionnaire about the reasons for the involution, some students mentioned that 'I

don't want to disappoint people who love me'. Therefore, it can be seen that parents of high school students place their wishes and dreams on their children. This expectation forces high school students to have to go in and make a lot of unnecessary efforts to achieve their parents' goals and alleviate their parents' anxiety. Xiao Li, who was interviewed, mentioned, 'What impressed me was that during the time of the senior high school entrance examination, I took a lot of examinations, such as the recommendation test. When I was examining the recommended students, I heard the parents at the door saying that the children would go to the Olympiad for a while and learn high school physics for a while. I felt very anxious. It can be seen that when some parents spiritually ask their children to meet their own expectations, they will also force their children to conduct 'involution' on their behavior to alleviate their parents' own inner anxiety.

3.4 Student Level : Serious Psychological Comparison and Forced Drifting

The psychological development of high school students is not yet mature, and they are very vulnerable to the influence of the surrounding environment. The reason for the high school students' involution, from its internal investigation, is the high school students' psychology of comparison and the spiritual core that is not strong enough. They are easily influenced by the words and actions of the people around them, rather than voluntarily participating in the involution. The three types of involution contain the vast majority of students' coerced involution is a typical example. They see the desperate involution of the students around them, feel anxious in their hearts, and have to participate in it. However, the results of the efforts did not wait for their expectations. Because of their psychological comparison, they will feel more anxious in their hearts, thus devoting more time and energy to the involution, thus forming a non-benign cycle. Xiao Li, a student who was interviewed, said, 'People like to catch up with good people, they want to work hard in their direction. But in this way, excellent people will be more excellent, slightly worse people will also be very anxious, because they can not achieve that kind of excellent level. Therefore, the psychological subjective factors of high school students are also an essential reason for the phenomenon of involution.

4 The Mitigation Strategies of High School Students' Involution

4.1 Social Level: Social Wealthy Educational Resources, The Introduction of Advanced Education Thought

From the perspective of the involution of high school students, the problem facing the current situation of China's education field is the uneven distribution of high-quality education resources. To solve the problem of high school students' involution from the root, it is necessary for the government to regulate and enrich the high-quality educational resources in society and create a healthy and reasonable competitive atmosphere in society. For example, the government can enrich social quality education resources by increasing the number of universities in the community, so that high school students are provided with more choices, and students with poor grades can also have more choices. The cruelty of the college entrance examination and the intensity of school competition have been alleviated, so that the involution phenomenon of high school students can be improved. In addition, the education department should introduce foreign advanced educational ideas, sinicization of western education, break the teaching thinking of indoctrination education, pay more attention to the cultivation of high school students' ability, reduce the pressure of students' examinations, so as to create a healthy and reasonable competitive atmosphere in society, so as to alleviate the phenomenon of high school students' involution.

4.2 School Level: School Improvement Evaluation Mechanism, Scientific Education and Talent Cultivation

In order to improve the utilitarian problem of school evaluation mechanism, schools should improve the evaluation system and make the education evaluation system scientific, rational and diversified. Achievement is not the only standard to measure students' ability. It is necessary to prevent schools from using achievement as the only standard to carry out activities such as class division, bonus division or selection. In addition, schools should also promote science teaching. In fact, I think it is very difficult to alleviate the situation of involution. But if it must be said that the mitigation measures, it may be the school's side, to reduce some of the usual exams, or to reduce the importance of the usual exam results. This will not be very worrying about what will happen if this time is not done well. 'This is what the interviewee

Xiaobi said. In addition, schools should also reasonably arrange the learning tasks of high school students, and truly implement the system of non-ranking or non-public ranking of examinations, so as to effectively reduce the burden of students and cultivate talents in a correct, scientific and diversified way.

4.3 Parents Level: Parents Establish Reasonable Expectations and Respect Their Children's Growth

Parents have the right way of education. It is an important strategy to solve the problem of high school students' involution. Involutional parenting is the embodiment of parents' inner anxiety. Therefore, first of all, parents should adjust their mentality, reduce their anxiety about education, and establish reasonable expectations for their children. Parents should lead by example, relax their mentality, create a positive family atmosphere, do not inculcate children with the importance of grades and famous schools, and more importantly, tell their children that there are other more important things in life, such as doing public welfare and contributing to society. In addition, parents should fully understand their children, encourage, respect and guide their children to grow up independently, try to give up 'control' of their children's lives,' let go 'of their free growth, and avoid excessive intervention in their children's learning and life.'Children and grandchildren have their own children' s blessing. ' As a parent, we should learn to accept the mediocrity of children and give them more affirmation and appreciation. The phenomenon of high school students' involution will be alleviated.

4.4 Student Level: Students Focus on Their Own Growth and Develop a Positive Attitude

In psychology, the psychology of comparison is a process in which a person produces negative emotions when he finds that there is a deviation from the control individual in some aspect of himself. In order to alleviate the similar psychology of high school students, high school students should be encouraged to focus on themselves and reduce the comparison with others. Interviewed Xiao Li said, 'We don' t want to compare ourselves with others. There are people outside the world, and there are days outside the world. Always comparing with their past, they will find that they have been working hard, which can reduce the psychological anxiety caused by involution.

'As she mentioned, high school students should reduce the horizontal comparison, pay attention to the vertical growth, not because of others' success, nor because of others' excessive efforts to easily question themselves. In our daily life, we should learn to give ourselves positive emotional feedback, develop a positive and optimistic attitude, rationally view competition, and objectively view involution.

5 Conclusion

In today 's society, the phenomenon of high school students ' involution is very serious, which is mainly divided into three types : the involution behavior of students who actively participate in and enjoy the involution is called enjoyment involution, the involution behavior of students who take their own interests as the starting point and do not enjoy the involution process is called utilitarian involution, and the involution behavior of students who are forced to participate in the involution by others is called coerced involution, while the vast majority of students belong to the third type of involution. Involution, the existence of unreasonable competition, leads to the psychological anxiety of high school students. The causes of the phenomenon of high school students' involution are mainly divided into three aspects. First of all, the serious phenomenon of high school students' involution and even the whole society 's involution is fundamentally due to the uneven distribution of social resources, and the cause of the serious phenomenon of high school students' involution is the fierce competition in school selection caused by the uneven distribution of educational resources. Therefore, society should enrich educational resources and introduce advanced educational ideas to alleviate the phenomenon of high school students' involution. Secondly, the high-pressure learning environment caused by the unreasonable school evaluation mechanism is also an essential reason for the serious phenomenon of high school students' involution. The solution is to train students scientifically and create a robust and scientific learning atmosphere by improving this utilitarian evaluation mechanism. In addition, the phenomenon of involution in the high school group also comes from the blind persecution of parents, while parents need to not interfere too much in their children 's learning and life, and establish reasonable expectations for their children. Finally, for students themselves, they should also reduce the psychology of comparison, focus on their own growth, and rationally view competition. In summary, the serious problem of high school students' involution now needs the attention of society, schools, parents

and students themselves to work together to alleviate this phenomenon, so that contemporary high school students can grow up happily, healthily, scientifically and happily.

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