Integrated Education for Three-child Policy in an Aging Society: The Best Supplement to the Public Funding and Social Adaptation

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Abstract

This paper implied that Integrated education which aimed to develop essential life skills, including communication, collaboration, and adaptability could be the best supplement to the public funding to the three-child policy and the social adaptation for related children. It surveyed the realistic background of ageing society and witnessed significant changes in the intrinsic dynamics and external conditions of population development, with a weakening of the inertia of special growth in the total population size, a fluctuating decline in the working-age population and a deepening degree of ageing. This paper studied the three-child policy and outlined the construction of childcare-friendly families in Zhejiang by abolishing social maintenance fees, cleaning up and repealing relevant penalties, and issuing provincial local standards. It highlighted the good job of Integrated Education for three-child-family on coping with regressive behavior, guiding competitive behavior and reducing family stress through responding positively to the regressive behavior of children, properly guiding children to carry out competition, and multi-pronged approach to reduce family burden. It proved also the vision of integrated education on how to help families with three children to be active and enterprising, cultivate the behavioral habits of three-child families, and improve the quality of life of families with three children.

Keywords

Three-child families, issues, integrated education

1. Introduction: Integrated education for well-rounded individuals

Integrated education of future productive citizens refers to an educational approach that aims to develop well-rounded individuals who possess a comprehensive set of skills, knowledge, and values necessary for success in the modern world (Wang, F. & Zhang, J., 2017). Also, integrated education also focuses on developing essential life skills, such as communication, collaboration, and adaptability, which are highly valued in today's workforce. By incorporating...
project-based learning and collaborative activities, students have the opportunity to develop these skills while working on real-world problems (Liu, J., 2021).

In short, integrated education emphasizes the development of values and character traits in students. This includes fostering empathy, ethical decision-making, and a sense of social responsibility. By integrating values education into the curriculum, children are encouraged to become responsible, compassionate, and active citizens who contribute positively to society. Therefore, integrated education of future productive citizens seeks to provide students with a holistic education that prepares them for the challenges and opportunities of the modern world (Wang, H. & Li, S., 2021).

By integrating different subjects, skills, and values, this approach aims to develop well-rounded individuals who are not only academically competent but also socially responsible and equipped to make a positive impact in their communities (Li, S. C. & Zhang, J., 2013).

2. **Background: A deepening degree of aging and an optimizing fertility policy**

According to the communiqué on the main data of the 7th National Population Census, since the 6th National Population Census in 2010, China has witnessed significant changes in the intrinsic dynamics and external conditions of population development, with a weakening of the inertia of special growth in the total population size, a fluctuating decline in the working-age population and a deepening degree of ageing (Gu, D. & Huang, Y., 2017).

Related meeting was held in May 2021 to hear a report on major policy initiatives to actively deal with the ageing population during the 14th Five-Year Plan period and to consider the Decision on Optimizing the Fertility Policy for Long-term Balanced Population Development (Wang, H. & Li, S., 2021). The meeting stressed the importance of implementing a national strategy to actively cope with population ageing and speeding up the establishment of a sound relevant policy system and institutional framework (Several Opinions, 2021). It further optimizes the fertility policy and implements the policy that a couple can have three children as well as supporting measures (Zhang, J. & Zhao, Y., 2014).

The above policies and supporting measures are conducive to improving China's demographic structure, coping with population ageing and maintaining the advantages of China's human resource endowment, and have received positive responses from the whole country, especially from large and medium-sized cities (Notice, 2021). Research on child-friendly societies, regressive child behavior, blind competition and parental depression and anxiety has become an important topic in urban social psychology (Chen Yufei & Yang Shengyi, 2017).

3. **Public funding: Building a childcare-friendly society**

In 2021, Zhejiang has taken the lead in building a childcare-friendly society by abolishing social maintenance fees, cleaning up and repealing relevant penalties, and issuing provincial local standards for "one birth". 700,000 newborn families have benefited. In 2022, Zhejiang will provide active childbirth support through policies and measures in maternity leave, care, childcare, education, housing and taxation (China Daily, 2022).

At the same time, it will implement "major actions", means to improve the safety of mothers and babies, to carry out standardized assessments of critical maternity and neonatal treatment centers, to improve the capacity to treat critical illnesses for elderly health services, and to actively carry out hospice care in the province. This province is actively engaged in hospice care to gradually reduce the worries of families about active childbirth (Xinhua News Agency, 2022).

According to the Zhejiang Province Regulations on Population and Family Planning, which were amended in November 2021, the government will be required to scientifically plan and reasonably lay out inclusive childcare service institutions and reasonably allocate resources for maternal and child health care, infant and child care, child care, pre-school and primary and secondary school education (Full text, 2023). It also clearly stipulates that the people's governments of the municipalities set up in the districts shall formulate specific measures to encourage social forces to set up institutions for inclusive childcare services (Full text, 2021).

These Regulations leave room for local conditions to be adapted to local conditions. The Regulations stipulate that the people's governments of cities and districts may provide subsidies to employers who provide childcare services. At the same time, the people's governments of municipalities and districts may provide childcare allowances and subsidies for childcare expenses to families with infants and toddlers that under three years of age in accordance with local realities (Notice, 2021).

These Regulations also stipulate that management units of public facilities, commercial complexes, tourist attractions and other public places, employers with a large number of female employees and the parks and business buildings in which they are located shall take full account of factors such as the size of the public place, the flow of people, the stay of mothers and babies and the number of pregnant and breastfeeding female employees in the employing unit to build
and improve facilities for mothers and babies and provide convenient conditions for the care and breastfeeding of infants and toddlers (Notice, 2021-2025).

4. Social Adaptation: Solving issues of behavior, competition and burden

4.1 Responding positively to the regressive behavior of children

First of all, when a child is added to the family, mothers and fathers may teach the older child that "you are the older brother and have to give way to your younger sibling" and "you are the older child now" (Kernberg, O., 1969). This can cause anxiety as the child becomes vaguely aware that he is losing favor and the privileges of being a little one. The child will then feel better as a child and will choose to regress to a more childlike state of behavior in an attempt to gain affection from his parents (Horner, P.J., 1993).

Secondly, parents will spend more time and energy on the youngest child and may neglect the eldest and second child, but this difference in treatment is easily picked up by the child and leaves the impression in the child's mind that "my parents don't love me" (La Guardia, J.G., Ryan, R.M., Couchman, C.E., & Deci, E.L., 2000). The older two find that using normal language and behavior does not get their parents' attention, while problems such as bedwetting, bedwetting and crying, which are no longer a problem (Kramer, T.A. & Stopka, K.M., 2003).

Again, the child's need for parental love does not diminish. A decrease in parental attention to older children can cause them to become psychologically uncomfortable (Bowby, J., 1958). The child may try to get the parents' attention by becoming smaller and clumsier, hoping that mum and dad will still care for him or her as much as before (Ainsworth, 1967).

Therefore, there are some things that families, kindergartens and even the community should do when the oldest and youngest children will suffer from maladjustment, including behavioral regression. Firstly, it is important to prepare children mentally in advance (Buehler, C., Gerard, J. M., & Benson, M. J, 2006). Parents, nurseries and kindergartens should inform their children in advance about the new phase of a three-child family and help them prepare for it (Cox, M. J. & Paley, B., 2003). It is important to stimulate child's interest in his or her younger siblings in everyday life, and to create a sense of anticipation for a three-child family without creating fear and anxiety in childhood. Secondly, it is important to keep an even keel and not to face regressive behavior as if it were an enemy. Parents should learn to analyze the causes of regression and prescribe the right remedy to reassure their children (Lerner, R. M., 2002). Finally, it is important to increase trust and companionship. When a child's behavior regresses, parents should give their child more companionship and trust and not feel that the child is being unreasonable and becoming unintelligent (Kagan, J. & Kagan, N, 2013). In particular, tolerate child's negative emotions, give child attentive companionship, express unconditional love for child with body language, and calm child's apprehension (Mayes, L. C. & Cox, M. J., 2000).

4.2 Properly guiding children to carry out competition

With more children, comparisons of all kinds inside and out become frequent. Social psychologists believe that it is normal for children to compete with each other for superiority. Many children have a desire to perform and will use nice toys, pretty clothes etc. to attract attention, but excessive comparison can develop into vanity (Stapel, D., 2005).

Therefore, when faced with children's climbing behavior, it is important to guide them correctly, grasp their level and give encouragement at the right time to protect the child's heart. Some parents often use the phrase "look, they are all born to the same family as you, how come they have such good grades" to make non-scientific and irrational comparative rankings, which can lead to children's inferiority complex (Crocker, J. & Algara, S., 2000).

The American psychologists Rosenthal and L. Jacobson found in 1968 that when teachers intentionally or unintentionally conveyed implicit expectations to their students through attitudes, expressions, empathy and behaviors such as more questioning, coaching and praise, students gave positive feedback, which in turn aroused greater enthusiasm and care for these students. This cycle is repeated so that these students' intelligence, academic achievement and social behavior converge in the direction of the teacher's expectations, making them a reality (Rosenthal, R. & Jacobson, L., 1968).

Thus, based on the above psychosocial effect, i.e. the Rosenthal effect in which the educator's earnest hope for the student dramatically receives the desired effect, the child's educator should do three things to guide the child. Firstly, they should guide their children to engage in positive competition, comparing their studies, character and skills, without comparing material treatment and eliminating bad behavior (Seligman, M. E. P. & Csikszentmihalyi, M., 2000). Secondly, they should encourage their children to win over others in a legitimate way, through personal effort; and thirdly, they should teach their children to develop a healthy mentality. In particular, they should learn to reduce stress and not
4.3 Multi-pronged approach to reduce family burden

The birth of three children has increased the pressure of housing and education realities for some families. When they cannot afford to meet the realities, they have to tear down the east wall to make up for the west wall. As a result, children are not only denied upbringing, but also have to take on all the stresses of life too early (Hofer, S. M. & Power, T. J., 2015).

There is also an example on the internet of a mother of three who is very tired and cannot be coaxed to do anything about her child. This mother's pent-up anger and aggression exploded instantly, smashing objects and fighting. In online reports, it is not uncommon for the stress of having three children to cause parents to lose control of their emotions. More than financial difficulties, parents' inability to make ends meet in terms of patience and energy makes children feel nervous, scared and even insecure (Acheson, D., 2003).

In response to the above, Zhejiang province has continued to increase its support. For example, it is stipulated that on the basis of the maternity leave provided by the state, the woman is entitled to 60 days of extended maternity leave for the birth of a child, for a total of 158 days; and 90 days of extended maternity leave for the birth of two or three children, for a total of 188 days. Mothers can take maternity leave and fathers can take 15 days of nursing leave. At the same time, both spouses are also entitled to 10 days of parental leave each year up to the child's third birthday (China Briefing, 2018).

To reduce the pressure of childcare for families, another example is that from 1 January 2022, the maximum loan amount of the housing provident fund will be increased from RMB600,000 per household to RMB800,000 per household for families in Ningbo who have given birth to two or three children in accordance with the national maternity policy, who have made continuous contributions to the housing provident fund for two years, and who apply for the first time for a provident fund loan to purchase their first self-occupied housing (Ningbo Report, 2021).

Above policy is mainly aimed at the rigid demand of families who have two or three children in accordance with the national fertility policy to purchase the first self-occupied housing for their families. The aim is to increase support for the rigid housing needs of families with two or three children (Room world, 2022).

Realistically, the cost of raising an additional child is extremely high and relying on state compensation alone is not enough. A third child for the working class will put greater financial pressure on them, and will also impose costs on enterprises and institutions that recruit and employ women, including a range of costs during pregnancy, childbirth and parenting.

Therefore, employers and society as a whole are required to effectively protect the legitimate rights and interests of women. Firstly, employers should be encouraged to recruit women and eliminate discrimination against women in employment (Yang Qingqing, 2015). Secondly, employers should improve flexible working mechanisms suitable for women during pregnancy tests and child rearing; and thirdly, society as a whole should work together to implement support measures to encourage childbirth.

5. Conclusion: Combination of the three child policy and integrated education

In accordance with the intensification of the aging trend in China's society, the one or two child policy can no longer meet the needs of population structure adjustment. Therefore, the Chinese government has implemented a comprehensive three child policy to promote balanced population development. In the context of the comprehensive three child policy, society needs to make corresponding adjustments to the education system to achieve an organic combination of the three child policy and integrated education, in order to better respond to the challenges of an aging society (Xu, L. & Chen, H., 2015).

1) Optimize the allocation of educational resources

In order to adapt to the comprehensive three child policy, schools need to reconfigure educational resources. The government should increase investment in basic education, improve the quality and coverage of education, and ensure that all eligible children can receive good education. In addition, the region also needs to increase the supply of preschool education and improve the quantity and quality of kindergartens to meet the educational needs brought about by the comprehensive three child policy (OECD, 2015).

2) Strengthen family education support

In terms of family education, the government and society should provide more support and assistance to parents. For example, providing family education guidance services to help parents understand parenting knowledge and methods and establish a family support network to provide parents with a platform for communication and mutual assistance.
addition, teachers should also pay attention to mental health issues in family education, provide psychological counseling and intervention services for parents, in order to improve the quality of family education (Benson, M. J. & Becker, B. E., 2006).

3) Implementing gender equality education
In the context of the comprehensive three child policy, people from all walks of life need to pay more attention to gender equality education. The government should increase its efforts to promote gender equality education, eliminate gender discrimination, and promote gender equality. At the same time, the education department should strengthen guidance on gender equality education, ensure that schools implement gender equality education policies, and create an equal and harmonious educational environment for students (Barker, J. C., 2006).

4) Cultivate talents with comprehensive development
In the context of the comprehensive three child policy, the entire society needs to cultivate more talents with comprehensive development to address the challenges of an aging society. The education department should strengthen the cultivation of students' comprehensive quality and improve their innovation ability, practical ability, and social adaptability. In addition, parents should also pay attention to students' mental health issues, cultivate their psychological quality and interpersonal communication skills, in order to deal with future competition and pressure in society (Hao, L. & Long, T., 2020).

Further, the comprehensive three child policy poses new challenges to China's education system. Both government funding and social adaptation should be linked to reform and innovation, achieving an organic combination of the three child policy and education, and providing strong talent support for the development of an aging society (Wang, H. & Schootman, M., 2018).

6. Vision: Pursuit the quality of life for families with three children

Concerning the social phenomena of regressive behavior, low self-esteem, insecurity and exhaustion and burnout that characterize families with three children, In addition to above mentioned reflections and responses, the future of society, especially in large and medium-sized cities need to integrate education for future productive citizens.

Social psychological studies and action research of integrated education have empirically proven that good children are not born. Without a positive family environment, good living, learning and working habits, proper nutrition, work and exercise, it is impossible to grow up to be a good child, even if the genetic qualities are good (Janssen, I. & LeBlanc, A. G., 2010).

Therefore, to develop behavior and improve the quality of life, children must learn to communicate in a scientific way. In particular, it is important to treat children fairly and learn to develop love and confidence. Specific suggestions are as follows:

1) Help families with three children to be active and enterprising. Parents are positive and optimistic about building a good family with three children; community organizations organize competitions to visit civilized families with three children; educational institutions offer refresher courses for parents of three children (Gao, J. & Simpson, P. A., 2006).

2) Cultivate the behavioral habits of three-child families. Support three children to develop good living habits; help two children to develop good study habits; inspire one child to develop good working habits (Hoekstra, R. A., 2005).

3) Improve the quality of life of families with three children. Pay attention to breakfast and balanced nutrition; pay attention to sleep and reasonable work and rest; cultivate the habit of exercising (Wolfson, A. D. & Naumovski, N., 2011).

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