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NEWSLETTER

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## **Effects of Parental Academic Involvement and Academic Pressure on Early Adolescents' Academic Engagement**

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**H**OW can parents actively involved in children's academic engagement while avoiding negative influences, for the purpose of students' better adjustment to the requirements of junior high school and forming a benign development? A study published in *Psychological Development and Education*, with 2,487 first-year junior students as research objects, respectively analyzed the effects of parental academic involvement and academic pressure on early academic engagement of adolescents, which provides certain assistance for improving the academic engagement level of adolescents from the perspective of family.

The results are as follow:

- Parents' influences on children's academic development generate from cultivating children's learning motivation. Parental academic involvement can help the adolescents stimulate internal motivation, so as to put more effort into learning. Under this circumstance, students are involved, interested, and aiming for self-improvement.
- Parental academic pressure leads to adolescents' academic burnout and even disengaging from the learning situation. In order to make the adolescents more focused on learning, parents could actively participate in their children's study, providing their children with learning tools and emotional support, and also paying attention to avoid putting pressure on their children.
- When parents participate in the education of their children, especially for those with good grades, it is suggested that they reduce compulsory or negative behavioral intervention to release students' burden. As for students with poor grades, parents' help and support should concentrate on personally practice on children's education process, in this way can they help their children cultivate suitable achievement goal orientation, enhancing intrinsic motivation, and promoting academic engagement.

Source: *Psychological Development and Education*, 2021; 37(2):211-221.