



Effects on Mental Health

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What is Tiger Parenting?



The method of Tiger parenting was first found in Chinese culture, but is prevalent within the Korean culture as well.

This parenting style is a strict method that is meant to raise high achieving/skilled children.

This style enforces studying and working hard, as the only option. This means that their children can't have sleepovers, go to parties, or do anything for their own pleasure.



There are many levels of “intensity” with tiger parenting. The levels go from encouraging hard work to forcing hard work to then only expecting hard work.

PROS



- A high bar set from the parents, more chance for their kids to succeed.
- Strong work ethic in the kids
- Kids will feel supported, even if they are strictly encouraged only study and practice non-leisure activities.

CONS



- Harm children's mental health and self esteem
- Could make the children feel like the only way to measure their achievements, is from studying hard.
- Can cause a child's fear of making mistakes

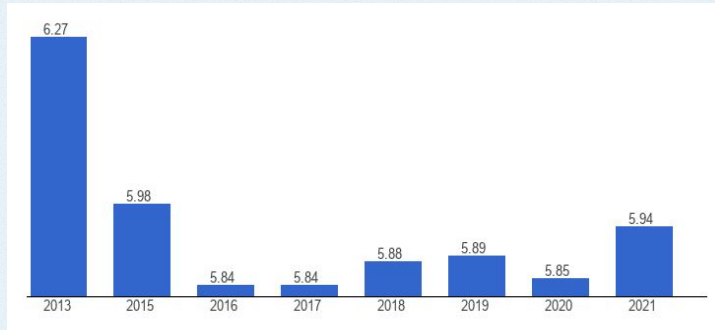
Effects on a child's mental health



An article written by a *Journal of Pediatric Nursing*, states that parents can cause damage to the mental health of their children, using their parenting styles. These methods can lead the child to grow up to be more sensible, but can also lead to the fear of getting rejected by their own parents. These kids can experience an increase of stress, pressure, and the feeling of being overwhelmed. These feelings can lead to different kinds of mental illnesses to one's body.

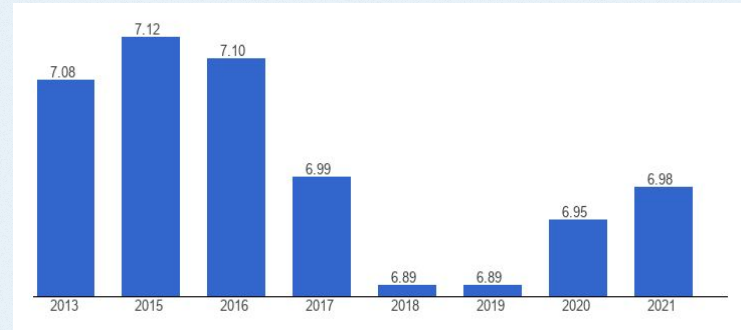
Do Environments Impact Happiness?

Korea



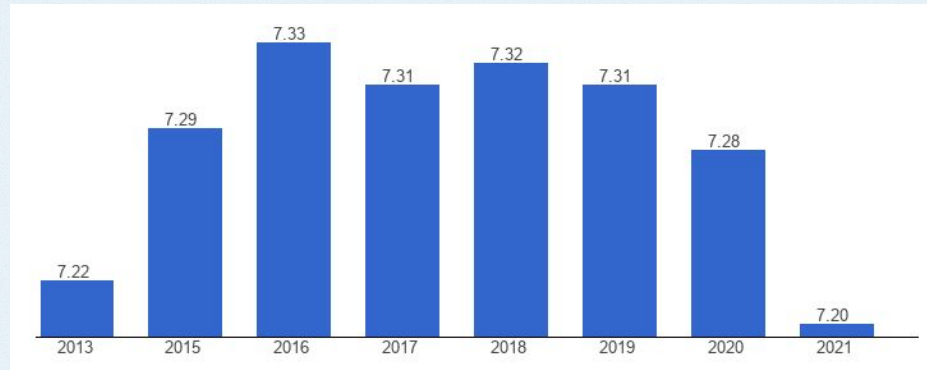
("New Zealand Happiness Index - Data, Chart | TheGlobalEconomy.com" 2021)

America



("New Zealand Happiness Index - Data, Chart | TheGlobalEconomy.com" 2021)

New Zealand



("New Zealand Happiness Index - Data, Chart | TheGlobalEconomy.com" 2021)

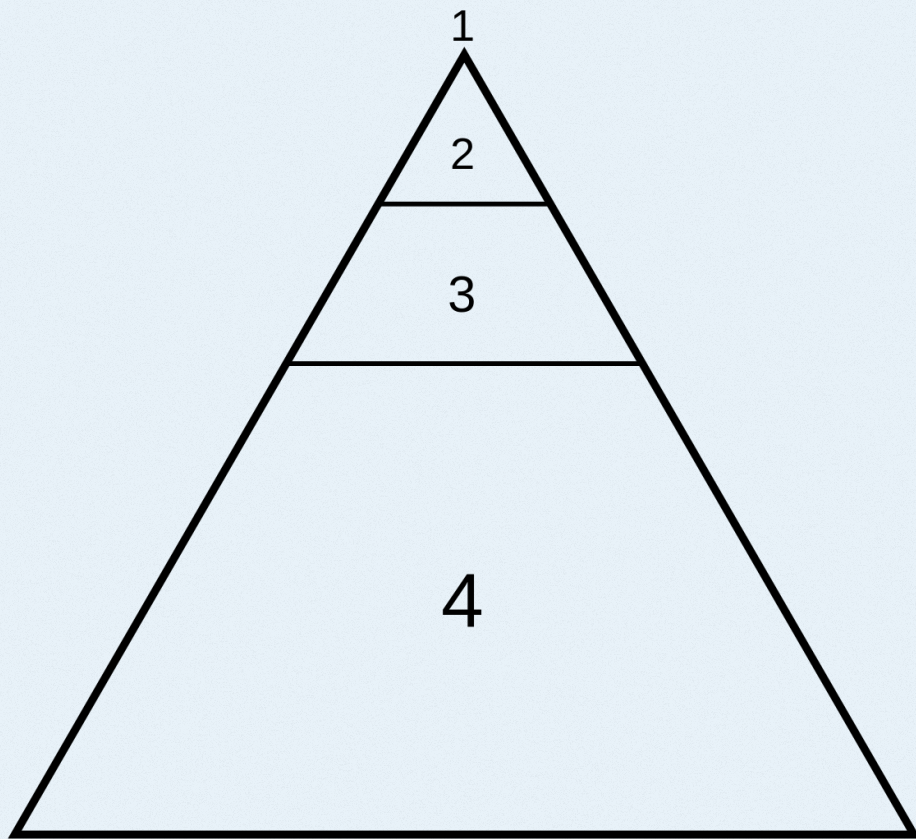
The Significance?

- Researched article states:
 - Korean parents immigrated to New Zealand
 - After living in New Zealand for some time parents reported:
 - Less emphasis on academics
 - Greater encouragement for children
- Also stated that these changes were due to a different cultural context

(Louise, 2018)



Education Fever = Socioeconomic Status

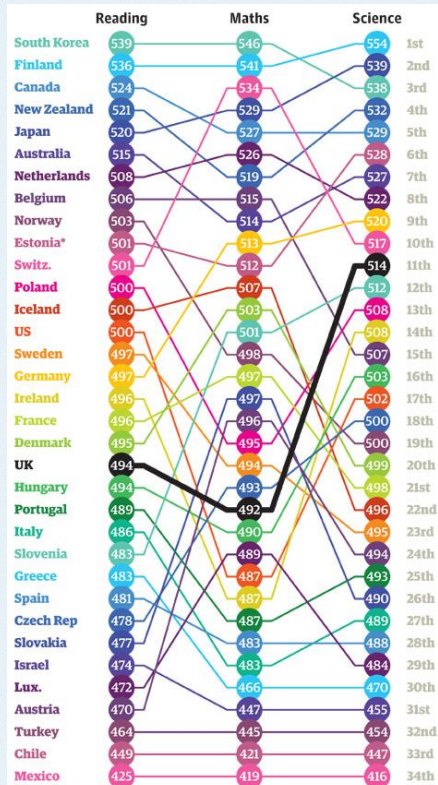


- Education Fever connects to status
 - Autonomy Supporters (middle class)
 - Study Supremacists (high class)
 - Apologetic Supporter (low class)
 - Value Enthusiast (low class)

("Education Fever: Korean Parents' Aspirations for Their Children's Schooling and Future Career" 2019)

Comparison and Conformity Pressure

Global OECD 2012 Test Results



(Pisa 2012 results: which country does best at reading, maths and science? | theguardian.com 2012)

PISA 2018 Ranking Summary

Mathematics			Science			Reading		
1	China (B-S-J-Z) ^[a]	591	1	China (B-S-J-Z) ^[a]	590	1	China (B-S-J-Z) ^[a]	555
2	Singapore	569	2	Singapore	551	2	Singapore	549
3	Macau	558	3	Macau	544	3	Macau	525
4	Hong Kong	551	4	Vietnam	543	4	Hong Kong	524
5	Taiwan	531	5	Estonia	530	5	Estonia	523
6	Japan	527	6	Japan	529	6	Canada	520
7	South Korea	526	7	Finland	522	6	Finland	520
8	Estonia	523	8	South Korea	519	8	Ireland	518
9	Netherlands	519	9	Canada	518	9	South Korea	514
10	Poland	516	10	Hong Kong	517	10	Poland	512
11	Switzerland	515	11	Taiwan	516	11	New Zealand	506
12	Canada	512	12	Poland	511	11	Sweden	506
13	Denmark	509	13	New Zealand	508	13	United States	505
13	Slovenia	509	14	Slovenia	507	13	Vietnam	505
15	Belgium	508	15	United Kingdom	505	15	Japan	504
16	Finland	507	16	Australia	503	15	United Kingdom	504
17	Sweden	502	16	Germany	503	17	Australia	503
17	United Kingdom	502	16	Netherlands	503	17	Taiwan	503
19	Norway	501	19	United States	502	19	Denmark	501
20	Germany	500	20	Belgium	499	20	Norway	499
20	Ireland	500	20	Sweden	499	21	Germany	498
22	Czech Republic	499	22	Czech Republic	497	22	Slovenia	495
22	Austria	499	23	Ireland	496	23	Belgium	493
24	Latvia	496	24	Switzerland	495	23	France	493
24	Vietnam	496	25	Denmark	493	25	Portugal	492
26	France	495	25	France	493	26	Czech Republic	490
26	Iceland	495	27	Portugal	492	International Average (OECD)		
28	New Zealand	494	28	Austria	490	27	Netherlands	485
29	Portugal	492	28	Norway	490	28	Austria	484
30	Australia	491	International Average (OECD)			28	Switzerland	484
International Average (OECD)			30	Latvia	487	30	Croatia	479
						30	Latvia	479

(“PISA 2018 worldwide ranking | factsmaps.com” 2018)

- The Global OECD (Organisation for Economic Co-operation and Development)
- PISA (Programme for International Student Assessment)
- Left table: “Global OECD 2012 Test Results”
- Right table: “PISA 2018 Ranking Summary”

What is a Hagwon?



- The Korean term Hagwon translates to “a for-profit private educational institute or school.”
- Korean students regularly attend Hagwons mainly to keep up with the school curriculum, study with the intent to improve scores and results, or receive help.
- 100,000 Hagwons exist throughout the country.
- 95% of students take lessons from Hagwons.
- Hagwons usually last from 4:30 PM to 9 or 10 PM

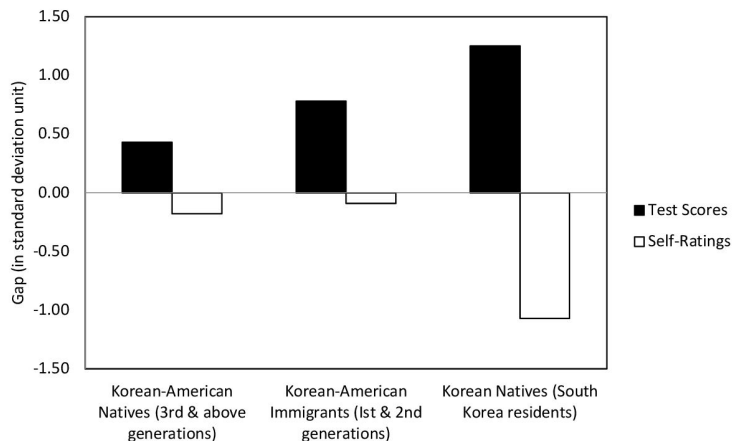
How do Hagwons impact students' health?



- The impact Hagwons have on students
 - Insufficient sleep/obstructing sleep patterns
 - Overworking/tiring
 - Lack of socialization with friends
 - Not enough exposure to family/breaks (vacations)
 - Physically unhealthy
 - Immense stress leads to mental disorders:
 - Anxiety
 - Eating
 - Depression

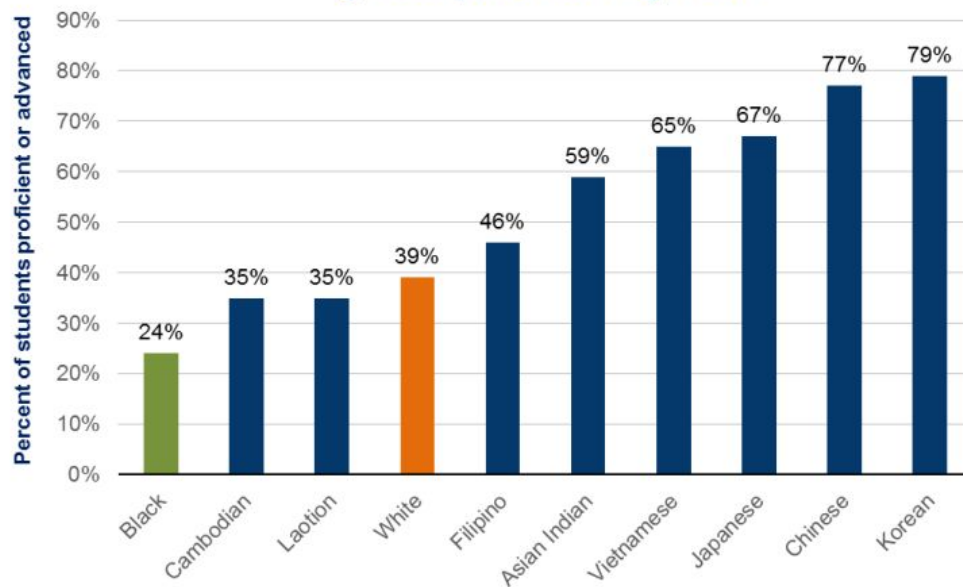
Academic Achievement

Math Achievement Gaps (Test Scores & Self-Ratings)
against Average American Students



<https://www.semanticscholar.org/paper/Small-Frog-in-a-Big-Pond-vs.-Big-Frog-in-a-Small-Lee-Kim/26ace85ed24042cf153f854a3184a5c3b8928fe5>

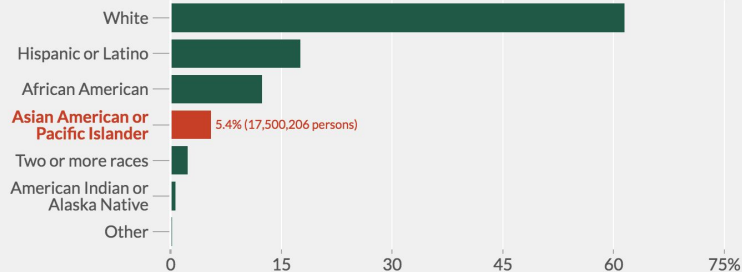
California end of course algebra 1 eighth
grade proficiency rate



<https://www.brookings.edu/research/asian-american-success-and-the-pitfalls-of-generalization/>

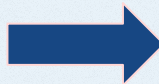
Asian Americans and Pacific Islander in the U.S. population

Share of total U.S. population by race or ethnicity, 2015



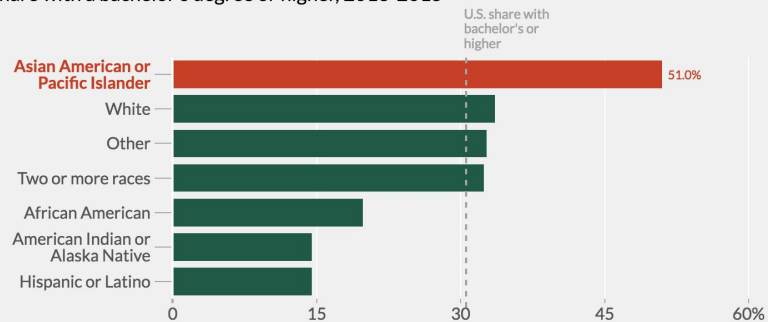
Source: Authors' analysis of the U.S. Census Bureau, 2015 American Community Survey 1-Year Estimates.

Note: All race and ethnicity categories are for the respective race or ethnicity category alone.



Asian Americans and Pacific Islanders have the highest share of college grads

Share with a bachelor's degree or higher, 2013-2015



Source: Authors' analysis of the U.S. Census Bureau, 2013-2015 American Community Survey 1-Year Estimates (pooled data).

Note: All race and ethnicity categories are for the respective race or ethnicity category alone. For this calculation, we only include individuals age 25 and over.



Effects of Academic Achievements

- Parental Pressure
- Competition



<https://www.pbs.org/newshour/show/in-hypercompetitive-south-korea-pre-sures-mount-on-young-pupils>

Self Perception

Self Esteem

- Korea - Korean children have more understanding of the independent concept of itself. This affects them by making them feel more insecure about themselves since their parents put more pressure on them, lowering their self esteem.
- America - American children are more laid back and more at ease of themselves since their parents don't pressure them most of the time. They usually grow up to have a normal perception of themselves unlike Koreans.

Self perceptions of Asian Americans and Americans

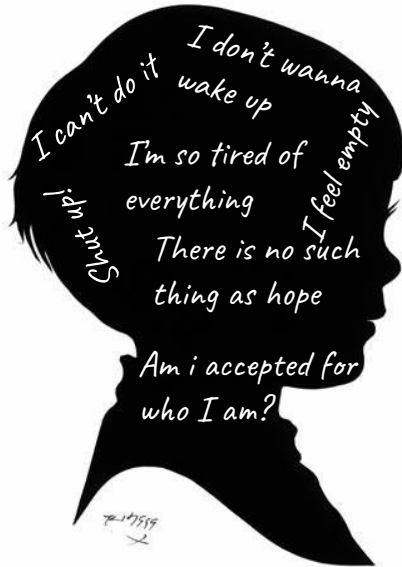
- This article displays the kind of self perception between Korean Americans and Americans. It talks about how there are higher expectations from one's parents which affects their children's self esteem/self perception as they grow up.
- There is no proof whether Asian Americans are seen as models or what other racial groups think about them. This is because Asian Americans are usually perceiving themselves as whatever their parents perceive them as.
(Wong, Lai & Lin 1998)



Though this picture does not display any words, it hides a deep meaning within it.

Korean-American parents have higher standard for their children which makes them more strict. This picture shows how a little girl is being forced to be someone who she isn't, a "perfect" Korean-American child.

Mental Illness



Mental Illness of 1st Graders

Ex: 1st graders in Korea are the main victims. Korean parents who are supposed to care for their children, most likely will think of them as a burden, especially 1st graders. This leads to their mental illnesses being affected by their parents neglecting them. Depression and stress were the main mental illnesses that overwhelm Korean 1st graders. (Kim & Cain, 2008)

Depression and anxiety symptoms among Korean-Americans

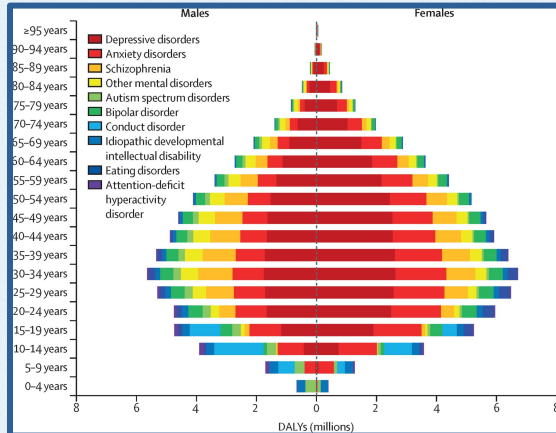
Depression and anxiety are the most prevalent mental illnesses to Korean-Americans. Symptoms of depression can come from family relationship issues and healthcare (mental) issues. The possibilities of Korean-Americans showing depressive symptoms with anxiety is 240 times higher than other people who have never experienced anxiety or don't have it. This indicates that depression and anxiety in Korea is severe and can impact Korean-Americans mental beings significantly.

(Cheung & Leung 2010)

Mental Illness

Popular areas in Korea such as the Han River also deals with mental disorder. A large amount of people have suffered from mental illness but just a certain amount of people actually got treatment for it. Although it was worse even before COVID, matters became worse when COVID did appear. The government made very less effort in this and didn't quite try in making an effort to solve this problem.

(Chang Ho Hong)



Current health issues in Korea

- Yet despite the national mental health crisis, the problem is rarely discussed and often neglected in South Korean society.
- A very small amount percentage of people actually seek out mental health care when depressed.
- According to the picture, Depressive disorders and anxiety disorders is a much greater problem to all ages in both male and female.

Multiple research shows that depression is the most prevalent mental illness in comparison to other disorders among Korean populations.

How does mental health affect suicide rates?

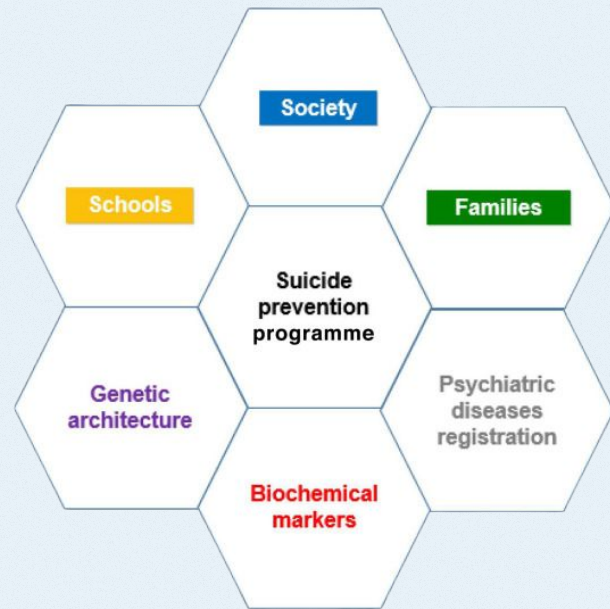
Suicide is the leading cause of death among South Korean youth. What could cause this?

- Family problems
- Family history of suicide, mental disorder, and low family support
- mental illness
- Academic burden
- alcohol/substance abuse
- Peer bullying
- Loneliness

Although numerous efforts have been made to reduce the rates of suicide, a significant decline has not yet been observed.

(Jiacheng Liu)

In Korea, the suicide rate has ranked fourth in the world in 2018 with 7.2 out of 100,000 young people committing suicide.





What pushes suicide? What causes it to happen?

What's the primary reason?


The social pressure towards mental illness embedded in Korean culture. Students do not admit to having mental health problems and believe it is shameful to do so. Not displaying their problematic behaviours at school is what makes it difficult to identify if certain students need special help.

What is the biggest threat of suicide?

The lack of treatment. People with mental disorders do not seek as much treatment as they should. The percentages of people who seek treatment much lower than western countries.

Can the internet have a effect in any way?


Definitely. In fact, the biggest threat comes from the internet. People can post suicidal encouragement text and video online anonymously so easily which has horrible mental consequences, especially for the younger kids. Social encouragement towards mental diseases is also a risk factor of why the rates have gone up.





What can we do to prevent this?


The lack of ability to regulate emotions, social influence and sensation-seeking behaviour are the major contributing factors for adolescents committing self-injuries. People living in the affected areas have already suffered from a variety of mental problems, such as fear, hopelessness, loneliness, guilt, discrimination, racist attacks and even suicide.





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