

Liu also cannot stand that Zhao barely does housework. When the couple lived together, it's always Liu that washed his clothes, tidied up the apartment and cooked meals

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Fed up with being his "babysitter," she finally left him. "Yes, he is sweet and kind, but what I need is a real man, not a big boy," Liu said.

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Zhao's life mirrors that of many young Chinese. Ma Zezhong, a psychologist and the executive director of the Beijing Association for Mental Health, said that compared with the post-60s and 70s generation, the younger generation tends to be less mentally and emotionally mature than their age would suggest. The primary factor stunting their development, he said, was a lack of individuality.

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According to Ma, the reason for this immaturity is complex, but family, education and social environment play a big role. As only children, many post-80s and 90s Chinese were spoiled or overly protected growing up, which is one of the factors that leads to their slow mental growth.

??85?90??

The way that parents treat their children is essential for their mental development. Liu Guo, a Chinese psychological consultant working in the US, agrees. She thinks it's also a cultural thing.

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"Take myself as an example. I'm about 30 years old, and my mom who still lives in China often tells me what I should do and treats me like a child. In the US culture and a healthy family, my mom's behavior would've been considered as boundary crossing because I'm an adult and can make my own decisions," Guo explained.

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She knows it is the way her mother shows love for her, but she finds it hard to accept.

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However, Ma stresses that that everyone has a little child inside them and big babies should not be completely

ignored. He said it is important for people to acknowledge and accept their immaturity so that they can make changes and push themselves to grow up.

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As to how to combat the arrested psychological development of China's young, Ma suggests that individuals socialize more to to enrich their life experience so that their personality and individuality can develop and improve themselves so that they can become more mature and wise.

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"Think positive. Go out and join more social communities. Experience more and read more so that the kid inside will grow up."

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