

《报告显示大多数人支持双减政策，你家孩子减负了吗？》

More than 90 percent of students, teachers and parents said they are in favor of the "double reduction" policy, which reduces students' extracurricular tutoring and homework burdens, a new report said.

一份新的报告显示，90%以上的学生、老师和家长赞同“双减”政策，这项政策旨在减轻学生的课外培训和家庭作业负担。

The report, conducted by the China Institute of Education and Social Development at Beijing Normal University, was based on a survey of 1.69 million parents and students, teachers and principals at 3,564 primary and middle schools across the country in December and January.

这份报告由北京师范大学中国教育与社会发展研究院于去年12月到今年1月调查了全国3564所中小学的169万家长、学生和校长后发布。



The report found that 96 percent of students agree with the new policy, with parents at 92.8 percent, teachers at 90.5 percent and principals 96.8 percent. It also found the policy has achieved its intended results with fewer students attending tutoring courses and schools assigning less homework.

报告发现96%的学生、92.8%的家长、90.5%的老师和96.8%的校长赞同这项新政策。报告还发现这项政策达成了预期效果，参加课外培训的学生减少了，学校布置的家庭作业也减少了。

According to the results, more than 88 percent of teachers said they have strictly limited the amount of homework given; 75 percent of students felt their homework has been reduced; and 83 percent of students can basically finish all written homework at school.

据调查结果显示，88%以上的老师表示，他们严格限制了布置家庭作业的量。75%的学生感觉到家庭作业减少了，83%的学生基本可以在学校完成所有的书面家庭作业。

Moreover, 83.5 percent of students said they no longer attend academic tutoring courses, and 63.3 percent said they do not take part in nonacademic tutoring courses.

更重要的是，83.5%的学生表示他们不再参加学科培训，63.3%的学生表示他们没有参加非学科类的培训。

As a result, the average daily sleeping hours for surveyed primary school students is now about 9.3 hours and 8.5 hours for middle school students, the report said.

因此，参加调查的小学生现在日均睡眠时间提升到了9.3小时，中学生提升到了8.5小时，这份报告说。

However, it also found that parents still have high expectations for their children, which is the main source of the pressure students feel. More than 90 percent of surveyed parents said they want their children to obtain a bachelor's degree or higher.

然而，报告还发现，父母依然对孩子抱有较高预期，这是学生们感觉到压力的主要来源。超90%参加调查的家长表示希望自己的孩子获得本科或者本科以上学历。

More than 30 percent of parents feel anxious about enrolling their children in good schools, and nearly 30 percent said they are not willing to send their children to secondary vocational schools.

30%以上的父母对孩子能否考进好的学校感到担忧，而近30%的父母表示不想送孩子上中等职业学校。

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