

# Research on the Current Situation of the Healthy Growth of Special Youth in China, Dilemma Exploration and Path Thinking

## -- Taking H District of Wenzhou City as An Example

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### Abstract

With China's reform and opening up, social and economic strength by leaps and bounds, the cause of the disabled has also been a good development. However, the education, employment, social security and other issues for special youth have always plagued the development of the cause of the disabled. Through interviews with special youth, their parents and social figures in H District of Wenzhou, the practical problems existing in the reality of special youth are found and developmental suggestions are put forward.

### Keywords

Special youth; Quality of education; Employment; Social security; Ideological and Political Education.

## 1. Introduction

Nowadays, the integration of special groups and other social groups has become an important issue in today's social development [1]. The research object of this paper is a kind of adolescents with physiological or psychological defects. Through the understanding of the family background, their own growth experience, medical genetic factors and other aspects of the special youth, the specific analysis of the situation of each special youth is carried out, so as to lay the foundation for the government to make relevant decisions, and effectively promote the consolidation of a comprehensive well-off society and the construction of a better society. Through the analysis of first-hand materials, this study explores the methods and practical application effects of existing social assistance measures on special youth situations. Through field research, this paper analyzes the family background, academic situation, medical resources and social security of special youth from the micro, meso and macro perspectives, summarizes the difficulties faced by special youth in society, and puts forward corresponding solutions, in order to achieve the accurate introduction of policies and accurate provision of related services in practical social work.

## 2. Analysis of the Status of Special Youth

Through the analysis of the questionnaire data collected by special young families in Dongtou District of Wenzhou City, and in the form of field visits, the research projects investigated individual families that have registered social practice projects but not participated.

### 2.1. Research Object

The research project takes the family as a whole research object. Based on Wenzhou Dongtou District Education Bureau and Dongtou District Disabled Persons Federation, 40 special youth

families in Dongtou District were investigated by questionnaire. A household survey was conducted on 17 families.

## 2.2. Information Collection

A total of 40 questionnaires were distributed to special young caregivers in this survey, and 38 were finally effectively recovered, with an effective rate of 95%. The design of the questionnaire is divided into three parts. The first part is the basic information of special youth, mainly investigating the physiological status of the respondents, such as gender, age, special types, and self-care. The second part is the survey of special youth families, focusing on the current situation of families such as family types and family income sources. The third part is the basic situation of special youth caregivers, such as marital status, cultural level, and the health status of family members, working conditions, care burden, care content and so on [2]. In addition to issuing questionnaires, effective information is obtained in the form of field visits and in-depth exchanges for individual families.

## 2.3. Main Situations of Special Youth

**Special youth:** A total of 17 children aged from 10 to 20 years old were investigated in the research group, most of whom were mental retardation, followed by limb disorder and autism, and congenital Down syndrome accounted for the least. Most of their lives can take care of themselves ; most young people live with their parents, only a few are grandparents care ; family types are basically parents with disabilities and old disabled families ; most of its economic sources are from parents'personal labor income, including subsidies from the government and relevant departments ; family expenditure on food costs and daily living expenses accounted for a large proportion, a few expenditure on education and medical rehabilitation ; some parents care more about their children's social relations, often take their children out for social activities, and some children themselves do not want to go out, so formed the characteristics of not love communication ; a large number of parents want to seek help, but their knowledge and cultural level is low, and they cannot correctly understand the relevant rescue process and policies. Some parents have not considered the rescue at all. The survey found that most families want to obtain economic subsidies, psychological support services and medical rehabilitation assistance. A large part of parents do not attach importance to their children's education.

**Special youth caregivers:** We investigated 16 special youth caregivers, most of whom were mothers. The mother is 37 to 48 years old and in good health. Most caregivers are in good condition. The education of caregivers is above primary school. Most caregivers are married and a few divorce. Most caregivers have stable work. Of the 16 caregivers, 3 provided only basic life care, 5 provided only other care (emotional support, social support) and 8 provided both basic and other care. Caregivers have a serious burden. Most caregivers do not choose medical institutions, and there are economic problems and information understanding problems.

## 3. Problems of Special Youth

### 3.1. Special Youth Caregivers Lack Professional Knowledge

The care of special youth can be divided into basic care, other care and professional care. Basic care refers to the care to meet the needs of special youth clothing, food, shelter and transportation. Other care refers to providing emotional and social support and encouragement to special youth. Professional care is to use professional knowledge to help special youth to carry out intellectual or physical rehabilitation training to a certain extent, which requires higher educational level and professional knowledge reserve of caregivers [3].

Among the three types of care, professional care is actually the most significant for the rehabilitation and development of special youth, but professional care requires caregivers to

have professional knowledge of medicine and psychology in this field, otherwise it cannot be properly implemented. In the survey samples of this study, nearly 80% of the caregivers only have junior high school and below education level, and they have almost zero knowledge of the professional field of special children, and they lack professional guidance. They cannot provide professional care or care when the means are arbitrary and rude, and cannot meet the special needs of special youth for physical or mental disabilities, making the care efficiency low. At the same time, in the survey samples of this project, only about 14% of caregivers choose professional institutional care, indicating that the popularization rate of professional care is low. And according to survey data, more than half of caregivers can only provide basic and some other care.

### **3.2. Special Youth Caregivers Lack Policy Awareness**

As an integral part of social and educational policies, special education policy reflects the distribution and adjustment of interests among special education stakeholders. Due to the caregiver's low attention to social policy, and the lack of knowledge guidance related to children's education, thus missed the best policy choice in a specific period, resulting in children's development is becoming more and more slow, children 's own problems are also increasing with time. Among the 16 children surveyed, nearly 50% of the child caregivers do not understand a series of social policies for special children, such as special schools. The main reasons for this are the lack of parents' own knowledge and cultural level and poor care for children. The state has long had a supportive policy for special youth. In addition, many institutional groups are specialized in special education, and if they miss this policy as caregivers, it means missing an opportunity to help their children grow up [4].

### **3.3. Lack of Acquired Environment for Special Youth**

Sometimes we tend to focus only on the disabled youth themselves, but forget to pay attention to their communication environment. They were not satisfied with their psychological needs, and no one told them, so they shut themselves down in the dark corners. In addition to congenital factors, some of the mental disorders, social disorders and basic cognitive impairment of special youth can be attributed to acquired factors.

Their interpersonal communication has always been problematic. Now people are mostly sympathetic to the disabled, not to contact them. It is known that acquired trauma or disease is one of the causes of special youth physiological problems. The depressed family environment is the dominant reason for the psychological problems of special youth. Therefore, acquired factors such as trauma, disease and depressed family environment are major obstacles in the growth of special youth.

### **3.4. Economic Problems in Special Young Families**

In the research sample, through the questionnaire survey and field interview, it is known that nearly 80% of the families have a greater burden of care. More than sixty percent of families have unemployed or part-time members, only about forty percent of families have stable full-time work. Due to the limitation of economic ability, many families can only meet the basic living needs and some spiritual needs of special youth at most, and cannot give children a higher level of rehabilitation or development needs. Some special young family caregivers are already elderly, such as grandparents, grandmothers and grandfathers. In addition to taking care of the special youth's living, self-care and economic difficulties, they also need to worry about what children will do if they die. It can be seen that on the growth path of special youth, family economic problems are also obstacles they face.

## 4. Recommendations for Improvement of Special Youth

### 4.1. Family Care

Family emotional support: The birth of special youth can cause inconvenience to any family, but the family is the place where they have direct access, and family members are the most direct emotional support they can access [5].

Case: zqr is in a good state of mind, although he is unable to take care of himself. His mother and sister accompany him and encourage him; the relationship with mother is very harmonious, and the frequency of participation in social activities is high, with many good friends. Mild temperament, basically no aggression. It can be seen from the case that family members' emotional support such as encouragement and praise plays an important role in the psychological growth of special youth, which can improve their aggressive behavior to a certain extent and help them grow into educated special youth.

Provision of intellectual training support: The survey data show that 59% of the special youth in the sample belong to intellectual disabilities, so it can be roughly summarized that intellectual problems are the main reason why special youth are different from other youths. In family care, intellectual support is particularly important for later rehabilitation and special education [6]. In fact, intellectual support involves certain professional care knowledge, and has certain educational requirements for caregivers.

Case: Zsy: 12years old, Down syndrome children, although intelligence behind normal youth (intelligence is about 7 years old children's level) but from childhood in the mother's strict intelligence training and teaching, he has been able to understand more Chinese characters, can do simple digital operation, can draw a simple picture.

But relatively speaking, the intellectual support in family care is a little simple. We can start with some basic puzzle games such as Schuler's squares, simple odds and so on, or teach special children a small amount of simple Chinese characters and simple arithmetic every day. This is more conducive to training their brains and reducing many obstacles for special education and rehabilitation training.

### 4.2. Government Support

The introduction of relevant support policies: Special youth assistance is a cause that needs to integrate various forces to work together, so as to promote special youth to solve difficulties and risks in the future when facing life independently [7]. The first is the support of government policies. As long as macro policies are conducive to good aspects, they can help special youth solve difficulties. Government departments should establish relevant laws and regulations to promote the legal management of special youth, which is a necessary way to help special youth solve the current difficulties. Among them, the most important is education. From the field survey, we know that many parents pay more attention to the education of children, and we also clearly know the importance of education. It can enable special youth to have a skill, to have basic economic income, and to live a life of food and clothing. This is the most critical for their parents, and more importantly for the special youth themselves. Therefore, we should improve the rules and regulations on the education of special youth, promote the development of special education, and allow them to go to school and read well.

In addition, most families spend a lot of money on their children's medical treatment, so their economic conditions are poor. Many families live in cities, and the price cost in cities is higher than that in rural areas. Government departments should introduce policies to ensure the basic life of special youth families, and the development of special youth can develop in a good direction on the basis of economic security. In addition to economic security, the government should promote the construction of special youth infrastructure and protect their rights to activities, which is conducive to their interpersonal communication and establish a healthy

psychological state. In addition to infrastructure, the government also has the responsibility to protect the rights and interests of special youth, prevent them from being defrauded, bullied and indifferent, and clarify the punishment methods in this regard.

**Economic material support:** Disability is undoubtedly a fatal blow to special children and their families. The energy of parents will be lost in the process of cultivating special children, but at the same time, the economic and material pressure is also a very important point. Most of the special youth families surveyed, the economy is relatively poor, parents' culture is not high, there is no stable work, many even children's basic learning and life are difficult to support, let alone education. The family has a protective effect on every member, and if a family has sufficient economic and material conditions, it is equal to adding a golden bell cover outside the umbrella of the family, which plays a vital role in the stability of the whole family. Great attention should therefore be paid to the economic and material support of special children.

### 4.3. Social Support

**Implementation of universal community work:** Community is a social group organization that special youth and their families have direct access to. Therefore, in order to effectively implement social work, it is necessary to take community work as a breakthrough. According to the different needs and abilities of special youth, community work can be divided into three levels, namely primary popularization work, secondary support work, and three-level integrated work [8].

The focus of primary universal work is to help families with special children to reduce the basic burden of daily life. Through the integration of community resources, basic medical tests such as regular and free physical examination can be widely carried out for special children in the community. Social workers such as volunteers can also be assigned regularly to provide free cleaning and donation services for special young families. The focus of secondary support work is to deepen the sustainable needs of special young families and provide targeted services on the basis of reducing the burden of daily life. Mainly through the integration of social resources and information for special youth to provide economic assistance, material assistance, education resources, simple rehabilitation training and other resources conducive to their physical and mental development. The focus of the three-level integrated work is to carry out continuous family emotional care services, deeply understand the psychological status of special youth and their caregivers, provide them with care and reduce their emotional pressure. The emotional problems of these families can be effectively solved through community counseling stations, family emotional assistance groups and other institutions [9].

**Expansion of support for volunteerism:** Volunteering is also an important part of social work, and through such activities more people are exposed to awareness of the living conditions of special youth families [10]. The community can cooperate with volunteer service institutions and even universities to carry out volunteer service on weekends and holidays. Through selection, volunteers with strong comprehensive ability and experience are selected to provide short-term and comprehensive support and services for families with special children. Specifically, the services provided by volunteers include short-term emotional support, a small amount of material care, the reduction of short-term sexual burden and simple rehabilitation guidance involving professional fields.

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