



“Slowing down - a new face of European education”

## COMPARING THE STUDENTS' RESULTS TO THE PARENTS' ONES ON THE FIRST SURVEY QUESTIONS

2018

N° of students' "YES" responses per participating country

Poland: 22, Latvia: 48, Turkey: 37, Greece: 36, Portugal: 33, Italy: unknown number

N° of parents' "YES" responses per participating country

Poland: 34, Latvia: 43, Turkey: 42, Greece: 42, Portugal: 39, Italy: unknown number

### 1<sup>st</sup> question:

to students: “Do you know how to deal with the stress at school?”

to parents: “Do you know how to help your child to deal with the stress at school?”

#### Students' percentage versus Parents' percentage

<b>POLAND</b>	<b>50%</b>	<b>81,1%</b>
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The Polish students fall short up to **31,1%** in comparison with their parents.

<b>LATVIA</b>	<b>89,6%</b>	<b>76,7%</b>
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<b>TURKEY</b>	<b>64,9%</b>	<b>64,3%</b>
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<b>HELLAS</b>	<b>63,9%</b>	<b>76,2%</b>
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<b>PORTUGAL</b>	<b>27,3%</b>	<b>87,2%</b>
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The Portuguese students fall short up to **59,9%** in comparison with their parents.

<b>ITALY</b>	<b>100%</b>	<b>85,7%</b>
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The Italian **students know 100%** how to deal with stress at school, whereas their parents know less with a difference up to **14,3%**. (see questions 2, 4 & 7)

### 2<sup>nd</sup> question:

to students: “Do you know some ideas that allow you to reduce stress?”

to parents: “Do you know some methods/ways that help your child to reduce the negative stress?”

#### Students' percentage versus Parents' percentage

<b>POLAND</b>	<b>31,3%</b>	missed qu.
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<b>LATVIA</b>	<b>70,8%</b>	<b>60,5%</b>
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<b>TURKEY</b>	<b>67,6%</b>	<b>76,2%</b>
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HELLAS 63,9% missed qu.

PORTUGAL 39,4% 84,6%

The Portuguese students fall short up to 45,2% in comparison with their parents.

ITALY 85,7% 100%

The Italian parents know 100% how to help their children in dealing with stress at school, whereas students know less with a difference up to 14,3%. (see questions 1, 4 & 7)

### 3<sup>rd</sup> question:

to students: "Do you live healthily (e.g. healthy food, family time, sports, hobbies)?"

to parents: "Do you and your family live healthily (e.g. healthy food, family time, sports, hobbies)?"

#### Students' percentage versus Parents' percentage

POLAND 50% 81,1%

The Polish students fall short up to 31,1% in comparison with their parents.

LATVIA 91,7% 88,4%

TURKEY 64,9% 97,6%

The Turkish students fall short up to 32,7% in comparison with their parents.

HELLAS 86,1% 81%

PORTUGAL 60,6% 69,2%

ITALY 100% 100%

Absolute concurrence between Italian students and parents.

### 4<sup>th</sup> question:

to students: "Do you relax regularly (outside home, practising any sports, walking, etc)?"

to parents: "Does your child relax regularly (e.g. being active outside home, playing any sports, walking, etc)?"

#### Students' percentage versus Parents' percentage

POLAND 56,3% 91,9%

The Polish students fall short up to 35,6% in comparison with their parents.

LATVIA 83,3% 76,7%

TURKEY 59,5% 90,5%

The Turkish parents fall short up to 31% in comparison with their children.

HELLAS 72,2% 81%

PORTUGAL 66,7% 84,6%

The Portuguese students fall short up to 17,9% in comparison with their parents.

ITALY 85,7% 100%

The Italian parents know 100% believe that their children relax regularly, whereas students fall short up to 14,3%. (see questions 1, 4 & 7)

### 5<sup>th</sup> question:

to students: "Do your parents control the time you spend in the virtual world (PC games, X box, phones, pads, Play Station, the Internet, etc)?"

to parents: "Do you control the time that your child spends in the virtual world (PC games, X box, phones, pads, Play Station, the Internet, etc)?"

**Students' percentage versus Parents' percentage**

**POLAND**                      **31,3%**                      **78,4%**

*The Polish students fall short up to 47,1% in comparison with their parents.*

**LATVIA**                      **54,2%**                      **44,2%**

**TURKEY**                      **59,5%**                      **85,7%**

*The Turkish students fall short up to 26,2% in comparison with their parents.*

**HELLAS**                      **80,6%**                      **85,7%**

**PORTUGAL**                      **78,8%**                      **48,7%**

*The Portuguese parents fall short up to 30,1% in comparison with their children.*

**ITALY**                      **28,6%**                      **57,1%**

*The Italian parents fall short up to 28,5% in comparison with their children.*

**6<sup>th</sup> question:**

*to students: "Would you like to involve active ways of spending time into your life much more?"*

*to parents: "Would you involve the active ways of spending time into your family life much more?"*

**Students' percentage versus Parents' percentage**

**POLAND**                      **87,5%**                      **91,9%**

**LATVIA**                      **91,7%**                      **74,4%**

*The Latvian parents fall short up to 17,3% in comparison with their children.*

**TURKEY**                      **78,4%**                      **97,6%**

*The Turkish students fall short up to 19,2% in comparison with their parents.*

**HELLAS**                      **97,2%**                      **90,5%**

**PORTUGAL**                      **72,7%**                      **100%**

*The Portuguese students fall short up to 27,3% in comparison with their parents.*

**ITALY**                      **57,1%**                      **85,7%**

*The Italian parents fall short up to 28,6% in comparison with their children.*

**7<sup>th</sup> question:**

*to students/ to parents: "Should education 'slow down' in requiring knowledge?"*

**Students' percentage versus Parents' percentage**

**POLAND**                      **100%**                      **97,3%**

**LATVIA**                      **54,2%**                      **51,2%**

**TURKEY**                      **64,9%**                      **64,3%**

**HELLAS**                      **75%**                      **76,2%**

**PORTUGAL**                      **54,5%**                      **33,3%**

*The Portuguese parents fall short up to 21,2% in comparison with their children.*

**ITALY**                      **42,9%**                      **28,6%**

*The Italian parents fall short up to 14,3% in comparison with their children. We also have to mark out the low percentages on the "YES" responses of both students and parents.*

### **8<sup>th</sup> question:**

to students/ to parents: "Could you give some own suggestions for 'slowing down' in you life, please? What is worth or needed for you?"

#### ***N<sup>o</sup> of students' responses per participating country***

***Poland: 09 from 22 (13 similar), Latvia: 16 from 48 (32 similar), Turkey: 05 from 37 (32 identical), Greece: 20, Portugal: 07 from 11 (04 similar), Italy: 04***

### **A. Students**

Common axis of all the participating in the project students' responses, on the question "What is worth or needed for you?", is definitely the need for them to share more time with their families and friends.

The common resultant among the Polish, Greek and Portuguese students lies in the reduction of school work at home, whereas the Polish and the Greek ones long for longer breaks, more group work at classes and less teacher-centred way of teaching, as it holds them back from learning.

Moreover, the Polish students desire eagerly the diminution of tests or exams at school or their better preparation from teachers' part in case the tests or exams will not be cut down.

Greek students meet with the Portuguese ones at the need of having longer holidays, more sleep, more free time to give their attention to their hobbies and friends, more music and fun at school.

Additionally, the Greek students yearn for more spare time in order to be well acquainted with their city or country.

The Latvian students brought to light their need for keeping away from the modern ways of communication (mobile devices, etc), for being in closer contact with nature. They also believe that through "slowing down" at school and in everyday life they will be able to discover on whom or what their time should be worthily spent.

The Italian students mainly focus on family, friends and sports. They declare that human beings are responsible for how fast the world runs, by adding that "maybe we have this perception of fastness because everything in the past 'walked' slower".

It has to be marked the fact that only (04) out of the (37) responses of the Turkish students are slightly different. The huge majority brings into notice the importance of spending more time with one's family.

#### ***N<sup>o</sup> of parents' responses per participating country***

***Poland: 15 from 34 (19 similar), Latvia: 14 from 43 (29 similar), Turkey: 22 from 41(19 similar), Greece: 27, Portugal: 11 from 25 (14 similar), Italy: 04***

### **B. Parents**

The Latvian parents' common denominator is their children's well-being, the pursuit of which holds the first place in the value scale. However, most of them, due to the great many problems in their everyday life, cannot manage to give their attention towards their children to a high degree. Some of them admit that they cannot handle time-sharing for their own benefit, by saying "If children have satisfied parents, they themselves will be happier".

The Polish, Latvian and Greek parents agree that they should have been more organized in time distribution. From all participating countries, parents suggest as restraining factors against negative stress the avoidance of the mobile devices and the Internet (Social Media) use and the more intensive occupation with their families through various activities, which make man better, gentler and happier as they gift him/her with spiritual and corporal health. Some of the suggested activities are reading books,

listening to music, going to cultural events, having lunch/dinner altogether as a family, meeting relatives and friends, doing outdoor activities or sports, performed especially in nature.

The Polish, Greek, Portuguese and Italian parents are clearly in favour of reducing the work-time for both themselves and their children, correspondingly in each one's field.

On a philosophical basis, the Portuguese parents declare that all parents should delight in the query “if the intention beyond the goal of acquiring knowledge” through education “is to get a better job with a more satisfying salary”. They strongly believe that if parents break this connecting ring of the chain, they will realize that knowledge and learning, which help man in leading a healthy and well-balanced life, have nothing to do with budget.

### 9<sup>th</sup> question:

to students/ to parents: “Do you think that 'slowing down' is essential for your family? Would you give some ideas, please?”

#### N° of students' responses per participating country

*Poland: 08 from 22 (14 similar), Latvia: 10 from 48 (38 similar), Turkey: 05 from 37 (32 identical), Greece: 16, Portugal: 04 from 11 (07 similar), Italy: 04*

*Note: Exactly the same responses for Turkey as in question N° 8*

### A. Students

All students, irrespective of their nationality, consider that “slowing down” in everyday life is essential. In their opinion, it is necessary for both students and parents to slow down correspondingly at their fields (school/work), as they desire earnestly the vital contact and communication with their family members, relatives, and friends by sharing precious moments through talk, hobbies, sports, trips. They support that activities of this kind give meaning to their lives by relaxing them. “Today's fastness in life gives birth to anger; and anger always leads to negative acts or situations”, the Latvian students say.

#### N° of parents' responses per participating country

*Poland: 09 from 34 (25 similar), Latvia: 13 from 43 (30 similar), Turkey: 07 from 41 (34 similar), Greece: 22, Portugal: 11 from 26 (14 similar), Italy: 04*

### B. Parents

On the question, if “slowing down is essential for your family”, all parents give a positive answer. Their notions converge on the necessity of cutting the work hours down for both parents and students and the increase of communication among the members of the family, as it helps family ties to become stronger. They consider as their primary aims to filter the needs that should come first, limit the virtual world/Social Media use and make greater the family interaction through dialogue and mutual help with the housework.

The great majority thinks that the institution of family helps everyone to have better spiritual and corporal health and get to know himself/herself better through various activities, such as dining out or at home together, spending more quality time with relatives and friends, relaxing over a drink under the candle lights, creating common experiences and memories, reading books, listening to music, playing an instrument or board games, watching films or TV series together, going to cultural events, doing sports or outdoor activities in nature, travelling together to get familiar with other ways of thinking, other cultures and traditions, sharing common hobbies, taking part in community charities and volunteering.

On the last two mentioned activities, the Polish parents point out “the need for raising man's awareness of co-existence and inter-dependence between the Earth and the man”.

On a deeper approach of the matter, part of the Polish parents brings into notice that nowadays' “life race shows the lack of respect towards the fellow-men, as everyone is boosting it. Parents, because their child must be the best; teachers, because they must be promoted in rank; parents and teachers, because they aim to the awards at the end of the school year, without caring about the second..., or the weaker or the oppressed student”. These thoughts lead the specific Polish parents to the conclusion that “stress, associated with the increasing pace of life, should not become an inseparable element of children's lives”. They strongly believe that all parents should stick to the old saying 'A sound mind in a sound mind', as “the increasing amount of depression and suicides among children and adolescents is a sufficient signal”.

Some other Polish parents put the blame for nowadays' life race on the parents themselves, as they load their children with excessive mass of extra-curricular activities, because they yearn for the fulfillment of their own unrealized desires or dreams through their children.