

RESEARCH ARTICLE

Journal of Global Humanities and Social Sciences

2023, Vol. 4(1)10-13

DOI: 10.47852/bonviewGHSS2023040103

# Exploration and Practice of Social Support for Children in Difficult Circumstances



BON VIEW PUBLISHING

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**Abstract:** Children in distress cover vagrant children, poor children, seriously ill children, disabled children, etc. These children are deprived of protection and their survival situation is worrying. In recent years, there have been repeated vicious cases such as children starving to death at home and stray children smothered to death in garbage bins, reflecting that the current task of rescuing children in distress in China is very serious. Children are in a critical period of physical and mental development, and their healthy growth has a great impact on the construction of a harmonious society. As a member of the social collective, children in distress should feel the care and warmth from the society, let their hearts be nourished by love, cultivate their courage to face difficulties and setbacks, and motivate them to meet every day of life with a positive and optimistic attitude.

**Keywords:** children in distress; social support; practice

## 1. Induction

At the present stage, although a harmonious society has been initially built, there are still some children at the grassroots level of society who are always touching the hearts of the general public. These children are caught in the difficulties of life due to various misfortunes and urgently need the support and help of the whole society to promote their healthy physical and mental development. In recent years, as China's socio-economic development continues, the state and society are paying more and more attention to children in difficulty, which has led to deeper thinking about the implementation of assistance and protection for children in difficulty from all walks of life. If we want to help children in difficulty to get out of their difficult life, we need to analyze the causes of their difficulties, so as to build a social support system and promote their healthy and happy growth in the sunshine.

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## 2. Types of children in difficulty

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### 2.1 Children from poor families

Children born into poor families lack effective protection for their lives. The parents of such children in distress work all the time, and the people who take care of their living and living are mainly grandparents. Due to their old age, grandparents' working ability is relatively weak and they can hardly support various economic expenses of the family. The government's financial assistance has become their main source of income, but due to limited financial subsidies, they are unable to meet their basic living needs. Financial inadequacy is the main factor that causes such children to fall into hardship. In addition, due to the influence of family environment, such children in difficulty generally have psychological problems such as low self-esteem and depression, which are extremely detrimental to the physical and mental development of children in difficulty.

### 2.2 Children with their own disabilities

These children in difficulty generally have physical defects, such as deformities and disabilities,

and they have certain difficulties in rehabilitation, care and social integration. For example, seriously ill children, autistic children, and children infected with HIV. The influence of various factors, coupled with their own physical defects, makes the life of such children in difficulty covered with gloom. In addition, although China has made great progress in medical care in recent years, the shortage of medical resources is still a real-life mountain that cannot effectively meet the follow-up rehabilitation needs of children with disabilities. Even if children with disabilities can make significant physical improvements through standardized treatment and gradually get their lives on track, they still have to face many obstacles in the future, especially the shortage of educational resources, which becomes the biggest "roadblock" in the growth of these children. To help these children out of their difficulties, it is not enough just to help them solve their basic needs, but also to give them higher-level social support, including financial subsidies, educational resources, medical assistance, legal protection, etc.

### **2.3 Children without guardianship**

These children in distress usually have painful experiences and have been left without loving care since childhood. Some children are orphaned by the loss of both parents and suffer from human warmth, and there is no place for them in the big world. In order to protect children who have lost their loved ones, many children's welfare institutions have been established in China, but due to insufficient social support, there is not enough strength to adopt all orphans in the society, and those children who live at the bottom of the society and have no one to rely on, have to face poor living conditions every day. Some children are also divorced or remarried due to their parents' broken relationship, and they are not properly supervised, either left alone or placed in the homes of their grandparents, unable to give the children the care and education they need to grow up, which is the main reason why children with incomplete family structures generally have psychological problems.

## **3. Causes of distress for children in distress**

### **3.1 Family factors**

Families of children in distress generally have the following conditions: incomplete family structure; lack of family labor force; economic difficulties; lack of parental supervision, etc. Incomplete family structure and reduced family workforce due to the death, imprisonment, divorce or disappearance of parents result in children living in distress (Luo, 2022). Some scholars have found that children in distress with incomplete family structure are mostly cared for and supervised by close relatives such as grandparents and grandparents. This kind of intergenerational guardianship is commonly associated with family economic poverty and heavy burden, which makes it difficult to meet the basic schooling of children, resulting in troubled children in various complex difficulties.

### **3.2 Community and school factors**

Most children in distress do not enjoy the warmth from their families, and schools and communities are important ways for them to get love and care. However, these two pathways are not open to individuals and emphasize collective life, thus failing to take into account the needs of each child. In this environment, it is impossible to treat children in distress differently, much less provide them with timely help in their lives (Xu et al., 2022). At present, most schools define their tasks and responsibilities as teaching and educating, and focus on imparting knowledge, and rarely take the initiative to understand the family situation of children in difficulty and provide them with timely material support, nor can they accurately grasp the dynamics of children's physical and mental development, much less provide them with targeted psychological guidance. Compared with schools, communities serve mainly families and rarely take into account individuals, and some communities do not even know the family situation of children in difficulty, so it is difficult to provide targeted life support (Yan, 2022). In this way, when children in difficulty face some complicated problems, it is difficult to get

timely assistance and help from schools and communities.

### **3.3 National macro-level factors**

At present, the relevant laws and regulations in China still need to be improved, and the unsound child rescue system, coupled with the lack of government supervision, makes it difficult for children in difficulty to get effective help and protection. All along, the reason why the problem of children in distress has still not been effectively improved is directly related to the inadequate legal system (Guo et al., 2022). In recent years, although China has introduced a series of social assistance and social protection policies one after another, in the process of implementation, the lack of government supervision of assistance departments, coupled with the lack of coordination ability between departments, has made it difficult to implement these legal policies.

### **3.4 Self-factors**

Self-factors include depressive personality, poor adaptability, unresponsiveness, and withdrawn behavior. Children in distress with obvious introversion characteristics tend to have weaker resistance to frustration, lack innovative thinking, and lack motivation to do anything, making it difficult for them to effectively seek social support when they are in distress (Bai, 2022).

## **4. The construction path of social support network for children in distress**

### **4.1 Giving individual support to children in distress through legislation**

As a parental official in charge of a party, the local government should always adhere to the mission of "loving the people like a son, asking for the people's wishes", and update and improve the existing local rescue system for children in distress according to the local situation, so as to provide the basic livelihood protection for children in distress (Sun & Yang, 2022). Specifically, for children with serious illnesses, personal electronic disease files are constructed to provide targeted medical services for such children in distress through data sharing; for

children with mental disorders, personal mental health files are constructed to facilitate real-time understanding of their growth dynamics, and on this basis, a good living environment is actively created for them to help them rebuild their self-confidence in life, so that they can overcome their mental disorders bravely. psychological barriers, so as to develop good behavioral norms; for children with disabilities, targeted and personalized rehabilitation training plans should be formulated for them according to their actual situation, and basic rehabilitation facilities and rehabilitation information consultation should be provided for them.

### **4.2 Increase financial assistance**

A relevant research survey shows that most families of children in difficulty generally have economic shortage problems, and if they want to help them get out of the difficult life, they should first solve their food and clothing problems, and this requires a lot of financial support. At this stage, most of the financial support in China is used for national infrastructure construction, and very little financial assistance is given to children in need. A child in difficulty is not only an individual, but also a family that is in a difficult situation. Therefore, national government departments should deeply understand the urgency and necessity of helping children in need, and reasonably adjust the current financial expenditure structure to give more social help to children in need and their families, so as to give full play to the strength of families and add bricks to the development of social and economic construction (Sun, 2022). Objective assessment and classification of the situation of families of children in distress at the social level should be carried out, and the scope of financial subsidies should be further expanded to provide basic livelihood protection for these families. In addition, most children in distress generally have psychological problems, in order to promote their healthy growth, we should also provide them with corresponding psychological guidance, help them establish the correct behavior awareness concept, so that they actively and bravely face various

difficulties and challenges in life, and know how to grow strong in adversity.

### 4.3 Forming professional social workers to repair the peer support network of children in difficulty

For various reasons, children in difficulty have timid and withdrawn personalities and are not good at interacting with others, thus becoming isolated in the group and gradually weakening peer relationships. As an important social place for children in difficulty, it is the school's responsibility to develop students' comprehensive abilities, which requires educators to understand the basic information of children in difficulty, "prescribe the right medicine", and provide more opportunities for children in difficulty to communicate with their peers, so that they can quickly integrate into the classroom community and feel the care of their peers and teachers, which is essential for This is important for the establishment of self-confidence and good attitude of children in difficulty (Zhou, 2022).

### 5. Conclusion

In conclusion, since the reform and opening up, China's social civilization has made significant progress and the level of national quality has improved significantly. However, there is such a group of people at the grassroots level of society who have lost their due protection at a young age and live in a very difficult situation, and are in urgent need of care and assistance from the whole society, they are children in difficulty. Although China has established a child protection system, in reality, it often happens that children's rights and interests are damaged, but can not do anything about it. For example, some children have to go to the streets because they are not taken care of; some children suffer from long-term abuse by their guardians but cannot intervene, and so on. Children are the hope of the motherland and the future pillars of the country, and as part of the social family, they deserve the care and attention of society. Therefore, we have the responsibility and obligation

to help them both materially and spiritually, and to contribute to the healthy growth of children in difficulty.

### Acknowledgement

This research was funded by Women's Federation Project of Hunan Province(08).

### Conflict of Interest

The authors declare that they have no conflicts of interest to this work.

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**How to Cite:** Li, J., & Yang, L. (2023). Exploration and Practice of Social Support for Children in Difficult Circumstances. *Journal of Global Humanities and Social Sciences*, 4(1), 10–13. <https://doi.org/10.47852/bonviewGHSS2023040103>