

## The Power of Failure: Why Parents Should Let Students Struggle

Have you ever felt more pressure than usual to pass a test just because your parents expected you to? I'm sure many of you have experienced that before. It is necessary for parents to let students fail and not pressure them to pass in school. When parents do not allow their children to fail, students experience extreme pressure, leading to high levels of stress. In this section it will inform you of the state students are in when their parents do not let them fail. The next section will explain how this can negatively affect their future. To conclude, this essay will explore strategies that students can use to manage stress related to failure.

To begin, this section will explain the state students are in when their parents do not allow them to fail. Currently, students are losing confidence in themselves. Studies show that when parents try to save their child from failing, for example getting rejected, or messing up on something, it steals their child's opportunity to bounce back. There is a large issue of students not growing when parents expect them to pass. Researchers state that when parents do not let their child fail, their child does not grow and learn like they are supposed to. Growth comes from overcoming challenges, but if parents always expect perfection, students do not get the chance to develop important problem-solving skills. Even though most parents' intention when not allowing them to fail is to make their child succeed, it does the opposite, limiting their potential in growing and learning. When parents do not let students fail, it gives students unrealistic expectations. Additionally, parents who set unrealistic expectations create an environment where children fear making mistakes. A study has shown that when a child cannot meet their unrealistic or high expectations, they start to think that they are not good enough.

Now, the long-term consequences on students' futures will be discussed. So, what happens when children are not allowed to fail? A study demonstrates that people who think they can learn from their mistakes bounce back faster after making one. Furthermore, students that experience failure become more alert and better equipped to correct errors in the future. Students that make mistakes are much more willing to try new things and take on difficult tasks. If children are never allowed to fail, they might grow up with an intense fear of making mistakes. This limits their ability to try new things. Researchers state that fear of failure can lead to depression, anxiety, or low self-esteem. It can affect not only school performance but also relationships with friends and family. Lastly, methods for what children and students can do to reduce stress from failing. One thing you can do to help reduce stress from failure is to change your mindset. Researchers state that it starts with shifting our mindset. Instead of asking, "Why did this happen to me?" try asking, "What can I learn from this?" The more we embrace failure as part of the process, the less power it has over us. The second thing you can do when dealing with stress is to celebrate the effort you put in, rather than just the outcome, regardless of the results. When we set a goal, it is easy to become overly fixated on the result. However, when this pressure builds up, it can create unnecessary stress. A study states that focusing on kids' efforts contributes to more learning and improvement, whereas focusing on results encourages them to take on less challenging tasks, leading to poorer performance. Lastly, learn from the experience. When you make a mistake, take a step back and reflect on what went wrong or what you could have done differently. Now think to yourself: How can I make the most out of this situation? What could I do next time to avoid this? And lastly, what can I learn from this situation? When you reflect on yourself, you feel more in control of future improvements. Experts state that by analyzing and explaining past problems, you become better

positioned to recognize actions, habits, and patterns that might otherwise be invisible in the present. This helps prevent making the same mistakes in the future.

In conclusion, this essay has explained the harms of parents not allowing their children to fail and why students should be given the opportunity to fail. In summary, the first section discussed the state students are in when their parents don't let them fail. Then, explained how parents not allowing their child to fail negatively affects their future. Lastly, coping strategies to help reduce stress from failure. Albert Einstein once said, "Anyone who has never made a mistake has never tried anything new. When a mistake is made it can be useful to consider the following questions: how can the most be made of the situation? What can be done differently next time to avoid it? Finally, what lessons can be learned from the experience? Failure is not a bad thing; it is an opportunity to learn and grow. It's the only thing that will lead them to success.