



STRESS MANAGEMENT AMONG SECONDARY SCHOOL STUDENTS

Dr. N. SONY HAVILAH

Asst. Professor, IASE (Institute of advanced studies in Education),
Andhra University, Visakhapatnam.

The various trends in social and political contents, technological advancements have led to changing value system posing a threat as well as challenge to overcome the stress. There is not only a value crisis but also emerging needs, indifference to human suffering, lack of sensitivity to nature, lack of time and continuous effort to fulfill the needs and competition leads to stress. Stress is nothing but force from inside or outside world affecting the individual. The external factors like physical environment, situations at home, difficulties, challenges and expectations in and around the society, the internal factors like health and fitness levels, and amount of sleep and rest one they get are influencing every individual in the society.

Majority of the students at adolescent period undergo stress, whatever the sources may be internal or external it hampers the major functioning of physical and psychological well being. These adolescents face multiple problems at this age, because of hormonal influence, peer pressure, etc. and each individual has to cope with different kinds of pressure laid down by the society and family. On the verge of getting those pressures the adolescents themselves unconsciously frames the net and is caught in the same. Hence there is a vital need to prepare the students to cope with any kind of stress.

This paper discuss about following aspects:

1. The causes of stress among school going students.
2. Skills which are necessary to overcome the stress

Causes of Stress:

Most of the secondary school students are overambitious they set up unrealistic goals for their own self. They wish to attain those things in their life that are not possible through their present financial status. Students at this stage compare themselves with others who are financially well, if their friends carry electronic gadgets they also want to use such instruments which they cannot effort it. When the parents show disapproved the youngsters



become aggressive and undergo stress. There are many other factors responsible for stress:

- a) Loss of comfort and stability
- b) Increased arguments with family members
- c) Facing complicated situations
- d) Feeling of loneliness
- e) Bulling or raging
- f) Rejection by parents, peer groups etc.
- g) Death of most loved ones
- h) Lack of personality traits
- i) Broken families

Teenagers most of the time they make friends with opposite gender, to please their friends get involved in useless controversy which again adds to the level of stress.

Skills to overcome the stress

Though stress is largely unacknowledged gives adolescents an edge in maintaining the relationship with others. So teachers must tune it with empathy, and helps them to connect with others and also build trust and respectful relationships.

To promote psychologically healthy conscious in the adolescents, the teacher should prepare the adolescents to convert knowledge into skills and make them to control his own environment and fulfill his responsibilities

To get rid of those stress levels the student need to have some skills:

- 1) Peer skills: The ability to establish and maintain a network of contacts with other peers in educational institution and outside. It is a great tool for networking, sharing the thoughts and keep in touch with friends and family around the world.
- 2) Information processing skills: A capacity for self awareness, heightening knowledge about goals, values and feelings and ability of self analysis into the cause and effect of personnel.



- 3) Entrepreneurial Skills: A capacity for creativity that is an ability to generate new ideas or novel ways for looking at problems which previously appeared inseparable and willing to tryout such ideas.
- 4) Conflict resolution Skills: The ability to develop the emotional resilience to cope with stress and anxiety produced by the often ambiguous and uncertain conditions like failures, frustration etc.
- 5) Introspection Skills: The ability to understand the position and behavior of self related to others.
- 6) Unstructured Decision making Skills: The ability to discover solutions when the conditions are ambiguous and sometimes the others do not realize problems that exist.
- 7) Leadership Skills: The ability to deal with others and related issues of power and authority.

These skills help adolescence to identify their own difficulties where they can use such knowledge for reaching creative solutions to cope up the stress, in contrast to seeking solutions through trial and error. Consequently teachers help adolescents to practice the techniques of meditations, physical exercises and joining social activities for getting out of the stress.

Conclusion:

On the basis of above mentioned suggestions it can be concluded that training with different skills play a crucial role in bringing desirable changes in the adolescents. So there is a vital need to prepare stress free adolescence who are primarily responsible citizens of the society.

References:

1. Arnett, J.J. (1999) *Adolescent Storm and Stress, Reconsidered*. American Psychologist, 54, 5, 317-326.
2. Erikson, E.H. (1968) *Identity youth and crisis*. New york: W. W. Norton.
3. Garfinkel, B. Hoberman, H., Parson, J., and Walker, J. (1986) *Adolescent Stress, Depression and suicide: Minnesota study*. Un published raw data.
4. Havighurst, R.J. (1952) *Developmental tasks and education*. New york: David McKay.



5. Steinberg, L., & Belsky, J. (1991) *Infancy childhood, & Adolescence*. New York: McGraw-Hill
6. Walker, J. (1985) *Identification of Adolescence Stressors*. Unpublished raw data.