

DISCOVERING THE MENTAL STRESS AMONG THE SCHOOL CHILDREN

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Abstract: The present life is very dynamic. The pace of life has changed many elements of society. Similarly, many changes are taking place in education. While these changes have given impetus to the development of the education sector, some problems have also emerged. One of the problems is the mental stress that school children experience. This research is a detailed study of the mental stress experienced by school children, the causes of mental stress, the differences between the mental stress of boys and girls, the ways to relieve stress, the survey method has been used in the present research. Questionnaires, interviews and literature observation were conducted for the research presented by the students (boys and girls) teachers and headmasters by adopting random sampling method. In terms of the severity of the stress found, students of 10 standard are more stressed than 9th standard students. The total mean stress of 10th standard students is 2.984. If the stress average of 9th standard students is 2.975. then 10th standard students are more stressed than 9th std. Students should study regularly throughout the year according to study planning, They should feel free to express their feelings and problems to parents at school as well as friends. Self-assessment and setting goals to realize strengths and weaknesses in students is important.

Keywords : Students, mental stress, school

Introduction:

After the family, the school plays the important role in children's development. Through education, teachers try to develop the intellectual, emotional, physical, social as well as mental development of the students by teaching them how to be happy in life as well as by giving them experience in various subjects of creation. Elementary education is the foundation of a student's life, while secondary education is the key to a brighter future. Human education is arranged in primary, secondary, higher secondary, undergraduate and postgraduate levels. Many subjects, branches, sub-branches have been created in education today while waiting for this job. Most of the students' lives depend on making the right choice. The present life is dynamic. This situation has led to changes in many elements of society. Similarly, many changes are taking place in education. While these changes have given impetus to the development of the education sector, besides some problems also have emerged. One of the problems is the mental stress that school children experience.



Need of the Research:

In a fast-paced life, changes are taking place very rapidly in the society and in elements associated with it. These changes have eliminated some of human problems. Similarly, some problems newly arisen. So, the education sector cannot stay aloof from it, because school is a replica of society. In today's situation, extreme mental stress is being felt by the school children. Increasing urbanization, life threatening competition, project completion, growing family discord, nuclear family system, unrealistic expectations from parents about parenting, student anxiety due to growing competition are causing mental stress among school children (boys and girls) today. The mental stress creates physical, mental, social problems and it affects the future of the child. The students are crushed with mental stress even before their life blossom.

Importance of research:

This research is a detailed study of the mental stress experienced by school children, the factors that cause it, the difference in the mental stress of boys and girls, and the ways to relieve stress. The findings of the research and the recommendations made from it will continuously benefit various elements associated with the field of education, teachers, parents.

What is mental stress? What are the common causes of stress in school-going children? How mental stress affects the body and health. Parents and teachers will be informed about this in detail. How to reduce the stress in the minds of students, what activities to be implemented in schools, all this information will be helpful for teachers and head-masters. This research will be useful to know how to educate the parents on how much to expect from the children.

Objectives:

1. To find out the mental stress that school children feel.
2. To find out the causes of mental stress.
3. To find out the effect of the causes of mental stress among the boys and girls.
4. Suggesting activities to alleviate the mental stress of the students.

Hypotheses:

1. School children feel mental stress.
2. Family, social and educational factors are responsible for feeling mental stress.
3. The causes of stress between boys and girls are different.
4. Boys are more stressed than girls.

Research Methods:

The Random Sampling Method survey method has been used in the presented research.

Research Tools:



Questionnaires, interviews and literature were reviewed for the presented research.

Sample selection:

There are four schools for boys and girls in Chandrapur city. A sample of 524 students (boys and girls) from four schools was selected. 269 (boys and girls) students of 9th class and 255 (boys and girls) of 10th class were selected as sample.

Selection of Teacher:

Five teachers with 5 years of experience from each school were selected to collect the necessary information from the research through questionnaires. Thus 20 teachers were selected.

Headmaster:

To know about what efforts were made at school level to alleviate the mental stress of school children the headmasters were selected from 10 schools.

Tools and techniques of Research:

In present research Dr. Abha Rani's Stress Scale for measure the mental stress among students has been used. This standardized test has been used to find the right answers in the context of school students' mental stress. The questionnaire was selected to collect information according to the purpose of the problem. Some information has been obtained through the direct contact and interview technique.

Conclusions and recommendations:

The findings from the analysis of the standardized test filled out by the students to find out the causes of stress in school students are as follows:

1. The value calculated in terms of frequency and intensity of stress felt by school (9th and 10th std) students is more than 1.28. It comes in negative. It is clear that mental stress is seen in 10th standard.
2. In terms of stress intensity, 10th standard students are more stressed than 9th standard students. The total mean stress of 10th standard students is 2.984. If the total stress average of 9th standard students is 2.94. 10th standard students are more stressed than 9th std students.
3. 9th and 10th standard students are frustrated with their achievement and lack of recognition of their abilities.
4. lack of confidence like 'No work will be done by me. I won't be able to do that work'. The main cause of stress is anorexia nervosa among these students.
5. The frequency of male student's stress is higher than that of girls.
6. Children often have high hopes for success, physical weakness, fear of education and lack of positive family environment.
7. Increase in academic achievement in girls creates stress in boys.

8. The intensity of stress is high due to financial scarcity, superstition, tradition etc. in the family.
9. Considering the factors that cause stress, students have difficulty in making decisions due to poor decision-making ability, which requires constant adherence to ethics.
10. Fear of teachers, parents and studies creates stress.
11. Gender discrimination in the family, financial weakness, lack of adjustment among friends, lack of communication about due to low caste family or with friends in the society, stress is more prevalent among 10th standard students.
12. 10th standard students are found to be more stressed.
13. As they enter the higher class, the tension among the students increase.

Findings from Teacher's Questionnaire and Interview: -

Conclusions -

1. The Students feel mental stress due to strict school rules, burden of study, fear of exams, anger of teachers and punishment.
2. The financial difficulties of the parents, the punishment imposed by the parents, the unrealistic expectations of the parents and the negligence of the parents create a lot of mental stress in the students.
3. Lack of study time planning, lack of adjustment ability is an important cause of mental stress of students.
4. In order to avoid mental stress in the students, the teacher guides the students to adopt proper study habits.
5. Maintain a playful environment during teaching, engage students through Q&A, use various educational tools and adopt different teaching methods.
6. To reduce the mental stress of students, they plan cultural programs, trip planning, sports competitions etc. In order to make the parents aware of the mental stress about their children, the teachers try to organize a parent meeting in the school and inform them about the progress of the children from time to time.
7. Counselling is needed to relieve mental stress of students. The teacher at school does not openly discuss with the students about the mental stress of the students.

The following conclusions from the analysis of the information received from the headmaster based on the interview:

1. The headmaster himself guides the teachers to remove the mental stress among the school children.
2. The main reasons for mental stress in school children are fear of school exams, lack of interest in education, lack of proper attention of parents towards their children, lack of study planning and fear of failure.
3. In order to alleviate the mental stress among the students, while implementing some activities for the parents through the school, there is low response from the parents, low response from the students.

Recommendations:



The following is a list of recommendations for stress management for the students.

1. Students should study regularly throughout the year.
2. Study plan should be followed.
3. For physical fitness, they must take nutritious and balanced diet and practise pranayama.
4. In order to relieve mental stress, students should express their feelings and problems freely to their parents, teachers and also to their friends.
5. Students should make a diary to find out the way to relieve mental stress by making a list of the anxieties they feel.
6. Students should set a goal by self-evaluating and realizing their strengths and weaknesses.
7. They should always have a positive attitude.
8. Students should spend maximum time with their family.

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