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## STRESS MANAGEMENT

**Subtitle - To study causes of stress in students of 9<sup>th</sup> and 10<sup>th</sup> standard and suggest remedial Measures.**

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**Abstract** -This study has been undertaken to investigate causes of stress in Students of 9<sup>th</sup> and 10<sup>th</sup> who are considered as teenagers and give remedial suggestions to overcome stress. Some factors such as school environment, family background, social background and physical changes are considered to carry out investigations. Descriptive survey method is used for primary data collection. 40 students of 9<sup>th</sup> & 10<sup>th</sup> standard from 4 different schools in Raigad district are selected randomly by lottery method. Prepared Questionnaire and approved from the expertise. Questionnaire of 40 closed ended questions is provided to student & collected data in the form of YES and NO response. Interviews of teachers and parents are conducted through direct coordination between interviewer and respondent in order to investigate causes of stress. Opinions are recorded to draw conclusions. Bar graph is used to represent the data. Some remedial measures suggested to school administration, teachers and parents.

**Introduction**- Students studying in standard 9<sup>th</sup> and 10<sup>th</sup> are facing lots of problems such as lack of concentration, lack of confidence, fear of failure, feeling of insecurity, depression, frustration, anger. The root cause of all these problems is stress. Stress, adversely affects physical, mental, emotional and intellectual growth of students. If things are not getting done as per expectations, we get stressed. Students of standard 9<sup>th</sup> and 10<sup>th</sup> are stressed because of so many reasons. Few of them are extra expectations of parents, feeling of insecurity, desire, environment, life style, eco-social background, hormonal changes in the body, peer pressure, school environment Overburden of studies, Due to stress, they are not blossoming in their life. Stress keeps the students away from being natural. Original nature of student is being cheerful, comfortable, caring, sharing and daring but stress keep them away from all these qualities. This research is important to investigate the reasons behind stress and help them to overcome it. This research is important tool to guide the student, teachers and parents in right direction. The question arises in mind What is stress?

‘Stress is situation of mind when there is mismatch between our expectation and reality.’

**Adverse effects of stress on secretion of hormones –**

**Cortisol hormone**- If students are stressed due to fear there is excess secretion of cortisol hormone in the blood, it affects memory potential and sometimes it leads to lethargies and dullness. It is called down shifting.

**Dopamine hormone-** Dopamine hormone controls emotional imbalance, due emotional stress it gets secreted in excess, it leads to mental disorder.

**Serotonin hormone** – Serotonin neurotransmitter in brain. Due to stress, there is irregularity in secretion of Serotonin. Excess secretion causes mental disorder and obsessive-compulsive disorder. If level of Serotonin decreases then person may commit suicide.

If students are stressed, there will be imbalance in secretion of hormones this is very dangerous for their overall growth. Because of stress students cannot be productive and dynamic. To overcome all these problems some strong efforts should be taken by teachers, parents and school administration.

Today every parent envisions that their child should grow up to be well educated, topper in the competitive environment. Is education is about getting good grade so that one can secure a good job later? Exactly not, true meaning of education is about laying a foundation for long term prosperity of society as whole. Modern education is only competition of marks. The education should build self-esteem, confidence, courage, clarity of thoughts, creativity in students so the students will grow up as a good human being.

### **Need of the research**

This research is needed to help the student or teenagers to solve their problems.

To inculcate values and nurturing the teenagers, Responsibility of school is to educate child with core subject as well as to protect the virtues, innocence, the sense of belongingness. Most of schools can produce great computers but only few can produce good human being. Classroom violence is needed to reduce. This study is needed to guide school administration, teachers, parents to grow up the students in right direction. This research will guide the student to overcome stress and blossom in life. It will also guide to inculcate values and build self-esteem, courage and confidence.

### **Objective of the research**

- 1) To investigate social factors, educational factors, physical factors, family issues responsible for stress
- 2) To distress the students
- 3) To make minds of students more focused & study-oriented.
- 4) To suggest remedial measures to minimize stress of teenagers
- 5) To provide remedial suggestion to parents and teachers

### **Hypothesis**

- 1) Students of 9<sup>th</sup> & 10<sup>th</sup> are stressed due to over burden of studies and school environment
- 2) Students of 9<sup>th</sup> & 10<sup>th</sup> are stressed due to family issues
- 3) Students of 9<sup>th</sup> and 10<sup>th</sup> are stressed due to social issues and physical factors.

### **Operational definitions of variable -**

Stress - Stress is condition of mind when it is not in agreement with circumstances and surrounding

Students of 9<sup>th</sup> and 10<sup>th</sup>- Students with age group between 14 -16 years

Remedial Measures- To provide solution and guidance

### **Scope of the study**

Scope of educational research is collecting data related with geographical condition, Eco-Social background of people in the area and collecting correct information. Scope of this research is multi-dimensional and unlimited. Subject of the study is so vast having so many aspects. In order to investigate properly & come to concrete conclusion 40 students from 4 different schools in Raigad district are selected randomly. Teachers and parents located in same region are selected for interview. Educational, physical, family factors and social factors responsible for stress are considered for data analysis, interpretation and conclusion.

## Limitations

- 1) Research is limited only for four schools in Raigad district.
- 2) It is limited for randomly selected 40 students from four different schools in Raigad district
- 3) Opinions of only 10 teachers and 10 parents are taken through interview

Population- 40 Students of 9<sup>th</sup> and 10<sup>th</sup> are selected as they are having same characteristics,

## Research methods

Descriptive Survey method is used for data collection and to carry out further investigation.

## Tools & Techniques used

Questionnaire- Open ended and closed ended questions and interviews

Prepared standard questionnaire of 40 closed ended questions. Verified it from expertise. Out of forty questions ten questions related to school environment, ten questions related to physical factors, 10 questions related to family background and ten questions related to social factors are included in the questionnaire. Questionnaire is given to the students and their YES / NO response is recorded to carry out further calculation. Data material is prepared for interviews of teachers and parents which includes few open ended and few closed ended questions related to questionnaire prepared for students. Interviews are conducted through direct coordination between interviewer and respondent. Conclusions are drawn through their opinions. Few conclusions are drawn by observing behavioural changes of student,

From collected data yes response is noted and percentage of students having stress is calculated by formula.

**Percentage =  $K \times 100 / \text{Total Number of Students}$ .**

**K is number of students given yes response.**

Average percentage of students having stress due to various factors is calculated by average formula.

ANNEXURE (Table of Questionnaire and response)

Q.NO.	DESCRIBETION	YES Response count	% yes Resp.	NO Response count	% No Resp
<b>Educational stress</b>					
1	Due to over burden of studies, I forget easily	36	90.00	4	10.00
2	I feel guilty as I think I am not intelligent	35	87.50	5	12.50
3	I cannot concentrate on my study	35	87.50	5	12.50
4	I feel guilty as I couldn't answer in the class	26	65.00	14	35.00
5	I get scared of exams	30	75.00	10	25.00
6	It is difficult to cover entire syllabus before exams	38	95.00	2	5.00
7	I get scared if teacher asks me difficult question	25	62.50	15	37.50
8	I couldn't communicate & feel belongingness with teachers	32	80.00	8	20.00
9	I get frustrated due to obstacles in studies	36	90.00	4	10.00
10	I feel insecurity in school as other students' torchers me	24	60.00	16	40.00
	<b>Average percentage of students having educational stress</b>	<b>317</b>	<b>79.25%</b>	<b>83</b>	<b>20.75%</b>
<b>Stress due to family</b>					
1	There are always conflicts in my parents	36	90.00	4	10.00
2	Parents are very strict and put their vision on me	35	87.50	5	12.50
3	My parents always point out my mistakes	29	72.50	11	27.50

4	my parents create lot of burden on me to score highest	37	92.50	3	7.50
5	I think there is great respect for my brother but I am ill treated	30	75.00	10	25.00
6	My family members treat me as a servant	27	67.50	13	32.50
7	I feel guilty as couldn't complete my duties towards my family	36	90.00	4	10.00
8	I feel shy to communicate with my parents	26	65.00	14	35.00
9	I cannot discuss about physical changes openly with parents	37	92.50	3	7.50
10	My opinions about anything are always neglected in my family	28	70.00	12	30.00
	<b>Average percentage of students having stress due to family background</b>	<b>321</b>	<b>80.25%</b>	<b>79</b>	<b>19.75</b>

### Stress due to Physical Factors (hormonal changes)

1	I feel shy due change in my physical appearance	35	87.50	5	12.50
2	I get disturbed due to sexual thoughts in my mind	30	75.00	10	25.00
3	I feel uncomfortable to communicate to person with opposite gender	31	77.50	9	22.50
4	I cannot be friendly with strangers	36	90.00	4	10.00
5	I am not beautiful/ handsome so nobody wants to make friendship	27	67.50	13	32.50
6	If somebody look at me & smile, I feel shy and uncomfortable	22	55.00	18	45.00
7	I couldn't concentrate due to negative emotions	25	62.50	15	37.50
8	I feel people neglect me as my personality is not pleasant	22	55.00	18	45.00
9	I feel uneasy while talking to person with high position	36	90.00	4	10.00
10	I cannot discuss physical changes in my body with friends	37	92.50	3	7.50
	<b>Average percentage of students having stress due to physical factor (Hormonal changes)</b>	<b>301</b>	<b>75.25%</b>	<b>99</b>	<b>24.75</b>

### Stress due to social factors

1	I get scared by seeing violence in society	25	62.50	15	37.50
2	I don't like communal discrimination in society	32	80.00	8	20.00
3	I don't like behaviour of people staying near me	24	60.00	16	40.00
4	I get angry when outside people teasing me.	30	75.00	10	25.00
5	I hate daily conflicts in surrounded area	35	87.50	5	12.50
6	Corruption in society shift me away from my goal	32	80.00	8	20.00
7	If somebody other than my family teases me I couldn't control my anger	32	80.00	8	20.00
8	I hate economic, social and religious discrimination in society	26	65.00	14	35.00
9	I don't like people throwing garbage and waste any where	38	95.00	2	5.00
10	Increasing addiction of alcohol and narcotic drugs among people disturb me	35	87.50	5	12.50
	<b>Average percentage of students having stress due to social factors</b>	<b>309</b>	<b>77.25%</b>	<b>91</b>	<b>22.75</b>

### Analysis and conclusion

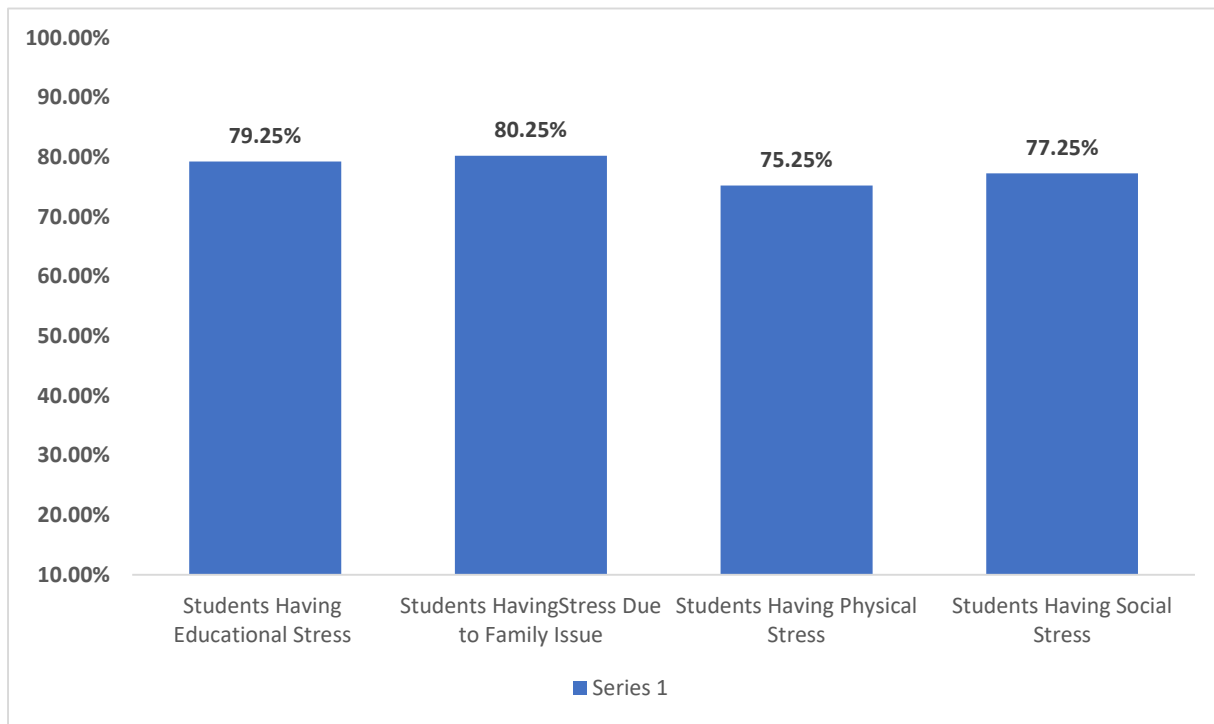
After calculating average percentage of each factor, it is observed that

Average percentage of Students having educational stress= 79.25%,

Average percentage of Students having stress due to family issues=80.25%

Average percentage of Students having physical stress= 75.25 and

Average percentage of Students having social stress=77.25%



### Remedial suggestions to minimize stress

Four days Medha yoga workshop conducted in school which includes, Yoga, pranayama, Sudarshan kriya, group process, knowledge through various interactive games. It is found that There is drastic positive change in behaviour of students. They found enough confident to speak in front of audience and able to concentrate and focus on their studies.

Ancient techniques like yoga, pranayama and meditation help to increase grey matter in brain which helps to reduce stress. Also, Endorphin hormone is secreted in the body because of which person feel more energetic, enthusiastic and stress free. Endorphins help relieve pain and improve sense of well-being.

Some remedial suggestions given to teachers and parents

- 1) In school students should feel belongingness and love with teachers.
- 2) Emotions of Teenagers should be handled carefully by teachers.
- 3) Schools should be personality development centres rather than information bureau to instil Self- esteem in students.
- 4) Creative sports and ancient techniques like yoga, pranayama should be part of education. Innovative ideas, creativity, imagination of students should be well nurtured in school.
- 5) Teachers should respect ideas of students and inspire them.
- 5) Parents should respect teenagers and behave like friends
- 6) Parents needs to show trust on their child to grow them well. Trust in the self, trust in the goodness of people and trust in divinity. This will build healthy and stress-free child.
- 7) There should not be conflicts, argument and fight with spouse in front of children.

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