

Child “stress to distress” – A conceptual frame work

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Abstract

Obviously, everyone experiences stress at various points over the course of their lives. Stress is an inferred internal state. Because no single biological parameter can adequately inform on a stressful condition. This article is intended to illustrate the likely progression of stress to distress of the child. Adults commonly tell young people that the teenage years are the "best years of your life", but the parents and teachers also have to know today that younger children are also travelling through stress in day to day life. Here I have presented you only a part of pictures what today's child face and who are all behind it? And through this article I suggested that parents should have enough time to love and being with their children and teachers by providing proper counseling help children to overcome stress.

Keywords: Stress, Children, Parents, Teachers.

1. Introduction

Stress is considered to be an unavoidable part of life. A certain amount of stress is normal and necessary for survival as it helps to develop the skills and to cope with new situations and build resilience. Tress itself is not a bad thing, says child psychologist Brenda Bryant, PhD, professor of human development at University of California, Davis. We say all the working and Business people come across the stress in day to day life because of the work pressure and situation they face, but on the another side it say that the childhood stress had been increased more than two decades. Nearly 40% of the children are affected by stress. That mean stress had been turn to distress by the expectation and much interference of Parents and Teachers.

2. Context of Childhood

Stress is considered to be an unavoidable part of life. Its starts from the Kindergarten where play turn to competition sport, joy of learning turn to excel to get grade and topper, making friends for joy turns to creating social status network and its goes on. The childhood is combined with both physical and mental stress.

1. There are positive related stresses which follow us in day to day life, for example going to school, doing your homework, etc.
2. Next to it is tolerable stress which the child can experience from the home through the parents and peers.
3. Final the toxic stress which purely based on mental torcher.

3. Children Copes with Stress

Children's temperaments vary and thus they are quite different from others in their ability to cope with stress and daily hassles. Some children are easygoing by nature and adjust easily to events and new situations they are facing but on the other side without their loved once they are off balance. Ironically, many parents believe that their child or children are unaware of the stress but their assumption is not true because the children have their own stress as I mentioned above.

4. Pressure of Internal and External

1. Lot of stress today faced by the children from the school rather than from the family, due to the amount of Homework, fear of failure, to keep the grade in top most.
2. On other side the family issues financial problems, poverty, parental stress, coping with parents who always expecting higher level of performance.
3. Another new stress arrived through the Media that today's children have increased access to media. Television, internet and cell phones have contributed to the breakdown of barriers that protect children from crime, violence and catastrophic events in media coverage.

5. Behaviour Change

Younger children may find it difficult to recognize and verbalize when they are experiencing stress. It can be observed by the way of their behavior. Example, refusing School, too dependent on some person, being unwilling to let parents out of sight or avoiding family and social activities, always being to be alone.

6. Reduce Stress

The Stress can't be prevented but it can be reduced to some extent. The first step to be taken by the parents only. The parents should behave like the coaches rather than directors. They have to spend time with their kids, listen what they want to share with us. Avoid using critical verbal words and beating them without reason. Help and be part of their active participation in hobbies, monitor the usage of media and online practices. Give them time to play, listen music and watch movies. Give your ears to them to share their views with you. More than appreciate for the small or big work and recognize them.

The next person behind the parents are their teachers, so the teacher must create a positive classroom environment, pay individual attention to the students, encourage their work and appreciate them, give counseling when they are in need.. Don't compare the student with others.

7. Conclusion

Nowadays parents don't find enough time to love and being with their children rather than finding maximum time to control and instruct them. When they are little we have to teach them which are right and wrong, when they are raised they know how to take decision. Try to add fresh fruits and vegetable in their diet, monitor they are getting good sleep, take a few minutes each day to visualize them. The teachers should create a soothing environment which can reduce stress and help the children to learn. Appreciate the children and which help them to learn from their mistake, when in need provide proper counseling

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