

STRESS MANAGEMENT IN SCHOOL

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ABSTRACT

The point of the present investigation was to think about the examination stress in relation to intelligence, personality and achievement motivation among 400 school students of Kolkata. The tools utilized were Cattell's Culture Fair Intelligence Test Scale 2, Indian Adaptation of Contact Personality Factor Test arranged by S.S. Srivastava, Indian Adaptation of TAT arranged by Uma Choudhary and Examination Stress Scale created by the specialist. The discoveries demonstrated that lion's share of the school children feel stress of examination, male and female school children feel different levels of examination stress. Female students experience the ill effects of examination than male students, the school children having high intelligence feel less stress than those with low intelligence, introverts endure more examination stress than extroverts, the school children having high achievement motivation feel less stress of examination than the individuals who have low level of achievement motivation, different levels of intelligence and personality have significant intuitive effect on the different levels of examination stress of school children, there is a significant intelligent effect of different levels of personality and achievement motivation on the examination stress of school children, different levels of intelligence and achievement motivation have no significant intelligent effect on the examination stress of school children and interaction of intelligence, personality and achievement motivation have no significant impact on the examination stress of school children.

The present investigation went for finding the stress because of examination in relation to intelligence, personality and achievement motivation of the school children. To realize the examination stress of school children in relation to the chose variables, the following procedure and method were utilized to land at the finishes of the investigation.

Keywords: Anxiety, students, yoga, meditation, graduate students, stress management, social judgment theory, Psychological.

INTRODUCTION:- Through the generations mental self of an individual has been constantly advanced. The endowments and qualities with which an individual is conceived assume a significant job in human undertakings to start a canny assignment, to play out a difficult errand,

to place innovativeness into the undertaking, making of new information, cause tests, to create speculations for human alteration, advancement and advancement. The workmanship and writing, the creations and advancements that are the stamped highlights of any general public delineate the qualities of person. Whenever peeped into through the developmental processes previously, it appears that there is a mix of mental attributes of person. In each circle of information may it be science, humanities, medicinal, designing, management and account, the capacities, interest, disposition, fitness and self-assurance have assumed an incredible job in generation of individual learning.

Correspondingly, in the late nineteenth century, stress alluded to those weights on the body that add to sickness. Walter Cannon (1932) was among the principal researchers to depict how individuals react to stressful conditions. He instituted the term 'homeostasis' to portray the planned physiological process which keeps up the vast majority of the unfaltering conditions of the living being (Systemic Equilibration). Stress was viewed as a disturbance of homeostasis caused by outside weights and requests. He suggested that when an individual is looked with a danger, her body gets ready for crisis activity, i.e., either to go up against the stress or to escape the circumstance. This is made conceivable through increased nerve and hormonal action. The thoughtful sensory system animates the arrival of hormones by the medulla of the adrenal organ (Adrenaline and Nor-adrenaline). The widespread physiological changes related with this are an expansion in pulse, increment in blood supply to the muscles, expanded respiration, a decline in gastrointestinal action and so on which empower the body to plan for "battle or flight." Cannon was of the view that consistent enactment of this response could prompt ruinous physical sicknesses.

Programming and other developing parts need adequate prepared manpower. For that learning at the transitional stage structure the premise. Secondary education plays an important job in preparing the young people of the nation to partake in the social reproduction and economic development. It is secondary education on which the social, economic, social and specialized productivity of country depends, since this stage denotes the last phase of education for such a significant number of students. Secondary schools supply students for colleges and different focuses of higher learning. Thus they ought to be of the highest quality.[Education and Development Report] At this phase there is an expansion in the quantity of students experiencing "veiled depression" the nation over apart from expanded number of instances of students ending their own lives or experiencing mental meltdown. Perceiving the disturbing

circumstances brought about by exam stress and academic stress which are the most pertinent topic of concentrate in the present arrangement of education. The student networks at the pre-college level in particular are increasingly stressed, as this age corresponds with the finish of the pre-adulthood organize. The most important thing about immaturity is that it is the period of human life when rapid changes happen. Terms like "period of tempest and stress, stormy period, horrendous youngsters, period of progress from youthfulness to development and so forth," are utilized to depict this stage. This is predominantly on the grounds that during immaturity, people experience numerous changes, physical, mental, passionate, social changes and it is basic to channelize these progressions in proper manner so as to wind up develop grown-ups later on. During this period, the juvenile needs to confront change problems with one's very own self, family and society. He is exposed to another social structure as he goes into the field of school from school. This is so touchy and even slight variety in alteration impacts one's personality to incredible degree.

- **Stage of resistance:** In the event that the response proceeds and isn't sufficiently able to cause demise the physiological response enters the phase of obstruction. The body attempts to adjust to the stressor. Physiological excitement decays yet stays higher than ordinary and the body recharges the hormones discharged by the adrenal organs. The life form may give couple of outward indications of stress. In any case, the body will most likely be unable to oppose new stresses. The body turns out to be progressively helpless against medical issues. These medical issues incorporate ulcers, high circulatory strain, asthma, and diseases that outcome from weakened invulnerable capacity.
- **Stage of exhaustion:** Severe long haul or rehashed stress will cause the life form to enter the third stage, the phase of fatigue. The safe framework and the body's vitality stores are debilitated until opposition is constrained. In the event that the stress proceeds, ailment and physiological harm become progressively likely and passing may result.

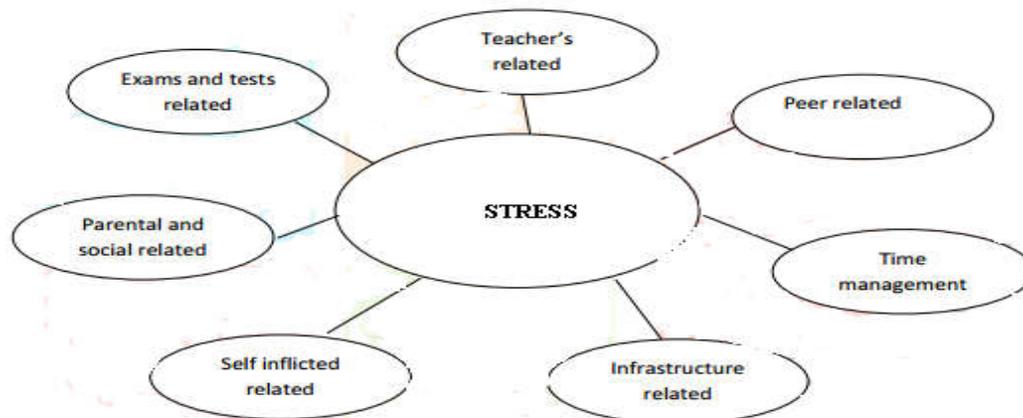
External stressors incorporate antagonistic physical conditions, (for example, pain or hot or cold temperatures) or stressful mental situations, (for example, poor working conditions or oppressive relationships). People, similar to creatures, can encounter external stressors.

Internal stressors can likewise be physical (contaminations, aggravation) or mental. An example of an internal mental stressor is extraordinary stress over a hurtful occasion that

could conceivably happen. Apparently, internal mental stressors are uncommon or missing in many creatures aside from people.

Causes of Stress among Students

The reasons for academic stress can be ordered principally into seven classes for example the stress because of educators, stress because of exams and test, stress because of peer, stress because of parental and social, stress because of time management and foundation, and stress because of self caused factors. These can emerge from different school based wellsprings of stress, for example,



REVIEW:- Elegbeleye (2004) compared the stress management techniques adopted by University undergraduates of the Obafemi Awolowo University in coping with the academic rigours encountered in the process of studying for a degree course. It has been observed that stress has a debilitating effect on the study habit of students, hence leading to poor academic performance. The ability to devise an ingenious way of managing the stressors attendant on scholarship would go a long way to bring the scholars close to achieving their primary objective of performing well in their examinations. Thus, this study provides an answer to the following questions : (1) What do undergraduates perceive as stress ?, (2) What stress management techniques do they adopt ?, (3) Does age influence the choice of stress management techniques ?, (4) Is there a gender variation in the stress management technique adopted by the students ? Edler and Parker's (1990) Stress Management Techniques Questionnaire (SMTQ) was adapted for data gathering for the study. This questionnaire was considered appropriate for the purpose of this study because it indexed the different coping strategies that people may use in stressful situations. Section A ask questions that would assist in gathering bio-data information, while

Section B paraded question items designed to collect information on strategies/techniques used in coping with stress. The coping strategies listed are 'Task-Oriented' (task focusing technique) 'Emotion-Oriented' (emotion focusing technique); and 'Avoidance-Oriented' (tendency to evade stress-inducing situations). This instrument is an inventory containing 48 items using 5-point Likert-type scales, each section contains 16 items. The outcome of the study revealed that 86% of the students confessed to adopting the task oriented stress management technique as against 22% for emotional technique and 18% for evasion technique, while no significant difference was found between two dichotomies (Art/Science students $t=1.02$, $p<.05$ and new intake/final year students $t=1.05$, $p<.05$) on the three strategies except between male and female on task oriented technique ($t=2.55$, $p>.05$) his area. Thus, hinting at gender variation in the adoption of task oriented stress management technique in tackling stress inducing stressors.

M. Guskowska (2005) studied on "Physical Fitness as a Resource in Coping with Stress". The sample consisted of 253 High School students (82 the boys and 171 the girls; mean age=-15.4). The International Physical Fitness Test, profiles of mood states and questionnaire, Self-assessed Psychological Well-being and Physical health were used. The results revealed significant interactions between physical fitness and gender for both sexes. The girls not only less favorably assessed their health, experienced more somatic complaints but also manifested more marked negative mood states.

N. Deepalakshmi and M. Vasantha et.al (2013) have studied work stress among the college teacher for the purpose that two factors have been carried out by the authors first one is external stress consists polluted air, association with toxic or negative people and bad eating habits and the second one is internal stress consists our thoughts and belief values. Their findings indicates that the rural area college teachers should have lot of stress they suggested to reduce this stress; teachers should do some yoga, meditation, listening music, reading books, and taking rest.

METHODOLOGY:-

Examination Stress: Examination stress is an interaction between the challenge of an examination and resistance opposed to it by an individual.

Intelligence: Intelligence in the capacity to think reason and adjust to the new and changing conditions of life.

Personality: Personality is the sum total of all the characteristics which give uniqueness and consistency to the individuality of a person and distinguishes identifiably different from other persons.

Achievement Motivation: The tendency of an individual that implies actions to aspire, strive and achieve in the competition with others and with a standard set by himself is termed as achievement motivation.

CONCLUSION:- Running behind numbers is the new trend in this time of merciless competition, pitiful reality yet obvious. Each tyke is different subsequently it is important for the parents to cause their children to understand the importance of recognizable proof of their qualities and urge them to pursue a vocation in the territory of their capacity. It is important to do what you adore or love what you do. Dealing with the time viably and guaranteeing that at any rate one physical exercise is done on regular routine can end up impediment to stress and improve the span of consideration and henceforth turned out to be productive with academics.

At long last, it ought to be noticed that a few children handle all circumstances coolly, while others begin panicking with even a little problem nearby. Consequently, it is important that parents ought to always support their children and keep them occupied with other extracurricular activities like music, move, sports, and so forth and furthermore help as stress busters. Focal point of the government and NGOs should move to this issue alongside different issues, with the goal that this epidemic might be prevented in time before erupting in the decades to come.

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