

Mental Stress in Teens

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ABSTRACT

The aim of the present research study to develop a questionnaire to measure stress levels in adolescents, i.e., 13-to-19-year old's, so that all problems can be prevented and resolved by verifying all aspects. Due to the unrestricted use of smartphones as well as the accessibility and cheap availability of the internet, parental pressure towards education, parental misunderstandings among children and online learning during the coronavirus pandemic have led to increased stress level. And many older adolescents have been found to be suffering from physical symptoms due to stress. I prepared 300 statements and collected data at random from 6750 persons in the age group in the quiz. Based on that, 46.5% of the children lost their eyesight; 40.2% of children had a decreased ability to learn; 0.7% of children are victims of violence; Means 8% of children have increased irritability; 63.7% of children play mobile games. In this situation, parents should take their children to the field with them to play sports. Thus, the stress is increasing among the children somewhere. We will continue our efforts to reduce the stress in some ways. and designed a questionnaire to check the level of stress.

Keywords: *Stress, Adolescents, Children, Questionnaire*

Mental : Mental illness, also called known as mental health disorders, refers to a wide range of mental health problem characteristics by the disorder of mood, thinking and perception and behaviour. The most common mental health disorders are depression, anxiety disorder, phobia, compulsive disorder (O.C.D.), schizophrenia & stress related-disorder.

Stress: Stress is a emotional or physical reaction of our body to a challenge or external demand. Stress is expressed as some emotional or physical symptom from any event or thought that makes you feel frustrated, angry, or nervous. Stress can be positive or negative, positive stress is called eustress, which is required for our better perform to face fight with day to day challenges of our life.

Adolescence: Adolescence age {12-18 years} of mental stress in teens. Because Adolescence is the transitional stage between childhood & adulthood. It is the stage of life when our brain is not completely mature to face stressors of lip. This is why teenagers

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Received: July 16, 2021; Revision Received: October 27, 2021; Accepted: November 14, 2021

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children's (age between 13 to 19 years) are vulnerable age of having stress related mentally and physically disorders.

Hypothesis

As you know. That today's children are under mental stress, I will see you too. Because some children and their parents push on them to read. Even then, the child does not study. Therefore, he would insult her in front of anyone. Therefore, they go under mental stress. For these reasons, most children suffer from mental stress. And the children are getting away from the parents. These parents break the relationship between the child and the parents. This causes children to have any kind of accident. The following are the reasons why children come under stress:

- Children's online education and epidemic outbreaks.
- Education pressure on children.
- The reason for not giving time to children.
- Do not treat children well.
- Pressure on children other than studies.
- Do not encourage children to succeed in any task.

Objectives

Studying mental stress in adolescence and finding a solution to the cause of mental stress. Mental stress in adolescence is the title of our project. And this project has the following objectives,

- To reduce stress by keeping in mind the online education system of children.
- We will conduct surveys and consult with the child and parents to remove stress.
- Do not put any pressure on children.
- Reducing physical atrocities on children and resolving the matter in consultation with them.
- Do not compare the intellectual abilities of your children with those of other children.
- Government should take some measures to prevent tension.
- To prevent stress, we will conduct awareness campaigns and take some measures to avoid them.
- Parents should expect more from their children's intellectual abilities.
- Mental stress should be reduced in adolescence.
- In adolescence, parents should explain that it is right and wrong to pressurize children.
- Parents should encourage their children to become self-reliant and befriend them.

Action Plane

The work plan of my research paper is as follows.

- Studying Child Development To study stress on children.
- Seek help from a child psychologist.
- To make a complete study about the behavior of adolescent children.
- Talking openly with children.
- To conduct survey.
- Preparation of data analysis report of the survey.
- Consulting with parents of children.

SURVEY & EXPERIMENT

Survey

For the survey I did this survey with the help of my friends and together we have completed this project. We surveyed the area of 2 km radius near the Coaching Center, School, Classroom, Gaushala and Radhe Nagar Area. Interacted with 150 parents and their children from the region, and understood their views and tried to understand their thinking. There we conducted some experiments during the survey. These surveys and experiments are written in the subject. We designed a 30-question survey questionnaire. Which decided to survey 300 people. And those people whom they saw during the survey, and collected information from them. During the survey, we also tried to find out. What has caused those children and their parents to be under stress. And we also tried to find out. Your child is stressed and what do you have to say about him and him, how will this affect health? And some people also said that our child does not listen to us. And that was something the children had to say. That our parents pressurize education. And there are mistakes in the work that we have done. While we have done the job correctly. And let us down in front of everyone. We collected information about the children and their parents and after listening to all the children, we gave them some ideas. And to complete this survey, my friends helped and we have done this survey online through Google Forms. But we found during the survey that nowadays parents and their children are growing in distance. One day it takes a large size of these distances. These distances increase mental stress. And when we did the survey, we came to know that mental stress in the early childhood is therefore a common cause of increased stress due to the fact that parents leave for duty at 07:00 in the morning. And they come on duty at 07.00 pm, so the parents are unable to give time to the children. And because of this the distance between parents and children is increasing. Children sit in any kind of accident. The reason for this is that children are suffering from mental stress. And my friends helped to complete this survey. We have also started this survey in online platform.

Special Survey

In this survey 6750 (six thousand seven hundred fifty) people were surveyed with the help of National Newspaper – **PATRIKA** in 52 (fifty-two) districts of Madhya Pradesh state of India.

88% people believed that 80% of children became addicted to mobiles, 46.5% had a effect on their eyes.

- 49.7% of parents said changes in children's behavior.
- Mobiles phone is now the playground for 63.7% children.
- 63.0% believed that lighting of gadgets is harmful to children.

CASE – 01

Eight-years-old **Misthi Srivastava** studies in class 4th. Online classes are going on for the last year, but now he does not feel like it. Projects and Homework are also online after 4 hours of class. This is starting to affect his eyes. Headache is accompanied by pain in the eyes.

CASE – 02

The mental condition of **Ishwi**, who is studying in class 6th, is not well for a few days. There are problems like anger in talk, lack of confidence, irritability. Problems are

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increasing due to problems in understanding things in projects and online studies after class. The family is very worried about this.

Problem and Solution

Problem: *During online classes, children have to sit in front of the mobile screen for several hours continuously. That's why there is more emphasis on the eyes of the children. In such a situation, many types of problems start happening in their eyes. I believe that it would be better to use a laptop or desktop instead of a mobile phone. Children's eyes are more sensitive than adults. They have more flexibility. In such a situation, complaints of headache, itching in the eyes, blurriness are increasing due to watching mobile, laptop from morning till late night. Children between the ages of five and 12 years should be more careful.*

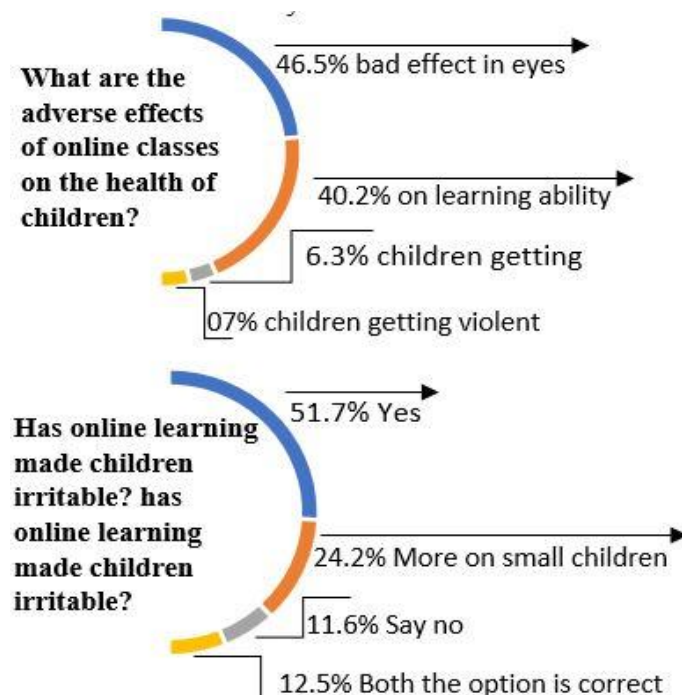
Solution: If online study is going on, give rest to the eyes for 20 seconds after every 20 minutes. Keep moving the eyes here and there and do not forget to tilt the eyelids. Do not look at mobile for more than half an hour. Keep rinsing the eyes with cold water once in a while. Do add rose water daily.

Online class is compulsory for all students?

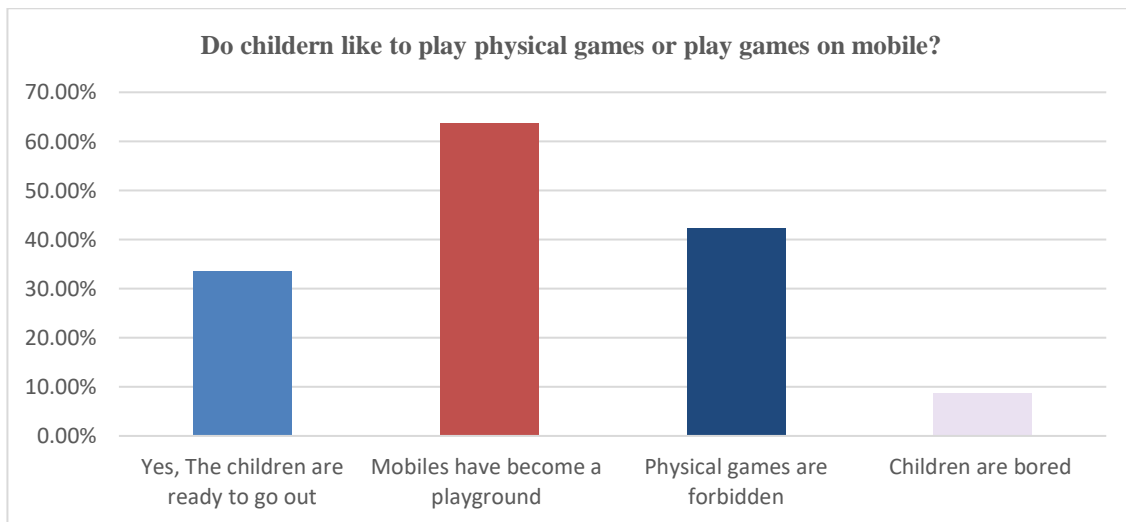
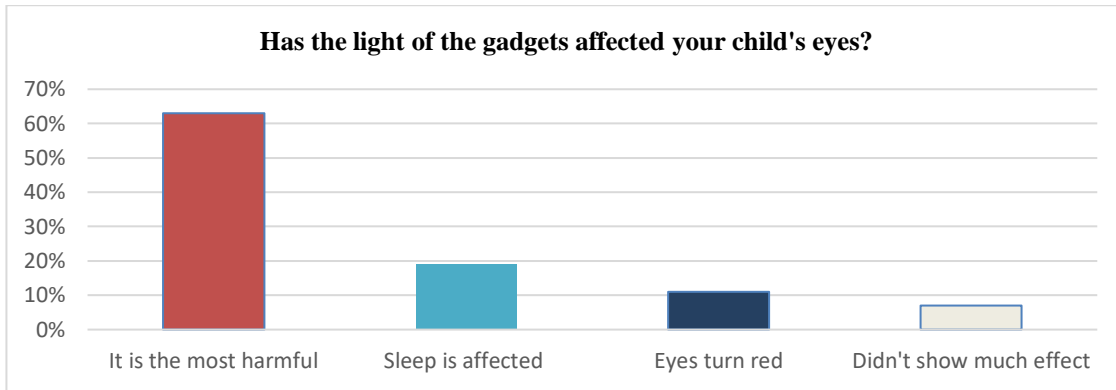
There are many disadvantages of online classes. The teacher does not have direct communication with the children. Internet is used in class, so children can misuse it when given a chance. Online classes are a compulsion for children in times of disaster.

Parent and child psychologists say, that the school should reduce the online class?

In times of disaster, there is probably no alternative to online classes at the moment. Maybe after some time the situation will improve and offline classes can be started. In view of the health of the children, at present, online classes should be organized as little as possible. The only solution seems to be to cut down on time and syllabus.



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Experiment

We designed an experimental survey questionnaire to use during the survey, which we divided into 2 sections, in which we. In the age group of 12 to 14 years, we kept children and in section VII we kept children in the age group of 14 to 19 years. In which we prepared five questions for each section which are very simple. Which we prepared in such a way that even the child who has not read, can answer them. Poor, illiterate, intelligent, etc. All children can answer these questions easily. Keeping all these things in mind, we prepared this simple and natural experimental questionnaire, which contains a total of 10 questions.

Criteria for Experimental Survey Report Questions:

- How long a child can concentrate.
- Puzzle of words.
- Mathematical problems.
- Finding the hidden thing.
- Identifying the logo used in the routine.
- We conducted the experimental survey through a mobile app.

Method of data analysis

We have prepared separate survey report and data analysis report for survey and experimentation. For the theoretical survey report, we have prepared a one-word answering questionnaire, in which children can give their answers by choosing the option. And after analyzing the data of theoretical survey report based on the option of each question, we will prepare its report. For the same experimental survey report, we have prepared a questionnaire using intellectual power. In which we will write the answer of the child and in

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what time it has been answered. We will write that in that report, after that we will assess that report and prepare the data. When we analyze both reports. Then we will find the children who are under more stress than the children who are under more stress. We will do a case study on them, for the case study, we will take the consent of parents and children. In this way we will analyze the child's stress through reports and case studies.

CONCLUSION

We surveyed together and almost concluded this research and we concluded that nowadays parents pay less attention to their children and pay more attention to themselves and pressurize the children on education. It must be understood that if they cannot fulfill them. So, the wishes of children should not be broken. You should not make false promises to them. This makes your child stop trusting you. Parents should keep a close watch on the child, but monitor the child in such a way that the child cannot feel. That the parents are supervising me. In this research we also noticed that the parents leave for duty at 7:00 AM and come home at 7:00 PM. Therefore, parents are unable to give time to their children. Because of this, the distance between parents and children increases. To avoid this, we have considered the best solution. *The first way is to call a psychologist to school and counseling parents and children. And the second way is to do yoga and meditation with the children as per their wish.* And learn to compromise with other children. Even in this epidemic, parents are unable to pay attention to the children because they are working from home. What makes it so that parents work on laptops throughout the day. They feel so stressed. That they do not want to spend time with their family. For this, parents can do yoga and meditation, and have a good meal. This will give you comfort and you will be able to meet with your family stress free. This will make you feel good and your family will also feel better and the distance between you and the child will also be eliminated.

Problem Of the Solution

When we did the survey. So, we got a lot of problems, lots of problems. Some problems were caused by the parents and some were also the problems of the children. But the problems we found during the survey are written below. Which of these was the problem in general? We also gave their solution.

Problems

- Study pressure
- We make mistakes in any work we do
- If a relative or friend is at home, then our grievances will shout complaints in front of him and insult us.
- Our child does not eat a balanced diet, rather he likes the fried things of the market.
- If we sit to explain to the child, he laughs and does his reverse actions.
- Lack of money due to poor parents
- Our child never sits to read, if he sits to read, it will only take 10 minutes and disappear.
- Seeing teenagers stressed, their parents and fathers begin to live anxiously
- Nowadays it is a matter of children, that we are being pressurized for education.
- What do parents do nowadays? The area where the child is interested. He does not allow to work?
- Children have to say, when should we do homework and when to sleep?

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Following is the method to reduce the level of stress-

- Psychologist should be called to school and parents and children should be counseled.
- Parents should do yoga and meditation with children as per their wish.
- Let the parents get enough sleep for the children.
- Give children a balanced and nutritious diet.
- Parents spend time with their children. Treat them like friends at this age.
- Children should be taught to identify what is right and wrong.
- Children should be taught good bad company.
- Children should be given less to run mobile phones.
- Parents should know which friends are good from their child and which are useless, so that parents can also teach the child about good bad friends.

Solutions to common problems

Problem 1. On seeing teenagers as stressed, their parents and Father starts living in worried?

Solution: - It is also right for parents and parents to be worried. Because adolescence is such a condition. In which even the child deteriorates Can. And can also improve. Children's physical condition only at this stage And mental development takes place. In this stage of stress in adolescents. The problem is normal nowadays, at this stage the parents should be Attention is required.

Problem 2. Nowadays speaking of children, that the pressure of education on us Is being inserted?

Solution: - The pressure of parents to study on children is equally Should be put As much as he can afford. Because putting more pressure But children make an accident. And that tension after that Due to this, they also have to face many troubles.

Problem 3. What do parents do today? The area where child's interest Is. He does not allow to work?

Solution: - Parents should work there. In which the child is interested (Playing, reading, writing, etc.). What do parents do Speak to read? Parents also have to speak correctly. Son, read or else There is nothing in life Now the child thinks. What should I do or my mother Do to father? Let me tell. Adolescents from 12 to 18 years are. In such a decision, it will either spoil the life of the child or spoil it. We parents should not always follow the same thing.

Problem 4. Children had to say. When we should do homework. When to sleep?

Solution: - You should give only as much as you can Madhya Pradesh board are applied Many subjects and Many fences like CBSE and STATE BOARD and, etc. Give more homework. Our point is that children One should sleep till 5-10 pm i.e. one of the scholars Would like a student to create his or he routine and Want to follow.

Attached

Data analysis copy of theoretical survey report and special survey report verified.

Impact on Society

I came to know during the survey that mental stress in adolescence, due to this, is also a great influence on society. In adolescence parents should focus on children. Because any

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doctor, leader, prime minister and teacher etc. in the future of adolescence, the issue of mental stress in adolescence is also considered by the government as teenagers doing so today are stressed to handle their country in admissions. The government is also working on research for this research. But still, there is no conclusion of these researches. Suppose that 75% of people are stressed in the future, the victims are suffering. How will it manage the remaining 25: government and the country? Due to the influence of a psychiatrist, there is always a needless dispute in the mind. Fear, anger, hatred, jealousy, vengeance, greed, lust and lack of control over these excite the person. Many forms of psychosis develop according to the variety of desires. Each psychosis causes its own physical disorder by creating its own complexity. Unnatural unpleasant fantasies, old tragic memories, Dalit lusts add to the inflammatory elements. We ourselves are responsible for these atrocities happening on our own. By adopting them, we call ourselves by inviting diseases.

Impact on students & society from online classes

Children who are meritorious or hardworking, they study in online classes. But most children are the ones who need to be motivated. The ones that need to be focused. This does not happen as effectively in online classes, which affects the progress of children's studies. In physical classes, the child who does not understand any subject, then the teacher recognizes that child by the gesture of that child, questioning such a child can be solved by bringing out his doubts, but in the online class, the video of most of the children remains off or they enumerate some technical problem, which the teacher does not understand. In such a situation, it is difficult to understand what the child understood.

Follow Up Action

Mental health policies define a desire for the future which in turn prevents the treatment and rehabilitation of mental disorders and helps to promote setting a benchmark for mental health in the community. And to prevent mental stress of children, the pressure of studies on them should be reduced. their parents. Every week, take a report from the teachers once and report the child's condition in the home to the teacher. And the child is interested in himself. Let him do it. Parents should allow their children to explore hobbies and new interests. Ask them about their interest and do things accordingly. Do not put any pressure on children, whether mental or physical. Yes, but also keep scolding him from time to time. However, the child should not be given complete freedom. Parents should keep an eye on all the friends of their children. what do they do? Parents should encourage their children's curiosity and should not attempt to suppress their child's curiosity. Rather, try to increase your child's curiosity.

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Acknowledgement

In successfully completing this project, many people have helped me. I would like to thank all those who are related to this project. Primarily, I would thank God for being able to complete this research paper with success. Then I would like to thank my Principal Mr. Vivek Shrivastava and Dr. Ankit Kotiya (Ph.D., Assistant Professor) & Dr. Sanjay Lahariya (Child Psychologist). Under whose guidance I learned a lot about this research paper. His suggestions and instructions have greatly helped in the completion of this research paper. Again, I would like to thank my parents and friends who have helped me with their valuable suggestions and guidance and have been very helpful at various stages of the completion of the research paper.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Jalaun P. (2021). Mental Stress in Teens. *International Journal of Indian Psychology*, 9(4), 628-636. DIP:18.01.060.20210904, DOI:10.25215/0904.060