

## Contributions of Parents in Providing Stress Free Education Among Adolescents

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### ABSTRACT

Adolescents frequently have to face different stressors in their developmental period. Main causes of stress among them are lie under the different aspect of development such as physical, mental, social and emotional. Education focuses on the harmonious physical, mental, social, emotional, technical and spiritual development of the child. In this complex world adolescents require a broad set of competencies: cognitive, social and practical. These creating tension, stress and frustration among them and sometimes lead to depression and suicide. Family is the fundamental and important structure in the society that has an important role in one's life and in the society. Correct and balanced relationship between parents and their children is one of the factors influencing both their physical and mental health. For providing better mental health, there is an urgent need to introduce stress free education for adolescents. Stress affecting the affectionate relationship between parents and children. So, it is the duty of the parents to providing stress free education to their children. How beautiful it is to be stress free and blooms like a flower.

**Keywords:** *Stressors, Stress, Adolescents, Stress Free Education.*

The modern world which is said to be a world of achievement is also a world of stress has been called the Age of Anxiety and Stress. Adolescents have to face number of competencies and stress in their cognitive, social and emotional aspects. Education focuses on the harmonious physical, mental, social, emotional, technical and spiritual development of the child. It transforms the child from an egocentric being to a social and global citizen. Now a day's education is stressful and challenging due to traditional parameters of academic assessment and evaluation. Every aspect of assessment makes fear in the mind of adolescents. So, stress develops as a combination of all these fears. Family is the fundamental and basic structural unit in the society that has an important role in one's life. Home must function as complementary to the school to the overall development of the child. Education has globalized and as such there is a need of stress-free education, where a child can enjoy curricular and co-curricular activities. It is the responsibility of the parents to provide stress free education and eliminating the obstacle in the way of the development of integrated personality of a child.

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## **Contributions of Parents in Providing Stress Free Education Among Adolescents**

### ***Need and Significance***

Stress is an important issue and is growing rapidly in every facet of life. It affecting all the age groups including the children, adolescents and adults. The greatest weapon against stress is our ability to choose one thought over another (William James). In this complex world adolescents require a broad set of competencies in cognitive, social and practical aspects. These create tension, stress and frustration among them and sometimes lead to depression and suicide. We need to understand that failure in an examination is not the end of learning. Parents must understand the strength and weakness of their children. It is the duty of the parents to make the adolescents to realize that real meaning of education is not to get good marks in examination but to apply the skills and techniques in practical life to make life fruitful. Parents play a pivotal role in the personality development of the child. During the developmental period adolescents make number of problems with teachers, parents, elders and friends. A clear understanding of the developmental stages and characteristics help the parents to cope up with all the problems raised by them. So parents can do better to reduce the problems and stress among them. There is an urgent need to introduce stress free education for the adolescents. It is the duty of the parents to provide it. Stress free education helps the adolescents to enjoy learning, translate knowledge, and develop their positive attitude towards learning and mental health. So this study is significant in the present scenario.

### **STRESS**

The state which is seen in response to internal or external stressors. Every system of the body responds to stress in varying ways. Stress enlists changes affecting almost every system of the body, influencing how people feel and behave (Psychology Dictionary). The term is used to describe the physical, emotional, cognitive and behavioural responses to events that are appraised as the threatening or challenging (Ciccharelli)

### **STRESSOR**

Stressor is the stimuli proceeding or precipitating a change. There are four kinds of stressors such as internal (fear, guilt), external (trauma, peer pressure), developmental and situational. One stressor might produce distress in one person and eustress in another. Eustress is stress but manageable stress that brings positive outcome in the person. Distress is an unpleasant or disease producing stress.

### **ADOLESCENCE**

Etymologically the word 'adolescence' comes from the Latin word 'adolscere' which means to grow to maturity. Adolescence is an important period of great stress and strain, storm and strife (Stanley Hall). The World Health Organization (WHO) defines an adolescent as any person between ages 10 and 19.ie. From onset of puberty to the attainment of maturity.

### ***Characteristics of Eustress and Distress***

**Eustress or positive stress has the following characteristics.**

- Motivates, focuses energy
- Is short-term
- Is perceived as within our coping abilities
- Feels exciting
- Improves performance.

### **Distress or negative stress has the following characteristics.**

- Causes anxiety or concern
- Can be short or long term
- Is perceived as outside of our coping abilities.
- Feels unpleasant
- Decreases performance.
- Can lead to mental and physical problems.

### ***Stress Free Education***

An educational program that facilitates an individual learner's coping capacity and generates eustress for learning in the learner could be called stress free education. It focuses on positive stress that results enable concentration, increases performance and energizes the individual to motion.

### ***Characteristics of Stress-Free Education***

- It promotes holistic development
- It creates interest in learning
- Encourages learning through activities
- Motivation directed learning
- Helps to identify self-awareness
- Develops positive attitude
- Attend exam without stress.
- Reinforcement enhances learning
- Improves concentration, and reasoning.

### ***Contributions of Parents in Providing Stress Free Education***

- **Task Prioritization:** Adolescents are engaging in number of activities from morning till evening. This makes them busy and creating additional stress. In such cases parents can help their task prioritization. Based on the interest, attitude and importance parents can help them to prioritizing curricular and co- curricular activities.
- **Helping Them Stay Organized:** Parents can organize and arrange the activities of children by giving fixed time for different activities and set some basic rules in home to learn the technique of accomplishing a task.
- **Motivating Them for A Healthy Life Style:** Parents have an important role in providing directions for regular exercise, eating healthy food and molding healthy life style among them.
- **Counselling Through Conversation:** Adolescents are rebellious and making conflict with parents and teachers. Parents being their counselor-cum friend. Through freely, healthy argument with children and healthy conversation, parents can identify the waves of the opinions in their mind and help them to reduce stress in personal, emotional and social crisis.
- **Providing Unconditional Support:** By giving unconditional support in their failure at a task, keeps adolescents away from depression and stress.
- **Serve A Healthy Diet:** A varied and healthy diet will help in managing stress and anxiety. This is why you may want to make fruits, vegetables, whole grain foods and proteins as a part of family meals.

## Contributions of Parents in Providing Stress Free Education Among Adolescents

- **Learn To Listen:** Learn to listen and focus on their emotions. Encouraging open communication will make it easy for child to talk about their fears, struggles and short comings

### Showing Support for Education

Parents can support their child's education through following ways

- a) **Attendance:** Good school attendance is important to academic achievement. Parents can control over their child's attendance and this includes arriving on time to school and not taking students out in the middle of the school day.
- b) **Attitude:** Parents need to provide a positive attitude towards school and learning.
- c) **Priority:** Parents must give a top priority to education and school activities.
- d) **Support:** Parents must help on home work or other special project and providing scaffolding throughout the learning process.
- e) **Role model:** Parents must be a role model in all activities. It helps the adolescents to shape the opinions, attitude and ideas.
- f) **Get involved:** A positive parental involvement in school act as a motivating factor to the adolescents. It helps to realize the adolescents that school is very important in all round development.

### Making Home a Good Place for Learning

- a) **Read, Read, Read:** Parents can encourage children to read by themselves. It is also important for children to see their parents reading.
- b) **High expectations;** Parents need to set high expectations to their child's behavior and learning
- c) **Praise and Encouragement:** Praise and encouragement have a positive influence on children in becoming a successful leader.
- d) **Effort:** Parents need to emphasize effort as well as achievement.
- e) **Routines:** It is important for parents to establish family routine. It includes time for completing homework, completing daily chores, eating time and regular bed time.
- f) **Provide a quiet place:** A quiet organized place away from distraction is very important.

## CONCLUSION

Recent studies reveal the importance of Stress Free Education among adolescents. It can influence the holistic development. Due to different types of stress adolescents are facing number of problems and solving it in unscientific ways. This creates depression and sometimes leads to Suicide. Stress free education provided by parents helps to enhance the mental health of adolescents. It also reduces academic stress, avoid failure and enjoy the taste of success with smart learning. Through this adolescents can minimize their problems and maximize their potentiality.

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### **Conflict of Interest**

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