

## Childhood Stress-The New age Factor



Are we unwittingly lowering the quality of life for those we mean to nurture? Are we degrading childhood by demanding ever more of our children? Many parents worry about these questions, as students constantly complain that they're feeling stressed out. Driving children from one activity to another, day after day, while cramming homework onto whatever time is left over, teaches children to over schedule themselves. Parents, by setting realistic goals for themselves, can handle their own stress levels thereby making their children learn to do the same. The exposure levels that students see today is very different compared to what it was a few decades ago. In addition to this, most children live in nuclear families where they have nobody to share their issues with and they often end up venting out their frustration in the virtual world. Not all stress is bad. A certain amount of stress drives healthy competition in the classroom and in extracurricular activities. Good stress induces a student to strive for her personal best on an exam, a term paper or on the debate team. Parents need to be sensitive to their child's individual ability to deal with stress. Schools also need to strategize in their teaching and assessment policies, examine testing, homework policies to reduce stress on students. Stress is positive when the person feels stimulated and is in control of the situation. This positive response prepares the body for action and activates the higher thinking centers of the brain. A positive response to stress can provide the energy to handle emergencies, meet challenges, and excel. Education is a natural process carried by the human individual and acquired not by listening to words, but by experiences in the environment. Adults can also try to ensure that children have the opportunity and confidence to take risks, challenge assumptions, and see things in a different way. An important part of a parent's job is to prepare their children to be in control. And that's why one must start releasing them a little bit at a time. Let him/her make mistakes, and show him/her how to learn from them. Encourage him/her to fight his own battles, whether it's confronting a coach or a teammate. Teach him/her how to make his own choices and how to understand the consequences of those choices. Resist the temptation to always make his/her path a smooth and easy one. There are times to step in and help, and there are times to let them figure it out. Eminent educationists has pointed out that, it is incumbent upon us to see that the human being of the future shall look back with a sense of gratitude and joy on his school life; where learning was first a play, a delight of activity leading to endless vistas of wonder, discovery and creativity; where time went swiftly on the wings of an immense enthusiasm, a love for life.

By,

Vanishree.K

November 08,2013